

TREVOR M BORN MD

ISSUE NO. 4

TRULY MODERN BEAUTY

the HAPPY issue!

DOCTOR'S NOTE

*Happy, Healthy, Beautiful!
How being "happy"
keeps you beautiful,
inside and out...*

*What is Beauty to you?
Cover girls Lauren,
Nana & Sheena
tell us how they've learned
to look, and feel.
their most beautiful...*

FACT V FICTION

*We debunk a few
"old wives tales" about
cosmetic procedures*

FACES of TMB



REST
RELAXATION
RESTORATION
REJUVENATION

Are you getting the most out of your vacation? We spent a few days with *Exclusive Resorts* at *Real Del Mar*, on the stunning Pacific Coast of Mexico and learned how *the right kind of vacation* - curated, planned and executed by a team of experts - can help *weekend warriors* maximize the *health and wellness benefits* of their time off...

by Erin Mccann

How often have you wanted to take a vacation, but put it off because you simply have too many obligations? In today's non stop, 24-7 connected world, taking a vacation seems more and more like a luxury most of us can't afford, even when we really *can* afford it: According to a recent Harvard survey, approximately half of North American workers don't take the vacation days they've earned. What's more, among those respondents who did actually take vacation, 30% of them confessed to doing a significant amount of work while they were supposedly "taking time off." It shouldn't be a surprise to anyone that these same people also reported feeling overworked, overwhelmed, stressed out and sick.

As healthcare and beauty providers, we are all too familiar with the effects of overwork, stress and lack of rest. **The most oft heard complaint in the treatment room? "I look tired."**

Newsflash: **that's because you ARE tired.** Botox can certainly help, but ultimately (we've said it before!), practicing proper self care and encouraging wellness from the inside out is an essential part of anti aging. And yes: this includes a little down time - free of smart phones, and emails and other everyday stresses that encourage unhealthy life habits. **The health benefits of a good vacation are numerous: reducing stress and stress related ailments, improving mental health and brain function, vacation time can even lower one's risk for heart disease.**

So, for those of you who might still be inclined to skip the time off all together, take it from the wellness experts: you're making a mistake. No one exemplifies a "hard work" mentality more than Dr. Born himself, so we discuss the topic.

"I hear so many people tell me they don't have the time... they're too busy... And as a surgeon who is on-call 24-7 for my patients, with practices in both Toronto and Manhattan, I can relate!" He explains. **"But I also know that vacation, specifically time away from work, is an absolute must from a healthcare perspective.** I never, never cheat myself of well deserved vacation time, and I encourage my patients to do the same. **Just like exercise, healthy eating, regular doctor's visits, vacation time keeps you healthy and happy."**

With this in mind, I begin to wonder: if the health benefits of vacation are so indisputable, should we be more proactive about our time off and how we utilize it? **Specifically, can our time off address (and perhaps remedy) our own unique health and wellness issues/ challenges?** A kind of "mindful" vacation that is somewhere in between the bootcamp/retreat style holiday and the lazy all inclusive "beach, buffet and beers" option?

The answer is YES. Whether you're a weekend warrior with only a couple of days to spare, or a big family looking to maximize a two week sojourn - It is possible to have a vacation that restores

and rejuvenates your mind, body and soul, and it's not hard. **The key to success? Major DIY planning or - professional help.**

If you're like me, DIY is out. Planning a holiday that will suit everyone in my family while fulfilling all of my own wellness goals is next to impossible. Inevitably, the vacation falls short of someone's expectations. I'll return home, slightly bitter, feeling more run-down than "restored," needing another vacation after... my vacation. I know I'm not alone in this. Professional help sounds wonderful to those of us who barely have time for a bath, let alone dream vacation planning.

Enter the pros at Exclusive Resorts, a private holiday and destination "club" that provides a very unique (and essential) service: they orchestrate and execute inspirational, one of a kind, luxury travel experiences. This isn't "all-inclusive" travel, it's "next level" travel, designed to provide members with a more personalized, authentic, and rewarding travel experience. If you can set the goals for your vacation, be it R & R, or detox, or maybe just time to strengthen family relationships (often the first casualty in the culture of overwork), the Exclusive Resorts team can make it happen for you. Membership gives you privileged access to the club's portfolio of 400+ luxury residences around the world, a direct line to their expert team of travel planners, concierges, and service staff, the opportunity to partake in VIP members-only events (*cont.*)

“Having someone take care of all the preliminary details for me makes all the difference. Two emails is all it takes, and I feel confident that my trip is going to be everything I need, and want it to be...”

