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## Beauty Map | Rio de Janeiro

By NESSIA POPE

The girl from Ipanema, as Astrud Gilberto sang, is so perfect that she walks “like a samba.” But given her hometown, that perfect body probably isn’t all God-given. Rio, known for its expertise in plastic surgery as well as its itsy-bitsy bikinis, is hotter than ever, with jet-setters looking for a nip, a tuck, a prettifying polish or just a bargain: its prices for top surgeons can be a third below those in the United States. The doctors listed here were all vouched for by the Brazilian Society of Plastic Surgeons, but as with all such procedures, check with your doctor — and caveat emptor.

**Cosmetic dermatology:** Dr. Fábio Cuiabano Barbosa The doctor who introduced Botox to Rio is something of a local hero. Other tricks up his sleeve include cryosurgery (for spot and acne removal), chemical peels, laser surgery and the treating of malignant melanomas. Botox from \$400; book two weeks in advance; Rua Visconde de Pirajá 330; 011-55-21-22474269; fcuiabano@globo.com.

**2. Face-lift (also neck and breast, liposuction):** Dr. Carlos Fernando Gomes de Almeida Dr. Gomes de Almeida, who spent four years at the Clínica

Ivo Pitanguy, is regarded among the best. His flawless face- and neck-lifts are one of the reasons foreigners make up 25 percent of his practice. Book one month in advance; performed at Clínica São Vicente or Hospital Samaritano; Rua Tabatinguera 81, Lagoa; 011-55-21-22868255; a2001@uol.com.br.

**3. Rhinoplasty:** Dr. Volney Pitombo Nose reshaping is one of plastic surgery’s most crowded fields. Standing out from the rest is Dr. Pitombo, who favors a technique (“semiclosed”) that uses microscopic sutures instead of removing tissue — a less aggressive method, he explains, that speeds up the healing process. Prices vary; book one month in advance; Hospital de Cirurgia Plástica Volney Pitombo, Rua Álvaro Ramos 200, Botafogo; 011-55-21-22757373; [www.volneypitombo.com.br](http://www.volneypitombo.com.br).

**4. Cosmetic dentistry:** Dr. Luis Tepedino Hernández Dazzling teeth are as much the rage in Rio as in the States. In fact, according to Dr. Tepedino, entire foreign families have been known to get “smile makeovers.” Veneers

from \$400 a tooth, whitening from \$300; book one month in advance; Avenida Afrânio de Melo Franco 141/401, Leblon; 011-55-21-32040607; [lthodontologia@terra.com.br](mailto:lthodontologia@terra.com.br).

5. Hotel: Copacabana Palace Make sure to check into a good full-service hotel like the elegant Copacabana Palace, where many of the rooms face the ocean. Expect to stay in Rio for about three weeks, including three days prior to the operation, two to three days in the hospital or clinic, then two weeks recuperating. Doubles from \$420; Avenida Atlântica 1702; (800)237-1236; [www.copacabanapalace.com.br](http://www.copacabanapalace.com.br).

6. Gym: Estação do Corpo This may be the greatest gym on earth. It has terrific views (including one of Christ the Redeemer), an outdoor track, two outdoor pools, a sand volleyball court, saunas, a soccer field, a cafeteria, a spa and more. \$25 a day or \$125 a week; Avenida Borges de Medeiros 1426, Lagoa; 011-55-21-21083901; [www.estacaodocorpo.com.br](http://www.estacaodocorpo.com.br).

7. Brazilian wax: Cida da Silva Lenny Niemeyer, one of Brazil's favorite bathing suit designers, recommends da Silva for skin as smooth as a baby's tush. And she makes house calls. \$15 a session; 011-55-21-99113591.

8. Day spa: Nirvana Nestled inside the Jockey Club, this spa has a vast selection of treatments and classes (from mud wraps, scrubs and acupuncture to 10 kinds of yoga) that make for less invasive ways to diminish those stress lines. \$25 a day or \$90 a week, including classes; treatments separate; Praça Santos Dumont 31, Gávea; 011-55-21-21870100; [www.enirvana.com.br](http://www.enirvana.com.br).

9. Eyebrows, lashes, lips: Dayse Maia Micropigmentation, an ancient, semipermanent Chinese technique consisting of ink injections, is a delicate art. For a true artiste, visit Dayse Maia for the altering of eyebrows, lashes and lips. \$550; book one week in advance; Rua Carlos Góis 375, Leblon; 011-55-21-78423522; [www.daysemaia.com.br](http://www.daysemaia.com.br).

10. Mammoplasty and body sculpture: Dr. Paulo Müller Dr. Müller is known for, among other things, sculpturing beautifully shaped breasts and performing body liposuction. If you're looking for an aggressive makeover, this is not the place for you: Dr. Müller specializes in the natural look and emphasizes minimal recovery time. He operates out of

the Clínica Ivo Pitanguy and Hospital Samaritano. Prices vary; book two months in advance; Rua Viscondede Pirajá 351, Ipanema; 011-55-21-25217234; paulomuller@pobox.com.

11. Haircut: Crystal Care It's beach weather year-round in Rio, making daily exposure to sun and sea salt a bit of a problem. Those in the know go to Crystal Care for hair Rx. It has an outdoor gazebo where hair and nails can be done alfresco. Cuts, \$75; Rua Barão de Jaguaripe 289, Ipanema; 011-55-21-38130560; [www.crystalcare.com.br](http://www.crystalcare.com.br).

12. Lymphatic drainage: Pilar de Souza This post-op massage, used to relieve swelling and bruising, requires the hands of an angel, or at least of a skilled practitioner. Enter de Souza, who's been tending to people for 45 years, 35 of them with Dr. Ivo Pitanguy (\$100 a session; on-site visits; 011-55-21-99867766). Other quality options: Marcia Rego Monteiro (\$40 a session; 011-55-21-81293669) and Cibele Massena (\$40 a session; 011-55-21-97897284).

13. Skin: Kiyoko Kokubo Give your face a workout with Kokubo's two-hour facial for \$220 (book one week in advance; Avenida das Américas 3555, Barra; 011-55-21-24307169). Also: Kuky Nobel, a cosmetologist, sets up shop in Rio's Hotel Marina Palace every two months (\$140; book in advance; Hotel Marina Palace, Avenida Delfim Moreira 630, Leblon; 011-55-21-94970182).