

SMILES

The Non-surgical Cosmetic Smile Lift

The latest dental pick me up—often in just two trips to the dentist— and you'll be smiling again! By Olya Banchik, DDS

FEWER WRINKLES. Less visible smile lines. Not your typical results of a trip to the dentist. . . or are they?

These days, aesthetic dental patients surprisingly find that they can achieve younger look with the Non-surgical Cosmetic Smile Lift. It's true. Modern dental procedures not only improve overall oral health but also revive appearance to make people look years younger. Full lips, wrinkle-free skin and straight, white teeth can create a dynamic smile that is the true symbol of youth, health and vitality.

However, if neglected, smiles can be a sign of age, dullness and even disease. As we age, our years show through the wrinkling around the mouth, frowning or "sagging" of the skin, as well as yellow and cracked, misshapen or crooked teeth. The way teeth are aligned in the mouth also directly affects the appearance of the face, including the cheeks and lips. The loss of teeth can result in sinking of the lips, a hollow look in the cheeks and wrinkling of the skin.

However, even after years of wear or neg-



lect, all these problems can be corrected with the help of modern dental technology in the hands of a well-trained practitioner.

Likewise, white, straight teeth and healthy gums are the foundation of a youthful smile. Using porcelain veneers to build the upper portion and tips of the teeth, creates additional support of the lip areas, softening laugh lines and smoothing wrinkles. Lighter, natural-

looking veneers brighten the face, creating a rejuvenated appearance.

The essence of true smile design is the Non-surgical Smile Lift: It can give you a younger appearance by softening the wrinkles around the mouth, easing the smile lines and adding fullness to the lips. The procedure can often be performed in just two visits, and requires no recovery time with people back to their normal routine the very same day.

Look years younger tomorrow; speak to your qualified aesthetic dentist today. ■



Dr. Olya Banchik, DDS, a graduate of New York University College of Dentistry, continues her studies at the world renowned Las Vegas Institute for Advanced Dental Studies, where she has completed numerous courses in the most advanced techniques of aesthetic dentistry. Her specialized education, combined with broad experience, provides state of the art, personalized dental care, focused on the art of smile design. 702.341.9597, www.banchikdental.com Email: olya@banchikdental.com

Y NOT FITNESS

Action!

It's not what you say... it's what you do that changes your life By Brad Estes

THERE IS A HIGH probability that you are dissatisfied with your body and yet know that you can improve your fitness level. You may want to look better, have more energy, experience fewer aches and pains, and enjoy the sweet satisfaction of achieving your goals once and for all.

The best part of my job is seeing clients achieve their goals. Whether they drop a few sizes, lose the baby weight, get off their blood pressure meds or shrink their waist, the excitement is always contagious. There really isn't a clear way to describe the euphoria that settles in once you've realized your fitness goal. Though each successful client is unique with different goals, one element unites them: they are all highly motivated.

But saying that you want to get into great shape isn't enough. You can want it, think about it, mull it over, ponder it, plan it and then re-plan it—but nothing happens until you take action!

Motivation + Action creates Massive Action.

I know that all of my successful clients were once in your shoes. They wanted to change



their bodies. They felt the urgency. Then they did what most had failed to do: They took action! By committing to a program, putting in the exercise and sticking to their diet, they ultimately met their goals. There's nothing more gratifying than getting back into those jeans that are currently hanging in the back of your closet.

Those that take massive action get massive rewards. And those that simply talk about losing weight will continue to put weight on, pound after pound.

So what do you want? Maybe you want to drop 20 pounds, to feel younger, to look better in your birthday suit? How bad do you want it? How much motivation do you have?

Do you have enough to take massive action? The rewards are great if you do! ■



Fitness Expert, Brad Estes, may be reached at 702.217.9668, or through his Web site, www.ynotfitness.com.

LAS VEGAS

WOMAN

Inspired By Life

Smile Makeover
GIVEAWAY
(see pg. 14)

JUNE/JULY 2008

SAVED BY THE BAND

A gastric band weight loss procedure gives Rachel Arana a new lease on life

Anti-Aging

SMILES: The Non-surgical Cosmetic Smile Lift

Y NOT FITNESS: Action!

FITBODI: Go Ahead, Have a Ball

SKIN SENSE: Hold Back the Years the Desert Sun can Cost You

THE WOMEN: June Beland & Dorothy Allen

THE COUPLE: Candace Bailey & Randy Fleitz

THE WOMEN OF ... KUNV

Mexie

THE ENTREPRENEUR

12 TIPS TO TAKE YOU TO THE TOP +

3 Las Vegans who launched their own businesses: Beth Bromberg, Cozy Stone and Carla Masterson

PLUS: PERSPECTIVES: HE SAYS; SHE SAYS: WHO MAKES THE FIRST MOVE
A FATHER'S DAY GIFT GUIDE



Connections

Aradia & Pole Fitness Studio Opens West Valley Location



Owners Tracy Gray, Christine Boyer (on the pole), Fawnia Dietrich

Female owned Aradia & Pole Fitness Studio, a sensual movement for exercise, expands to its second Southern Nevada location with the opening of its West Valley studio at Fort Apache near Russell Road and the 215-Beltway. Classes offered include Pole Dancing (all levels), Exotic Dance 101, Booty Camp, Go-Go Dancing, Pilates, yoga and lap dancing, among others. It also offers party packages for bachelorettes, birthdays and Ladies Nights Out. For more information, call 702.269.7653 or visit www.poledancinglasvegas.com.

A Great Smile is Worth a Million Dollars!



We don't have a million dollars to give but we do have a spectacular Smile Makeover Giveaway

Las Vegas Woman and Olya Banchik, DDS, are looking for that special Las Vegas woman in need of a well-deserved smile makeover.

In 200 words or less, tell us why you, or someone you know, should be the recipient of our Smile Makeover Giveaway and please include a photo.

Two ways to enter:

- Web site: www.lvwomanmag.com and click on Smile Makeover Giveaway
- Mail your entry to Olya Banchik, DDS, 1825 Village Center Circle, Suite 150, LV, NV 89134



Experienced. Professional. Cleaning.

CARPET • UPHOLSTERY • DRAPERY • ORIENTAL RUGS • STONE AND TILE • FABRIC SEALING • WATER DAMAGE • DELICATE FABRICS



Our 33 yrs. of experience qualifies us to care for the most delicate of furnishings recommended by Interior Designers of Las Vegas. With Master Cleaning and Restoration Certifications, we have earned the confidence of not only the residential community but also commercial businesses.

Experience the best of cleaning services with "That Extra Touch"!



That Extra Touch
Cleaning Specialists

3056 Sheridan St.
Las Vegas, NV 89102

www.ThatExtraTouch.com

LICENSED, BONDED & INSURED

CALL TODAY 702.878.7172