

The Magazine

*The Beauty of
Botox*

*Plump Up
the Volume*

**HONEY
I SHRUNK
MY THIGHS!**

*Summer
Secrets*

Get lashed!



The Beauty of Botox

Since the discovery by Dr. Jean Carruthers in 1987, that injections of botulinum type A toxin could erase lines and

wrinkles, this treatment has become a billion dollar global phenomenon and "Botox" has become a household name. It has become the world's most popular wrinkle busting drug and has been widely credited with changing the face of the cosmetic industry.

Even though the concept of cosmetic enhancement was nothing new when Botox came on the scene, what surgeons and dermatologists were struggling to find a solution for, was how to treat the tell tale laughter lines and frown lines that so clearly gave away a person's age.

"Botox has been used to treat millions of people around the world, making it by far the most popular non-surgical beauty treatment the world has ever seen."

When Botox is injected into a specific muscle it interrupts the nerve impulse to that muscle and prevents contraction.

Botox is used primarily to target lines which form facial expressions and is not indicated in the treatment of static lines which are present at rest. The treatment lasts between 3-4 months during which time the untreated area will move as normal and you will be able to laugh, frown and smile but with less wrinkling of the skin.

The upper third of the face is where the best results are obtained it is commonly used for the reduction in the appearance of crows feet around the eyes, frown lines and wrinkles on the forehead and between the eyebrows. It is also used to relax vertical lip lines and lift the corners of the mouth. Experienced injectors can reposition eyebrows, correct facial asymmetries in patients with facial palsy or as a result of trauma, and soften "necklace" lines around the neck. They can also soften the platysmal bands which are bands of muscle which stand out from the neck and look stringy in appearance, and lift and define jaw lines.

This is a typical lunchtime procedure as it is quick and simple and you can resume normal activities immediately after. Botox has recently been approved in the UK for the treatment of migraines and is also widely used in the treatment of Hyperhidrosis (excessive sweating). Botox has been used to treat millions of people around the world, making it by far the most popular non-surgical beauty treatment the world has ever seen. Botulinum

Toxin has been used in medicine for over 30 years. There are approximately 1,800 published studies about it, making it one of the most intensively researched medicines ever, with an excellent safety profile. Dr. Jean Carruthers says, "It was the start of a new era, suddenly you could do all these wonderful things like lift brows, undo crows feet and relax lip lines without surgery". She has famously boasted that she hasn't frowned since 1987!

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"We really believe, and there is data to support this, that with repeated injections you actually get improvement of the wrinkles at rest." Says Doctor Tim Flynn, a board certified American dermatologist. "What we really are excited about in the States and are trying to impress on our patients, is that the time to start with minimally invasive therapy is when you first begin the anti-ageing process. Don't wait until you're 50 to do this. Start when you first notice glabellar or nasolabial folds. Start then and maintain it.

The fat reduction market is awash with new technologies driven by our never ending skinny seeking mission, but

the new kid on the block, Vaser, is the one which is creating all the headlines.

As Spring turns to Summer, its great to have a body worth flaunting but if you have a healthy diet, exercise regularly but just can't get rid of those little wobbly pockets of stubborn fat, then look no further than Vaser Liposelection.

Vaser is at the cutting edge of fat busting technologies, Liposculpture for the 21st century. Less invasive and traumatic than traditional liposuction, it is normally done under local anaesthetic as a day procedure and this dramatically reduces recovery time and complications.

"Vaser is the most versatile body contouring procedure on the market" says Dr. Curran. "It delivers body contouring technology that's creating a revolution in aesthetic surgery".

Vaser technology uses ultrasound to break up fat cells, it differs from traditional ultrasound 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. This means less risk of damaging blood

vessels and nerves. Suction and massage of the sculpted site allows the emulsified fat to be quickly removed.

Vaser offers patients all the benefits of liposuction with much less down time and increased skin tightening is a fabulous bonus. Doctors have experienced great success in treating thighs, "mummy tummies", "love handles", buttocks, backs, male breasts, chin and neck areas.

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The process continues to generate improvement after the procedure has ended. One of the benefits is that higher energies can be used safely so that you get a smoother contour along with the skin tightening which is the holy grail of fat dissolving systems. It can deliver a one, two punch for slimmer thighs with fewer dimples to get your beach body ready in a few weeks. Vaser is the marriage of art, science and technology and when choosing a surgeon, there is no substitute for experience and a great aesthetic eye.



