

# MAKEOVER MAVENS

Dr. Jeffrey Weller | Dr. Edward Lack | Greg Hahaj | Andreas Zafiriadis | April Francis | Fere Shirvani

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## THE MISSION



**LINDSEY MONTGOMERY** was a knockout — young, hip and trendy, living out her twenties in the city and enjoying life to the fullest. She worked as a personal trainer at Superslow Fitness in Bucktown where she helped her clients build a sleek physique. "My motto as a personal trainer was "When you feel good, you're gonna look good. When you look good, you're gonna feel good," she says. "I never dreamed there would come a day when I would look in the mirror and feel like my motto was lost."

But after meeting the love of her life, Lindsey's life drastically changed. She got married, settled down in the suburbs and became pregnant with her first child. Life was good, but had changed so much in less than a year. "I now drive to Wild Oats cautiously with my daughter in back to pick up my CS to peek at her during naptime."

In the midst of juggling everything in her busy life, she discovered she had overlooked taking care of herself. "I stood in the hospital the day after my daughter was born and realized it was going to be a long road back to 'me.'"

Lindsey had several goals in mind for how she wanted to look and with the help of the Makeover Mavens team, she was able to achieve them all. "I wanted washboard abs, a beaming smile, a hip haircut and sassy clothes. I wanted it all back, but not just for me. For my daughter and husband, my job, my friends and family, and the future I have to look forward to."

➔ **IN THE MIDST OF JUGGLING EVERYTHING IN HER BUSY LIFE, SHE DISCOVERED SHE HAD OVERLOOKED TAKING CARE OF HERSELF.**

## CHICAGO'S DREAM TEAM

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From the city's premier dentist to the finest personal trainer in town, Chicago's health and beauty experts set out to transform Lindsey Montgomery from a tired mom into a chic, suburban siren.

**Plastic Surgery | Dr. Edward Lack**

Dr. Edward Lack offers his patients the very best in the field at Chicago's cutting edge Cosmetic Surgery Center. From Botox to liposuction, he's helped countless Chicagoans achieve their desired look.

**Styling | April Francis**

Expert stylist and personal shopper April Francis is currently working with an exclusive list of influential Chicagoans.

**Personal Training | Greg Hahaj**

With 20 years experience, Greg Hahaj, owner of G.H. Fitness, has developed the GH system that combines resistance and cardio fundamentals with nutrition, stretching and motivation.



Photo courtesy of Marc Hauser

**Makeup | Fere Shirvani  
for Estée Lauder**

As a part of Estée Lauder's National Makeup team, Shirvani translates the season's hottest trends into sophisticated looks for women of all ages.

**Hair Styling | Andreas Zafiriadis**

Andreas Zafiriadis, owner of the appropriately named Salon Buzz, was recently recognized with a Global Salon Business Award. His cutting-edge design brings a New York sensibility to the Windy City.

**Cosmetic Dentistry  
Dr. Jeffrey Weller**

Owner of Weller Aesthetic & Restorative Dental Care, Dr. Jeffrey Weller has mastered the art of cosmetic dentistry. Dr. Weller's excellent clinical skills have been seen on the smiles of A-listers across Chicago.

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## THE TRANSFORMATION

**SMILE MAVEN**  
Dr. Jeffrey Weller

Dr. Weller helped Lindsey by adding eight porcelain veneers on her upper teeth and by whitening her lower teeth to create the stunning new look. What were Dr. Weller's goals for Lindsey? "To feel beautiful, confident and sexy; the three emotions every woman wants to feel," he said.

**BODY + FACE MAVEN**  
Dr. Edward Lack

Dr. Lack performed liposculpture on Lindsey's body and lipo-augmentation on her cheeks. She was familiar with the concept of laser-assisted liposculpture, but was surprised to learn that the fat Dr. Lack removed from other places on her body could be re-implanted into her face to help her regain youthful facial proportions and complement the cosmetic dentistry.

**FITNESS MAVEN**  
Greg Hahaj

Greg worked out with Lindsey three times a week for three months to sculpt her new look. He focused on building muscle and lifting weights as opposed to doing cardio. "People teach you how to lose weight, but the intelligent way is to teach them how to build strength," Greg said. Separately, he focused on breaking Lindsey of her sugar addiction to help her move forward with slimming down.

