



ADRIENNE PAPP is a recognized journalist who has written for many publications including *Savoir*, Beverly Hills 90210, *Malibu Beach* and *Celebrity Society*, among many others. She is the President and CEO of Los Angeles/New York-based publicity company *Atlantic United, Inc.* Adrienne writes about world trends and interviews celebrities.

Lust in Paradise

Discover the unforgettable marvel of Turtle Island, Fiji

BY ADRIENNE PAPP



Only 14 couples visit the 500-acre island at a time, served by a Fijian staff of 100.

TURTLE ISLAND is a dream come true for couples. In *The Thomas Crown Affair*, when Pierce Brosnan lavishly surprises Rene Russo with extreme indulgence in a perfectly natural setting, we see Turtle Island for what it is: luxury without high heels; barefoot walks on a white, coral, private beach; champagne flowing like the ocean.

Perhaps a sunset cruise or peaceful evening of kayaking would satisfy your senses. Or you could choose private gondola dining, the night illuminated with old fashioned lanterns—just the two of you on the dark blue waves of the ocean. You might begin with an elegant salad: marinated Spanish mackerel and filo pastry filled with lobster, dressed with wasabi mayonnaise; accompanied by the day's fresh catch on a bed of creamy potatoes, topped with vegetables from the island's organic garden. Dessert is a must. No one is watching their weight; the food is too exquisite for such ordinary concern. On this island, nothing is ordinary.

Only 14 couples visit the 500-acre island at a time, served by a Fijian staff of 100. Each couple is given a walkie-talkie for emergencies, such as running out of champagne on one of the deserted beaches that is yours alone during your stay. And hidden in the luscious green of the tropical forest is the hammock, swaying to the music of nature. You are in love and lust, lost in nature, the only footprints yours and your loved one's.

The island is the perfect place for a private wedding or anniversary celebration. Ignite your passion in a champagne-induced Jacuzzi and create the memory of a lifetime. Red hibiscus flowers cover your bed as your 24-hour butler brings



The island is the perfect place for a private wedding or anniversary celebration.




that special red wine ordered minutes before.

After a luxurious evening, women sleep in while the men go fishing. Choose a gourmet breakfast in bed or on the beach, inches away from the water. Or horseback-ride on the beach at sunrise with a champagne breakfast, followed by windsurfing, scuba diving, snorkeling, sailing, mountain biking, or hiking. Everything is included, except hassles from the outside world.

“If you really love your partner, and you’ve got some adventure and excitement left in your bones, come along. We’re gonna have a great time!” says Turtle Island’s visionary owner, Richard Evanson, who lives on the island with his wife and children, along with his larger family: the Fijian staff with whom he has bonded over the years. Richard bought the island without leav-

ing his airplane, then transformed it into paradise redefined.

Among the celebrities and politicians who have spent time here are pro quarterback Kurt Warner and actors Dennis Quaid, Rob Lowe, Vanessa Williams, and Andie MacDowell. Once discovered, the island is never forgotten. And just as this majestic ocean is an end and a beginning, the island it embraces will hold memories for a lifetime. 

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The *Truth* about Liposuction

Advice from one of the country's leading cosmetic surgeons

BY ADRIENNE PAPP



Dorian Gray had good reason to hide his horrifying full-length portrait away in a closet. Oscar Wilde's fictional hedonist and murderer swapped his soul to the devil for eternal youth and vigor.

Today an increasing number of people would love to put their full-length mirrors in storage. And not because of the devil. They don't like seeing love handles, bulging abdomens, or double chins—the products of aging, poor nutrition, and lack of exercise.

Medical science has come to the rescue—with more than a quarter-million procedures performed to date; liposuction has become the most popular cosmetic surgery in America.

In this race for aesthetic perfection, the research can be bewildering. Yet finding reliable information is crucial: As the recent death of Donda West, mother of hip-hop artist Kanye West, reminds us, the surgery can be dangerous under the wrong circumstances.

For answers, we turned to one of the country's most recognized specialists and holder of several U.S. patents, Dr. R. Patrick Abergel. He has been featured in major magazines

including *Elle*, *Vogue*, and *W*, and has won awards from the American Heart Association, the Dermatology Foundation, the National Alopecia Areata Foundation, and the American Academy of Cosmetic Surgery.

With over 20 years of experience, the handsome, soft-spoken French native is a diplomate of the American Boards of Cosmetic Surgery, Dermatology and Laser Surgery, and is listed in the Consumer Research Council of America's respected Guide to America's Top Physicians.

MISCONCEPTIONS

Dr. Abergel points out three key misconceptions: "First, people often think of liposculpture as a weight-loss issue. It is not. The procedure is designed for people who can't trim and tone those pesky bulges, despite their best efforts of diet and exercise."

“Fat deposits are both genetic and hormonal, but once removed from a certain area they are permanently gone.”



Second: Once surgically removed, the fat returns. “That’s not true,” says Abergel. “Fat deposits are both genetic and hormonal, but once removed from a certain area they are permanently gone. Nevertheless, a proper diet must be followed because fat cells can still grow [elsewhere] in the body.”

Third: Large amounts of fat can be removed all at once. “Not so,” he explains. “Safety is the most important factor. The amount of fat removed should be limited to six pounds.” More than that, Abergel cautions, and the patient runs the risk of a complete cardiovascular collapse. He also advocates getting a clean bill of health from a physician before undergoing the surgery.

SOLUTIONS

The most important step is to find the right surgeon. Not all liposuction practitioners are specialists. “Some doctors take a weekend course and return as a ‘liposuction expert,’” says Abergel. Confirm that a physician is experienced in the field and reputable in the community with good professional credentials. (Dr. Abergel has three different board certifications and a faculty appointment at the University of Southern California.) He suggests checking with a state’s medical board, and strongly believes liposuction should be performed only in an operating room, “not in an office,” to ensure a sterile environment and the monitoring of critical body functions by a physician-anesthesiologist.

