

NORTH JERSEY WOMAN

FALL 2012

ESSEX EDITION

What's Cooking?

Chef Ariane Duarte's
Balancing Act In & Out
of the Kitchen

Book It!

With best-selling
writers and sell-out
crowds, her "little"
book club is the
hottest ticket
in town

LADIES NIGHT OUT!

Three fabulous spots to
have a blast with the girls



A Warm and Welcoming Med-Spa Experience

Fashion and Beauty (14)
Health and Fitness (27)

OVERVIEW

Published: 09/30/2012

by By Nicole Canfora Lupo, photo by Dan Epstein

PHOTOS



Dr. Rosalie Curreri

and I understand that. I want to help my clients capture their essence."

"Our goal for each patient should be to guide them to conquer their concerns and help maintain a lifelong commitment to their aesthetic beauty."

Dr. Rosalie Curreri
The Spa at Mecca, 333A Route 46 West, Fairfield,
973-943-4300, www.meccamedical.com

It's natural that the hustle and bustle of everyday life can leave us fatigued and not always feeling our best. But you can revive and rejuvenate yourself at Mecca Integrated Medical in Fairfield, where pampering and informed choices are the top priorities.

One of Mecca's standout providers, Dr. Rosalie Curreri brings her expertise in aesthetic medicine during every client meeting. She's practiced internal medicine and always had an interest in women's health, which she believes naturally let her to specializing in nonsurgical procedures that promote wellness from within. "I feel that my path to aesthetic dermatology is a natural transition into a field where I can couple a person's mind and body," Dr. Curreri explains.

"A healthy life can be reflected in one's appearance. Doesn't everyone, women and men included, need a boost in self-confidence every once in awhile?" Other services include rejuvenating facials, relaxing massages and more. At Mecca, everything has been carefully chosen, from the beautiful colors used in the décor to the welcoming reception area. Not only are clients made to feel comfortable by the spas surroundings, but Dr. Curreri knows the importance of putting them at ease when it comes to procedures. "In my consultations, I always ask the patient, 'What bothers you the most?' Many people have a lot of trepidation, so we take baby steps in the beginning. It's imperative to gain their respect and confidence."

After meeting with Dr. Dena Lacara, one of Mecca's principal providers, Dr. Curreri was sold. "The spa is incredibly beautiful serene and comfortable. It offers a relaxing and trusting environment to patients," she explains. "And our approach at Mecca is for each individual to maximize their beauty." Many women who come to Mecca to see Dr. Curreri want to know more about Botox or intradermal fillers, and the options can seem overwhelming at first. "It's important that we educate patients in a way so that what they want to achieve can happen in a very natural way and not appear overdone," she says. "We can't slow down aging, but why not drop it down a few gears?" Dr. Curreri's natural approach to aesthetic medicine has won her accolades from satisfied patients who rave that friends and family can't tell they've had anything done. "Clients want to hear, 'You look refreshed, did you go on vacation?' They don't want to look plastic,

NORTH JERSEY WOMAN

First Quarter 2013

Essex Edition

Steering SUCCESS

Judith Schumacher-Tilton Keeps
Family Dealership on Top

"Books & Beyond" Project
Proving the Power of One



Perfect Getaways

For Families, Couples
or Girlfriends Only



Look As Young As You Feel!

Fashion and Beauty (14)
Health and Fitness (27)

OVERVIEW

Published: 03/26/2013
by Nicole Canfora Lupo

PHOTOS



Through the practice of aesthetic medicine, Dr. Rosalie Curreri has the pleasure of making her patients at Mecca Integrated Medical in Fairfield look and feel younger. Mecca's boutique experience and soothing atmosphere combine to create a nurturing environment for clients interested in rejuvenating their mind and body, whether they're coming in for a facial or interested in learning more about fillers and Botox for a younger-looking appearance. "We can't halt aging," says Dr. Curreri, "but we can put the brakes on and slow it down."

The lines on my face don't reflect my younger woman within - I'm interested in fillers, but never got them before. What do I need to know?

Fillers of different mediums, such as Juvederm and Radiesse, are used by physicians to fill voids in the face caused by aging, gravity or weight loss. Placed strategically in the relevant areas of the face, they can recreate the fullness from the patient's younger years. The aging process isn't just about the loss of fat, but also of bone mass throughout the body, even in the face. Fillers soften those lines, and increase facial volume. We approximate the look of youth with fillers in the nasolabial folds, corners of the mouth and lips, along the lower jaw line, and cheek zones where hollowness first occurs. A liquid facelift restores the look of youth.