(cont.) and adventures, as well as customized activities and travel itineraries that promise a more enriched cultural experience than your average “one size fits all” tour.

With a few days to spare, and an invitation to try out Exclusive’s services this past winter, I jump at the opportunity to construct a more “mindful” vacation for myself. I will identify a few of my own health and wellness challenges, and hopefully the Exclusive Resorts team can design a vacation for me that ticks all of the right boxes.

A week before my departure, I get an email from the on-site “personal concierge” (Antonio Hernandez) at Real Del Mar, a gated community of luxury villas overlooking the stunning Bahia de Banderas on the Pacific Coast of Mexico. Antonio politely introduces himself and asks to confirm the details of my flight so he can have a private car ready for me at the airport upon arrival. He provides a complete list of all the amenities available to me (including a private chef, spa services, athletics and excursions), and invites me to share my vacation goals so that he can advise as to how I might fulfill them. He also attaches a provisions and grocery list so that everything I need is already at the villa when I arrive. I breathe a sigh of relief knowing that I am in good hands. Having someone take care of the preliminary details for me makes all the difference, particularly when one is only on a short 3-5 day break.

I think of said “vacation goals” when writing my reply. Lately, I’m feeling sluggish (exercise is a monotonous chore I do, but hate), I’ve been battling the winter blues (seasonal affective disorder is an ongoing battle), and feeling the effects of stress from overwork: tension in my body, fatigue, and a general sense of malaise. If this trip can in some way reanimate my rather listless sense of fun and adventure and help me feel a little more energized, I know I’ll return home inspired and invigorated - and in my line of work, inspiration is essential.

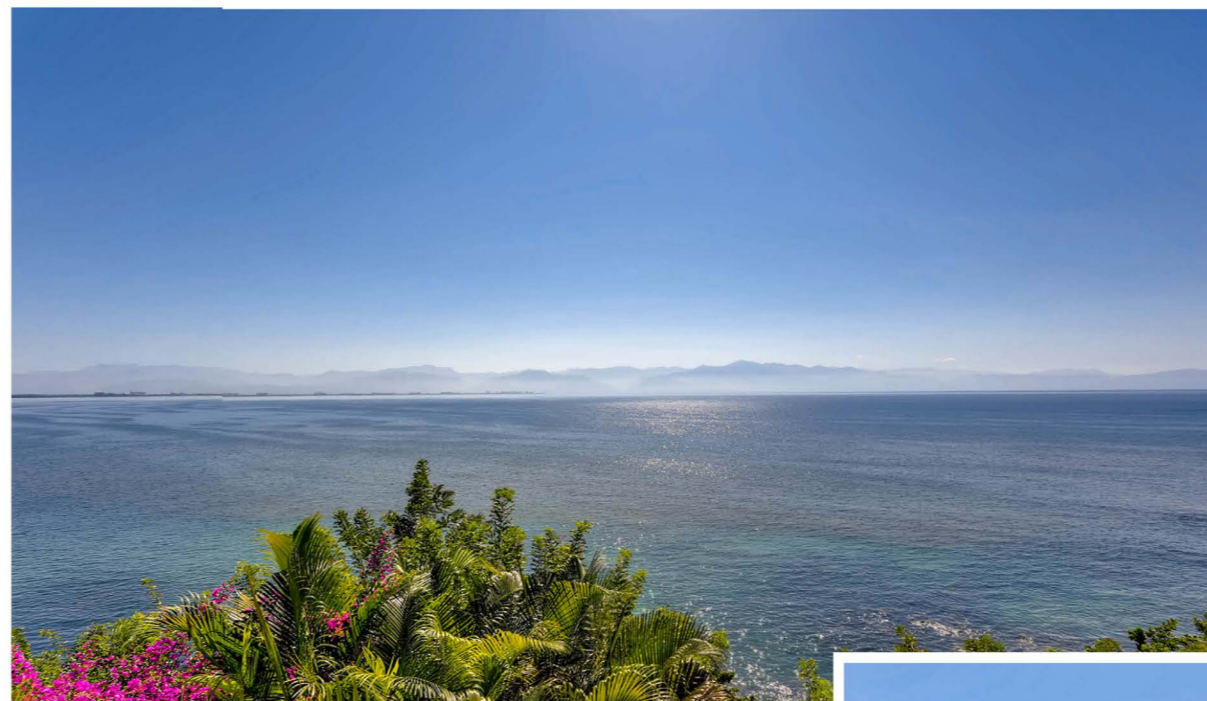
I reply to Antonio and explain my needs. He is excited and eager to meet the challenge, and has many suggestions as to how I can fulfill my wellness goals. He promises a list of options for me to choose from within 24 hours - and he delivers. My customized itinerary will include private sunrise yoga on the beach, surfing in Sayulita (a nearby town), massage therapy, sailing, and meal plans that adhere to my “clean eating” diet while still favoring local cuisine. Two emails back and forth is all it takes, and I feel confident that my trip is going to be everything I need, and want it to be.

