

\$8,000 Abs

With his magic wand, Dr. John Millard helps Denver's almost-fit get totally ripped.

SO YOU'VE GOT love handles. A beer gut. A muffin top for a midriff. And you're convinced that you won't be happy this bathing-suit season until that stomach is flat, ripped, and all-around ab-tastic. There are two options: (1) eat nothing but salmon, asparagus, and water for a month, run *everywhere*, and start doing crunches like you've never crunched before. Or, (2) write a check to Dr. John Millard, the Lone Tree plastic surgeon who, for a small fortune (\$8,000–\$15,000), will not only melt the fat right out of your body—he'll construct you a killer six-pack while he's at it.

Known as High Definition LipoSelection, Millard's procedure works like this: Following the contours of your existing muscle structure, he uses an ultrasound wand to remove, sculpt, and shape your fat into faux muscles—think Bruce Lee abs, Schwarzenegger pecs, and Halle Berry booties. Gut reaction: ewww. Second thought: not a bad idea. Especially for this doc, who is the only physician in the United States who offers this procedure. This earned him a chitchat with Natalie Morales on "Today" in April, a similar nod on "Good Morning America," and a booked-solid surgery schedule with patients from all across the country.

Millard calls what he does art. (In one *Denver Post* interview, he quipped that if Michelangelo were alive today he'd be a Lipo-Selection surgeon). Ummm, yeah. We'll give him some credit, though. No doubt it takes some skill to make fat look like muscle. In fact, the Lone Tree doc learned about High



Definition LipoSelection from its inventor, a Colombian sculptor-turned-doctor, who made Millard study art books before he picked up the wand.

But what really gets this surgeon jazzed is his clientele. Millard's patients are typically in shape but want to have full control over

those lingering 10 or 15 extra pounds. (Know anyone like that?) "It's a whole new demographic—they're healthy, they work out, and more and more they are men." So next time you see a six-pack in Wash Park, know that it might not be borne of salmon, asparagus and sit-ups. —C.N.

NEW IN TOWN



Double your Pleasure

Needles and stones: Cherry Creek's La Fontaine has something for every kind of junkie

THESE DAYS, spa menus sound more like something out of *Dr. 90210* (Botox? Lipo-dissolve?). For many pamper-addicts, these medi-spas are where it's at. Still, many of us want to keep the needles away from our steam-and-rubdown experience.

Enter La Fontaine Aesthetics, a new, self-proclaimed "fusion" spa in Cherry Creek North that promises to offer the best of both worlds. Owned by two board-certified health-care professionals (one M.D. and one dentist), La Fontaine serves up the usual medi-spa treatments, including photofacials and Botox, and—with a dentist on staff—there are cosmetic dentistry options like invisalign and tooth whitening. But La Fontaine also serves as an above-average day spa.

Inside, the bamboo-and-grass-papered walls, plush Thai rugs, soft lighting, and minimalist Asian-hip ambience make you almost forget there's a dentist in the next room. And the classic treatments like facials and massages are souped up just enough to be fresh (wasabi-antioxidant facials?) but just traditional enough to be relaxing.

If you go: Try the signature White Orchid Facial (75 minutes, \$115). Best. Facial. Ever. —Lindsay B. Koehler