

SPECIAL PROMOTION

One lucky CS reader received a full-body makeover! Our panel of specialists, including a fitness coach, style consultant, cosmetic dentist, hair stylist and plastic surgeon, transformed this individual over a 9-month period for the ultimate MODERN MAKEOVER and a custom feature in our February issue.

MODERN **makeover**

CS followed our winner, **HEIDI SUTTON**, every step of the way as our dream team got her ready for her close up!

WITH OUR MODERN MAKEOVER DREAM TEAM

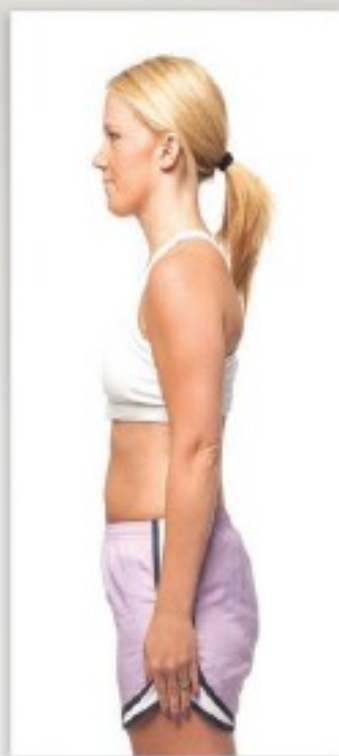
DR. PETER GELDNER / DR. JEFFREY WELLER / CAROLINE RAWLINGS / MICHAEL JACOBSON / TRACY CLIFFORD

PHOTOGRAPHY BY JORGE GERA PHOTOGRAPHY. JORGEGERA.COM

**BEFORE
THE
MAKEOVER****Heidi
Sutton**

This year, Heidi Sutton was chosen as MODERN LUXURY'S MODERN MAKEOVER winner, and CS was thrilled to help build her confidence and transform her look to reflect the successful independent woman that she is. New to the Chicago area, she was ready to step out of her early 20s and into womanhood with a successful job, great apartment and amazing friends. She feared that she failed at presenting herself as a professional adult woman leading a busy work life in Chicago.

With a goal to lose weight, transform her body, and update her wardrobe and hairstyle, Heidi geared up for the tough nine months ahead and a dedicated team of experts in their fields were ready to help her through it, giving her the transformation of a lifetime!



MEET THE MODERN MAKEOVER DREAM TEAM



(L-R) TRACY CLIFFORD, MICHAEL JACOBSON, DR. PETER GELDNER (SEATED), DR. JEFFREY WELLER, CAROLINE RAWLINGS

DR. PETER GELDNER / THE GELDNER CENTER

Leading the charge in life-changing enhancement and progressive, patient-focused care, Peter D. Geldner, M.D., is one of Chicago's premier plastic surgeons and founder of The Geldner Center. With more than 20 years in the field and specializing in cosmetic surgery of the breast, body and face, Dr. Geldner collaborates with patients to assure the proper procedure is performed and the best results are achieved. Certified by the American Board of Plastic Surgery in 1993, Dr. Geldner serves as Assistant Clinical Professor in the Department of Surgery at UIC. He is also Clinical Instructor at the University of Chicago, Department of Surgery, Section of Plastic Surgery.

DR. JEFFREY WELLER / WELLER DENTAL

Dr. Jeffrey A. Weller has been practicing the art and science of smile enhancements for over two decades, performing on the belief that function is as important as aesthetics in achieving long-term oral health. Dr. Weller graduated with a Doctor of Dental Surgery degree from the University of Illinois Dental School in 1986. He has been practicing for 27 years in Chicago and recently opened a new state-of-the-

art dental office in Hinsdale. Dr. Weller offers full service adult dental solutions like porcelain veneers, dental implants, metal free crowns and bridges, periodontal treatments, Invisalign, tooth colored fillings and cleanings. Both locations also have a whitening center with up to 5 ways to whiten your teeth. He spends his day creating beautiful smiles and providing full mouth rejuvenations.

