



Reva, a state-of-the-art aesthetics clinic that will offer services for skin rejuvenation and face and body enhancement was launched in the capital recently with a soiree at DLF Emporio, hosted by designers Gauri and Nainika. In attendance were known faces from Bollywood and television. Actors Kirron Kher, Aamna Shariff, Sanjeeda Sheikh and Aamir Ali came out in support of the brand. A demurely dressed Aamna Shariff was in awe of the facilities being provided by the clinic. "I wish Reva all the best and I am sure it will turn out to be the destination for all beauty conundrums, big or small," she said. Actor Kirron Kher was equally excited. "With the launch of Reva Aesthetics, I believe that people will be able to enhance themselves. I would like to wish REVA all the very best," she added. Reva, which has opened their first beauty and aesthetics clinic in the capital, is a stepping stone towards a 7-star luxury medi-spa resort in one of India's tourists' captive city. Ms. Jaz Brar, CEO - Reva said "For more than a year, my team and I have put in an effort to study the beauty and aesthetics market in India. With Reva, our reach to patrons does not end at skin rejuvenation, face and body enhancement procedures; we will ensure that every action of ours results in a work of art."



Stay Gorgeous

Reva's Chief Medical Director, Devinder S Mangat reveals the secrets to great skin and ageless good looks.

Is plastic surgery only for older women?

By definition we serve an entire spectrum of people from their early twenties into their seventies. Obviously, the younger age group is the target market from the standpoint of skin rejuvenation. Doing something that's preventative earlier on is beneficial. For example, women at all ages don't like hair on certain parts of their face. To get rid of unwanted hair, all you need are three laser hair treatments (sittings). Each sitting takes no more than 3-4 minutes.

Some of us, out of habit, develop frown lines. This is not age-related; it is just a result of our facial habits. This is treated by using Botox and takes 2 minutes. Most treatments can be done during an office lunch hour and don't have any down time. It is a myth that plastic surgery or Botox or even non-invasive procedures require you to be physically incapacitated for a long period of time.

For a young person who has skin imperfections due to genetics, smoking, too much sun exposure or environmental influences, plastic surgery treats all such problems. So, the procedures can range from simple chemical peels and intense pulse light laser treatments (popularly known as photofacials) to more elaborate ones like invasive surgeries for correction.

The phrase 'going under the knife' is scary...

Do not think of us as just surgeons performing just plastic surgery. We're also performing non-invasive procedures to make you look your best without touching you with a knife. Plastic surgery is also done as a necessity. There are people who need rhinoplasty as a corrective procedure because they find it hard to breathe. Then there is

cosmetic surgery which does not involve a medical problem, but if someone is not happy with their looks, it helps them.

The Indian summer can be harsh on the skin. What skincare regime or procedure would you suggest?

Skin types range from type 1, the typical northern European skin type which is very fair to type 6, which is the darkest skin type. Ninety per cent of Indians are either a type 4 or a 5. Deep chemical peels cannot be done on type 4, 5 and 6 because they cause terrible pigmentation problems like loss of pigmentation, hyper-pigmentation or irregular pigmentation.

Light chemical peels are enough to exfoliate Indian skin, getting rid of dead skin cells, brown pigmentation and irregular pigmentation. Light chemical peels have no down time, which means you can go back to work as soon as your procedure (that lasts about 15-30 minutes) is over. Another result of prolonged sun exposure is wrinkles. Botox gets rid of fine lines and wrinkles in no time.

A chemical skin peel is ideal for summer with the caveat that you're also using sunscreen and you're taking care of your skin while out in the harsh Indian sun.

Does plastic surgery encourage a less active lifestyle?

Surgeons do not encourage a less active lifestyle. We are not about just making people look good. Our focus is wellness. We won't encourage CoolSculpting (a non-invasive and painless procedure to treat stubborn fat) to reduce fat. It is for the individual who has an active lifestyle, watches what they eat but still has stubborn layers of fat they can't get rid of. For someone who is overweight, Reva offers a diet that is safe. It doesn't involve taking diet pills or amphetamine.

MYTH BUSTER

Common misconceptions that people have about plastic surgery.

1 Myth

Lazer treatments cause cancer. **FACT** A laser is nothing more than focused light energy. There is no evidence that they cause cancer or permanent damage to the skin if used properly.

2 Myth

Plastic surgery implies going under the knife. **FACT** It does not always mean going under a knife. Laser treatments and chemical peels are done painlessly and have no down time.

3 Myth

Surgeons are obliged to accept a patient because they are being paid. **FACT** A surgeon is not obliged to accept a patient. A good practitioner may suggest that a patient needs counseling, not surgery.

4 Myth

Plastic surgery is the pursuit for perfection. **FACT** Most people who think they need plastic surgery to drastically alter their looks suffer from BDD (body dimorphic disorder).



Chief Medical Director, Devinder S Mangat, MD

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