

aesthetic skin clinic

The Skin Issue

# The Magazine

The Big  
**FREEZE**  
Cryolipolysis  
destroying fat cells

**Obagi**  
ANTI  
**5** AGEING  
ALL STARS  
No1 skincare  
system

*HydraFacial*  
THE hot new celebrity-favourite

**AQUALYX**  
A fantastic new fat dissolving treatment

The  
**Ultra-lift**  
Introducing a non-surgical  
facelift treatment

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# TRENDS 2015

## Beyond Botox

*In our quest for eternal youth, let's look at what's new for 2015 and which existing treatments will continue to gain popularity*

The global body contouring market continues to gather pace with the introduction of new fat dissolving treatments like Aqualyx, new fat busting devices like CoolTech, Vanquish, and multi-platform body contouring machines like 3D Lipo and Accent Ultra and I-Lipoxcell, which promise to treat cellulite and remove fat. The new total non-surgical facelifts use a trifecta of technologies, intradermal radio-frequency needling with INTRAcel, Fraxel laser, focused radio-frequency with Thermage and high intensity focused Ultrasound, HIFU, like Ulthera and Ultracel which tighten at the deepest level to address each layer of the skin achieving a total lift.

Expect a more focused approach to skin health with treatments that include the introduction of new medical grade facials like Hydrafacial combined with IPL, Fraxel, RF skin tightening and prescriptive skincare like Obagi gaining popularity as we become more aware of the importance of improving the texture and tone of our skin. "Patients are become much more discerning and want proven, evidence-based treatments that will successfully rejuvenate the skin and address issues they have, such as acne scarring, pigmentation and fine lines."

When it comes to business, the old combination of fillers and Botox remain firmly

on the menu, but it is a new duo of treatments that have the cosmetic world excited. The combination of high intensity Ultrasound, like Ulthera, which lifts and tones loose muscle and the new collagen stimulating Silhouette Soft thread lifts have been described by Dr Sebagh, the celebrated Parisian surgeon, as "The new look. It's the beauty world's Christian Dior moment. If you use them as maintenance treatments before serious sag sets in, you won't need a facelift."

"By combining a series of non-surgical treatments, we can achieve a considerable improvement and in some cases avoid surgery altogether" says Professor Nick Lowe. "How fillers are used is changing. Products and techniques are more refined. We can use multiple entry techniques with injections or cannulae to provide elegant and sophisticated placement of the product deeply onto selected bony areas to provide lift as well as volume. We have moved away from chasing lines around the mouth and are now focused on targeting specific areas to allow us to lift the face."

Among the old faithful, Botox injections will remain extremely popular. "Historically there has been a tendency to use them solely in the upper part of the face and ignore the lower region," Dr Curran says. "At the clinic we specialise in an advanced technique focusing

on the platysma (neck area). Injecting here helps lift the lower part of the face."

Fillers will continue to be used for a variety of purposes, including cheek augmentation, lip restoration and volume, fine lines and wrinkles, hand and chest rejuvenation, smoothing of jowls and marionette lines, the reduction of tear troughs and dark circles under eyes, smoothing facial folds and replacing volume.

Vampire facials, Mesotherapy and vitamin infusion drips have a wide celebrity following and are widely available and continue to be popular "I'm not a fan. They may be popular" Dr Curran says, "but there's no scientific evidence to back them up. PRP the 'vampire facial' is painful, there's lots of down time, its longevity is questionable and there are better alternatives available." Dr Curran says these facials were originally designed to help injured skin and may not be the best option for healthy skin.

Dr Curran reminds us of the importance of researching risks, possible complications and side effects before undergoing any procedure and suggests being realistic in our expectations.

"As procedures become more technique sensitive and the technology more powerful, it's imperative to know your practitioner's credentials, reputation and level of experience, to choose someone who comes highly recommended and who you can trust," he says. ■

*Silhouette Soft thread lifts have been described as "the beauty world's Christian Dior moment"*





# Obagi SMART COOL Skincare No1 in the world

The skincare industry is constantly evolving. The in-office procedures and anti-aging ingredients everyone was buzzing about only a few years ago are now far more advanced than when they first hit the scene. Because technology and techniques are always improving, we turned to Dr Curran, one of the top industry insiders and asked him to give us details on the latest and greatest breakthroughs in skincare. From the best new lasers to the most noteworthy ingredient developments, keep reading to hear what he has to say about what's happening in skincare today!