Am I a candidate for Botox? Is it right for me?

Botox can work in conjunction with fillers. Instead of filling, it smooths out certain areas of the face. Muscles freeze thereby preventing wrinkles. Candidates for Botox may not be candidates for fillers -- it depends where you are in the aging process. Every patient has different needs, and I discuss with them what will work best for their rejuvenation process.

What will the physician ask me during our consultation?

When being seen, tell the doctor about any medical conditions and any medications you're taking, especially blood thinners, such as prescription Coumadin, aspirin, non-steroidals, and omega III. Avoiding blood thinners will help minimize bruising after fillers. I always ask about pregnancy and breast-feeding, as both procedures should be avoided during these times. If a patient has had complications with either Botox or fillers in the past, this should also be mentioned.

How can I prepare for the procedure?

For fillers, I recommend that my clients take arnica, an over-the-counter homeopathic medicine, a day prior to their procedure, and a few days post procedure. It's useful with the healing of bruising and inflammation. One should discontinue the use of blood-thinners 5 days prior to fillers. There is no preparation necessary for Botox.

What can I expect during the actual session?

Filler sessions involve the use of one to two pre-filled syringes of filler such as Juvederm. These syringes also contain lidocaine to numb the injection sites. The patient and I work together to decide how much to use - I'll evaluate and help suggest other areas of the face that might benefit from fillers or Botox and advise them of their options. The changes should be subtle—you're going to come out of the procedure refreshed and seeing results. The effects of fillers are seen immediately; where as the full effect of Botox can take up to two weeks.

What will I need to do after the procedure?

Swelling comes with the territory, but the patient should help optimize the results of the injectibles. So you'll want to avoid doing or taking anything that will cause a negative effect. I advise my patients not to exercise for 48 hours after "deep injections" - the tissues in the face are very fragile, and they should protect their new investment. After treatment with Botox, patients should keep their head elevated for a few hours, avoiding exercising, and hats or headbands across the forehead. Good skincare is a great compliment to your investment. Results of your treatment are optimized with good eating habits, hydration, and nutrition for your skin at a cellular level. Amongst the products offered here at Mecca, TSN Essential Serum is a compilation of peptides, antioxidants and growth factors, which when used regularly, help foster a younger, fresher you.

NORTH JERSEY WOMAN

Second Quarter 2013

Essex Edition

FROM CASHIER TO CEO

JUDY SPIRES:

The Woman at the Helm
of Kings Food Markets

A Friendship
that Benefits
Animals in Need

Hike Your Way to
a Healthy Summer



Chemical Peels: Rejuvenate the Skin Without Plastic Surgery

Fashion and Beauty (14)
Health and Fitness (27)

OVERVIEW

Published: 06/26/2013
by Nicole Canfora Lupo

PHOTOS

On the surface, the idea of a skin peel doesn't sound appealing. But this noninvasive, economical treatment is rooted firmly in historical times. It's been documented that even as far back as in ancient Egypt, Queen Cleopatra would frequently bathe in sour milk (which has lactic acid) to maintain her youthful look. Dr. Rosalie Curreri and the physicians and professionals at Mecca Integrated Medical in Fairfield can help you turn back the hands of time - minus the sour milk! - and start you on your journey to rejuvenation. Dr. Curreri is an expert in using SkinMedica® peels and products and is well versed in the best techniques to keep her clients looking as young as they feel. Together, you can reach your target goal.

What happens when you get a chemical peel?

A chemical peel is a rejuvenating skin treatment that uses an acid solution to enhance the skin's appearance. This is accomplished by helping the skin turn over old cells by removing the dead, damaged top layer, thereby helping the smoother, fresher cells reach the surface. Performed in the office, the procedure aims to help with the elimination of fine lines, wrinkles, hyperpigmentation, acne scarring and uneven skin tone. Although most frequently reserved for the face, it's useful on other areas such as the décolleté, hands, arms and legs.

Who benefits from this type of treatment?

The ideal candidate is any healthy person who has realistic concerns and wants to improve the appearance of his or her skin. The age may range from teens with acne outbreaks, to middle-aged clients who develop spots from the sun, discoloration from pregnancy or early fine lines and wrinkles, and older clients who want to reduce age spots, soften wrinkles and treat scarring and unevenness in skin tone. As with all cosmetic procedures, it's suitable for both men and women.

Which kind of chemical peel is right for me?