CAROLINE RAWLINGS / THE SPA AT THE TRUMP HEALTH CLUB

With panoramic views of the Chicago River and Lake Michigan, the health club and pool at the Trump International Hotel & Tower Chicago is a phenomenal workout experience. You will find the latest Technogym equipment with individual TVs and iPod docking stations. Enjoy a relaxing swim in our 75-foot by 25-foot heated indoor pool equipped with an ADA-compliant lift. Work out on your own or allow one of our professional trainers to design a specific workout with your goals in mind. You can also select a wide variety of group exercise classes located in one of our two gorgeous studios at the Trump Chicago hotel. Private Memberships are also available.

MICHAEL JACOBSON / MICHAEL & MICHAEL SALON

For more than 20 years, Michael has been one of the most sought-after hairdressers in Chicago. Known for his accomplished cutting technique, Michael continues to garner acclaim for his individualistic approach to creating beautiful hair. *InStyle & Allure* recently declared Michael's haircuts the "Best in Chicago." He has been featured in *Town & Country*, *Real Simple*, *Lucky*, *Self*, *Women's Wear Daily*, *Daily Candy*, *Modern Salon*, *Salon Today*, *American Salon* and *CS*. His work for television includes the *Oprah Winfrey Show*, *The Today Show*, *Paramount Studios*, *Starting Over*, *Cory & Marty*, *Real Friends*, as well as personal stylist to Jenny Jones for *The Jenny Jones Show*. Michael has styled the locks of Robin Tunney, Maria Menounos, Candice Bergen, Bobbi Brown and Elizabeth Shue.

TRACY CLIFFORD / TRACY CLIFFORD STYLE

Tracy Clifford Style is one of the most prominent style consulting firms in Chicago. Tracy Clifford has years of experience in both buying and selling for designers and luxury boutiques such as Oscar de la Renta, Lanvin, Sonia Rykiel, Nicole Miller, Marissa Collections and Neiman Marcus. Tracy offers her expertise to anyone who is looking for guidance with their image and wardrobe. She helps her clients develop confidence and knowledge to dress fashionably for their professional, social and personal life. Tracy Clifford Style takes pride in the unique customized services that are provided to their clientele.

MAKEOVER IN ACTION

Plastic Surgery

BY DR. PETER GELDNER

Dr. Geldner performed a rhinoplasty to improve the shape of Heidi's nose, especially the tip. The rhinoplasty was an "open" procedure, meaning that a tiny incision was made below the tip of the nose. The tip was then contoured for an overall better appearance. Dr. Geldner also performed an endoscopic axillary, submuscular breast augmentation with Silicone Gel implant, in order to give Heidi a natural enhancement that would be comfortable and healthy.

"Heidi was the perfect patient and her results were fantastic. I'm so happy I was able to give her a new sense of confidence in her body!"

- DR. GELDNER



"Seeing Heidi blossom throughout the process and her excitement with the changes we made to her smile was extremely rewarding to me. She transformed from a young, fun girl to a polished, sophisticated and confident young lady. The team and Heidi did an amazing job to really make this makeover a success. She was a pretty girl to start with but now she is a WOW!"

- DR. WELLER

Dental Reconstruction

BY DR. JEFFREY WELLER

Through the span of five months, Heidi consulted with Dr. Weller during eight different visits. Throughout the process, she had a professional teeth cleaning, an in-office Zoom teeth whitening and orthodontic retainer movement of her lower teeth with a total of eight porcelain veneers placed on her upper teeth, crafted by Peter Kouvaris Dental Studio in New York. Her smile previously was very youthful and lacked symmetry, and now her broader, whiter and more perfected smile makes a huge difference in her entire transformation. The reconstructive work by Dr. Weller enhanced her smile leaving her with straight, bright and pristine white teeth.



PHOTO BY FRANCIS SON

Fitness Regimen

AT THE SPA AT THE TRUMP HEALTH CLUB

Heidi began her Spa at Trump membership experience with a Polar Body Health Assessment so they could measure her starting point, including her height, weight, body composition, blood pressure, cardiovascular fitness level VO2 max test, flexibility and strength, as well as complete a number of lifestyle questions and nutrition questions. Heidi worked closely with their team of Fitness Professionals including personal trainers, specifically Luis Bracamonte, who really took her under his wing for her first few months on her wellness journey. Education, nutrition and variety were key for Heidi, so she tried different types of classes from Strength Training and TRX to Cardio classes like Spin or interval training in the gym. Heidi was very consistent with her workouts, coming in five or more times per week and she found evenings suited her busy work schedule.

