

# REVERSE THE SIGNS OF AGING

By

## DR. RUTH HILLELSON

AMERICAN SELF  
RICHMOND, VIRGINIA

# With

a combination, of in-depth knowledge, innovative techniques and cutting-edge technology, Dr. Ruth Hillelson ensures that her patients have the most up-to-date treatments available to meet their aesthetic needs. Her experience as a former research chemist associate at Harvard inspired her to continue to examine, analyze and explore all aspects of plastic surgery. She has led presentations at surgical conferences around the world and has won the National Pinnacle Award for her lectures on noninvasive radio frequency treatments at the International Society of Plastic and Reconstructive Surgery's annual meeting. Her experience and background make her a leading expert on the latest surgical and noninvasive solutions.

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*We help reverse the signs of aging without surgery.*

### MEET THE DOCTOR

1.

#### MOST INSPIRATIONAL THING I LEARNED THIS YEAR

Never underestimate the power of listening

2.

#### HOW WOULD YOU SPEND EXTRA TIME IN A DAY?

Devote more time to the expansion of my skin-care line Iridesse

3.

#### THE FUTURE OF MY FIELD

I believe that we will see enormous increases in the capability of technology and opportunities for combined surgical and technological approaches

4.

#### MY HAPPIEST PROFESSIONAL MOMENT

Being able to help my patients overcome what they consider to be overwhelming physical obstacles to improve their lives

5.

#### WHAT DO YOU LOVE MOST ABOUT YOUR PROFESSION?

I love the creativity, the positive mood, the changing technology and techniques and applications

6.

#### MY DREAM INNOVATION

A noninvasive technology to repair the platysma muscle

7.

#### HOW HAS YOUR PROFESSION CHANGED SINCE YOU STARTED?

Plastic surgery in general has always been strong in reconstructive as well as cosmetic—by definition. Now I see more plastic surgeons who go straight to cosmetic and bypass reconstructive surgery in their practices

8.

#### WHAT IS YOUR BEST ADVICE FOR PATIENTS?

Fix what bothers you. If it doesn't bother you, leave it alone



#### Nonsurgical Skin Tightening

This 45-year-old patient underwent Thermage, a nonsurgical skin-tightening procedure for a more contoured look on his neck, chin and jawline.

#### THREE WORDS THAT BEST DESCRIBE ME

Warm, interested, empathetic



#### MY MOTTO

The patient is my first priority

#### ABOUT DR. HILLELSON

Dr. Hillelson spent her last two years of medical school at Harvard doing research and completed a craniofacial fellowship at University of Virginia.



#### MY CREDENTIALS

**Medical Degree**  
University of Vermont  
College of Medicine

#### Board Certification

American Board  
of Plastic Surgery

#### CONNECT

Visit the doctor's gallery of **before-and-after** photos at: [newbeauty.com/hillelson](http://newbeauty.com/hillelson)

#### Location

Richmond, Virginia

#### Phone

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[americanself.com](http://americanself.com)



#### A FEW OF MY SPECIALTIES...

- Botox® Cosmetic
- Restylane® Silk
- Juvéderm®
- Kybella®
- Lip Augmentation
- Sclerotherapy
- CoolSculpting®
- Body Contouring
- Thermage® CPT (Face-Black Diamond Awarded)
- Thermage CPT (Body Contouring)
- Apollo TriPollar RF
- VoluDerm
- Microneedling
- ProFractional™ Laser
- Clear + Brilliant®
- PicoSure®
- BBL Laser Therapies
- SkinTyte™