

# Beauty Trend: 5 Life Triggers that Inspire Bold Beauty Transformations



B

y Dr. Sanam Hafeez and Dr. Margarita Lolis

It is common for women to alter their appearance when faced with a significant life challenge. When we are tested we transform. When we shift our mindset and transform on the inside, it's only natural that we want the outside to change as well. [Britney Spears](#) is notorious for her transformations. It's as if we shed old skin like a butterfly ready to take flight, soaring to new heights. Below are some common life challenges and the typical beauty treatments sought for each.

# Check out these [beauty trends](#) for each of life's hurtles!

## **A milestone birthday.**

You don't have to be turning 50 to freak out about a birthday. Women as young as 25 are having quarter life crises. Women who turn 30 or 35 often feel blah about it. Even if women feel great about a milestone birthday, they still may desire a change. According to Dr. Sanam Hafeez, a NYC based licensed clinical psychologist who teaches faculty members at the prestigious Columbia University Teacher's College and is the founder and Clinical Director of Comprehensive Consultation Psychological Services, "when we have birthday's, we focus on aging. We look at our faces in the mirror and may think a refresher is in order. It's common for women to book appointments for Botox around their birthdays. However, when aging becomes an obsession, causing anxiety or depression, it's important to speak to a professional."

## **Surviving an illness.**

"After recovering from illness, especially if the road to recovery was long and hard, it is normal to want a new look," explains Hafeez. When people feel healthier and happier, they may desire a new wardrobe, especially if there was weight loss. Dr. Margarita Lolis, a Board-Certified Dermatologist in northern New Jersey who specializes in anti-aging and longevity, adds, "they may also want to explore fillers to the face to replace volume lost while ill. It's important to make a full recovery before doing any invasive procedures. You really must speak to your doctor to clear you for any elective surgeries." "There's a lot of empowerment that comes from battling back from illness. It makes sense that someone would want to celebrate their good health with a 'new me' approach to their appearance," says Hafeez.

## **Going back to work after a stretch of unemployment.**

You got laid off and for months your job has been finding a new job. After months of sitting at the computer in sweats, only showering to go on interviews, you finally get hired! Elated, you decide to treat yourself to a spa day, get a pro to cut and color your hair, and splurge on new eyeglass frames. "Being unemployed crushes the spirit. The longer someone is unemployed the greater their chances are of sinking into depression. When a new job is secured there's a feeling that the weight of the world is off the shoulders. Of course you want to treat yourself" says Dr. Hafeez.

## **Divorce or a breakup.**

One of the most profound triggers motivating a significant change to a woman's appearance is divorce. Breast augmentation, tummy tucks, liposuction, face lifts, weight loss, new hair, new clothes, and total transformation is common. Divorce is such a significant severing that most women feel that the person they were before must change. The fastest way is to change their appearance. The challenge here is that they are often hurting inside as they grieve the loss of their marriage. Even if they are happy for the divorce and it ended amicably the stress over dating again is a motivator. Dr. Lolis says many new clients come to her by referral because they recently divorced and want their "cry lines" removed and a fresh look to their faces.

## **Moving to a new city.**

"Uprooting to a new city can be very scary. There are a lot of unknowns which makes people feel as if they are out of control," says Dr. Hafeez. The one thing they can take control over is their appearance. It's common for people who relocate to assume a whole new identity that blends in with the other people of that city. If you're moving from New York City to a beach town in Miami, your attire is going to change.

—

**Dr. Sanam Hafeez PsyD** is a NYC based licensed clinical neuropsychologist, teaching faculty member at the prestigious Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C. a neuropsychological, developmental and educational center in Manhattan and Queens. Dr. Hafeez masterfully applies her years of experience connecting psychological implications to address some of today's common issues such as body image, social media addiction, relationships, workplace stress, parenting and psychopathology (bipolar, schizophrenia, depression, anxiety, etc...). In addition, Dr. Hafeez works with individuals who suffer from post-traumatic stress disorder (PTSD), learning disabilities, attention and memory problems, and abuse. Dr. Hafeez often shares her credible expertise to various news outlets in New York City and frequently appears on CNN and Dr.Oz. Connect with her via twitter @comprehendMind or [www.comprehendthemind.com](http://www.comprehendthemind.com).

**Dr. Margarita Lolis, M.D.** is a board-certified cosmetic, medical dermatologist and a fellowship-trained Mohs surgeon with over 20 years of experience. In her practice, she addresses common skin concerns such as acne prevention and treatment in both teens and adults, sun-damage, skin discoloration, wrinkles, changes to skin texture and loss of volume. On the medical side, she is a trusted expert in melanoma and over-all skin health. Dr. Lolis prides herself in honoring facial symmetry to deliver a natural look to her clients. She always recommends a healthy skin care regimen plus lifestyle habits that are aligned with her holistic approach to beauty. Dr. Lolis is a member of the American Academy of Dermatology, American College of Mohs Surgery, and the American Society of Anti-aging. Her practice, Skin, Laser, and Surgery Specialists is in New York City and Bergen Country, New Jersey.