A week later I leave the slush and snow behind and head to Mexico. When we pull into the driveway of our villa, the property manager, David, is there to greet us. After a warm introduction he hands us the keys to our home for the next four days. Luxury is an understatement when it

comes to the property itself. It is majestic, welcoming, modern with traditional Mexican design elements... simply beautiful. With floor to ceiling west facing windows, there are views of the bay from almost every room in the house, and believe me when I tell you: the blue hued vista of the Bahia de Banderas is a sight to behold. The Sierra Madres line the horizon, the ocean waters reflect the pure golden Jalisco sun - everything glitters. Truly one of the most breathtaking views in the world, its bucket list worthy.

Antonio arrives and provides us with our itinerary for the trip, everything is laid out for us: what we’ll be doing, where to be and when - it’s so hassle free I almost feel guilty. Shouldn’t I be worrying about something? Someone? Nope. Everyone in the group has been contacted in advance, their wants and needs determined well ahead of time so we can all just enjoy our time together. What a concept!

“Wait until you see the room!” Antonio gleefully tells me. “The view is very inspiring.” Both he and David seem to have tuned in to the fact that I’m the “health/wellness” hippie type in the group, and I welcome their foresight! Sure enough, the view from my balcony gets me teary eyed. I explain to them both that I’ve recently taken up meditation and this spot will certainly make my morning practice easier. They smile and nod, and invite me to rest before our group dinner planned for that evening. (cont.)



The view from my balcony at our villa, Casa Risco...



Infinity pool overlooking the bay...



lounge and dining room at Casa Risco...

(cont.) I take the time to kick back by our private infinity pool with a glass of fresh coconut water, a pitcher of which was waiting for us, along with a bowl of freshly prepared guacamole and margaritas that our team of chefs whipped up in advance. **It's these little details that set Exclusive Resorts apart:** isn't it nice to arrive at your destination after hours spent on a plane and just have these things waiting for you? It's like these people are mind readers - only they're not. **They just know what questions to ask beforehand, and are (gasp) genuinely invested in the success of your vacation.**

As I look out over the bay I am overcome by the soothing sound of the ocean waves. It seems a fitting time for some Ujjayi Pranayama (the yogic practice of deep breathing), wherein you mimic an "ocean sound" by constricting the base of your throat upon every exhalation. I take a seat, and for five delicious uninterrupted minutes, I am able to fill my lungs with sweet beach-y air. I time my exhalations to coincide with the lapping surf sounds below me and the meditative quality is uniquely transformative. I can't remember the last time I took advantage of a setting like this to just... nourish myself with breath. I open my eyes feeling clear, hopeful, and grateful.

The trip to Real del Mar only gets better. I wake up after a glorious sleep and head down to the kitchen to grab a morning coffee, and find that our private chef's have already prepared a complete breakfast for our group. There's something for everyone: sweet and savory, healthy and hearty options, as well as traditional Mexican huevos, tortillas and freshly made salsa. My colleagues and I chat enthusiastically over breakfast about everything from the whales we've just spotted breaching in the bay, to the recent inauguration of Donald Trump. **Conversation over breakfast is a luxury in itself for all of us, and we are thankful for the time to actually connect.**

Next up: private massage therapy in my room. Hallelujah. Massage is another one of those things we tend to identify as a "luxury," when in fact, **therapeutic touch has been proven to have a positive impact on both our physical and mental health.** Next time you feel guilty about indulging in one - don't. Massage doesn't just feel good, it does a body good: **improving circulation, lowering blood pressure, and triggering the production of mood elevating hormones serotonin and dopamine.**