Skinovations

Face the Future – Stem Cell Research

Scientists are getting closer to using stem cell research to stop ageing in its tracks. The possibilities are indisputably exciting. Knowledge gained from stem cell research at Stanford University, will increase the efficacy of anti-ageing skincare.

Human skin cells contain a huge supply of somatic or 'adult stem cells'. They exist to create new skin, however, over time they are damaged by stress, UV light and harmful toxins within our bodies and can no longer regenerate, causing the sign of ageing we all fear. But if we could keep stem cells alive and repair our damaged cells, line free faces could be our future.

Honey I shrunk my thighs!

The expanding world of Lipolysis



Summer's got its Bright on

T This is not a season to be shy and retiring, the catwalks are awash with bold brights and graphic

prints in a rainbow of tropical shades. Summer's new colour charge exudes confidence, bravado and a sense of care free. Sumptuous dual tones and glowing fluoros exploded across the runway, neons so bright they'd glow in the dark. Minimalism has been surpassed by a bold new glossy glamour and the only add on needed is a great attitude and a brave state of mind.

Worn in one head to toe hue or in boldly clashing combinations, lush colour is this summers brightest style story and rainbow is the byword of the season. But for those of us a little more demure, the nude story is still a big trend presenting an elegant alternative to this seasons rainbow brights. Soft delicate peaches and pinks on pale dewy healthy skin.

However brave and fashion forward we are when it comes to summer style, the key to summer beauty is body confidence and great skin, and the key to great skin is great sun protection and fabulous transformative skincare.

"As in fashion the modern approach to skin care should be tailor-made. Couture for the complexion."

As in fashion the modern approach to skin care should be tailor-made. Couture for the complexion. Combining the new state of the art Visia complexion analysis with the bespoke Obagi skin care systems and laser treatment, you can create a plan of action, which specifically targets the needs of your skin.



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Next on our list of to dos to get summer ready, is a blitz on stubbly shins. That first leg baring moment looms large and it's time to make your body a fuzz free zone. To complete the big reveal and shake off the last of the wintry gloom, sign up for a thrillingly pain free Soprano laser treatment.

The way your skin feels against a summer dress or fresh sheets, few things can compete with the silky smoothness of fuzz free skin and no summer beauty regime is complete without it.

THE SKIN COMMANDMENTS

1. **Tan wisely** – avoid midday sun. Be mindful how you expose your skin to the sun and always always wear a great sunscreen with full UVA and UVB protection.
2. **Drink lots of water** – as you lose moisture from the body in the sun, re-hydrate with water. Avoid alcohol as it speeds up de-hydration.
3. **Know your skin** – be aware of the limitations of your skin and be mindful if you have sensitive or fair skin that burns easily. Limit your sun exposure.
4. **Don't speed up the process** – increased exposure will only burn your skin, gradually work up your ideal colour by tanning in intervals, stay out of the midday sun and ideally leave a couple of days between exposure.
5. **Wear sunglasses and a hat** – the skin on your face and eyes are most sensitive, so it's important to keep them protected.
6. **Eat a varied healthy diet** – if your body is healthy it will have a knock on effect on your skin.
7. **Exercise every day** – regular aerobic exercise which revs up your heart rate and your circulation, will have the most impact on your looks and bring a glow to your face.
8. **Omega 3** – essential fatty acids, every cell in the body needs them to keep the body in good shape, so omega 3 is great for the skin. Healthy cell membranes enable the skin to do it's job as a barrier, keeping moisture on the inside.
9. **Avoid tanning beds** – the UV rays used in these machines are much more damaging to your skin than tanning naturally.
10. **Sleep... don't smoke... be happy!**

Sensational Sunscreens

Nu-derm Sun Shield 50

This is the latest addition to the Obagi suncare ranges. Containing an SPF of 50 it provides total protection for those who really care about their skin. It combines high UVB absorption and dynamic UVA blockage in an elegant matt finish and with its new nano technology it is non-whitening, PABA free and fragrance free for all skin types.

Oclipse Sunscreen and Primer

Part of the luxury ZO Skin Health range, by Dr. Zein Obagi, MD. Oclipse™ sunscreen and primer SPF 30 was named the number one best sunscreen by the Online Beauty Authority. Not just because it has broad spectrum UVA/UVB protection, not just because it multi-tasks as a makeup primer and not just because it's tinted. The best part is it's a smart sunscreen because it contains natural melanin. If you're going to do one nice thing for your skin this summer, this is it.

For more information, please visit www.skinstation.co.uk



Did you know?

Beat those sugar cravings

Drinking green tea or iced water with a lemon slice are great ways to kill a longing for sugar as are chewing sugar free gum and mints. Brushing your teeth is also a proven technique to quell cravings.