"The trends for 2015" says Dr Curran, "definitely reflect my belief that the basis of all anti-ageing procedures start with the foundation of beautiful, healthy, radiant skin and that prescription skincare, like Obagi, unlike over the counter beauty products, deliver these ingredients to the skin in therapeutic concentrations to create real cellular transformation and noticeable change."

There are five anti-ageing all-stars, which are contained in the world number one prescription Obagi skincare systems, that pack a punch and these are the power players in the skincare market.

## *The Cure-All* RETINOL

**WHAT IT DOES** This is the number one wrinkle fighter that you should be using. This vitamin A derivative treats fine lines, wrinkles, sun spots, dullness, crepiness, sagging skin... you name it. Forms of retinol "are among the best anti-aging ingredients we have," says Dr Curran. And here's why:

**HOW IT WORKS** Retinoids work at a profound level by affecting gene expression and causing enhanced collagen production, skin smoothing, and evening out of pigmentation. "The data is clear," says Dr Curran, "people who regularly use retinoids simply age better than people who don't."

"Prescription formulas contain retinoic acid, the magic ingredient that fights visible aging; non-prescription alternatives need to be converted into retinoic acid by the skin at the cellular level. "In off-the-shelf formulas, the ingredient called retinol is the only derivative of vitamin A worth using."

## *The Eraser* HYDROQUINONE

**WHAT IT DOES** Evens out sunspots, blotches, and mottled skin. It is recognised as the most effective ingredient for bleaching skin, but is only available after consultation with a doctor.



**HOW IT WORKS** Hydroquinone fades hyper pigmentation by blocking the enzyme that triggers melanin production in the skin. A 4% formula can fade blotches fast and is often blended with a 0.5% retinoid for best effect.

## *The Preventer* SUNSCREEN

**WHAT IT DOES** Keeps skin from prematurely wrinkling, sagging and getting blotchy by protecting it from harmful UV rays, which destroy collagen and elastin fibers and damage DNA. "It's by far the best way to prevent aging of the skin," says Dr Curran.

**HOW IT WORKS** Sunscreen molecules, called UV filters, absorb or scatter UV light. The big breakthrough of this year is the new category of next-generation sunscreens, called hybrid sunscreens. For the first time, super-sophisticated SPF products are completely blending sun-care and skincare.

## *The Radiance Makers* ALPHA HYDROXY ACIDS

**WHAT THEY DO** Alpha hydroxy acids, such as glycolic acid, add radiance, smooth lines, help fade blotches and allow other anti-aging ingredients to penetrate faster and work more effectively.

**HOW THEY WORK** "Of all the ways to refresh skin, doctors love alpha hydroxy acids for their precision" says Dr Curran, "you smooth on a peel, and the acids easily break the bonds between the dead cells and skin."

## *The Breakthrough* TIME-RELEASED, ENCAPSULATED VITAMIN C

**WHAT IT DOES** Time-released, encapsulated vitamin C has had a huge breakthrough recently. Vitamin C has been available in skin creams for years, but until recently, the vast majority of formulas were either not effective, unstable or too irritating. Releasing the acid gradually prevents skin from reacting while the ingredients take effect.

**HOW THEY WORK** Vitamin C will prompt your skin's regeneration, act as a gentle exfoliator, and reduce the appearance of sunspots, boosting collagen production and brightening skin.

The real problem, however," says Dr Curran, "is this: for active ingredients to make a substantive difference, they have to be present in certain quantities, which are too high to be available without a prescription. Some companies have become experts at sailing just on the right side of the wind in this respect. They put as much as they legally can of the good stuff in. The good news is that this is the way the market is generally going. The future of skincare is not so much about discovering new wonder ingredients as using them to best effect. Prescription skincare, obviously, has to be dispensed by a doctor. But if you are really serious about changing the way your skin looks - eliminating uneven pigmentation, for example, or tackling adult acne - this is a great way to go."

In terms of non-invasive treatments," Dr Curran predicts, "2015 will be all about clever combination treatments, preventing damage and pre-empting laxity and ageing. We are living longer and most of us want to be active and look well for as long as possible. Start by protecting and rejuvenating skin early before damage starts to show."

