

# Way to Glow

*Combination treatments are the real buzz for 2015 as the new technologies are becoming more refined and treatments more bespoke; Haute couture for the face*

The skill and knowledge of the individual practitioner has never been more important. A little maintenance more frequently is the way forward. "If you take care of your skin in your 30's, you will reap a lifetime of benefits in later years- slowing the ageing process has never been easier" says Dr Curran.

The three-step techno-facelift is a fantastic maintenance treatment. A perfect combination therapy designed to combat ageing and leave you with a bright radiant complexion.

## Step 1: Baby Botox

Botox is a muscle relaxant, which is administered via a series of painless, super-fine injections into the muscles of the face where wrinkles most commonly form.

With Botox lite or Baby Botox, tiny amounts



of the toxin are injected into multiple areas of the forehead for a softer, more relaxed look, smoothing frown lines on the forehead, crow's feet around the eyes, preventing puckering and dimples on the chin. Botox can also be injected into the neck to delay the need for a neck lift.

## Step 2: Thermage CPT

Over time the elasticity of the face weakens and contours slacken and sag. Luckily there's Thermage CPT – a radiofrequency treatment designed to lift and tone the face and stop early drooping. Thermage works by heating the layers of the skin, which in turn boosts collagen (the Holy Grail of skincare).

Fantastic for lifting cheeks, smoothing lines and sculpting jawlines, it has a specially designed head for lifting the delicate eye area.

## Step 3: Fraxel Lite Laser

This laser resurfacing treatment is the piece de resistance of anti-ageing therapies.

Working below the skin's surface from the top down, the Fraxel laser addresses imperfections at each layer of the dermis.

Skin tone is balanced, fine lines are reduced and collagen production is stimulated to keep skin firm and glowing. You may look slightly flushed for one or two days after treatment but you remain blemish free for up to 18 months.

The three-step maintenance facelift brings definition and vitality back to the face, recapturing natural beauty.

*It's nothing short of perfection. ■*

# The Ultimate Makeover

*If first impressions count the Aesthetic Skin Clinic (ASC) has it all. Clean lines, London style and a look that shows this is a clinic which pays attention to detail*

The Guernsey clinic was devastated by February's South Esplanade flood, but with more than a little help from their friends (and Channel Insurance Brokers Limited), they now have the premises to match their cutting edge technology and premier service.

The team of Consultant Plastic Surgeon, Consultant Dermatologist, Cosmetic Physician and three nurse practitioners work together to make sure the ASC meets every patient's requirements. Dr Curran, clinical director for the group, describes what makes a great clinic. "The people, the service, the experience are all important but the treatment outcomes have to match expectations. The same attention we have given to the design detail needs to be given to every treatment."

With so many technologies promising near miracle results in the media, Dr Curran and his team carefully evaluate everything their clinic offers. "The temptation is to ride every wave and adopt whatever hits the media as the next big thing. This is a huge mistake and it is not acting in the interests of the patients. Too often I see beauty and non-doctor led 'clinics' promising treatments and results they simply can't deliver. The driver is of course sales rather than patient centered practice. They simply don't know what they don't know and are ill-equipped to perform the necessary

due diligence that a multidisciplinary team can deliver in terms of safety."

Dr Curran's focus on the best patient care doesn't translate to any lack of new treatments at the ASC. "We are looking at three new technologies at present; Miradry, an FDA and CE approved treatment for excessive sweating; Cryogenic fat removal to add to our range of fat management techniques and a super powerful facial which promises to make dermabrasion a thing of the past."

For Dr Curran, patient safety is of the utmost importance, and he believes Guernsey needs to do more to protect islanders. "There is a cry across the world for better regulation. Beirut has just passed a law registering treatments and restricting the use of Botox, dermal fillers etc to doctors as a result of concerns that younger and younger patients are being 'Botox'd'. In Ireland, a nurse was recently fined £6,000 for importing and administering Botox without the legal requirement of a doctor's prescription. Guernsey, unfortunately, is far behind the curve in enforcing GMC/GDC guidelines on the requirement for a face to face consultation with a doctor before receiving Botox. It's a ticking time bomb. "I'm hugely concerned about vulnerable people being given improbable expectations by clinics – regulation simply can't come quickly enough."



## ASC Rising Star

Over the last 20 years, the medical discipline of Cosmetic Dermatology has evolved more quickly than any other field of medicine. To keep pace ASC recognizes the importance of identifying 'rising stars', and encouraging, promoting and sponsoring their personal development to bring out their very best. "When we first approached one of our Senior Nurses to take on clinical governance for the clinics, we did not anticipate that the educational journey would end with a 1st Class Honours Degree in Law!", says Dr Curran. "Add to that an intense five year program of training as a cosmetic nursing practitioner and the achievement is even more spectacular."

Since joining ASC, Hayley Jordan has metamorphosed into a highly skilled, independent expert cosmetic medical practitioner, head of nursing services at the clinics, director of medical governance and a lecturer at the Healthxchange's new International Cosmetic Dermatology Academy in Manchester. To cap that she has been appointed director of a new hair transplant service in the North of England. "I couldn't have achieved half of this without the help and support from Dr Curran and all my colleagues. But most important of all was the overwhelming encouragement I unexpectedly received from my patients. They were absolutely fantastic and I don't think I could have succeeded without that!" ■