There are different levels of chemical peels: light, medium and deep. Each uses a different chemical to achieve its target of a brighter, tighter, more youthful appearing skin. At Mecca, we offer the SkinMedica® line of peel products, targeting every client's concern. Each peel accomplishes different goals and is suitable for patients with different

comfort and experience levels.

The Illuminize peel is a lighter "intro" peel appropriate for all skin types, and a good first step for anyone not familiar with, or apprehensive about, the procedure. It is offered in conjunction with our relaxing facial for those interested.

The Vitalize peel, which targets the epidermis, or superficial skin layer, uses the addition of retinols to help deepen the peeling process. This is a two-step peel appropriate for helping reduce fine lines, hyperpigmentation, acne scarring and uneven skin tone.

The Rejuvenize peel, although similar in function to the Vitalize peel, has an intense component of peeling acids and retinol. This peel is recommended only after a Vitalize peel has been tolerated, or by doctor discretion. The target patient is one who has demonstrated the next level of skin imperfection.

Following any peel, an intense moisturizing cream is necessary to rehydrate and restore the skin's moisture balance. Additional SPF is a must, and avoidance of direct sun exposure is also highly recommended.

How is a peel applied?

The process for light and medium peels is similar. Patients should arrive makeup-free, as the face or area targeted is first cleansed and then the chemical solution is applied. The solution remains on the skin for a designated amount of time depending on the type of peel used and the quality of the skin. The usual time is eight to ten minutes, during which time the skin may feel warm and tingly. The solution is then washed off or neutralized. Overall, the procedure lasts fifteen to twenty minutes. Deeper peels require longer application times - from one to two hours - because of the use of pretreatment sedation and topical numbing medication.

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NORTH JERSEY WOMAN

Third Quarter 2013 Essex Edition

A Volunteering
Experience
in Ghana

MARIE GAGLIOTI

Takes the LEED
in Building a
New Dieci Salon

**FALL BOOTIE
BONANZA**



Rehabilitating Summer Skin

Health and Fitness (27)

What would summer be without long days at the shore basking in the sun and cooling off with a jump in the ocean? Unfortunately, these simple pleasures can wreak havoc on our skin. The good news is you can undo some of the damage! Alexa Carucci, a certified Aesthetician, tells you how.

OVERVIEW

Published: 10/01/2013

PHOTOS



After a summer in the sun, all of these dark spots have appeared. What is happening?

Melanin is a naturally produced pigment in the skin. In the summer months especially, extended exposure to the sun can lead to an overproduction of melanin, causing hyperpigmentation. Dark spots can appear on throughout the body, including the hands and face, and can be difficult to hide.

Is there anything I can do to help diminish the look of these?

The Spa at Mecca is proud to offer products and services that can help reduce the appearance of hyperpigmentation. SkinMedica's Lytera Skin Brightening Complex is a brightening product that can effectively reduce the appearance of dark spots, creating a more even skin tone. Best of all, results can be seen as early as 4 weeks. This product is available without a prescription, and because it is non-hydroquinone, you are free to use the product without interruption for continual improvement over time. When Lytera is used simultaneously with Tri-retinol, the results are even more dramatic. Tri-Retinol Complex combines three forms of Vitamin A to enhance nightly exfoliation by promoting skin cell turnover with minimal irritation. Additionally, the cooler months are an ideal time to start a series of chemical peels. Peels help reduce the appearance of sun damage and pigment irregularities while brightening skin for a more refreshed appearance.

What can I do to prevent this from happening in the future?

Wear SPF! I tell all my clients, regardless of their skin type, that they should be wearing SPF every single day. This is non-negotiable. The level of protection you apply can vary based on your lifestyle and activity level. You should also make sure that your SPF offers full UVA (including UVA1 and UVA2 rays) as well as UVB protection - which protects skin against both aging and burning. Finally, don't forget to re-apply. That SPF 50 isn't going to do much good if you applied it once during your 8 hour tanning session at the beach.

Alexa Carucci is a licensed Certified Aesthetician at Mecca Integrated Medical Center. She attended the Christine Valmy International School of Esthetics and graduated with a degree in Advanced Facials and Skin Care Treatments. Carucci has established herself as a skilled Aesthetician who offers clients exceptional skin care treatments and consulting. Carucci has also received advanced training in medically based masks and chemical peels, and performs the chemical peels for our patients. She also assists Mecca Integrated Medical's Dr. Lacara in various medically supervised facial treatments, which offer patients more invasive alternatives to peels and facials. Carucci shares her tips on revitalizing skin damaged by the summer sun's rays.