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Dr. Kourosh Maddahi is the man behind beauty's latest buzz: anti-aging dentistry. He sits down with LISA WAYNE to answer our *Genlux* two-word questionnaire and shares why a youthful look starts with the teeth.



Photo by Karl Clinger / karlclingerphotography.com

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BEAUTY PROFILE: DR. MADDAAHI

Your specialty?

I've been doing dentistry for 27 years—and cosmetic dentistry for most of that time. Now I'm focused on anti-aging dentistry. Over the years, I began to see changes in my patients' faces—that they were losing the fat in their lips and cheeks. That's why injectables became so popular—because they add volume to these areas. But one thing I observed: It was extremely difficult to get rid of the line at the corner of the lip. This is because as we age, the lips close down too far. By using thicker veneers and crowns, I was able to expand the arch from the outside. So by bringing the teeth out, it adds more lip support. Because of this, I saw the nose change, and I began to put together how all these things are connected. It's through that connection...that's how the whole concept of anti-aging dentistry came about. If there were any deficiencies in the face, I started to correct them with cosmetic and anti-aging dentistry. Now, I look at the face before I look at the teeth.

Your aesthetic?

I've always been fascinated with the masters' paintings—like Picasso and Da Vinci, or the artwork at the Vatican.

Latest achievement?

My new book, *Anti-Aging Dentistry: Restoring Youth, One Smile at a Time*. The goal of the book is to show the public what their choices are. The art of good communication is not how thick the book is, but how thin...while still getting your concept across.

You're wearing?

For suits, I like Zegna. I like certain shirts by Versace or Armani, and Hugo Boss shoes. Also I like very light materials—light shirts, shoes and pants.

Best desserts?

I've never liked sweets, but my favorite ice cream is pistachio gelato. Coconut gelato too.

Ultimate getaway?

For our honeymoon, Nazy and I went to Punta del Este in Uruguay.

Favorite places?

Venice and the Paris Opera House

Next goal?

If you're really observing what's happening in your field—any field—you'll always find ways to do things better. Whether it's photography or writing, book printing, airplanes, cars, or whatever. First you wish it would be this way or that way, then you imagine and dream how you would like it to be. Then you combine where you are with where it could be, and you work toward that goal.

Favorite charity?

Foundation for a Drug-Free World

For more info on anti-aging dentistry visit drmaddahi.com



Anti-Aging Dentistry: Restoring Youth, One Smile at a Time, Dr. Kourosh Maddahi, \$24.95, amazon.com

