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### **Lifestyle Lift - Is It A Scam?**

My name is Ann. I decided to create this website because I wanted to share my story with others. After my first consultation, I went online and read horror stories about Lifestyle Lift. People were trashing Lifestyle Lift, their employees, their doctors, etc.. I got scared and seriously thought about canceling my procedure. I was getting cold feet. What was with all the negative posts online? Those negative stories did not add up at all. They did not make any sense. Lifestyle Lift had done thousands of procedures, their doctors are board certified, and they have doctors from Harvard, Stanford, and all the top universities in the country... Why was that happening? Was Lifestyle Lift really a scam?

I realized quickly that most of that stuff was probably made up: the reviews were using long medical terms that only a doctor would use; the real price I paid was half the amount they were claiming they paid, etc. It just did not make sense. I really wanted to have the Lifestyle Lift, so I decided to conduct my own research. And I am glad I did. I talked to some people in the waiting room who had the Lifestyle Lift and guess what? They were all pretty happy! I also talked to my doctor about it. To be honest, he looked pretty young and I was a bit concerned about that too. I was surprised to learn that he does more of that type of procedure in one year than other doctors will do in their entire career. He told me that many of the negative stories I was reading online were probably from envious doctors and just made up because he never heard any of this from his patients.

I felt that some doctors were not treating woman fairly by trying to scare them off from something as good as the Lifestyle Lift. So, I decided to discard what I read on line and go ahead with the Lifestyle Lift. At that time, I also decided to create a personal journal, so other women could make their own decision on their own. My site was up for a few weeks when I started getting requests from past Lifestyle Lift patients who also wanted to share their experience. So, I added their reviews to this page. I did not edit them. Some are negative and some are positive. I will let you decide for yourself. I can guarantee you these are true stories not made up by doctors or their staff.

### **Lifestyle Lift: Thumbs UP or Thumbs DOWN?**

90.48% (19 out of 21) give it the





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### The Consultation

On December 12, 2006 I went for my Lifestyle Lift consultation. I choose the Houston office which was about an hour away from my home. I researched the different doctors and found Dr Smith. I chose him based on his credentials and from glowing recommendations from other ladies on the web forums I often visit. I easily spotted the office (a six story brown building). So far so good, the directions were spot on. I walked into the office and was greeted by a pleasant young woman at the receptionist area. I gave her my name and took a seat in the lobby. The office was professional looking, neat, and clean. I waited about 10 minutes before I was approached by a woman who intorduced herself and guided me into a private room where she set me up to watch a video about the procedure. The message of the video was clear: The Lifestyle Lift is good and I should get one. The video was about 12 minutes long, shortly after it finished I heard a knock on the door and the consultant returned. We talked about the video and my impression of it. She explained to me what Lifestyle Lift specializes in and how it could benefit my face, jawline, and neck problem areas. We talked for about 20 minutes and I asked if I could meet Dr Smith. He seemed great on paper, but I wanted to get an idea of his character and see if I could trust him with transformation of my face. The consultant left to see if the good doctor was available. Minutes later he came in. I talk to him for 15 minutes or so, he reaffirmed everything the the consultant stated. I also asked him a few quesions about his career and his experience performing the Lifestyle Lift. I asked him how long could I expect to enjoy my investment. Everyone is different. It all depends on skin type, habits, genetics, general health, and diet. With good care I could enjoy my Lifestyle Lift for 10 years. I thanked the doctor for his time and and consultant soon returned. I knew at this point I was in. I went there and found what I was looking for. I followed the consultant to her office, scheduled my procedure, signed the nessessary documents, left my deposit, and drove home with a glowing excitment that lasted for days. It was like I had a tiny secret, who's benefit was only my own.

[Click here to learn about my procedure day.](#)







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## *About Me*

Greetings! My name is Ann and I am a 47 year old woman who had a Lifestyle Lift January 31, 2007. I am a proud mother of two children, my son Nathan and my daughter Julia. This website is an on going project that my son and I are doing together to share my experiece with my friends, family, and anyone else who may be interested. Not too long ago, I considered myself quite the looker, something I took pride in. In the past few years I've been increasingly noticing time has taken its toll on my face. My face had accumulated some wrinkles and a disappointing amount of sagging around my neck and jawline. I take good care of myself, I eat right, do not smoke, drink seldomly, and exercise several times a week. I decided it was time for some help from a professional.

I knew I had options to make me look and feel better: a traditional full facelift, a Featherlift (aka Russian Face Lift), a Thread Lift (aka Contour Lift), and a Lifestyle Lift. I evaluated my options and finally decided on the Lifestyle Lift.

