

aesthetic skin clinic

Spring/Summer

# *The Magazine*

*You  
lookin'  
at me?*

*A new paradigm  
of male beauty*

**SKINCARE  
THAT CELLS**

**THE MOST  
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# Face in the future

*Will Botox survive?  
Can fillers evolve?  
And what are  
the advances  
in surgery?*

**I**t was the American musician Eubie Blake who famously remarked: "If I'd known I was going to live this long, I'd have taken better care of myself."

Well, many of us are going to live much longer than our forebears, and so the matter of looking as good as possible for as long as possible becomes ever more of a challenge. The good old days when the elixir of eternal youth came in a pot of Nivea cream are long gone. Nowadays your 'Hope in a jar' is backed by enough research and scientific claims to make any boffin quiver, and things are going to get even more space age. The ability to remould our bodies using new cosmetic techniques and ingredients is within our reach. "We have better techniques, and better technology and it is improving all the time. We can achieve outstanding results with non-invasive technology without putting people through big operations" says Dr Samantha Gammell, president of the BCAM. "This is where the future lies".

## Topical Botox

Topical Botox has been in the pipeline for a long time. The issue of its release to the market is mostly legislative, as it will still need to be administered by a medical professional. Dr Francis Prenna Jones, a London cosmetic specialist agrees, "The thing about topical is that it doesn't last long" she says. "It's interesting to postulate what faces might look like if it came to market, especially if applied by someone with little qualification or experience. It would be open to enormous abuse or people could build up a tolerance to it."

Dr Curran points out how his use of traditional Botox has evolved. "I think that Botox is going through a big

change in how we apply it. Our techniques have evolved and become much more subtle as other technologies have become available. It's about restoring form and that natural youthful look which comes with a more refined approach."

According to Marc Pacifico, a consultant plastic and reconstructive surgeon, targeted gene therapy, using viruses as carriers, may replace Botox as a way of permanently altering muscle action in specific areas, which in turn, theoretically, may offer long term wrinkle correction.

Some more controversial areas of research in the field of rejuvenation, involve injecting CO2 into the skin to trigger skin renewal and pad out

wrinkles, and PRP treatment (The Vampire Facelift), a cell regeneration technique that was developed from research into ways of speeding up wound healing.

## The New Fillers

A new approach to fillers involves the use of prefabricated scaffolds. "These are small biodegradable carriers of certain growth factors, placed in specific areas with the aim of stimulating tissue growth," Pacifico says, "For example, if someone has hollow cheeks due to ageing and fat loss, a scaffold laced with growth factors could be placed into the cheek to promote fat restoration in this area."

help contour the stomach area and in breast surgery to give more realistic results. Dr Curran says, "this is a very new technique and the jury is still out."

## Fighting Fat

While only a select number of London doctors quietly perform fat-dissolving injections at present, that may be about to change. The pharmaceutical giant Bayer is now in third-stage human trials of a new drug, code named ATX-101 and the active ingredient is deoxycholate. Dermatologist Dr Nick Lowe, of London's Cranley Clinic, is one of the first doctors to use ATX-101, conducting initial trials four years ago. "We have seen lasting results on patients, with skin tightening occurring as well as fat loss," he says. "We have also seen only mild and temporary side effects. We used this on double chins, but there is the real prospect of using this treatment on other localised fat deposits."

## Stem Cells

"Stem cells hold promise in targeting skin, fat and other tissues." Dr Curran says, "They may be delivered in the form of specially prepared fat, or in the future, we may be able to purify a person's own stem cells. In addition to the use of human stem cell technology, the use of plant stem cells in current preparations of cosmeceuticals has become an increasing trend. However safety concerns when using human stem cell technology has led to constant vigilance."

What can't be emphasized enough is that if you want to keep on looking your best there is no single answer. It's the combinations that work. Minding your diet and exercise, using the right creams, and then getting the right treatments for your own particular face and body. Only a good clinician can judge which laser is the answer to a given problem, and which fillers, and how much of them to put where. All the doctors agree on one thing: though the techniques and machinery available today are improving all the time, what is more important than the treatments is who administers them. In the wise words of Dr Curran: "If a treatment sounds too good to be true, then it almost certainly is." Modern technology can offer lots of help on a broad range of issues – but miracles? Not yet.