**TRANSFORMATION TIMELINE****February 2007**

- Lindsey sent in entry for the Makeover MAVENS contest

**May 2007**

- Received word that she had won! She came to CS for first official meeting with the MAVENS

**June 2007**

- Met with Dr. Jeffrey Weller for lower teeth whitening and started on porcelain veneers for upper teeth
- Enjoyed an in-home wardrobe and style consult from April Francis
- Got the first conditioning treatment at Salon Buzz from Andreas Zafiriadis

**July 2007**

- Completed dental transformation with Dr. Weller
- Had appointments with Dr. Edward Lack to plan and complete liposculpture and facial augmentation procedures
- Started her customized workout program (three times weekly for 10 weeks) with trainer Greg Hahaj 10 days after cosmetic surgery
- Received a special Estée Lauder skincare regimen from Fere Shirvani

**August 2007**

- Continued work out routine with Greg 3x/week
- Met with Andreas for a trim and another conditioning treatment

**September 2007**

- Had a personalized make-up consultation with Fere
- Hooked up with April for personal shopping at Saks Fifth Avenue

**October 2007**

- Last haircut, color & style by Andreas
- The final photo shoot at Franco Lanzi studios! Transformation complete!

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Andreas Zafiriadis

Andreas Zafiriadis and his team at Salon Buzz added some final touches to Lindsey's new look by giving her a chic new cut and color to complement her transformed appearance. He gave her a fresh, bouncy cut and his team of colorists updated her color, adding some face-framing highlights, making her look as renewed as she felt from her complete makeover.

**STYLE MAVEN**  
April Francis

April got her hands on Lindsey's closet, going through each item to revitalize her style and they met several times to go shopping for new items to update her wardrobe. She chose pieces for Lindsey's wardrobe based on her body and attitude. "Because Lindsey has a great laugh, great curves, and a gorgeous face, I emphasized her new-and-improved attitude with classic body-conscious clothing and trendy pieces that highlight her playful, athletic nature. Everything we picked was in celebration of her renewed femininity and strength."

**BEAUTY MAVEN**  
Fere Shirvani

Fere made Lindsey's eyes pop by using two shades of Estée Lauder's Pure Color Eye Shadow: Honey Drop on her lids and Mink to line her eyes. Then, she added eyeliner and finished off the look with Projectionist High Definition Volume Mascara. "Keeping in mind that Lindsey is a busy working mom, I gave her a more polished and professional look that, most importantly, is easy to achieve in a couple of minutes. It's still Lindsey, but with a new attitude."



“By getting to know Lindsey, I was able to design her teeth to bring out more of her personality — strong and confident. She was not happy with her smile, which was a contradiction to her personality.” — DR. JEFFREY WELLER

“Lindsey is adorable. She always was! The only difference is that the body cover has been enhanced and her self-esteem has been raised. Now Lindsey looks as good as she feels.” — DR. EDWARD LACK

“I needed two things from Lindsey before I could begin training her. I needed her to have guts and I needed her to listen. And she did.” — GREG HAHAJ

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# THE REVEAL



LEFT JEANS, JOE'S JEANS. TANK,  
THEORY. SWEATER, BLUMARINE.  
BAG, MIU MIU. ALL AVAILABLE AT  
SAKS FIFTH AVENUE.

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“I look at this opportunity as more than a one-time contest. Instead, I look at it as a lifestyle challenge that will affect me in ways I can only imagine.”

RIGHT DRESS, VERSACE.  
AVAILABLE AT SAKS FIFTH AVENUE.



## HOW TO CONTACT THE MAVENS

### PLASTIC SURGERY

**Dr. Edward Lack**  
The Center For  
Liposculpture &  
Cosmetic Surgery  
847.635.7860  
[www.centerforlipo.com](http://www.centerforlipo.com)

### STYLING

**April Francis**  
312.972.8400  
[www.thehautecloset.com](http://www.thehautecloset.com)

### COSMETIC DENTISTRY

**Dr. Jeffrey Weller**  
Weller Aesthetic  
& Restorative  
Dental Care  
312.654.0606  
[www.wellerdental.com](http://www.wellerdental.com)

### HAIR STYLING

**Andreas Zafiriadis**  
Salon Buzz  
312.943.5454  
[www.salonbuzz.com](http://www.salonbuzz.com)

### PERSONAL TRAINING

**Greg Hahaj**  
G.H. Fitness  
773.661.0188  
[www.ghfitness.com](http://www.ghfitness.com)

### MAKEUP

**Fere Shirvani**  
Estée Lauder  
Macy's Water  
Tower Place  
312.335.7700

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