I didn't want to look like I went twelve rounds with Rocky Balboa, taking months to completely heal from incisions, bruises, swelling, or scars. I didn't want or need a drastic wind swept look. I didn't like the idea of being put under general anesthesia. I decided to look at other options than a tradinional facelift. This is a new millennium, I knew there had to be newer and better (and less expensive) options available.

I considered the Featherlift, but decided it wasn't designed for my facial issues. The problem with a Featherlift is that the procedure simply shifts existing skin to create more even contours, whereas a facelift removes the excess tissue and is longer lasting. Once I saw the barbed wires that are installed in the face I was horrified! Not for me.

The Threadlift is similar to the Featherlift, but instead of using a barbed wire, they use threads which can be adjusted to pick up the face as it continues to fall. The same problem exists here as the Featherlift. The excess skin is not removed, but simply shifted. I've heard of people dislodging the threads from violent sneezing fits.

I wanted something that would be long lasting and permanent, heal quickly, and address my specific problem areas. I did some research online about Lifestyle Lift. I carefully examined their website, looked at before and after photos, and spoke with ladies who had the procedure via web forums. What I considered most valuable about Lifestyle Lift is they specialize in correcting loose skin around the neck

and jaw. They remove excess skin and lipo out excess fat. The facial muscles are tightened permanently with tiny sutures. Only local anesthesia is used. It is significantly less expensive than a traditional face lift.





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## Journal

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### CONSULTATION DAY

I live in Metamora, Michigan. Lifestyle Lift has a beautiful office in Troy, Michigan. Which is about a 40 minute drive for me. Diane is my consultant who introduced me to Lifestyle Lift and the prospect of looking better. What a nice lady. The minute I walked into the office I felt at ease and very comfortable with my decision. What an informative and interesting session we had. All my questions were answered. We laughed and talked like old friends. What a pleasure the whole experience was. I cannot wait to meet Dr. Khoury on October 3 at 10:15.

IMPORTANT FACT: You do not wait long at your appointment. Within 5 minutes I was seen. I liked that from the get go. No one likes to be kept waiting. Anyway Dr. Khoury-WOW-what a wonderfully nice man! I liked him immediately. He was genuinely honest, direct and sincere. It's important to know what to expect- side effects- treatments -medications- et cetera. The known is usually easier to accept than the unknown. Not only does knowledge reduce fear but it can make you calmer knowing what comes next by having a frank and thorough discussion about your own situation and expectations with your doctor. Dr. Khoury is not one of those "busy, unresponsive health professionals". He spoke to me - like he had all the time in the world. There was no pressure to "hurry up". He was kind and informative - thorough - comforting and enthusiastic. He loves his job and that showed very clearly. I trusted him. He wants to do his best for me and he is determined to make me happy with my results should I choose to have a Lifestyle Lift. I was 100% sure I had made the right decision for me. I think Dr. Khoury is going to be "My Hero".

### PROCEDURE DAY!!!!!!!!!!!!!!!!!!!!!! YIKES!!! October 6, 2007

No coffee this A.M. but I can have breakfast. I am sooo nervous - but excited. My sister Margaret is driving me and I will drive her when she has hers done. We were met by Donna - Dr. Khoury's nurse. She made me feel at east right away but I was still very nervous about the shots I would be getting. Dr. Khoury came in as soon as Donna told him of my concerns to let me know not to worry. He would do everything he could to make is as painless as possible. He is just a truly caring, passionate and professional individual and he did not let me down - not even for an instant.

**EVERYTHING HE SAID HE WOULD DO - HE DID**

**EVERYTHING HE SAID WOULD BE DONE - WAS**

**EVERYTHING HE SAID I COULD EXPECT- I DID**

I actually fell asleep during my procedure which I guess does not happen very often- but I knew i was in good hands. The drive home was uneventful. I had my pain script filled and spent that afternoon, evening and Sunday resting and sleeping. Any discomfort I had was alleviated by my pain medications.

**MONDAY, 2 DAYS AFTER MY PROCEDURE October 8, 2007**

I didn't need much pain medication at all. But I have no loose skin on my neck!!!!!!!!!!!!!! HOORAY! It looks great already-I am SOOO EXCITED! "Go ahead" I tell people, "try and grab some loose skin on my neck, aint gonna happen!!!" My face is puffy -some bruising which is not surprising as I had already been briefed on what to expect. I had been to the office the day after the procedure. Dr. Khoury likes to remove the bandages himself to make sure everything is fine which it was. I am to return in 4-6 weeks.

**10 DAYS EXACTLY SINCE MY PROCEDURE October 16, 2007**

Still a small amount of bruising but I am so happy. I JUST LOVE DR. KHOURY! All I know is this: Dr. Khoury takes pride in his ability and rightly so. He exceeded my expectations and I will and am recommending him to anyone who may ask. The high standards that Dr. Khoury holds himself and his staff to should be the example and inspiration for each and every Lifestyle Lift office in this country!