# You lookin' at me?

*More men are investing in cosmetic and dermatological procedures, creating a new paradigm of male beauty.*

**I**t has recently been revealed that John Galliano, who was dramatically dismissed from Christian Dior in March, had an annual grooming budget written into his contract of £50,000, and that Simon Cowell, according to his biographer, Tim Bowers, uses vitamin injections, and placenta facials, to preserve his youthful appearance, travelling everywhere with at least two suitcases filled with age defying lotions and potions. Then there is the Botox, "To me Botox is no more unusual than toothpaste" says Cowell, "It works, you do it once a year, who cares?"

David Beckham, too, has always demonstrated a non-traditional attitude to grooming. As a global sporting icon he has had a profound influence in the seismic shift in our concept of male beauty, Dr Michael Prager, a GP who specializes in cosmetic procedures said the number of men coming to him for treatment has doubled over the last five years. "Men want to fine tune. They are well dressed, go to the gym, take care of themselves" Prager said. "In my field, Botox and fillers are the most important thing. Men want to enhance their masculinity, so improving the jawline definition is important. George Clooney looks attractive because of his strong jawline"

In the same manner that it's been proven men shop differently to women, buying more expensive items with less frequency (the bespoke suit every couple of years as opposed to multiple forays to favourite boutiques), so too the new frontier of men's maintenance means that

in lieu of myriad creams and facials, they're more liable to turn to costlier procedures to fight ageing, change the contour of a jawline, reduce bags under their eyes, or restore their thinning hairline to it's former glory.

The hallmark of any good investment is, of course, value for money, which is arguably at the root of why men appear increasingly to choose the tougher stuff over the cosmetics counter offerings. As one 60-something who's had surgical and dermatological works puts it, "There's only so much that anti-ageing creams, serums and exfoliants can do for us. I wanted something permanent and I wanted people to notice a difference immediately. And there's the financial factor: for one whack of money I can put right what 100 pots of Creme De La Mer can't. So in the long run. It's more effective and less expensive."

And what exactly is it that men are investing in? Dr Curran cites the efficiency of having what he terms

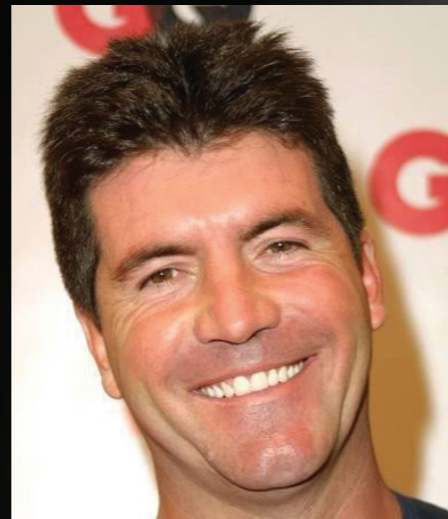
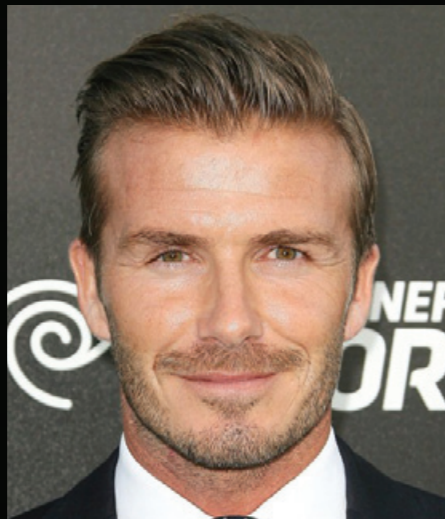
"combination non-invasive treatments, carried out with caution" – in essence, opting for a cocktail of minor corrections as opposed to a sledgehammer-style full lift. "I do think men view (procedures) as a sort of physical MOT," he says, adding that if there is any scarring – say, at the jawline or the hairline – it is harder for men to hide than women, who can conceal the telltale signs of a lift in ways (make-up, hairstyling) that men generally can't.