"Studies have proven that non-invasive treatments such as Thermage, Intracel and Photorejuvenation, with pulsed light, have profound effects on producing collagen and keeping the skin fresh and elastic. What research is showing now is a much more important longer-term reduction in the need for surgery in those who have had small, regular, combination maintenance treatments over a number of years, such as Botox, Peels,

Laser, Radiofrequency and Dermal fillers."

Jennifer Aniston is a huge advocate of skin tightening procedures, such as Thermage, Ulthera and Intracel. Having these procedures two or three times a year has been her secret to maintaining her spectacular radiant glow.

**TOP TIP** *Watch out for a super-facial called Hydrafacial in 2015. This is a medical grade facial that combines lymphatic drainage with deep cleansing and pore extraction, before saturating the skin with treatment serums and finishing with intensive infrared. This really is the ultimate facial experience delivering stunning results.*



# The Big

# FREEZE

*Cryolipolysis is undoubtedly one of the biggest sustained trends in body contouring, ideal for removing pockets of body fat particularly in the stomach area, flanks, thighs and back*

As many as one in three patients undergoing traditional Liposuction has been left with strangely lumpy bodies after the procedure. Christopher Inglefield, a consultant plastic surgeon at the London Bridge Clinic, admits the process is unpredictable and hard to control, and in the wrong hands the results can be disastrous.

"I think Liposuction will be obsolete in ten years anyway. We now have multifocus Ultrasound, Vaser, which is capable of painlessly breaking much bigger volumes of fat while leaving the surrounding tissues and blood vessels intact" However there is great news for patients who don't want surgery and have only a few stubborn areas of fat that they would love to get rid of.

Cryolipolysis is undoubtedly one of the biggest sustained trends in body contouring, ideal for removing pockets of body fat particularly in the stomach area, flanks, thighs and backs. This technology is proving increasingly popular with patients and doctors alike because of its low downtime, minimum discomfort and most importantly impressive results in destroying fat cells.

*Recent studies presented by CoolTech at IMCAS 2015 in Paris, have shown a fantastically synergistic effect when Aqualyx is used at the same time as Cryolipolysis*

Clinical trials have reported a decrease of 20 to 25 percent of fat in targeted areas such as the stomach or thighs, with the optimum results visible from two to three months after treatment.

Although this method does not offer the more extensive fat loss available from traditional liposuction or Vaser, it is a great

alternative for those with smaller areas of fat. Cryolipolysis is an easy in-office procedure to freeze away that bulge in their stomach or love handles. Patients can answer emails and telephone calls, read a book or watch a film while having the treatment. It is used for small areas of fat that refuse to budge with exercise and is done without anaesthetic or medication.

Scientists at Zeltiq in California designed the original cryolipolysis device called CoolSculpting, which has enjoyed huge popularity since the FDA approved it in 2010. This device is highly regulated with a great deal of research and clinical papers backing it. The CoolSculpting device is positioned on the area of the body to be targeted and using a suction action draws the fat bulge into the CoolSculpting applicator where two cooling plates are situated. As the cooling starts, a feeling of pressure and cold follows. The sub-zero temperatures cause the fat cells to die. They are then flushed away by the body over the next few months. The process is gradual meaning that there is no danger of your lymphatic system being overloaded.

The treatment, which takes anything from one to several hours, is relatively painless. Patients often work or watch movies throughout. The skin and muscle tissue is unaffected by the procedure because fat freezes at a higher temperature than other cells. The effects can be seen as quickly as four weeks post-treatment, but the most dramatic results come after two to three months. Mitchell Levinson, Zeltiq's founder, said trial patients had been monitored for three years without the fat returning. A single treatment is usually enough for each love handle. A larger beer belly or a set of flaps of fat under the arms may need two treatments.

At Marina Plastic Surgery, which has clinics in Los Angeles and Beverly Hills, men make up 45 percent of the CoolSculpting patients. Plastic surgeon Dr Grant Stevens says 'Men mostly have their love handles treated. Other commonly treated areas are the tummy and male breasts. Women go for love handles, muffin tops, thighs and arms.'

