

Upper Management

Arm yourself with knowledge on these choice options for your chest, abdomen and arms.

CHEST

Autologous Breast Augmentation

Talk about killing two birds with one stone. This breast builder uses the patient's own fat to give an increase of 1-1 ½ cup sizes. "Standard lipo is performed from the belly, as well as the back, thighs and arms (if needed) to retrieve an adequate amount of fat for transfer," says Dr. Brian Arslanian. "You avoid the need for implants and possible additional surgeries down the road. You also tend to get a more natural look and feel to the breast, and one that should last forever." \$6,000-\$10,000, *Arslanian Plastic Surgery, arslanianplasticsurgery.com*

Pec Definer (Gynecomastia)

Want pecs as perfect as Channing Tatum's? With a little chest-focused lipo, you'll be looking for an excuse to be shirtless all winter long. "This procedure is a great fit for muscular men looking to add some definition to their chest muscles," says Dr. Bahair Ghazi. "The procedure involves a small incision, lasts less than two hours—and you're back to working out in about three weeks." Power to the pecs. \$4,932, *Atlanta Plastic and Reconstructive Specialists, atplasticsurgeon.com, @atcosmeticsurg*

Composite Breast Augmentation

For ladies looking to take their girls from Keira Knightley perk to Kate Upton vavoom, Arslanian offers up this option: "Composite breast augmentation combines the benefits of enhancing the breast with an implant to increase size and volume, with the advantages

of using your own fat to help soften and shape the breast to give a more natural look," he adds. "It's the best of both worlds." Or should we say, the "breast" of both worlds? \$6,000-\$12,000, *Arslanian Plastic Surgery, arslanianplasticsurgery.com*

KNOW BEFORE YOU GO

Be real. Your doc can alter the size and shape of a breast, but cannot change the fundamentals of your body.

Safety in numbers. Breast surgery is one of the top requested procedures. While most of the techniques have been performed thousands of times and been proven safe and effective, always proceed with caution when going under the knife.

No pain, no gain. Chest muscles are used frequently so be prepared for some soreness.

Board certified is the way to go. Don't let a doc who doesn't have top credentials alter your appearance.

ARMS

Arm Lipo

Bat wings might work for Batman, but if you've got flab on your underarms, Ghazi suggests lipo. "Removing the fat from the tissue compartments of the arm also helps the tissue shrink, which improves the shape," he says. "Recovery is quick and scars are very small—usually two 3 mm incisions." Here's to the right to bare arms. \$4,533, *Atlanta Plastic and Reconstructive Specialists, atplasticsurgeon.com, @atcosmeticsurg*

Arm Lift (Brachioplasty)

Longing for guns like Angelina Jolie's? Arm lipo is one way to nix that saggy upper arm flab, but an arm lift might also do the trick, says Arslanian. "This option is good for patients who have excess fat and skin hanging from their upper arms, which can be hereditary, from aging, or from fluctuations in weight," he says. "And you'll be up and running again in one to two weeks." Saggy skin be gone! \$5,000-\$7,000, *Arslanian Plastic Surgery, arslanianplasticsurgery.com*

Botox for Perspiration

Tried something strong enough for a man, but it's still not nixing those icky stains on your silk tops? Arslanian recommends considering Botox injections to stop sweat in its tracks. "It's a relatively painless, quick, office-based procedure that can keep you sweat-free for six to 12 months," he adds. Sweet sweat-stopping success. \$1,000, *Arslanian Plastic Surgery, arslanianplasticsurgery.com*

KNOW BEFORE YOU GO

Face the facts. The scars left behind by arm procedures have a poor reputation. Go into any surgery knowing that they may widen no matter how credible the surgeon is.

Nothing is forever. The results of your surgery will be long-lasting, but aging and weight fluctuations can lead to a partial recurrence of the situation you've corrected.

ABDOMEN

Mini Tummy Tuck

Got a little lower ab flab that you just can't kill with crunches? A mini tummy tuck may be a viable solution. "These are especially good for new moms with just a little bit of excess skin below the belly button," says Ghazi. "We'll remove the saggy skin and fat and reposition the belly button to give you the tummy you've always wanted, with about 14 days of downtime." Fab abs for all! \$6,128, *Atlanta Plastic and Reconstructive Specialists, atplasticsurgeon.com, @atcosmeticsurg*

Ultherapy

If the thought of going under the knife to tone up makes your tummy turn, this may be the treatment for you. "Ultherapy uses ultrasound to heat the deep layers of the skin, which lifts and tightens the skin," says Kathy King. "It takes about 45 minutes, there are no incisions or surgery, and one treatment is all that's needed. Even better, you can go back to your normal routine immediately after the procedure." Sounds abtastic! \$1,800, *Sculpted Contours Luxury Medical Aesthetics, sculptedcontours.com, @scontours*

Abdominal Etching

Aching to get those abs six-pack sexy—but having a heck of a time destroying that lingering flab? Consider giving this procedure a shot, advises Arslanian. "The procedure entails taking lipo to another level by using techniques to sculpt the abdomen, and