Cosmetic surgery and non-cosmetic "rejuvenation" procedures among men are no longer limited to an elite sphere. "I get clients from all professions, all backgrounds," he says. "They're more aware than before that it isn't hugely expensive - for the price of a holiday a man can change a couple of things he doesn't like about his appearance, with lasting effect."

Another factor? "Procedures and recovery times are now much quicker," says Curran, the administration of now routine treatments such as Botox has been perfected for minimal downtime, while new technology addresses problems that before required the knife, and is as often as not, targeted to unique male ageing issues. "Our radio frequency treatment addresses (non-surgically) the onset of early jowl development" – something that tends to be more prevalent in ageing men

than women – "very effectively". The patented ThermaCool CPT (Comfort Plus Technology system), tightens skin using radiofrequency to heat collagen fibres within the epidermis, causing them to contract and stimulating cell growth. Discomfort is minimal, and so is recovery time. Also available is a fantastic new technology called Intracel – a needle-delivery system using radio frequency as a way of treating tissue in the deeper dermal layers of the skin, which increases the production of elastin and collagen fibres, and is ideal for those who have some mild-to-moderate degree of skin laxity and want to improve their skin quality, firmness and volume.

Investment. It's a word that peppers many conversations, by both men and women, on the topic. "Men definitely view (such procedures) as an investment that will last for a year, five years, 10 years," says Dr Nicholas Lowe, a dermatologist with practices in London and Southern California. "For a relatively small amount of money, they can manipulate the way they look for the better."



*Men want to fine tune.  
They are well dressed, go to the  
gym, take care of themselves.*

## The rising trend for fat implants

**T**he trend for women to increase the size of their bottoms to look like US stars such as

Jennifer Lopez and Kim Kardashian is catching on in the UK as figures show more women are injecting fat into their bodies than having it removed. Annual figures from the British Association of Aesthetic Plastic Surgeons (BAAPS) show the number of fat transfer procedures has overtaken the numbers having liposuction for the first time.

Cosmetic surgeons say women are increasingly looking to boost their curves and rejuvenate saggy areas by having their own fat removed from one area and transferred into another – most commonly from flabby areas such as the thighs to their bottoms, breasts and face. The association's surgeons also say scandals over defective PIP breast implants and controversy over unregulated fillers, are prompting women to seek options in which the body's own fat supplies are used.

Mr Nick Percival says: "Fat transfer has been around for 70 years, but the techniques have got much better. It can be used around the whole body. We do occasionally get patients who have their bottoms enlarged in this way. In my experience, they want to enhance their contours rather than get a massive bottom to mimic the US trend, but we do get people enquiring about that. More commonly, the Lipotransfer procedure uses fat which has been removed by Vaser Liposuction from the abdomen thigh or tummy area and repositions it, via an injectable process, in the facial area to replace lost volume."

The annual figures show the number of women having fat transfer procedures has risen by 13 percent to 2,641, overtaking the number of liposuction operations (2,638) for the first time. Rajiv Grover, President of BAAPS, said: "The growth rates for surgical facelifting and other anti-ageing procedures showed a double-digit rise, despite the country's double-dip recession. Perhaps because of the turbulent financial times we're experiencing, patients are looking for tried-and-tested procedures that will deliver a reliable and long-lasting result."



*Patients want to enhance their contours rather than get a massive bottom to mimic the US trend*



## A very private affair

**A** flurry of newspaper articles on the practice have surfaced in recent weeks, but doctors and researchers are casting doubt on the validity of the G-spot injection, which involves injecting the area with a HLA filler which will supposedly heighten the sexual response, pointing out that it is not supported by any medical evidence or serious studies.

