

# Q&A ASK THE EXPERTS

**Q** *Dear Skip,*  
I am a forty-something woman with very full, wavy hair. I am looking to cut some bangs but I do not want to look like a teenager. What do you suggest?

**A** Women are seeking to wear their hair curlier, so you are lucky to have some natural wave. For those with a round face who are on the heavier side, waves do not work well because curl is a circular movement that will add roundness to the face.

As for bangs, people in New Orleans are not big fans because they do not work well with the humidity. Wearing full bangs involves a lot of work to keep them straight. Even if you blow dry them in the morning, they can curl up again. Guys have it easier since the tousled look is in right now and their hair tends to go forward a bit. Those inclined toward bangs may want to cut them to the side. That means very little hair would be cut and it will blend into the rest of the front of the cut. If you want to wear your bangs heavy, the stylist can pull them an inch back into your head and pull a section of a pie shape right off in the front, pull it forward, and cut them, never going shorter than to the bridge of your nose. That way you can lighten the ends



Skip Bagaley



up a little, though the bangs should cover your eyebrows if you want to be on trend.

If you want full bangs, blow them dry while using a round brush. We like to blow dry bangs to the side a little because it will straighten them out and then you can comb them straight down. It all comes down to whether you want your general look to be straight or curly, which should be based on the structure of your face, your weight and your age.

Talk to a reputable stylist and seek his or her input. If you look in the mirror and like what you see, the stylist has done a good job. If your cut looks contrived or silly, you need to go back to the drawing board.

**Skip Bagaley**, Owner/stylist  
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**Q** *Dear Nathalie,*  
I have a bad back and was told yoga would be good for me. How do you deal with students like me?

**A** Of course, before beginning any exercise program you should always get clearance from your doctor. Upon getting the go ahead, you will be able to reap the same mental, physical, spiritual and emotional benefits of yoga as anyone else. Some poses can be adjusted to accommodate you with respect to your health condition and what you are comfortable doing. My philosophy is to adjust postures, or "asanas," to the individual, rather than the other way around.

Mentally, yoga helps people quiet down and live in the moment, which in turn brings about a feeling of inner peace and harmony. From a physical perspective, yoga strengthens our body, increases flexibility and opens up blocked energy, releasing areas in the body that are tight or lethargic. In a Vinyasa yoga class, movement is linked to breath, which sends

energy through us, strengthening our life force and making us stronger from deep inside, which promotes self-esteem.

The key to doing yoga safely with respect to your back pain is to find an experienced teacher who can guide you slowly. There are numerous styles of yoga and there is sure to be one that suits your needs, lifestyle and age. By exploring the different styles, you will find one that you like that will help you reach true health and happiness.

Often the hardest part is building up the motivation to make time for a yoga practice. Once you make the commitment, you will find that practicing yoga is easy, inspiring and hopefully somewhat fun. You can set goals for yourself and work your way up from beginner to advanced classes. Best of all, after you practice, you always feel good, happier and better about yourself in general.

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**Q** *Dear Dr. Lupo,*  
I have tiny spider veins near my nose. I cover them up with makeup but they seem to be getting darker. What can I do?

**A** My first choice for treating spider veins is the **Excel V laser**. In the past, vascular conditions required a wide range of parameters and therefore called for multiple systems in order to effectively treat problems. Now that we have the Excel V laser at our disposal, we are able to deliver the right combination of wavelength, pulse width and spot size for the best treatment using one system.



Mary P. Lupo, M.D.

Another choice is **intense pulse light**, or IPL, though it is contraindicated for people with deeply pigmented skin. The reason intense pulse light is so popular is because in just three to five sessions with no downtime from work or your daily life, your skin will be brightened and tightened. In addition to reaping the benefit of improving the spider veins near your nose, you will likely notice improved skin texture and reduced pore size and fine lines. In particular, I like the Lumenis M22.

The **Candela Pulsed Dye Laser** called Vbeam is also a good option, but it bruises more than the other two. During this treatment, the epidermis is protected with the Dynamic Cooling Device, which sprays a cooling cryogen mist onto the skin prior to each laser pulse, which is said to increase patient comfort. The amount of improvement will depend on the size and severity of your spider veins. Remember to be patient though, as most patients do not see a difference until six to eight weeks after their first treatment. For facial veins, one treatment may be enough, but sometimes more are warranted.

All of these devices use light or laser energy that is attracted to the blood in the vessel, causing heating and subsequent destruction of the vessel lining. Be sure to consult with a board-certified dermatologist about what option is appropriate for you and weigh the risks versus benefits. Of course, scarring is a risk associated with the use of any laser. Good luck.

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