Although Zeltiq have developed bespoke applicators including the new CoolCurve to

allow better contact in different anatomical areas, the problem remains that dual paddle capability, i.e. the ability to treat both sides of the body at the same time, is only possible with two machines. The new generation Cryolipolysis devices like CoolTech, and 3D Lipo have been designed specifically with dual paddle capability which decrease the amount of time required in treatment and faster patient outcomes.

*Those hoping to dodge the gym, however, will be disappointed to learn that Cryolipolysis should not be considered an alternative*

Recent studies presented by CoolTech at IMCAS 2015 in Paris, have shown a fantastically synergistic effect when Aqualyx is used at the same time as Cryolipolysis achieving a staggering increase in outcome of over 30%. Other treatment combinations called 'Fire and Ice' include Thermage RF to tighten the skin after the Cryolipolysis to achieve a smooth refined contour.

Those hoping to dodge the gym, however, will be disappointed to learn that Cryolipolysis should not be considered an alternative. While the fat-loss in the targeted area is permanent, it won't prevent build-up in other areas. "If you eat a lot you'll gain weight in other places, so you need to keep going to the gym and watching your diet," Dr Curran warns. "The procedure will not replace proper diet and exercise. The ideal candidate is someone in good shape, who simply has a bulge that they cannot reduce either through diet or exercise but they are physically fit," he says. ■





# SKIN DEEP

*HydraFacial is a medical grade facial that combines lymphatic drainage with deep cleansing and pore extraction*

**T**he perfect age is now” says 69-year-old Mirren as she endorses a skincare line for the first time. The opening shot of Dame Helen Mirren’s first TV advertisement for L’Oréal Paris is of the actress being given a seat in a bus stop by a younger woman – and looking mightily ticked off about it. The 69-year-old goes on to say, “Ever feel like you go unnoticed? And when you aren’t? Enough!”

Mirren has become the poster girl for older women looking their age since insisting that her image must not be retouched when she signed as L’Oréal Paris’s new UK ambassador last year. “Make me feel like me” and, “show those age spots who’s boss”. She goes on to say, “Grow another year bolder and feel more radiant.”

The casting of the advert reinforces the importance of looking like the best version of you at any age and the role of radiant healthy skin in making this happen.

*HydraFacial* MD<sup>®</sup>  
SKIN HEALTH FOR LIFE<sup>™</sup>

Skin Health For Life is our philosophy of not just improving the appearance of skin, but actually restoring youthful, healthy skin.

HydraFacial is **THE** hot celebrity-favourite facial from the USA to get star quality skin. Often referred to as the red carpet or celebrity facial, many high profile celebrities are known to be regular HydraFacial devotees. From Kate Winslet to Beyonce, Matthew McConaughey to Ethan Hawke the HydraFacial is a must have treatment to ensure that their skin is always HD ready. This seriously special facial leaves skin intensely hydrated, plumped and glowing.

HydraFacial is a medical grade facial that combines lymphatic drainage with deep cleansing and pore extraction, before saturating the skin with treatment serums and finishing with intensive infrared. This is the only procedure that combines cleansing; exfoliation, extraction, hydration, antioxidant protection and red LED light therapy all in one.

The HydraFacial is different from any other facial that you may have experienced, as its a clinically proven treatment that is designed to work in the skin, rather than just on the skin to produce instantly visible results that last. Each HydraFacial experience uses a series of HydroPeel tips with a unique spiral design, which creates a vortex effect to easily dislodge and remove impurities while simultaneously introducing hydrating skin solutions with potent active ingredients.

HydraFacial Skin Solutions and treatment tips are clinically formulated to target specific skin conditions providing instantly visible results whilst gradually improving the health and quality of your skin. Your treatment is bespoke and is designed to address specific concerns, which may include general signs of ageing, pigmentation, texture and tone and acne. It is designed to provide instantly visible results after every treatment, alongside improvement in the health of your skin, giving you a complexion that you’ll love.

*It’s like no other facial you’ve ever experienced!*

*The express HydraFacial process:*

Step  
ONE

**Cleansing and Exfoliation:**

Dead skin cells are removed to reveal healthy new skin.

Step  
TWO

**Infusion of Glycolic Solution:**

Helps to loosen impurities, blackheads and debris from, pores without irritation.