In fact, they also warn it could harm women – and actually have a damaging effect on women's sexual responses. Dr Petra Boynton, senior lecturer in international healthcare research at University College London, describes the procedure as "unsubstantiated by any serious research". Consultant plastic surgeon Paul Banwell, a member of the British Association of Aesthetic Plastic Surgeons, who works in the NHS as well as privately, calls it "gimmick surgery". He adds: "I don't

offer it, I don't support it, and we just don't know enough about possible side-effects, such as scarring and a reduction of libido over time."

Skeptics also point to the controversial reputation of the doctor who invented the practice. The 'G-shot' is a trademarked term belonging to Dr David Matlock, a self-promoting Beverly Hills plastic surgeon who describes himself as "the pioneer of female genital plastic surgery". He boasts: "Medicine is a business. And sex sells."

Dr Matlock insists that enlarging the G-spot (for, in his case, a £1,000 fee) will make it easier to find and more sensitive for up to four months, until the fillers dissolve. So popular has this procedure become that doctors fly to Dr Matlock's institute on Sunset Boulevard in Los Angeles for a three day training course that costs £34,600.

*Dr David Matlock boast "Medicine is a business. And sex sells."*



## Skinovations A Beauty of a Gadget

*New clinical research reveals a growing issue of acne in young women.*

*There has been a huge boom in the number of devices previously only seen in clinics, which are now being redesigned and made available for personal use at home.*

*A star product amongst these is a new acne treatment called Lustre Pure Light, which has attracted a great deal of buzz in the medical profession. The significant interest in Lustre Pure Light coincides with new clinical research presented to the American Academy of Dermatologists in San Diego which highlighted the growing number of women who are affected by acne in their 20's and 30's.*

*Although acne affects up to 85% of the population at some point in their lives, the research highlights that it is no longer only a teenage problem. According to the research acne affects more than 50% of women between the ages of 20 and 29 years and more than 25% of women between the ages of 40 and 49.*

*Lustre Pure Light has been designed for the growing number of women aged 20 to 39 years suffering from acne. In the UK alone this involves more than 2 million women.*

*This device is a technological breakthrough and it allows patients to benefit from a treatment at home that has traditionally only been available in hospitals and specialist clinics. Lustre harnesses the safe blue part of the natural light spectrum and the technology has been clinically proven to eliminate the bacteria that cause spots. Lustre offers convenience, making it easy for patients to have access to clinically proven blue light therapy at home.*





# SKINCARE THAT CELLS

**T**he cosmeceutical skincare industry is undoubtedly one of the fastest growing and rapidly expanding sectors in dermatology, and when it comes to skincare, the latest buzzwords are 'stem cells' and 'growth factors'.

Whether the ingredients are sourced from plants or humans, the power of stem cells and growth factors are now being harnessed in many serums, creams and skincare products. Clinical data shows that the use of specific stem cells and growth factors applied topically can repair damaged skin by stimulating the cells to build new collagen and elastin; protect the skin against environmental aggressors, such as UV damage; replenish and regenerate dying cells and DNA damage.

Since their discovery in 1978, stem cells have been mooted as the saviour of modern medicine – but it wasn't until 2009, when the exact location of stem cells was discovered in the skin, that the scientific research community began frantically working to anchor them as the new, revolutionary weapon in anti-ageing. Skincare stem cells are at present not derived from humans.



The use of plant cells in cosmeceutical has become an increasing trend. Plant cells are innately undifferentiated cells located in the meristems of plants. Importantly, unlike adult stem cells, plant stem cells can differentiate into all cell types (totipotent) and never undergo the ageing process. In other words they are immortal.

Plant cells in topical skincare are already revolutionizing the cosmetics industry. These little 'green' miracles have been shown to have an age reversing effect on skin in vitro and in vivo. By combining plant-derived stem cells with other anti-ageing ingredients, such as peptides and enzymes, it may be possible to rejuvenate the skin cell DNA and turn back the clock.

Dr Lieve De Clercq, global spokesperson of plant physiology and molecular biology for Origins explains how the plant cells are used in creams "No we don't use the plant stem cell in its living form, we extract the components from it, multiply the cells and programme it to work along human epidermal cells."