“You don’t want men to know you had liposuction. You want them to think, ‘Oh, she has a nice body.’”

Antibiotics are always administered to prevent infection. Complete anesthesia is less imperative—liposuction can be

performed with or without it—but Dr. Abergel prefers sedation. “With modern anesthesia,” he says, “it’s much more comfortable for the patient and over before you know it.”

Conducted correctly, liposuction is among the safest surgeries because, as Dr. Abergel says, “You work in the fat compartment between the skin and the muscle, outside the organs.” Any bruising and swelling are short-lived and expected. “More serious problems, although extremely infrequent, can include pulmonary embolism, cardiac arrest, and infection,” says Abergel, none of which, he notes, has ever happened in his operating room.

A DIFFERENT APPROACH

There are numerous methods associated with liposuction. With “Smart Lipo,” a laser is inserted to melt the fat. “It doesn’t have much merit in my eyes. Why needlessly complicate the simple procedure by introducing probes into the body?”

Instead, Dr. Abergel prefers his own method, Liposculpture with ultrasound, which employs smaller, custom-designed instruments. “The incision is very small, trauma to the patient is decreased—less bruising and swelling. It’s faster, the skin is tighter, and the sculpture is artistic—it respects a woman’s shape and form.”

With Liposculpture, there is minimal discomfort, maximum safety, and fast recovery—patients often are back at work or the gym within 24 to 48 hours.

And Dr. Abergel won’t “overdo” it. “What’s important,” he says, “is not what’s removed—it’s what’s left. You have to leave enough so the person looks natural and not ‘done.’”

“You don’t want men to know you had liposuction. You want them to think, ‘Oh, she has a nice body.’”

For more information, call (310) 829-2005 or visit www.doctorabergel.com

Dr. Eric Fugier, America's "Best Dentist"

On botched cosmetic work

BY ADRIENNE PAPP



"Everyone wants to look good," says world-renowned restorative and reconstructive celebrity dentist Dr. Eric Fugier. "It's all about natural beauty, excellence in dentistry,

and artistry. We use state-of-the-art technology and computer imaging because designing a smile is like designing clothes. You have to look at the face and the whole person."

And he really does treat the "whole person," having received honors in energy medicine as a doctor of naturopathic healing, and has been awarded "The Best Dentist in America" by his fellow dentists.

Fugier's own clientele includes movie and music icons and dignitaries from around the world.

After practicing in Monte Carlo, then doing postgraduate work at USC, Dr. Fugier worked with Dr. Charlie Pincus, celebrity dentist for Judy Garland, Shirley Temple, and Elizabeth Taylor, to name a few. Pincus is the inventor of the porcelain veneer. "Dr. Fugier learned from

the Galileo of teeth," says one happy patient. Fugier's own clientele includes movie and music icons and dignitaries from around the world. "At times they book the office for the whole day and bring their bodyguards," says Fugier with an endearing smile.



Patient's teeth before treatment



Patient's teeth after treatment


With over-commercialized cosmetic dentistry, some dentists are offering services they don't know how to perform properly.

The demand for elective dental work has grown considerably since Fugier first began. With over-commercialized cosmetic dentistry, some dentists are offering services they don't know how to perform properly. "There are so many botched jobs because dentistry is difficult. It requires the right technique along with experience and artistic ability." Dr. Fugier frequently receives cases where another dentist changed the spacing or height of the teeth, creating pain and problems that hadn't existed before.

"People are being sold cosmetic dentistry as if it were some easy, fun procedure. If it is not done right, you will have permanent damage. It's important for people to find someone really qualified, so they don't have to go through a nightmare," he says.

"Dr. Fugier is wonderful and knowledgeable," says one patient, who found Dr. Fugier after suffering through horrible pain.

"Not only is he esthetically fantastic, he's also structurally and physically meticulous. I will go to him until he or I pass away. We're a match!"

Visit www.drericfugier.com or call Dr. Fugier at 310-859-1575 in his Hollywood office. 

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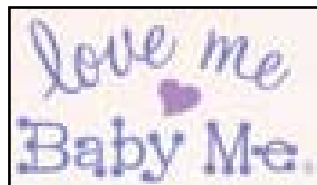


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As featured in countless magazines such as *Elle*, *Vogue*, *Self*, *Los Angeles*, *W* and many professional publications, Dr. R. Patrick Abergel has been voted America's Top Physician in Cosmetic Surgery numerous times and is Board Certified. Delivering the latest and most innovative techniques with the highest credentials in his profession he transforms a tired, sagging look into a sensationally radiant and exceptionally natural one that turns heads wherever you go. No wonder that his clients include A list celebrities from around the world.

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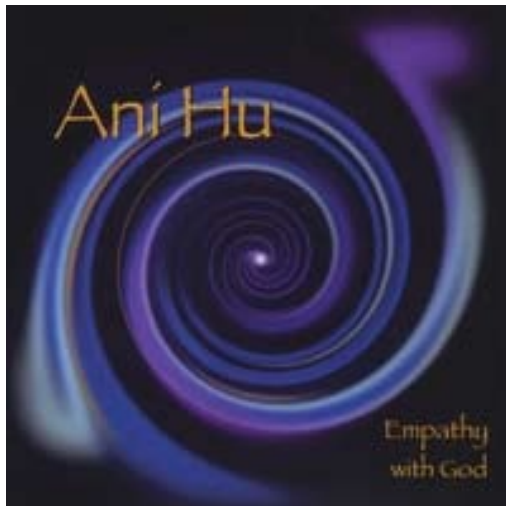
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