



With its scientifically based NRF (NutriMost Resonant Frequency) technology, it helps clear out harmful toxins and balances your hormones. And, following your 40 days of fat loss, NutriMost will reset your metabolism and weight set point, so you can keep the weight off for good.

Other weight loss programs focus almost entirely on diet. NutriMost and Dr. Pendolino focus on how this breakthrough NRF technology enables your body to turn off fat storage and turn on fat burning. Each person is different, and the NutriMost Weight Loss System's customized NRF body composition scan produces a hormonal fingerprint to determine the exact blueprint a person needs to follow to bring their body into an optimal state of fat burning and health.

This enables Dr. Pendolino to tailor your weight loss plan to your individual need, along with daily guidance and motivational coaching which allows you to reach goals you've been dreaming about. Visit [newenglandweightloss.com](http://newenglandweightloss.com).

### STRECKER EYE CENTER

"A bride should look and feel fabulous on her wedding day," says Dr. Richard Strecker. As a board certified ophthalmologist specializing in Botox, fillers, and aesthetic laser surgery—laser eyelid lifts and laser skin resurfacing—his aim is to fulfill that wish for every bride.

Richard W. Strecker, M.D. and his staff at Strecker Eye Center have more than 20 years of Botox and aesthetic experience to help you and your wedding party look and feel youthful, radiant, and beautiful. At Strecker Eye Center, they understand that when performing cosmetic procedures it is important to achieve a natural look where you appear rested, glowing, and a younger version of yourself. So whether you are having Botox, dermal fillers, or aesthetic laser surgery you will appear natural and not have that "artificial Beverly Hills look."

With offices in both Cohasset and Plymouth, you can call 781.383.2555 or visit [streckereye.com](http://streckereye.com) to learn more about all the offices' aesthetic services—and there's even a Botox Wedding Special.

### BOSTON DENTAL

While every bride looks beautiful, on your wedding day you want to look and feel your best, and say "I do" with a stunning, glamorous smile. As you start shopping for that perfect gown, begin to consider a consultation with orthodontist Sara Ghassemi, DMD, or any of the five specialists at Boston Dental's Smile Design Studio.

"You will never smile more than on your wedding day or have your picture taken more than on that day, either. Over the years, we've worked with many brides and wedding planners," said Dr. Ghassemi. "Whether you are interested in teeth whitening, Invisalign, or a complete smile makeover, it is best to be evaluated well before the big event, as excellence and perfection take time."

Dr. Malecki and Dr. Ghassemi take aesthetic dentistry to new heights with their innovative techniques in smile makeovers. They developed an approach to cosmetic dentistry with the creation of their Smile Design Studio. The process begins in a relaxed yet purposeful meeting where Drs. Malecki and

Dr. Ghassemi start the smile aesthetic design process. Their technique analyzes dental asymmetries and irregularities and creates individualized solutions for each client. They carefully observe your mouth and teeth in movement, as you talk, smile or laugh, and harmonize your smile with all your facial features. They utilize photographs and videos, combined with the assistance of digital smile design software to help you envision the outcome. The following process takes you inside the design and planning of a cosmetic smile lift, from the first to final appointment:

- Appointment 1: Fitting a temporary smile for the patient by minimally shaping and fitting the client's teeth for temporary veneers they will wear for a week. This unique step allows patients to test drive their new smile.
- Appointment 2: Creating permanent veneers for the patient. After wearing their temporary smile, the patient returns to discuss the look and fit of their veneers. Boston Dental works with Oral Design Boston, the most prestigious dental lab in

Boston, located on Newbury Street.

- Appointment 3: Fitting the patient with the permanent veneers. Temporary veneers are removed and the patient receives their new, permanent smile.
- Final Appointment: During this final re-contouring appointment, finishing touches are applied to the patient's new smile. This appointment is one to two days after the veneers are fitted.

Boston Dental has several specials to choose from: the bride package, the bride and groom package, and the wedding party package. So don't delay, visit [bostondental.com](http://bostondental.com) or call 617.338.5000 today.

**EYE CARE AND LASER SURGERY OF NEWTON-WELLESLEY**

"On the day of the wedding, all eyes are on the bride and groom, along with the entire bridal party, said Maggie Noll, practice administrator for Eye Care and Laser Surgery. Eye Care and Laser Surgery of



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**BOTOX<sup>®</sup>**  
—Cosmetic  
*for Your Wedding Day*

*Botox Wedding Specials Available*

**Strecker Eye Center**  
botox • fillers • aesthetic laser surgery

**Richard W. Strecker, MD**  
Board Certified Ophthalmologist  
Fellow AAO, ASCRS, ASLMS

**[streckereye.com/botox](http://streckereye.com/botox)**  
Plymouth 508.747.3338  
Cohasset 781.383.2555