She says that "The plant stem cells work on the surface of the skin and send messages to the deeper levels to help undo the damage done to skin cells through ageing and kick start the production of collagen. The real beauty of stem cells is that they are sustainable; from one cell you can grow millions." Dr De Clercq refers to them as "a reservoir of life".

Dr Philip Levy, the man who first brought Botox to Switzerland, has recently

developed a unique skincare line. He set his sights on finding a topical solution to instigate the skin's healing system, provoking the skin's own stem cells into action. With the active Argan CDV (an extract of the argan tree) he found it. "Stem cell activators for the epidermal layer are becoming increasingly common," he says.

His new self-named line consisting of a booster cream, a booster serum and a soon to be launched eye product, is "the first clinically proven formula to activate and revitalize both the dermal and the epidermal stem cells," he says. Reassuringly expensive, it is shipped by the crate load to all his many fans around the world. Aside from the stem cell activators, this unique formula also contains hyaluronic acid, vitamin A, C, E and more, making it a ' Mega-Super' serum.

The use of stem cell technology is an extremely exciting one. The speed of change is breathtaking, and as our understanding increases, this will be reflected in the development of new formulations with greater efficacy and longer-term results.



Dr Philip Levy

# THE MOST REQUESTED MALE COSMETIC PROCEDURES

**IN 2011, MALE SURGERY ACCOUNTED FOR 10% OF THE TOTAL, CONTINUING A GRADUAL RISE OVER THE PREVIOUS DECADE.**

"Today men are more aware of the treatments available to them and are more open to the possibility of undergoing a cosmetic procedure in a bid to get the shape and the physique that they would like."

Last year the British Association of Aesthetic Plastic Surgeons (BAAPS) reported that the biggest increase in all cosmetic surgery procedures was male tummy tucks (abdominoplasty), up 15% year on year. ▶

► According to Mr Nick Percival a specialist plastic and reconstructive surgeon, many men are turning to cosmetic surgery for the parts exercise alone can't tone. "Male breasts can be difficult to shift using exercise alone. More and more men who are feeling self-conscious about the size of their chest area are turning to chest reduction surgery to overcome their problem and boost their confidence."

With male celebrities such as Matthew McConaughey, David Beckham and Tom Daley regularly showing off their super-toned bodies, men have become far more aware of how they look, and that might be fuelling the trend for 'moob jobs' more than anything else."

Some commentators have suggested that the sight of all those perfectly toned male Olympians – and the hero worship heaped upon them – has lead more men to more extreme lengths in the quest for a better body.

**Here are some of the most popular treatments British men are choosing:**

### CHIN IMPLANTS

Earlier this year plastic surgeons in the US reported a rise in requests from men to give them a strong chin. Many men are going under the knife to get a chin like Brad Pitt. They said many of their patients felt a more masculine jawline would make them appear more aggressive in the workplace and help their careers.

## THE MOST DESIRABLE CHIN AND LIPS BELONGED TO BRAD PITT

The most requested chin-types were those sported by Brad Pitt, George Clooney and the infamous Douglas chin on both Kirk and son Michael. A separate survey of patients at the Beverly Hills Institute for Aesthetic and Reconstructive Surgery found that the most desirable chin and lips also belonged to Brad Pitt.

There are two ways that men can improve their jawline; with implants or by having their jaw advanced. Permanent chin implants are usually made of silicone and are inserted either under the chin or through the mouth so you cannot see the scars. You can even ask for a dimple to be added a la Kirk Douglas, as part of the implant. The procedure normally lasts for about 45 minutes. A more popular technique to augment the chin area would be using specific fillers. The application can be precise and the outcome more controllable.

### VASER LIPOSUCTION

Liposuction is the most common cosmetic operation in the United States, where men account for about 15% of these surgeries. They normally ask for the operation to get rid of love handles, a sagging chest or to flatten the stomach.

With traditional liposuction a number of tiny cuts are made and the surgeon inserts a thin tube, called a cannula, under the skin. The cannula is moved around in different directions to suck out fat. Only two to three litres of fat should be removed in each operation to limit the amount of blood lost. The length of the operation depends on the area being treated, but for hips and thighs it takes one hour. If you have had two to three litres of fat removed you will have to stay in hospital overnight. After the operation you will have to wear an elastic pressure garment to stop fluid collecting under the skin – for about three weeks.

