

THE FUTURE OF BUTT LIFTS

One butt lift technique that's currently being tested by plastic surgeons follows the normal course of action used in a butt lift, but uses barbed-like spokes to elevate the tissue. After making an incision, a spoke is inserted under the skin and used to pull the tissue up. Many plastic surgeons have yet to adopt the practice, but it could be an option in years to come. As of late, no long-term research has been conducted on this procedure, and plastic surgeons need to evaluate how the results will be affected by the constant pressure that's put on the butt.

PERFECT BUTT

BUTTS COME IN DIFFERENT SIZES AND SHAPES, AND WHAT'S CONSIDERED ATTRACTIVE TO ONE PERSON MAY NOT BE TO ANOTHER. "THERE ARE THOSE WHO ARE CULTURALLY PROUD OF THE SIZE AND SHAPE OF THEIR BUTT AND OTHER CULTURES THAT AREN'T, YET BOTH GROUPS ARE SEEKING IMPROVEMENT," SAYS NEW YORK CITY PLASTIC SURGEON ANDREW KORNSTEIN, MD. WHETHER YOU'RE LOOKING TO MINIMIZE OR MAXIMIZE WHAT YOU CURRENTLY HAVE, WE PROVIDE THE LOWDOWN ON WHAT IT TAKES TO GET THE PERFECT BUTT.

the better-butt diet

A well-balanced diet coupled with exercise is essential for maintaining a firm butt. Low-carb and high-protein diets may be all the rage but according to Los Angeles celebrity nutritionist and author of *Skinny Chicks Don't Eat Salad*, Christine Avanti, low-carb diets aren't necessarily the way to go if you're looking to target your rear end. "The butt is primarily made up of muscle. Low-carb diets cause the body to break down muscle tissue, which can lead to a flat butt," she says. But that doesn't mean you should go hog wild and load up on carbohydrates either. "You want to eat a balance of proteins, carbohydrates (wheat grains) and good fats like nuts and seeds," she adds. "This way you're saving muscle and getting rid of fat so your butt plumps up and gets round, preventing it from getting flabby and loose."



butt changes DUE TO AGING

SKIN

Since the skin on the buttocks is rarely exposed to the sun, it's usually pale in color and in pretty good shape. But if there's been major weight gain or loss, it can be quite slack. With age, the skin on the butt can also become crepey as collagen and elastin break down.

FAT

As we age, it's common for fat to get stored in the butt and the areas around it, like the thighs, hips and saddlebags.

SAGGING

A host of factors cause the butt to sag, like excess fat, loss of elasticity and the aging process itself.

CELLULITE

Cellulite can affect a butt of any age, but as the skin begins to change and more fat gets stored in the butt, cellulite becomes more apparent. Even if you didn't have cellulite on your butt when you were younger, the chances of it occurring later on in life are pretty high.

BUTT CREASE

In a young, perky butt, the butt crease (the line that extends outward from right under the butt) is short. But as projection changes and the butt begins to droop, the crease line becomes longer.

A STREAMLINED LOOK

Since an aesthetically pleasing body is based on proportions, it's important to take the areas around the butt, like the hips, thighs and saddlebags, into consideration with any type of surgical procedure in order to get a completely streamlined look. "In body contouring, if you ignore the neighboring regions, there is less overall improvement," says Dr. Aly. Neglecting to take the hips, thighs and saddlebags into consideration runs you the risk of a lower body that looks disproportionate.



THE CLOTHING SOLUTION slimming jeans

These super-skinny **James Jeans Twiggy 5-pocket Legging Jeans** are designed to flatter every butt shape and size thanks to the stretch fabric, which lifts and controls the backside. The signature back pocket stitching creates the illusion of a smaller butt too. \$114, jamesjeans.us

butt cellulite

Cellulite is most commonly found on our backsides because large amounts of fat tend to get stored in the butt. When the bands of fibrous tissue that surround the fat cells are tight, hard or rigid (which occurs when there is damage to the fat cells), the fat between the muscle and skin bulges, causing the bands to dimple and cellulite to result. Once the fat cells pull on the bands that connect the layers of skin, dimpling occurs.

