

Donna Saker's Blog

Diary of a 21st Century Warrior Princess!

Thursday, March 24, 2011

What do Jennifer Aniston, Julia Roberts have in common with Donna Saker?



Before



20lbs lighter
and after treatment

No Photoshopping here folks!!!!

Besides that we have all kissed Brad Pitt (yes its true, but that is another story). It's something else. I have a confession to make. I was really torn about writing this blog. It's a private and personal topic and I know I will get some negative feedback, but I figure if I can post pictures of my fat body before my weight loss and then a bikini shot after, what the heck? I have always been brutally honest with my listeners, so why stop now?

One thing my darling friend Fiona has taught me is a line that has stuck with me for years. "Take the gentle road". I love that advice. So when you read this and should you disagree with it, or are disappointed in me, please take the gentle road - that's what I would do.

If you have been following my fitness journey you know the commitment I made to being a healthier better me. I have done that by losing 20 pounds. It was an uphill battle and continues to be a lot of work daily. But as the weight has fallen off, so has my face. As I've been was marveling at the weight coming off my body, I haven't liked what I've been seeing in the mirror. Unfortunately I was a sun worshipper in my youth and that, combined with a stressful job and a sometimes trying love life, and the ravages of time it all began to show on my face. So the joy of getting my high-school body back was quickly being dashed by the sad looking woman looking back at me in the mirror. But wasn't sad or tired!!

Being a makeup artist for over 20 yrs, I have seen my share of stars, models, and us ordinary women who have had some work done –in some case too much work- so I was very skeptical about it.

Dr. Nikolis of Victoria park Medical Spa here in Montreal, was recommended to me. He is a very handsome, eloquent man and had a very calming effect on me. He had me look in a mirror and tell him what was bothering me the most. He also asked me what I really like too! Which was quite a bit.

Charming Dr. Nikolis made my year by telling me, "Donna, if all 45 year olds walked into my office looking like you I would be out of business." I love him. He sat me down and showed me my options, and told me to go talk to people and get other opinions, which I did.

A couple months went by and I told only my closest friends about my thoughts. I kept thinking, "what am doing, what will people think, will people be able to tell?". I worried that I would feel like a walking lie.

So as I sat back down in Dr. Nikolis's chair a few months after my initial consult, I started to cry. He took his time to reassure me that everything would be fine and I would be happy. I decided to go ahead with his advice last November. Here's the thing-no one said a word or even noticed! The effect was so subtle and discreet, (which is what they are all about at Victoria Park) I looked so good, people were telling me how great I looked.

I finally felt like my spirit and my body matched what I saw in the mirror.

Spilling all the beans folks: I had a little Botox to soften the frown between my eyebrows.

I also got some Perlane done, which helps restore facial volume women naturally lose in cheeks and lips with age. In some cases -like mine- this is exacerbated by weight loss.

Juvederm, Perlane, and Restylane are all dermal fillers that work similarly in restoring volume. They just have slightly different properties depending on the client's needs (just like certain foundations might have different properties).

Botox only lasts a few months. Fillers like Restylane and Perlane can last up to a year. These are hyaluronic acid which are found in your body already. (for some reason that made me feel better).

So here's the real reason I decided to come clean to you about all this: I am sick and tired of Hollywood actresses saying they have never had work done, yet they look perfect and we look up to them in these magazines thinking that is the ideal. Perfection is impossible, yet somehow they look perfect, well there is a reason for that. You would be flabbergasted how many have had 'tweaks'. Nobody is perfect. I have no problem with Hollywood feeling like they need to "keep up" the appearances, just don't fib to me about it.

I have always had the highest respect for women who have come right out and hollered, "hell ya, so what?!"

So there it is, my secret is out- and I am happy with my decision. I will be going back to see Dr. Nikolis. I will also be doing some makeup seminars with him in the future, as he gives talks about facial rejuvenation. I will be on hand to offer makeup tips and tricks. I am so excited!

So maybe this is for you. Maybe not everyone can do whatever they want with their bodies, so if you workout, diet, dye your hair, get laser eye surgery, use wrinkle creams, then more power to you!

Whatever makes you happy right?

Dr.Nikolos has generously offered to waive his consultation fee which is normally \$100 at Victoria Park if you mention this blog post. There's also a little something special for everyone who goes in for a treatment as well. Dr. Nikolos is happy to answer any questions. I know for a fact that this man is now on my Christmas list.

As I venture into the remaining years of my 40's, I will be doing it with a new tight body and looking a little less like a wrinkly baby elephant, and y'know- I am just fine with that.

Here is the link to Victoria Park for all of your spa, gym, medispa and general wellness needs!

<http://www.vicpark.com/>

Thanks for visiting

Donna