A more popular minimally invasive procedure for fat removal is called Vaser Liposelection, which is Ultrasound Assisted Lipoplasty. This technique has a much better safety profile as it uses a patented probe, which delivers ultrasound energy from all sides as well as the tip, allowing the practitioner to sculpt more precisely and safely. In addition to fat removal it actually causes increased skin tightening. Until now the treatment has been limited to people with relatively modest amounts of excess flesh around the hips and stomach. However a better understanding of the focused radiofrequencies required means that it can now be successfully used on larger patients. The new High Definition Vaser technique can sculpt and contour and define specific areas, with excellent results.

"I think that Vaser It is going to become

## MANY MEN HAVE BROKEN THEIR NOSES PLAYING SPORTS

the routine body-sculpting treatment of choice, as it is only minimally invasive. Most patients can be treated under local anaesthetic as a day case. It is also safe, effective and outcomes are very controllable in the correct hands," says Nick Percival.

### RHINOPLASTY (Nose Job)

Many men may have broken their nose playing sports, others are just unhappy with their appearance. This makes rhinoplasty – more commonly known as a nose job – one of the most popular operations for men in the UK.

Rhinoplasty is quite a straightforward procedure. The operation is normally carried out inside the nose so no scars can be seen from the outside. A cut is made inside the nostrils and the skin of the nose is then lifted upwards to allow access to the cartilage and bones underneath. The cartilage and bones are then altered by the surgeon to fit the patient's requirements and the skin is later draped back over the new nose.

The operation normally takes about two hours and patients will have to stay in hospital overnight. When the patient wakes up, there will be a splint over their nose to keep it in place and lots of swelling around the eyes. It normally takes about three weeks for the signs of surgery to disappear and the new nose will not reach its final look until around six months after the operation.

### HAIR TRANSPLANT (Follicular Unit Extraction)

Hair transplants have become an incredibly popular procedure as the technology has advanced and the results have become more realistic and predictable. The current gold standard in hair transplantation is the follicular unit. One of the most advanced techniques of hair transplantation has been developed

by DHI (Direct Hair Implantation). Each individual hair or groups of hair follicles are removed one at a time using a patented, virtually painless surgical instrument and re-implanted where the hair is thinning. Patients no longer need to have a strip of skin removed. Healing is smooth with minimal evidence of extraction or implantation. This technique achieves the most natural cosmetic result and has been endorsed by many celebrities including Wayne Rooney, and Jimmy Nesbit, and many Hollywood celebrities including Jeremy Piven and Kevin Costner.

### BLEPHAROPLASTY (Upper and Lower Eyelid Surgery)

This surgery offers the best solution to deal with eye-bags and hooded eyelids, and is one of the most rated in terms of patient satisfaction. Eye bag removal usually takes between an hour and three hours to complete, and it can now be offered under local anaesthetic as a day patient procedure.

### OTHER TREATMENTS

Popular treatments for men also include pectoral enhancements, and laser therapy to cure snoring.

## WITH MALE CELEBRITIES, SUCH AS DAVID BECKHAM AND TOM DALEY REGULARLY SHOWING OFF THEIR SUPER-TONED BODIES, MEN HAVE BECOME FAR MORE AWARE OF HOW THEY LOOK



# Shadow Play

*Tear Trough Rejuvenation is a superb new treatment that improves the appearance of dark circles underneath the eyes.*

A weakening of the orbital septum (a membrane under the skin) and a loss of soft tissue in the cheek area can accentuate tear trough defects (the dark shadows or hollows under the eyes). These features can also lead to the appearance of lower eyelid fat pockets if fat herniates through the membrane. Traditionally, these problems are addressed with surgical treatments such as lower eyelid blepharoplasty or eye bag removal, but this type of surgery is more invasive, making it an unsuitable choice of treatment for some people.