**Using Lifestyle Skin's Choice For 1 Week & 20 DAYS SINCE MY PROCEDURE October 26,2007**

Hi again everyone. I wanted to touch base with you all once more to let you all know how my Lifestyle Lift and I are doing. I am 20 days since I met with Dr. Khoury at the Troy, Michigan Office. I am adding some more pictures (without any makeup) of my progress just so you all can have an idea of how things are progressing with me. Keep in mind now, that

each one of us is different and there will be different variables for each of us as to how quickly we heal or bruise or swell etc.

I am still bruised a little by my left ear area but can cover it up with makeup when working. Some soreness or tenderness some days around the area as well, but not even enough for pain medication. No puffiness at all.

I have been introduced to a new skin care line by the Lifestyle Lift people call **Lifestyle Skin's Choice**. I started exactly Oct 20. It has been formulated to rejuvenate, soothe and moisturize skin especially after a Lifestyle Lift procedure. I should have taken pictures before I started but will start today. I have to admit that I was skeptical because of my very sensitive skin. I also have rosacea and have reacted badly to numerous products over the years. So far, so good! No bad rashes or bumps and my skin feels nice and soft. Will keep you posted on this as well. I know from experience that I must give skin products at least 6-8 weeks to see and feel results.

I received a call today from "Sue" from Missouri to ask about my experiences concerning my Lifestyle Lift. I will tell you what I told her - Yes - I would do it again and I am a big baby when it comes to any kind of discomfort. So.....take a deep breath and let the Lifestyle Lift make you love your looks!

### **One Month Since My Lifestyle Lift November 6, 2007**

Exactly one month ago today, I had my lifestyle lift. I guess I can stop wearing the chin strap. My post op instruction sheet said I needed to wear this at bedtime for one month.

I'm feeling just fine. Everything is back to normal. I find myself scrutinizing every face I see, thinking "gosh- she could really use a lifestyle lift." or "her eyes would look so much better if she went to see Dr. Khoury".

I think I should shut myself in a closet for a while until I calm down, but I am still so impressed with difference I see - I can't help but talk about it. I will see Dr. Khoury next week for my seven week check up. I'm looking forward to being able to thank him again for a job well done.

### **November 12, 2007**

Just returned from the Troy Life Style Lift office. I had my six week check up today. Wow, what a busy office! I'm thinking that a lot of us girls and boys want to look our best for the holidays. What a great gift to yourself! I say "GO FOR IT". You will never regret it, and I can assure you that you will know, feel and see that it was money well spent.

Everyone at the Troy, Michigan office is so gracious. I received a lot of compliments today. In fact since I have returned to work, people can't figure out what is new about me. "Did you get your hair cut?" "Have you lost weight?" "Your look really

rested.” I have confessed to some of my coworkers, but the others I will leave wondering. My family and friends know, of course. Something as good as this you just can’t keep to yourself. I think the difference in my looks are quite dramatic! I am so pleased – I’m sure you have read this before, but I can’t help but be truly satisfied with my outcome. Even with the relaxation of my skin, which is expected, I am still very, very happy with my results. One of the good decisions in my life!

This will be on the list of things I am thankful for: Finding Dr. Khoury and deciding to have a Lifestyle Lift.

Will keep in touch. Happy Thanksgiving,

**-Maureen**

### **December 7**

It’s me again...

It was officially 2 months yesterday that I had my lifestyle lift. I have a little numbness right around the front of my ears, but that is all that remains. What I am left with now girls, is a jaw line and a nice tight neck!!

I’m so glad I met Dr. Khoury and all the staff at the Troy office. I miss them, but not to worry. I will see them all again in February when I take yet another sister down to get her Lifestyle lift!

I am so excited for her and can’t wait to see how great she will look and how happy she will be. She is very excited about it, which is how everyone feels.

Just let Dr. Khoury work his magic on you and turn back the hands of time.

Peace and Happy Holidays,

**Maureen**





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## About Lifestyle Lift

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### The Process

### The Procedure

### After The Lifestyle Lift

When I first started telling my friends and family that I was considering the Lifestyle Lift, one of the first questions everyone seemed to immediately ask was "What exactly IS the Lifestyle Lift?"

I remember the day a friend of mine first told me about the Lifestyle Lift, and how it was different from other facial plastic surgery. She had seen something about the Lifestyle Lift on television and, knowing that I had been considering having a face lift done, told me about it. After researching and eventually undergoing the Lifestyle Lift, I find it fairly easy to describe: incredible!