TREAT IT SURGICALLY

According to Dr. Kornstein, in order to really address cellulite in the butt, it needs to be treated two-fold: the fatty ligaments need to be released and filled with fat or a butt lift needs to be performed to elevate and reposition the ligaments and skin.

TREAT IT NONSURGICALLY

Endermologie is a noninvasive procedure that can be used to diminish the appearance of cellulite. Endermologie employs motorized rollers, based on the concept of deep massage, to break up fat. SmoothShapes is another cellulite-fighting treatment, and one of the newest ones too. It relies on Photomology, a combination of laser and light energy coupled with rollers and vacuum suction to target cellulite at the source. During each of the eight pain-free treatments, enlarged fat cells are liquefied and collagen is regenerated to improve the skin's texture. *Starting at \$80 per session for Endermologie; \$200-\$350 per treatment for SmoothShapes*

WHAT THE DOCTOR SAYS

"Endermologie is a great option for women who are already pleased with the shape, size and projection of their buttocks, but would like to improve the appearance of cellulite. The benefit is not permanent and most need several treatments to achieve their desired improvement, but it helps give the appearance of smoothness women want," says Orlando, FL, plastic surgeon Armando Soto, MD.

THE AGING BUTT



THE DIFFERENT BUTT SHAPES

Although no two backsides are the same, these are the most common butt shapes:



THE SQUARE BUTT

"This shape tends to look flat from the side," says Miami, FL, plastic surgeon Constantino G. Mendieta, MD. "It's the most commonly complained about shape."



THE ROUND BUTT

"Although this is not the prettiest shape, it is the second-most popular," explains Dr. Mendieta. "It's not sought after as much as the A-shape."



THE HEART OR A-SHAPED BUTT

"The prettiest shape, the A-shaped butt has a smaller waist and is bigger at the hips," notes Dr. Mendieta.



THE V-SHAPED BUTT

"This is the least-attractive shape and the most challenging from a surgical perspective," says Dr. Mendieta. "There's more fat in the waist and outer thighs, which is what gives it its shape."

THE BUTT IS COMPRISED OF SKIN, FAT AND TISSUE, AND AGES SIMILARLY TO HOW THE FACE AGES: FAT NATURALLY ATROPHIES AND THE SKIN OF THE BUTT BECOMES LOOSE. AS THIS HAPPENS, THE UNDERLYING STRUCTURES BEGIN TO LOSE THEIR SUPPORT AND THE BUTT AS A WHOLE BEGINS TO FALL DOWNWARD. "OVERALL, THE AGING PROCESS TENDS TO CAUSE THE BUTTOCKS TO DROP," SAYS CORALVILLE, IA, PLASTIC SURGEON ALY, MD. "IN ADDITION TO IT DROPPING, THE BUTT CREASE (THE LINE THAT RUNS JUST UNDER THE CHEEKS) BEGINS TO LENGTHEN. IN A YOUNGER BUTT, IT'S SHORT." FACTORS LIKE WEIGHT GAIN AND LOSS, FAILING TO EXERCISE, SKIN ELASTICITY AND GENETICS ALL CONTRIBUTE TO CHANGES IN THE BUTT. "THE SHAPE AND APPEARANCE OF HOW AN AGED BUTT LOOKS DEPEND GREATLY ON WHAT IT LOOKED LIKE WHEN IT WAS YOUNG," ADDS DR. ALY.



SAGGING IS PART OF THE NATURAL AGING PROCESS, AND SOME WOMEN ARE MORE INCLINED TO A SAGGY BUTT THAN OTHERS. AS METABOLISM RATES SLOW AND FAT DEPOSITS COLLECT IN THE BUTT, SHAPE AND DEFINITION ARE LOST. SOMETIMES, A DISPROPORTIONATE WAIST, THIGHS OR HIPS MAY CAUSE WHAT APPEARS TO BE A SAGGING BUTT. "THE BUTT IS FRAMED BY THE HIPS AND THE OUTER AND INNER THIGHS. WHEN EXCESS FAT IS PRESENT IN ONE OR MORE OF THESE AREAS, THE SENSE OF BUTTOCK SHAPE AND DEFINITION IS LOST, MAKING IT LOOK FLATTER AND/OR MORE SAGGY THAN IT REALLY IS," SAYS DR. SOTO.