Tear trough injections are an alternative to this more invasive treatment. The procedure involves a dermal filler product being injected into the deep part of the tear trough. The filler will plump out the hollow underneath the eyes, making it appear flatter and smoother. Topical anaesthetics can be applied to the area before the injection if required, although many products come with local anaesthetics within the formulation, and recovery time is minimal – you can go right back to work after the procedure. Healing time is also minimal but your doctor may prescribe antibiotic cover post procedure to prevent the risk of infection. Some side effects can be expected, such

as bruising and redness, but these tend to subside within days.

Dr John Curran, lead physician at the ASC and fellow of the BCAM, uses this technique often in his cosmetic practice. “This is a fantastic new, minimally invasive treatment which deals with the dark shadows and hollows that appear under the eyes. Our industry is seeing an increasing trend towards more minimally invasive procedures, and the technology and techniques available to us just get better and better”.

This procedure only takes about 30 minutes. After the under eye is numbed with topical anaesthetic the area to be treated is injected several times with Juvederm filler, and massaged gently between injections. There will be some postoperative swelling and redness for a few days, but this can be managed easily with arnica treatments and clever make-up application.

“Our patients are extremely pleased with the results of this procedure. It is one of those treatments with an immediate ‘wow’ effect, and the results continue to improve over a month. I would expect the results to last for up to a year. However this is definitely one area of practice where expertise and medical training is essential”.

# POWER BROWS

*Bushy brows are the new BIG thing!*



**A**ccording to a newly published study in the *Clinical Plastic Surgery Journal*, the arched brow is becoming a thing of the past. It appears that researchers at the University of Southern California examined the brows of models and women in fashion magazines from 1946 onwards and found an interesting trend: not only have eyebrows become progressively fuller, but the peak has moved further from the nose; in other words eyebrows in women are taking on a more masculine look.

The eyebrows are an extremely important facial feature; they frame your face, a healthy looking, full pair of eyebrows emits vitality and youth. The shape, thickness and arch of the eyebrow are used to express human emotions such as empathy, surprise and anger, and are important in giving the face a fresh, attractive and youthful appearance. The new 'Power Brow' lifts the structure of the face, opens your eyes and frames your features.

The popularity of the fuller brow can be attributed to the Duchess of Cambridge's, predilection for hearty, superbly groomed and polished eyebrows. Another fashion icon instantly recognisable by her fabulous eyebrows is Vogue Model of the year Cara Delevingne.

Effortlessly natural Miss Delevingne, 20, explained that she never leaves the house without lip balm, Chanel mascara, a tissue pack and MAC eyebrow gel. Her eyebrows are one of her signature features, and she joked that "they are their own beasts. I can't tame them. One day I'll go out and be Frida Kahlo. One day, there's going to be a fashion show inspired by her. I'm going to make it happen," she exclaimed.

The fact that this fuller straighter look is more in vogue has had an effect in the way that Botox is administered. 'Baby Botox' correctly applied, prevents the overarched look while still maintaining a refreshed look.

If, however, you are not blessed with fabulous full eyebrows, there are many options available to create this look. DHI clinics have spoken of a spike in numbers of patients wishing to undergo their non-invasive eyebrow hair implant surgery since the Royal Wedding last April.

Dr George Gounnaris, one of the Europe's leading hair restoration experts, performs eyebrow transplants at the Aesthetic Skin Clinic in Jersey, using hair from behind the patient's ears. The procedure is used as a solution for those who have over-plucked their eyebrows, or those who are simply looking for a fuller brow. "We have a healthy stream of women who come into our DHI clinics asking for this treatment. There is also greater awareness now of the procedure and the results it can achieve."

Semi permanent eyebrow makeup is growing in popularity because it gives an attractive and youthful eyebrow everyday without having to spend time applying makeup every morning.

Jacquie Callaghan who is an expert on semi-permanent make-up, working at the ASC in Jersey says, "Beautifully designed eyebrows with SPM can have an incredibly anti-ageing effect. As we age, eyebrows naturally fade, tail ends can droop and brows often lose their symmetry. By reconstructing the perfect brow shape the eyes look lifted, definition across the eye area creates a more triangular face shape which brings the focus back to the eyes, making them appear brighter and more colourful, cheek bones appear more prominent creating a more youthful face."