Go nuts

A portion of 10 nuts each day ensures that you get a good dose of healthy fats, protein, fibre and vitamin E, have them with a piece of fruit as an afternoon snack, which will help to ward off the pre-dinner munchies. When it comes to which type you choose, walnuts stand out as the clear winner as they contain exceptionally high amounts of good fats.

Get lashed

The eyes have it!

Eyelash enhancers are the new beauty buzz. Big beautiful lashes are in! Latisse is a new innovation

in lash enhancing technology from Allergan, the company that gave us Botox and Obagi have just launched their new product called Elastilash, which is a peptide based eyelash enhancer. Stateside, people are going crazy for Latisse, which was launched in 2009 and is the only FDA approved prescription only product for eyelash enhancement. It targets the eyelash follicle increasing lash growth, extending the growth cycle and delaying the cycle of lash loss.

Every year women spend millions of dollars on mascara to exaggerate their eyelashes. Cosmetic companies advertise and market their brands to women all over


the world who want sexy and enticing eyes. Now there is a simple way to get the dramatic eyelashes you've always dreamed of without sticky false eyelashes or extensions. You can grow your own fluttery flattering eyelashes with celebrity appeal. Lash lengtheners are the new mascara.

Researchers are impressed with Latisse, according to the New York Times, Rory Gal, who says, "I think this is a fairly big deal, it's a new idea in a market that loves new ideas and frankly it works".

For best results with both these products apply one generous stroke to the upper lash line every night and you will see fuller, thicker lashes in as little as 4-6 weeks.

For more information on Latisse and Elastilash, visit www.skinstation.co.uk





Plump Up *the* Volume *Sculpting faces*

There's a hot new trend in celebrity faces. Forget the Dr. Spock eyebrows and the glassy forehead of the overdone Botox, or the stretched look of the too tight facelift. In the quest for eternal youth, middle aged celebrities are now sporting girlishly plump faces, with beautifully sculpted cheekbones and foreheads that are curved and padded.



There is no doubt that there is a major boom in non-surgical treatments, in particular the use of volumising technology, to fill and plump haggard faces. Dr Siobhan McEntee, a Cosmetic Dermatologist at the Aesthetic Skin clinic's Botanic Avenue centre of excellence says, "I have seen the cosmetic market mature, with patients being more discerning about what they want. Subtle but very effective treatments such as Voluma and Sub Q,

which restore volume and contour to the face, are the buzz word. It leaves the face looking rejuvenated and fresh without having that done look"

The ideal proportions of a youthful female face, is an upside down triangle. A pretty, youthful face has fullness in the cheeks like a cherub. An older face tends to have it in the jaw like 'Shrek'. Loss of volume occurs as early as the mid twenties, depending on lifestyle and genetics. Botox and simple hylauronic fillers are more suitable to restore volume to patients in their 30's but as you get into your 40's and 50's additional advanced procedures of volumisation are required.

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The 'Y' lift, invented by New York Surgeon, Dr. Yan Trokel and the 'Dream Lift', aimed to create the illusion of youth, by giving women the high rounded cheeks of a baby. The experts see these new techniques as the way forward. "Research into facial volume loss associated with ageing has revolutionised how we treat patients. I envisage treatments such as Voluma, Sub Q, Sculptra and Thermage will become the norm, reducing the need for surgical solutions. The results seen still amaze me" says Dr John Curran, one of the leading cosmetic practitioners and former President of the British Association of Cosmetic Doctors.

Delighted patients soon realise that when these creases are filled, the slack skin around the jaw is automatically lifted and nose to mouth lines, vanish. Fat shrinkage and redistribution of deep facial tissues is at the core of the ageing process. As the fat pads diminish and migrate down the face, the surrounding tissues around the face contract and eventually, the skin becomes lined and lax. Restoring facial volume is at the heart of reversing the ageing process and recreating youthful triangles of beauty.

In the hands of a gifted practitioner, the results from these volumising procedures can be fabulous, however, women looking for total rejuvenation should be looking out for the new Thermage CPT treatment, which uses radiofrequency technology to stimulate collagen production and restore firmness to the skin.

Restoring facial volume is at the heart of reversing the ageing process.

"Thermage is incredible" says Dr McEntee, "It allows us to turn back the clock on ageing. When combined with volumising treatments, we can plump, tighten and sculpt faces to give an incredibly natural, youthful appearance. The seductive thing about all of these treatments is that, just like the celebrities, anyone can look fantastic and say with complete honesty that they have never had cosmetic surgery.

