

# DivaDebbi

Musings on beauty and fashion, then and now, for women of substance, style, laughter and love.

The Clock Stops *Here...*

Saturday, February 27, 2016

## Lisa Topham RN, BSN; Turning Back the Clock Needle in Hand

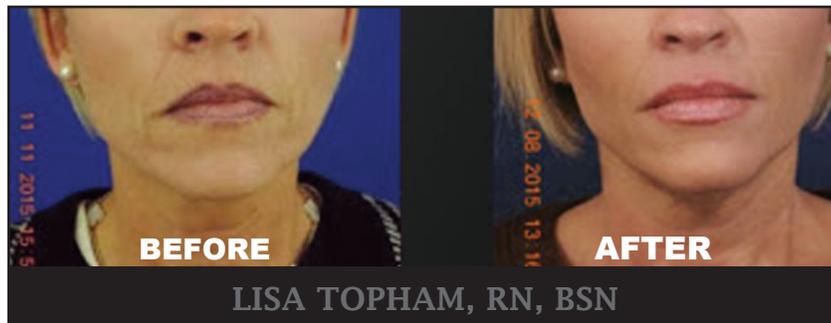


**Lisa Topham RN, BSN**  
Director of Split Rock  
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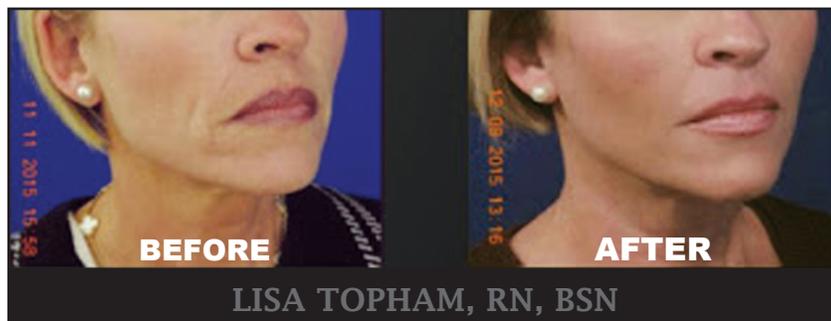
Back in November, I had the opportunity to attend an evening seminar with **Lisa Topham RN, BSN** at her satellite office in Greenwich, Ct. I sat rapt, with a room full of women, as Lisa filled us in on all the latest fillers, including what has become the star of her anti-aging arsenal, **Bellafill the five year filler**. Lisa, is an aesthetic perfectionist, and having practiced nothing but the art of anti-aging with injectables for the last 30 years. Suffice to say, **she has seen and done it all**. What we couldn't take our eyes off, was the screen of **Before and After's** that documented all she can achieve, non-invasively. It was nothing short of remarkable!

There comes a time in every woman's life, when she starts noticing the visible signs of aging; fine lines, wrinkles, loss of collagen volume and sagging jawlines. Ever notice how great you look with a tight towel turban post shampoo? All of a sudden, everything is where it used to be! Nothing crazy, just a slight uptick, but it does seem to shave the years off.

Where Lisa has seen the biggest growth in her business, is with busy, women who don't want to set the clock back 20 years, but just want to look fresh and youthful. A whole other sector is of more mature women, **who will not undergo plastic surgery, PERIOD**. Their goals are realistic. Nothing will achieve more visible and long lasting results than a full or partial facelift, but they are comfortable with doing the next best thing, having **Lisa Topham** evaluate the areas that can be dramatically improved, without a scalpel.



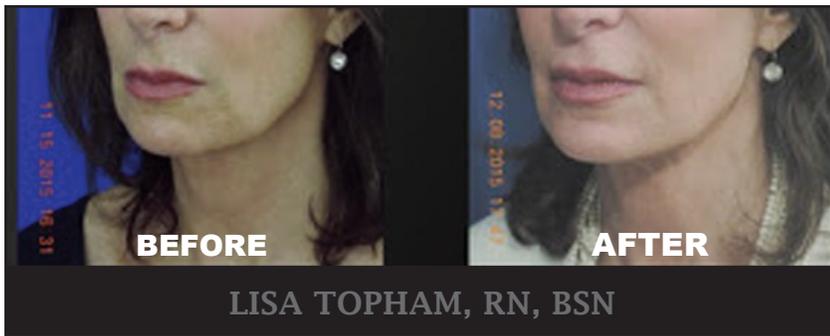
Notice the improvement in overall youthful volume; the lifted cheekbones, jawline and upturned mouth. Gone are the deeper lines forming from her nose to her lips. Also attractive? The addition of a tasteful amount of lip filler, nothing cartoonish here, but a simple addition of the lost volume in her natural lip area.



Not only is the patient thrilled with her subtle, beautiful results, with no downtime, but her husband is also very pleased...who said men never notice anything? Granted, there is some bruising associated with injectables, but short of vanity, unlike a surgical recovery, there is nothing to keep you from pursuing normal activities.

50 year old patient, treated with Bellafill, Restylane (nasal labial area) and Restylane Silk in her lips

After attending Lisa's seminar, I decided to have my own consultation with her. We had a thoughtful conversation and I



Results were achieved with Bellafill (interestingly, my upper lip looks fuller in the After's. That my Lovelies is nothing more than liner and gloss)

told Lisa my areas of concern. She then took pictures and posted them on her computer, so she could show me which areas of my face she thought needed attention and what exactly she could do to improve them. Depending on your budget, you can prioritize which areas to address first, or if available to you, achieve all your goals at the same time.

What bothered me most, was my jawline. Gravity, mother effer time, was weighing me down, and up until recently, nothing short of a scalpel could address it. Lisa felt confident, that **Bellafill** would give me the correction I sought. By adding volume to the outer portion of my cheekbone and lower face, she successfully lifted and tightened my jawline. The after pictures were taken 3 weeks later and since **Bellafill** also stimulates natural collagen production, my results have only improved in the subsequent 2 months.

I could not be happier with my results!

I am sharing them with you, because I truly believe a picture is worth a thousand words. I am not saying I would *never* go under the knife...who knows how I will feel in the future. It's possible, however, to achieve lovely, natural looking results without anesthesia, discomfort, swelling and downtime, I'm down.

In addition to Botox, Bellafill, Restylane, Restylane Silk and other fillers, Lisa and her team also perform **Ultherapy**, and have lasers that diminish sun damage and spider veins. Her latest??? **Microtox**, a diluted Botox solution, that, "shrink wraps" the neck! I have the feeling it's going to be hotly requested...necks, can be a nag.

So my Lovelies, for those of you who live in the East, I am delighted to share this treasure of a resource with you. Lisa sees patients at both her Greenwich office at **116 Mason St. and at Split Rock Aesthetic Institute in Wilton Ct. Appointments can be booked at the same number 203-831-8029**. When you book your appointment, please let them know you were referred by **DivaDebbi**.

For those in other states or countries, I do recommend the website called **RealSelf.com**. Actual patients rate and refer Plastic Surgeons and Dermatologists who specialize in a wide spectrum of procedures. **Always** do your homework on any practitioner, and whenever possible, take advice from someone whose **results you can see for yourself**. This is also not the place to penny pinch...you do get what you pay for and generally you pay for experience and a stellar reputation.

We are a generation of fit, fabulous women. If taking advantage of modern anti-aging techniques helps make your biological age better align with the age you *feel*, so be it. If you choose to age naturally and live a healthy lifestyle, so be it, as well.

Just be well. I'm fairly certain, judgement causes wrinkles :)...

XOX,  
DD