

Christmas with the stars

FESTIVE FOOD, FASHION & FUN!

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Woman's Day

**BLIND
REGGIE**

**My first
day at guide
dog school'**



**ZALI STEGGALL'S
BACKYARD BRADY
BUNCH WEDDING**



**AUSSIE WOMEN
WE GOT PLASTIC
SURGERY ON HOLIDAY**

KATIE

**I CAN'T
HAVE
ANOTHER
BABY**

MOVING TRIBUTE TO KERRYNN McCANN 1967 - 2008





WENDY

- *Tummy tuck*
- *Liposuction*
- *Breastlift and enlargement*

GURA

- *Facelift*
- *Liposuction*
- *Upper and lower eyelift*
- *Browlift*

REBECCA

- *Breast enlargement*
- *Teeth whitening*
- *Liposuction*

LINDA

- *Neck and facelift*
- *Upper and lower eyelift*

We got plastic surgery on hold

Experts warn of nip-tuck tourism, but for these women it changed th



NICKI
• Breastlift

C
day
ves for the better



BEFORE



NAME: Wendy Briggs
AGE: 46
SURGERY: Tummy tuck, liposuction and a breastlift and enlargement

Flabby no more

Two children and a lifetime of desperate yo-yo dieting had left 46-year-old Wendy Briggs feeling every inch the grandmother she had recently become. While a dramatic stomach stapling operation and nine months of strict dieting had almost halved her body weight, the skin that once stretched tightly over her bulky frame now

hung in folds around her abdomen and thighs.

To make matters worse, the petite brunette's C-cup breasts were heading further south, and so was her self-esteem. Her relationships with other people were suffering because of it, including her 25-year marriage to husband Mark.

"I didn't feel worthy or confident," she explains. "I had lost 40 kilos and kept it off, but after I lost all that weight I was left with excess skin. I had the boobs from that movie *There's*

Something About Mary. I could have flung them over my shoulders!"

Wendy says her excess skin added a whole extra dress size to her 164cm-tall frame. "I could wear the smaller clothes but I just didn't look right."

Desperate to complete her transformation, Wendy's thoughts turned to plastic surgery. She diligently started saving her wages from her work at a jewellery store, but it wasn't long before she realised the pricey procedures were depressingly out of reach.

It was then she heard about Restored Beauty Getaways, a company specialising in so-called "nip-tuck tourism".

In March this year Wendy jetted off to Phuket, Thailand, for a tummy tuck, liposuction to her upper thighs, and a breast lift and enlargement. She was in and out in a matter of days and had the rest of the trip free to enjoy the sights.

"The results have been fantastic," Wendy says enthusiastically. "I feel and look 20 years younger."

Wendy is now a trim size 8-10, weighs just 60kg and is thrilled with her E-cup breasts.

"I'm really in a good place - my husband and I have renewed our wedding vows and we are like honeymooners! Now I am comfortable and ... almost serene."

Moving on up

Nicki Brown went overseas for her breastlift because it meant paying "a third of the price" for a new bust. Just 30, Nicki decided to go under the knife after 10 years of breastfeeding and recent weight loss had left her feeling her breasts were not so "beautiful".

"I was in urgent need of an uplift and implant," laughs the mother-of-five.

Nicki paid around \$5700 to have 450ml of silicon implanted in each breast - "where they sit now is where they stay" - and her areolas reduced. She's already planning her next trip, this time for some liposuction.

"I feel like a new woman. I have more confidence and I get a lot of attention. I like the attention," she says coquettishly.



BEFORE



NAME: Nicki Brown
AGE: 30
SURGERY: Breastlift



BEFORE

NAME: Gura Degenaar
AGE: 56
SURGERY: Facelift, liposuction, upper and lower eyelift, browlift

Now it's mum's turn

It was a breast enlargement in Thailand five years ago that inspired 29-year-old Rebecca Degenaar to start Restored Beauty Getaways. She has since had liposuction on her upper and inner thighs and her teeth whitened.

Rebecca says the secret to her success is the quality of care provided by her Thai contacts and the low cost.

"\$3500 for a breast augmentation compared to \$12,000 - being a mother, I would've felt selfish paying that kind of money," she says

Rebecca's mother, Gura, has just come back from her second trip with her daughter. Her first, in March last year, was for a facelift, upper and lower eyelift and liposuction under her chin. Now the 56-

year-old has just returned home after getting a browlift.

The stylish Dutch woman marvels at the level of service.

"You have the

interview on the day that you arrive so you know what to expect. Because I was over 55, I needed to do a fitness test. They are very thorough. I am perfectly happy now."

NAME: Rebecca Degenaar
AGE: 29
SURGERY: Breast enlargement, teeth whitening, liposuction



BEFORE

A new confidence

Eighteen months ago, Linda Bailey, 51, looked in the mirror and thought, "God - what's happened?"

"All of a sudden I looked really, really tired and worn out," she says.

"I went down the line of Botox and collagen and it was really not what I wanted, [and] it would have been a temporary thing."

Then Linda heard about Rebecca's getaways and signed up. Last month she checked into Bangkok Hospital Phuket for a standard

neck and facelift and upper and lower eyelift.

The day after arriving in Phuket, Linda was on the operating table by 10am. Sixteen hours later she emerged from the hospital. The next day she was out and about enjoying Phuket, her swelling hidden behind dark sunglasses.

Showing off her new look to *Woman's Day*, Linda radiates confidence. "I feel great. And it's affordable. Years ago you had to be rich to do this but now it's not like that - and you're having a holiday at the same time."



NAME: Linda Bailey
AGE: 51
SURGERY: Neck and facelift, upper and lower eyelift



BEFORE

THE DANGERS

Although these women have had success, not all overseas surgery has such a happy ending. Dr Craig Layt, a member of the Australian Society of Plastic Surgeons and the Australasian Society of Aesthetic Plastic Surgeons, says those who opt for overseas surgery are risking their lives.

He concedes that more and more people are returning from successful overseas surgery, but still warns people to think twice. "One of the most important things to do is to see somebody here and get a real idea of what it will cost - often it is not as expensive as people think," he says.

Dr Layt says patients should not be seduced by the promise of an island holiday and must consider the risks. "Let's say something does go wrong and you need a blood transfusion in Thailand. I would be somewhat concerned regarding the testing of that blood."

Surgery in Australia is more expensive because doctors must comply with strict standards, which are not necessarily applied overseas.

"There is no doubt it will be cheaper over there - you can't compete with that. Yes, you can get it cheaper and, yes, there will be patients who get good results - but is it worth it? It is a real gamble," Dr Layt says.

These women went on trips organised by Restored Beauty Getaways, which has offices in Perth, the Gold Coast and Sydney. There are other similar providers around the country.