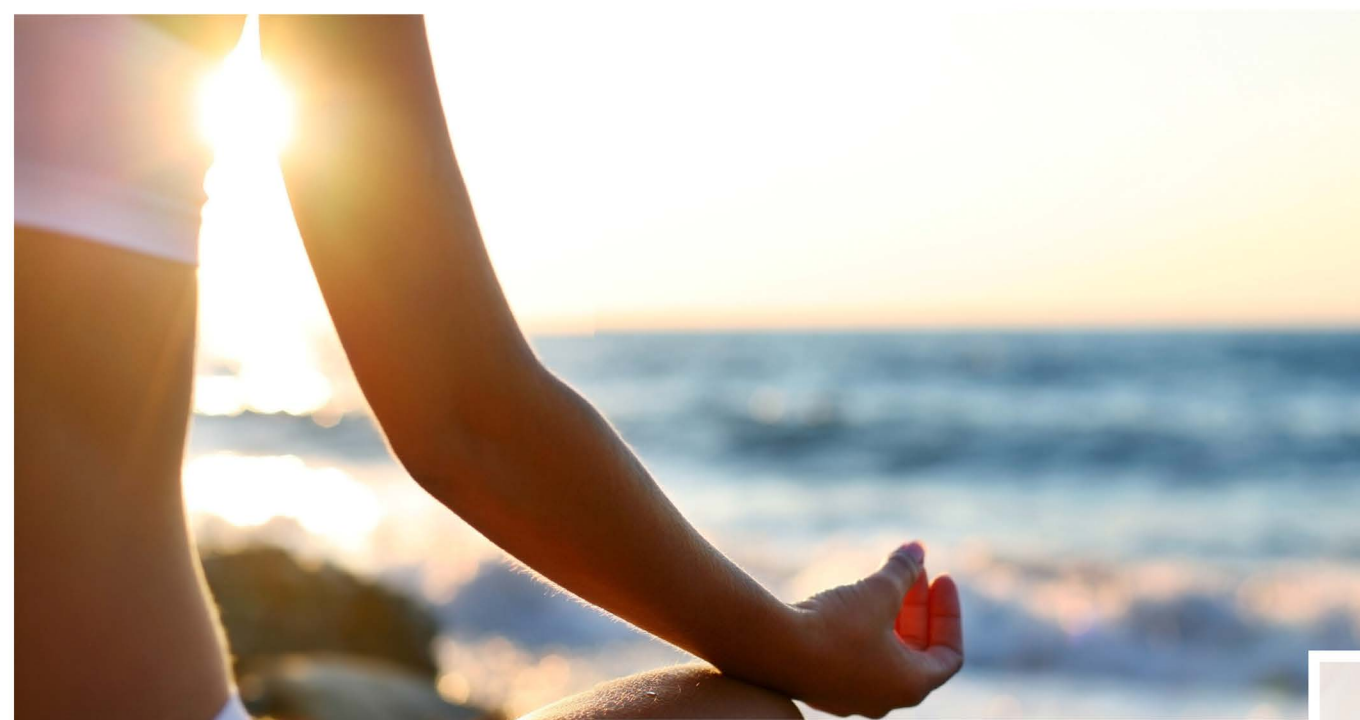
As my RMT kneads away the effects of sitting at a desk for 10 hours or more every day stressing over deadlines, I consider lighting votives for her and her family at church in gratitude.

One of my "mindful vacation" goals was to get moving in some way, but I need a break from the monotony of the gym. I need exercise that doesn't feel like exercise. Luckily, there is no shortage of fun, heart-pumping things to do here at Real del Mar. Antonio offered up many options: tennis lessons with the club's pro, kayaking, golfing, stand-up paddle boarding... I confess I did a little dance of joy when I saw that surfing lessons in Sayulita were available. Just a half hour's drive north, Sayulita is known for its reliable year round surf, with breaks to suit every level of surfer.