Step  
THREE

**Extractions:**

Painless, automated extractions use vortex suction to clean out pores and remove blackheads.

Step  
FOUR

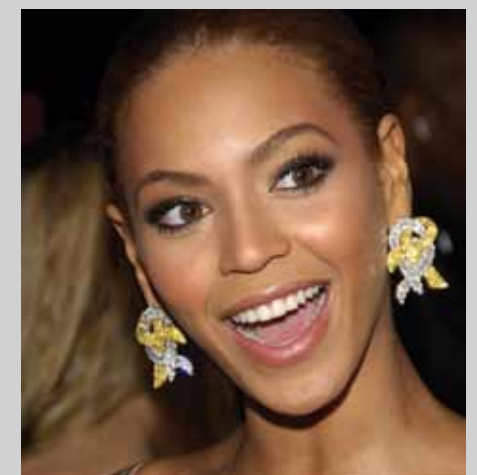
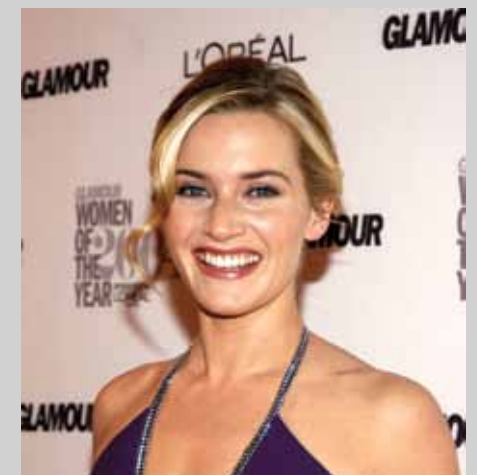
**Hydration:**

Antioxidants and Hyaluronic Acid are infused to nourish and protect the skin.

Step  
FIVE

**Maintaining:**

The HydraFacial Daily Essentials help maintain, prolong and enhance results between treatments.







# LIFTING ME SOFTLY SILHOUETTE SOFT



The Silhouette Soft treatment is 'as big and important as Botox was seven years ago'

**D**r Louis Sebagh describes the Silhouette Soft lift treatment as a 'technological innovation offering women what no treatment has ever provided in such a simple way: a redefined face, restored volume and reduced wrinkles by means of a 30-minute treatment at their doctor's, for a result lasting up to 18 months.

During the procedure, thread made of polylactic acid is drawn through the skin after injections of local anesthetic. Dr Sebagh says that he uses the thread to give a tailor-made result, lifting specific parts of the face. This acid is completely biodegradable and acts on the deeper layers of the skin and naturally stimulates the body so that it produces its own collagen. He claims this action, which continues over time, helps increase the volume of saggy areas and restore shapeliness to the face gradually and naturally.

Silhouette Soft comes in the form of bidirectional absorbable thread cones. It is made in the United States and its

development is based on six years of experience in suture suspension with cones used in reconstructive surgery and cosmetic surgery.

**A redefined face,  
restored volume  
and reduced  
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30-minute  
treatment at  
their doctor's  
surgery**

Combating the effects of ageing above all means restoring smoother and more toned skin, but also a more shapely face. To meet this dual requirement, Silhouette Soft combines two effects: lifting and regenerating.

The lifting effect is immediate and discreet as it is the result of compressing and elevating tissue at the time of adjusting the suture. After inserting the suture, the doctor applies slight pressure on the treated area to reshape the surface of the skin making it visibly smoother. The regenerative effect is gradual and natural : polylactic acid (PLA), the principal component of Silhouette Soft is a polymer known in the medical field for many years (suture thread, orthopaedic pins, screws and nails for bone fractures are all made from PLA). It is because this polymer is particularly biocompatible with human beings, and also completely biodegradable, that such applications have been developed. Once the suture is applied, the polylactic acid acts on the deeper layers of the skin and naturally stimulates the body so that it produces its own collagen. This action, which continues over time, helps increase the volume of saggy areas and restores shapeliness to the face gradually, and perfectly naturally. ■



# AQUALYX

*A fantastic new fat dissolving treatment*

If you have blown thousands on swanky gym memberships and your bottom refuses to morph into the neat peach that you yearn for or your waist snubs all attempts to make it slimmer and shapelier, then you will love the latest body contouring treatment to wage war on localised fat deposits called Aqualyx. It's toned tummies and perky bottoms all round, and we're excited about it!