INSIDE tip

The scar that results from a butt lift is not always hidden by your clothes. Make sure to discuss where your scar will be and how it will heal before proceeding with surgery.



THE TOPICAL SOLUTION
fight cellulite and saggy skin

Dior Svelte Reversal Body Contouring and Firming Concentrate is a unique body slimming cream that works to fight two common problems with the buttocks: cellulite and saggy skin. Chock-full of the exclusive ingredient Viniferine—a fat-fighter said to be 100 times more powerful than caffeine—the cream claims to reduce the amount of excess fat, in turn diminishing the appearance of cellulite and firming up the skin. **\$62, dior.com**

THE SAGGING BUTT



USE HEAT TO TIGHTEN SAGGY SKIN

To tighten up saggy skin without surgery you can try a heat- or energy-based skin tightener. These treatments target the skin but not the muscle, although they usually do flush out fat cells. Someone with a small amount of saggy skin may benefit from a skin-tightening procedure such as Titan, Thermage, SkinTyte or Accent, but if there is extreme sagging and very lax skin, these treatments probably won't do much for you. Keep in mind that the results are not long-term nor will they garner the same outcome as what you'd see with surgery. **Approximately \$800-\$2,000**

GET YOUR BUTT IN GEAR

The skin on the butt is an often-neglected area, which is why many spa menus offer treatments that zero in on it. At The Ritz-Carlton Spa South Beach you can indulge in the **Divine Derriere**, a 30-minute treatment that first cleanses the skin before exfoliating it with a bamboo scrub. Next, a mineral-based mud is applied to purportedly firm the butt and redefine its contours, followed by a layer of massage cream. A caffeine-packed antioxidant-rich cream dehydrates fat cells, and is then removed with warm towels. A "skin-slimming and lifting complex" laden with growth factors is applied as the final touch. **\$75, ritzcarlton.com**



Liposuction of the upper buttocks, hips, abdomen and waist, along with microfat grafting to the mid-buttocks, gave this patient more shapely buttocks. Procedures performed by Thomas L. Roberts, III, MD; Spartanburg, SC.

ADDING FAT FOR A LIFT

Fat grafting, either performed on its own or in conjunction with a butt lift, can fill out a saggy butt. By creating an incision in the crease where the butt and leg meet, your own fat is first gently suctioned out with liposuction (from a fatty area like the stomach or hips) before it is injected into the butt to smooth, elevate and shape the area. "Fat grafting is especially beneficial if you catch a saggy butt early on. The fat that's added in will provide anti-gravity support so that the sagging is reduced or eliminated," says Dr. Kornstein. **Starting at \$6,000**

BUTT LIFT

By lifting the tissue, and removing any extra skin, your plastic surgeon can reposition your butt back to a more youthful position. During the procedure, an incision is made starting at the back of one hip extending around to the other. Liposuction may be performed first before the excess skin is removed and the remaining skin is tightened to further lift the butt. Even though a butt lift does not necessitate the use of fat or implants, it's not uncommon for either to be used in conjunction to fully round out the look. Following the surgery, you'll be wrapped in a compression garment and probably be advised not to sit down a lot or lay on your butt. **Starting at \$6,000**



THE EXERCISE SOLUTION:
work your quadriceps

According to celebrity trainer Ashley Borden, who works with Christina Aguilera and Tori Spelling, the key to a perky backside is to open up your quads (the thighs). "If an opposing muscle is tight, the other can't 'turn on.' An active stretch, strength movements and stability exercises target the glutes," says Borden. Start with pigeon stretches, followed by 10 squats on each leg, while keeping the glutes squeezed tight, and finish with instability pumps on each leg.





THE EXERCISE SOLUTION:
weight training

Using heavier weights when working out helps to build up the gluteal muscles, which descend with time. "You can also do exercises like single leg step backs and gluteal presses with dumbbells that weigh anywhere from 10 to 25 pounds," says Borden.

