

beauty secrets

Mirror, mirror on the wall... unfortunately, there is no way of asking who is the fairest of them all. What we *can* do is ask well-known cosmetic surgeon, Dr Vijay Sharma, if our well-known ravishing Bollywood beauties can be made to look even more gorgeous with just a nip here and a tuck there. And while compiling our list of beauties, we added some power-packed women movers 'n' shakers as well. After all, anything is possible with cosmetic surgery, nowadays.

Sonia Gandhi: To be a winner in Indian politics, she needs to look more Indian. A sharp nose and a face-lift would add to her grace.

Shobhaa Dé: She has a bony face structure because of fat depletion from her cheeks. She can opt for a layer of fat on her cheeks or for a 'filling' of her cheekbones.

Aishwarya Rai: She gets

Vaibhav Singh Jadon finds that with cosmetic surgery, one can enhance the beauty of an already stunning face.

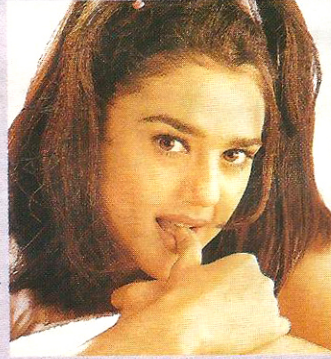
MAGIC mantra



Jayalalitha



Aishwarya Rai



Preity Zinta



Mayawati

wrinkles on her nose that can be taken care of by working on her face.

Urmila Matondkar and Amisha Patel:

Both these ladies have thin faces but broad chins. A bit of work on their chins would enhance their looks tremendously.

Preity Zinta: She has a prominent jaw line which needs filling to make her look even more pretty.

Bipasha Basu: She has been accepted by the audience (and why not?), despite a slight squint in one eye. She can enhance her beauty with a minor surgery to rectify it.

Mayawati, Jayalalitha and Mamata Banerjee:

With due respects, these power ladies need an entire workshop so that they can be as adored for their looks as much as their guts.

The Most Requested Hollywood Looks

Body:

Britney Spears, Will Smith



Eyes:

Heather Graham, Brad Pitt



Nose:

Heather Locklear, Edward Burns



Lips:

Denise Richards, Benicio Del Toro



Cheeks:

Halle Berry, Dylan McDermott



Jawline:

Kate Blanchett, Johnny Depp



Chin:

Kate Blanchett, Russell Crowe



Hair:

Jennifer Aniston, Tom Cruise



Courtesy: abnews.com

Look before you leap

Dr Vijay Sharma shows the right way

Why is there such a huge demand for the so-called designer looks in India?

It is true that designer looks are in today. Bollywood stars, socialites, students, housewives, corporate big-wigs, gurus etc, all go to cosmetic surgeons. I would mostly put this down to improvements in the facilities, modern technology and the surgical procedures that are more precise and less painful. Also, the cost of these types of surgery is not so high.

Why is cosmetic surgery still a taboo topic in India?

Yes, it's been an unwritten commandment not to talk about cosmetic surgery. Some high-profile men and women even book the clinic for the whole day just to keep it a secret.

risks. Also, ask to see some of the surgeon's earlier operations and reports. And only after you are fully satisfied, go ahead and do it.

Will cosmetic surgery make me look young?

While cosmetic surgery will certainly improve your appearance and make you more youthful-looking, it is a delusion to believe, as some do, that cosmetic surgery can miraculously turn back the clock to the extent that a person who is 40 plus will look 21 again. This is simply not possible, and your level of satisfaction with the results depends greatly on how realistic your expectations are.



Dr Vijay Sharma

the level of personal hygiene maintained, and so on.

For this reason, it is not possible to guarantee results. What is possible, however, is to maximise the potential for good results.

Are the scars of cosmetic surgery avoidable?

Any form of surgery leaves scars, and cosmetic surgery is no exception. Despite what you may have heard or read, all scars are permanent and cannot be erased. The cosmetic surgeon tries to make his incisions so that the scars are hidden in the natural creases and body-fold areas. In most cases, the scars fade gradually



Bipasha Basu



Shobhaa Dé



Sonia Gandhi



Urmila Matondkar

But things are changing now. I know people who throw parties after a face-lift to celebrate their good looks. So it depends on individual cases.

What suggestions would you give someone who is going in for cosmetic therapy or surgery?

The most important point is the surgeon you choose. He should be qualified enough for the job. Don't be afraid to ask about his training and experience. Gather details about the process of the surgery, as well as its

Are the results of cosmetic surgery guaranteed?

Cosmetic surgery is not an exact science: in fact, it is a combination of science and art. Besides, the final results depend on a variety of factors, not all within the control of the surgeon. For example, the healing process varies from individual to individual and depends on the area operated upon, the quality of tissue, the blood supply, the presence or absence of infection, the body's immune response to a foreign body,

and become barely noticeable. Also, they can be camouflaged with concealers and other makeup.

What can I expect in the post-operative period?

Irrespective of which procedure you have undergone, you can expect bruises, pain and discolouration. Before you see the expected improvement, there is a period during which you will look quite battered and bruised. Fortunately, this is short-lived as the improvement in appearance becomes noticeable soon. ♦