Callaghan works with your facial structure and skin tone to achieve a perfectly defined and shaped eyebrow, using the correct blend of pigments to simulate the appearance of natural three dimensional hair growth. The arch and shape of the brows will be selected to give the best frame and balance to the facial structure.

Enhancing products such as Latisse from Allergan and Elastilash from Obagi are also available, which encourage natural growth of the lashes and eyebrows. Or for a more temporary fix, brow kits are available from most cosmetic brands so you can create that perfect brow 'wow' yourself.

*The eyebrows are an extremely important facial feature; a healthy looking, full pair of eyebrows emits vitality and youth.*

*What if Botox changed not only the way you looked but also your feelings?*

**I**n his new book *The Face of Emotion: How Botox Affects Our Moods and Relationships*, Dr Eric Finzi, an eminent American dermatologist, argues that Botox can, in about 50% of cases, dramatically improve both mood and relationship. His decade long research has revealed that by injecting Botox into your furrows or 'grief muscles' (those vertical grooves in the brow) can actually make you feel happier.

How? "The brain registers what your face is doing – it's like an emotional thermometer. If you're laughing, the brain will think, oh, let's decrease the stress hormones," he says, "with negative feedback, such as frowning, it will think more pessimistically."

In other words, our facial expressions are a cause of mood (good or bad) not merely a consequence.

## How does Botox make us happier?

What scientists have discovered is that Botox injected into facial muscles dampens the usual responses in the amygdala, the deep part of the brain that is associated with depression. It poses interesting possibilities for boosting our emotional resilience.

Dr Finzi goes as far as to suggest that Type A personalities, who typically wear a 'hostile grimace' could be helped. In fact, he says, maybe Botox could even reduce the incidence of heart disease in such people!

"I'm not telling you to have Botox, but this is a treatment worth looking into," says Dr Finzi, "Botox is a wonder drug, after all it's used to treat Parkinson's disease, cerebral palsy, migraines and excessive sweating. If we hadn't figured out that people look better with it, I doubt we would have such a problem with it".



**Veiled Emotions**

# THE FILLER TIME BOMB



## recent survey carried out by the British Association of Aesthetic Plastic Surgeons

(BAAPS) shows that cases with filler complications seen by the association's surgeons have doubled in the last three years. Commenting on the findings, BAAPS president Mr Rajiv Grover says that while many surgeons do not provide filler treatments, they are increasingly dealing with the consequences of botched procedures, by unqualified practitioners administering fillers incorrectly.

Dr John Curran, former president of the BCAM says, "Filler treatment is currently unregulated and can be administered by anyone upon completion of a short training course. In fact the UK is one of the most unregulated cosmetic markets in the world. In stark contrast to the US

for example, where fillers are regarded as medicines and only six types have been approved for use by doctors, our industry is awash with over 100 fillers, some of which have little or no research to back them. Even PIP implants had CE approval. In the UK, we have non-medical practitioners from hairdressers to beauticians to dental hygienists and even random people from the general public, overstating their experience and credentials to entice patients for treatments."

Mr Grover continues, "As the law stands at present, Botox cannot be advertised, as it is a prescription medicine. It certainly should not be advertised in discount websites like Groupon and QuidSn. A doctor or dentist must be physically present at a consultation for a patient who requests Botox treatment, as they are

required by law to write a prescription for the procedure. Remote prescribing is no longer legal in this respect.

In relation to our unregulated filler market, a host of problems are emerging. Medical evidence shows that in inexperienced hands, injudicious use of fillers can lead to facial palsy, infection, and blindness and tissue necrosis.

Mr Grover says, "The growing popularity of these non-surgical procedures has clearly led to complacency regarding how they are performed and by whom. It is of paramount importance that the growing area of unregulated fillers be controlled and we have put forward for consideration the simple measure of reclassifying these injectables as medicines"

The association suggests "killing three birds with one stone" by regulating which fillers come on the market, banning their advertising and defining who is qualified to dispense them.

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