The town has a very laid back vibe, with plenty of boho-chic shops, artisanal markets, stylish restaurants, and a bustling nightlife that is worth checking out. Our surf instructor Papas is a member of the national stand up paddleboard surf team, and makes a promise that all of us (total beginners to moderate experience level) will be up on the board catching waves before the lesson is over. We're all pretty giddy when that turns out to be true! After 20 minutes of paddling, popping, falling and successful rides, my legs and arms are jello - and I can't get enough of it. I catch a final wave and ride it all the way to the shore. Time slows down. I feel a lightness and joy that I haven't felt in ages. I am reminded why I love surfing: a playful balancing act between you and the all powerful ocean, it demands a complete surrender to the present moment. That, and a strong core!

Pleasantly exhausted, that evening we enjoy a dinner back at the house of fresh grilled lobster and shrimp (which we picked up earlier from a local fisherman on the beach), talking and laughing about our surfing successes and wipeouts. Delayed onset muscle soreness starts to kick in - I know I'll be feeling the effects of the surf workout in the morning. Thankfully, I have my private yoga session at sunrise on the beach! **I look forward to some deep stretching and the chance to practice as the magical Pacific sun comes up over the mountains.**

It's still dark out when our yoga instructor arrives the next morning. We set up our mats to face the sun and take sukhasana (easy seated pose).



As the warm sun begins to seep through my closed eyelids, I exhale, and I realize: **For the first time in a long time, I have no desire or inclination to check my phone, or my emails, or my Instagram.** Without even trying, I've successfully "unplugged," taking a much needed breather from the technology that is typically the first thing I look at in the morning, and the last thing I see before I go to bed. I stretch deeper and deeper into the poses, and before I know it, the sun is up in full force. A new day begins, and I too, feel a sense of renewal.

As we wait for our car to take us to the airport later that day, Antonio and David come to say their farewells. It is of course, a bittersweet goodbye. I have never enjoyed a holiday that felt so completely restorative, in such a short time. "Are you ready?" Antonio asks me as the car pulls up.

I am reminded of a well known quote among travellers: **"A good vacation is over when you begin to yearn for your work."**

Certainly, I could stay a little longer. But I am ready, and eager, to get back home and get to work on this article. Everyone needs a great holiday now and again. Don't short change yourself, or your loved ones, by treating your time off like its nothing special. **A good vacation should leave you feeling rested, relaxed, restored and rejuvenated. Anything less is less than you deserve. //**

For more information about Exclusive Resorts' properties and membership privileges, visit **www.exclusiveresorts.com**

MINDFUL VACATION TIP #2

Feel like you spend the first few days of your vacation "unravelling" all the of built up tension from home? Speed things up by booking a massage right off the bat. Massage doesn't just feel good, it does a body (and mind) a world of good. A 2010 Cedars-Sinai study showed that massage can:

- Decrease levels of the stress hormone cortisol
- Increase white blood cell production, improving the body's immune function
- Increase neurotransmitters dopamine and serotonin, combatting depression and anxiety

Regular massage therapy has also been shown to be as effective as medication, acupuncture when treating chronic pain of the shoulders, neck and back.



MINDFUL VACATION TIP #1

"Rest" on vacation isn't just passing out on the beach after one too many margaritas. Next time you find yourself ocean side, try practicing Ujjayi pranayama: a deep breathing technique wherein you mimic the sound of the ocean upon exhalation. Research has shown that regular sessions of focused breathwork can aid in:

- reducing anxiety, stress and depression
- stabilizing blood pressure
- releasing endorphins (our pain relieving "happy" hormones)
- improving sleep

Practicing Ujjayi is particularly useful for calming the mind. It is known to be beneficial for those suffering from stress, insomnia, and mind/body tension. The best part? *Anyone can do it.*



my friend Jordan: from beginner to successful surfer within an hour!

MINDFUL VACATION TIP #3

Exercise is one of the key's to a long, healthy and happy life, but let's be honest: the gym isn't always the most inspiring place. If you've lost the motivation to move, take advantage of some of the unique opportunities and activities your vacation destination offers.

In fact: stepping out of your workout comfort zone and trying something new is good for you, in more ways than one: recent evidence suggests that taking up a new sport in midlife (or later) has a measurable effect on the aging brain, increasing gray matter in the areas that control motor skills. We also know that even 30 minutes of mentally stimulating physical activity (such as skiing, surfing, golfing) performed on a regular basis increases blood flow to the brain and lowers the risk of Alzheimer's by 30-50 percent.

So what are you waiting for? Grab a board and ride that wave!