NIP TUCK

The Aesthetic Skin Clinic is pleased to have our Star Surgeon Mr. Nick Percival, FRCS in the house.

Mr. Nick Percival is one of the foremost cosmetic surgeons in the UK (Tatler magazine). A specialist in modern facelift techniques, he was one of the first surgeons to employ the minimal access cranial suspension (MACS) face-lifting technique. He is an international expert in facial rejuvenation, lecturing widely in the UK and internationally. Medically trained at UCL in London and a post-graduate lecturer at Stanford University in the US. He is a Fellow of the Royal College of Surgeons and is a member of the British Association of Aesthetic Plastic Surgeons, BAAPS. He was formally a consultant

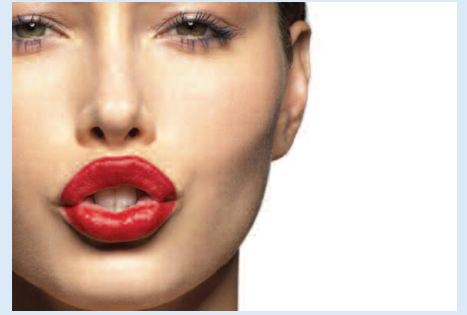
plastic surgeon at the NHS Charing Cross Hospital and is co-founder of the Institute of Cosmetic and Re-constructive Surgery, which trains young surgeons to undertake cosmetic procedures.

He has appeared on best selling TV programmes, Extreme Makeover, Make Me Perfect and Cosmetic Surgery School. He is also a regular contributor to TV programmes, magazines, newspaper articles and cosmetic surgery journals.

He undertakes a wide range of cosmetic surgery procedures, including breast augmentation, body contouring, rhinoplasty and facial rejuvenation, using a combination of surgical and minimally invasive techniques for a more comprehensive and sophisticated result.

For more information about treatments visit www.askinclinic.co.uk

Every face tells a story...



...what's yours?

Competition Winner...

Congratulations to our winner, Joanne A, who has won the Thermage body treatment. We had so many great entries but this was our favourite:

Mirror mirror on the wall I don't like looking at me anymore
My skin is dull and lumpy and bumpy
And although I'm not cross I seem to look grumpy
My jowls are befriending my chins never ending
So to ASC my face I am sending

I sit in the waiting room with coffee provided
The treatment I'll have, not yet decided
In to the consulting room I am then led, I sit on a chair
(and not on the bed)
The doctor is very polite as he examines my face
And kindly reassures me I am not a hopeless case

I leave the clinic with spirits uplifted
My face will soon follow, that doctor is gifted
But first things first my complexion is to be sorted
Fraxel may feel a little uncomfortable but I won't be thwarted

The big day comes and quickly goes
My face is left feeling hot, I have a definite glow
Feeling a little anxious I give the clinic a call,
the nurse is very nice, they don't mind at all
My symptoms are typical I am assured
I re-read the pamphlet, she's right, of course

Wonder of wonder three days have now passed
I see clearly before me new dewy skin at long last
Two more treatments they say I must endure,
I don't mind if this is the cure
A small price to pay for my skin is already glistening
To any sceptics out there this girl isn't listening

Fraxel completed, its time for the next phase
I am excited about Thermage, you'll have heard of it,
its all the rage
My doctor tells me to his friends he does gift it
I am so happy that without surgery my face he can lift it

The results for me were instant but subtle,
you see no one can tell
But everyone mentions that I'm looking so well
It didn't take long and didn't really hurt at all
I went straight back to work, now that's pretty cool

Mirror mirror on the wall I'm a lot fairer than I was before
It cost me some money, some time and some pain
But through it all my confidence I did gain
My face now matches how I feel inside and from the public I no longer wish to hide

ASC definitely helped me
So don't be nervous and don't be shy
I'd do it again, in the blink of a much firmer looking eye

Colour me Perfect

Wake up to a beautiful, more radiant you...

We are pleased to announce that celebrity make-up artist Jacquie Callaghan will be offering a range of new semi-permanent make-up treatments at our clinic in Jersey.

"I love making women look beautiful and more youthful."

Jacquie has trained with Debra Robson-Lawrence who pioneered semi-permanent make-up over 20 years ago and developed the ultra delicate FAME® (Facial Aesthetic Micro Enhancement) technique which reconstructs eyebrows by precisely replicating individual hairs.

Other treatments include

- Soft lash definer
- Volume line definer
- Latino eyeliner
- Soft-lip perfecting contour
- Lip blush