As I looked up information on [LifestyleLift.com](http://LifestyleLift.com), though, I realized that in looking at the experience and credentials of each physician, it really didn't matter which one was going to do my procedure. All of the Lifestyle Lift physicians are required to be certified by at least one of the three main governing boards on facial plastic surgery, if they aren't board certified they are board eligible or seeking their certification. That means that each one is a specialist in face lifts and facial plastic surgery, as well as being specially trained in conducting the Lifestyle Lift.

When I did meet Dr Khoury, he did a wonderful job of answering all my questions completely and honestly. I, like most people, had a few questions and concerns about the Lifestyle Lift procedure and subsequent recovery, but my mind was set

at ease by his honest answers to each question. I knew exactly what to expect from the Lifestyle Lift thanks to the open discussion with my physician.

In my research, I also learned more about Dr. David Kent. Dr. Kent is the founder of the Lifestyle Lift, and he developed the procedure as a less-intrusive, safer alternative to traditional face lifts. Dr. Kent is also quite the philanthropist as he operates the [Lifestyle Lift Foundation](#), which was designed to provide facial plastic surgery and Lifestyle Lift procedures to children who suffer from disfiguring conditions. Dr. Kent and the Lifestyle Lift Foundation's dedication to giving back impressed me in a big way.

All of these elements went into my decision to go through with the Lifestyle Lift. And as you can see from my Lifestyle Lift Before & After Photos, the Lifestyle Lift was definitely the choice for me. I feel younger, look younger, and have had such a great time enjoying life since the procedure - all thanks to the Lifestyle Lift team!

### **The Process**

The process for preparing for the Lifestyle Lift was informative and easy. With the help of my family, I researched the Lifestyle Lift on the Website and learned as much as I could about the Lifestyle Lift. When I was ready, I called the toll-free number and talked to a Lifestyle Lift representative, who then set up an appointment for a consultation. The consultation was free, and the staff showed me pictures of the results I could expect.

I also learned that only doctors who are plastic surgeons are allowed to conduct the Lifestyle Lift. (Apparently, there are no laws regulating plastic surgery and face lifts, so many doctors who perform some face lifts at other locations are not even plastic surgeons or specialists!). I decided to go ahead with the Lifestyle Lift, and I made the appointment for my procedure after meeting my doctor.

### **The Procedure**

The Lifestyle Lift procedure is remarkable fast. I was in and out of the operating room in less than an hour, and no Lifestyle Lift doctors use general anesthesia. There are too many unnecessary health risks involved with general anesthesia, so a local anesthesia is used instead.

The Lifestyle Lift is designed to help reduce many of the signs of aging, including wrinkles around the mouth, loose skin, "turkey neck", sagging jaw lines, and baggy eyes. By tightening the skin in these areas and reducing the amount of loose skin on the face, the Lifestyle Lift procedure has remarkable results that take up to 10 years off of your appearance.

## [After the Lifestyle Lift](#)

Recovering from the Lifestyle Lift required minimal time. In fact, most people who undergo the procedure return to their regular schedules in a week or less, and the results can be seen immediately. The Lifestyle Lift truly is an incredible alternative to a traditional face lift that produces incredible results with minimal interruption of your life!

About two weeks after my Lifestyle Lift procedure, I started on the [Lifestyle Skin's Choice Maintenance System](#). Basically, it's a line of product that's designed specifically for people who have had the Lifestyle Lift. The product line helps to keep the skin rejuvenated and moisturized, which will help to maintain my new taut skin and clean jawline!

There are several products included in the product line. The first step is a Green Tea Cleanser & Toner. I use this product everyday as my daily cleanser, and have found that it does a great job of cleaning without drying my face out like other products I've used do. Step 2 of the Lifestyle Skin's Choice Maintenance System is a Glycolic 3% with Corundum Crystals. The third step is both a day cream for use in the morning and a night cream for use at night. And Step 4 is an eye-repair serum that helps keep away those wrinkles that were reduced by the Lifestyle Lift.

The Lifestyle Skin's Choice Maintenance System is designed to help keep my face taut and smooth, and is supposed to minimize drooping and loose skin around my face that I had before the Lifestyle Lift. Every time I look at my "Before Pictures," I know that I don't want to get back to that anytime soon, so I'm happy to use these new Lifestyle Lift products to help prolong the fabulous new look that I got with the Lifestyle Lift.

The really great thing about the Lifestyle Skin's Choice Maintenance System is that I can actually replace the other, more expensive skin care line that I used to use. The cleanser/toner, creams, and repair serums will work for anyone, and while they are obviously not designed to replace the Lifestyle Lift as an anti-aging system, they are designed to help keep skin smooth and clear.

Before Lifestyle Lift

After Lifestyle Lift