A BETTER BUTT WITH IMPLANTS

Using solid silicone implants can add significant dimension and contour to your backside. Unlike breast implants, which are soft to the touch, buttocks implants are firm. "Originally, just implants, without fat grafting or liposuction, were used but their results are very limited. They can make the butt bigger but not necessarily prettier," says Dr. Mendieta. One upside to implants is that they can smooth out the skin. "They can fill the void of lax skin and reduce cellulite by stretching out the skin," explains Dr. Soto. The implants are inserted through an incision either in the crease of the butt cheek or in the center of the buttocks. "One of the downsides to implants is that you can only use ones that are as big as the space is in the muscle, limiting how large you can go," says Spartanburg, SC, plastic surgeon Thomas L. Roberts, MD. While the results are permanent, the recovery can be difficult. "With implants, the risk of infection at the incision site is always a concern. You may have to wear drains for a few weeks and you'll probably be advised to stay off your buttocks for upwards of two months," says Dr. Roberts. *Starting at \$6,000*

THE FLAT BUTT

WE SPEND OUR YOUTH TRYING TO AVOID A BUTT THAT'S TOO BIG, BUT AS WE AGE IT BECOMES A CONSTANT BATTLE TO FIGHT OFF A FLAT BUTT. "PARTICULARLY THIN WOMEN MAY FEEL THAT THEY HAVE NO BUTT AT ALL, BUT EXAMINATION SHOWS PLEASINGLY SHAPED BUTTOCKS THAT SIMPLY LACK THE VOLUME NECESSARY TO GIVE THE APPEARANCE THE PATIENT DESIRES," SAYS DR. SOTO.



BEFORE



AFTER

To add shape to this patient's flat buttocks, a Brazilian Butt Lift was performed. Procedure performed by Constantino G. Mendieta, MD; Miami, FL.

THE BRAZILIAN BUTT LIFT

To add dimension and shape to a butt that's become flat over time, Dr. Kornstein says that adding fat is the way to go. "It replaces what mother nature originally placed there and is, therefore, the best long-term solution," he says. Commonly known as the Brazilian Butt Lift, fat is taken from one area of the body where it's abundant and transferred to a deficient area. "It's a total body makeover. As long as you have enough fat to do the procedure, you can get unbelievable results," says Dr. Roberts. "There's a good survival rate with fat, although about 20 to 30 percent of it gets reabsorbed," he says, adding that about six months to a year post-surgery, whatever fat remains will stay indefinitely. Dr. Mendieta says that fat transfer gives better curves and a nicer shape. *Starting at \$6,000*



FIND A BEAUTY DOCTOR NOW!

Doctors reveal inside information on top cosmetic enhancement procedures. Turn to page 177.



THE STYLE SOLUTION
butt-lifting sneakers

Reebok EasyTones help to lift and shape the butt by toning the gluteal muscles through an advanced balanced pod system [think of a halved mini medicine ball] housed in the soles of the sneakers. Created by a former NASA engineer, each step you take in these cute kicks—available in seven different styles—forces a natural instability to occur. In order to counteract it, the butt and leg muscles are forced to contract, which works them more than regular walking does. *\$110, reebok.com*

WHAT'S THE BEST VOLUMIZING SOLUTION?

Both implants and fat can add shape, volume and definition to a butt that's lacking in those departments. But when it comes to making a decision for an augmentation, which option should you choose and why? Dr. Roberts explains:

- "Buttocks implants give great results. Although they tend to be less expensive, they pose the potential for more risks, especially at the incision site. If you're looking to double the size of your backside, implants won't be able to give you those results because there isn't enough space to fit a large implant."
- "Fat has more flexibility. Using a low-pressure suction during the liposuction portion preserves the fat cells; under high-pressure suction they can burst. The procedure is very lengthy because the fat needs to be put in drop by drop so that it can survive. You can also get a lot more volume with fat transfer as opposed to implants and the results are amazing when performed on someone with flat buttocks."