"Heidi was very committed to the program—she has great energy and enthusiasm and was excited with the results she was achieving. This kept her motivated to keep going. She looks amazing and has become a great friend throughout this experience!"

- CAROLINE RAWLINGS

Transformation Timeline

JULY 25

Heidi meets with CS and her makeover team to plan the road ahead!

AUGUST 7

Heidi shoots her "pre-makeover" photos with photographer Jorge Gera

AUGUST 10 ▶

Heidi undergoes surgery with Dr. Geldner

AUGUST 16

Heidi meets Michael Jacobson of Michael & Michael Salon and they discuss hairstyles



AUGUST 30

First visit with Dr. Weller for X-rays and models made to design her veneers

SEPTEMBER 3 ▶

Heidi consults with The Spa at the Trump Health Club about her fitness regimen





Hair Consultation & Styling

BY MICHAEL JACOBSON

When Michael first met Heidi, he knew right away that her hair was too long for her face shape and the cut she had was hiding her facial structure. Her hair was also in really bad condition when she first arrived, as a result of over-processed highlights and the color didn't complement her skin tone

or her beautiful eyes. To fix this, Michael & Michael master colorist Steven Smiss gave Heidi a more natural blonde by choosing a base color closer to her own, adding more subtle highlights and some lowlights for depth and dimension. Michael then cut her hair into a shorter, sleeker and more face-framing style. Heidi's after-salon hair care regimen was all about repairing past damage, so Michael based her routine around the Nigelle product line, a Japanese hair care line designed especially to heal the cuticle layer of over-processed hair.

"A lot of women have difficulty letting go of long hair, even if it means that their style doesn't suit their face shape. Eventually, Heidi warmed up to the idea of losing some length and was totally willing to let me try a more modern cut on her that I thought would bring out her best features. I think she was able to see why I chose the cut I did. When she left the salon, I could definitely see a little more sass in her step."

-MICHAEL JACOBSON



PHOTO BY FRANCIS SON

"It is easy to work with someone like Heidi who has such great natural style and a figure that looks spectacular in just about anything. My goal as a stylist was to let Heidi's natural beauty and personality shine."

-TRACY CLIFFORD

Wardrobe Consulting & Styling

BY TRACY CLIFFORD

With Tracy's keen sense of style and knack for knowing how to dress her clients, she was thrilled to give Heidi a full fashion makeover with the help of her favorite boutiques: Saks Fifth Avenue for the clothing and shoes and the accessories boutique, Elements, for her jewels. To show off Heidi's new figure, Tracy picked out gorgeous threads from Chanel, Dolce&Gabbana, Roberto Cavalli and Alexander McQueen. With a new sophistication to her wardrobe, Heidi was able to show off her revamped hairstyle, makeup and body with confidence and a fresh new look!



PHOTO BY FRANCIS SON

SEPTEMBER 15

Heidi lost her first four pounds by working out with the Spa at the Trump Health Club

NOVEMBER 26 ▶

Approval of final veneers and cementation at Dr. Weller's office



DECEMBER 10

Heidi meets with Tracy Clifford and she assesses her closet and style

DECEMBER 19

Final dental clearing with Dr. Weller



◀ JANUARY 6

Tracy takes Heidi shopping at Saks Fifth Avenue on Michigan Avenue for her brand new looks

JANUARY 8

Heidi's final appointment with Michael & Michael to update her hairstyle and color

JANUARY 9
Heidi shoots her "post-makeover" final fashion spread with CF, photographed by Jorge Gera

Turn the page to see!

SPECIAL PROMOTION

THE REVEAL

PHOTOGRAPHY BY
JORGE GERA PHOTOGRAPHY

FASHION STYLING BY TRACY CLIFFORD STYLE / CLOTHING COURTESY OF SAKS FIFTH AVENUE / JEWELRY COURTESY OF ELEMENTS
HAIRSTYLING BY MICHAEL JACOBSON OF MICHEL & MICHAEL SALON / MAKEUP BY FRANCES TSALAS OF FACTOR ARTISTS

SPECIAL PROMOTION