Toned thighs, chiselled jawlines and nipped in waists are all a reachable dream thanks to new wonder fat-melting treatment, Aqualyx. Despite a healthy diet and lifestyle, genetics are undeniable, and hard-to-budge fat can still prove difficult to shift (and often losing more weight can make the face appear gaunt). Available only via trained doctors, this is a fat-dissolving injection – containing deoxycholate, a natural chemical found in the body – used to wrestle stubborn fat and help digestion. The active substance locks on to the fat cell walls causing them to become unstable and releasing the fatty acid stored within. A non-invasive, bespoke alternative to Liposuction.

## HOW DOES IT WORK?

The problem area is identified and the Aqualyx is injected into the area via cannulae; the amount used depends on the surface area treated, but two small incision areas is the norm. The Aqualyx works by breaking down and liquefying the fat cells and the body will then dispel the stored lipids naturally through the liver.

## WHERE DOES IT WORK BEST?

Aqualyx can tackle virtually any desired area. It's most popularly used on double chins, thighs, love handles, abdomen and below the buttocks.

## PAIN FACTOR?

There is just one puncture point per treatment – a very fine needle is used with local anesthetic integrated into the solution to help eliminate discomfort. It can be mildly uncomfortable for a short period of time, with occasional swelling. As it's non-invasive, it's scar-free.

## DOWNTIME?

Nothing that will stop you from going about your daily routine, but there can be some bruising, swelling and redness for a few days.

## RESULTS?

Two to four sessions, six weeks apart, are recommended. There is a very noticeable change within two weeks, with the best results apparent after six to twelve weeks.

## IS IT SAFE?

Yes. Aqualyx has a European CE mark based on considerable research and is considered to be a very safe treatment. ■



# Ultra-lift

## New & Exclusive: Ultracel

*It is a revolutionary, no-downtime, triple facelifting technology, which uses the powerful but gentle ultrasound, focused radio-frequency and fractionalized microneedling radio-frequency. These three techniques combine to lift, not just the skin, but the deep muscle layer underneath, called SMAS, which was previously only reached by surgical facelifts. Together they create the most complete non-surgical facelifting technology: The Ultra-lift*

The Ultracel treatment uses the safe, time-tested energy of ultrasound and radio-frequency. Focusing the energy to stimulate the deep structural support layers of the skin, including those typically addressed in a surgical facelift, without disturbing the surface of the skin. The Ultracel treatment will stimulate the growth of new collagen over time, to gradually strengthen and tone your skin from within, starting from the top down, layer by layer.

During the Ultracel treatment, warm pulses of ultrasound energy are delivered deep under the skin, causing the muscle layer to contract. At the same time, the gentle heat also encourages the healthy, natural process of rejuvenation, stimulating your skin to produce its own fresh new collagen, making skin firmer, brighter, tighter and more elastic.

In less than an hour you can go about your day after a single Ultracel procedure to tighter, firmer, plumper skin. You may notice a short-term “boost” but the natural process of creating new, more elastic collagen builds over time.

Here's a little more detail about this revolutionary procedure in the form of some frequently asked questions:

### *What is Ultracel?*

Ultracel is a non-surgical face and neck treatment that uses ultrasound, focused RF and fractional microneedling RF to actually lift and tone loose skin without any downtime.

### *What is unique about the Ultracel procedure?*

Ultracel is the only treatment that combines three cutting edge skin tightening technologies – HIFU, RF and microneedling. The HIFU can specifically target the deep foundation below the skin that is addressed in cosmetic surgery without cutting or disrupting the surface of the skin, and the fractional microneedling radio-frequency boosts collagen in the dermis and creating transformational changes in the quality of the skin.

### *Is Ultracel safe?*

Ultrasound energy has a proven track record, with use in the field of medicine for more than 50 years, including pregnancy scans.

### *Who is a good candidate for Ultracel?*

A good candidate for The Ultracel treatment is someone with skin that has “relaxed” to the point of looking, and often feeling, less firm. A lowered brow line or sagging skin on the eyelids, for instance, is often the first sign of “maturing” skin. While The Ultracel is not a replacement for surgery, there are many people who want some lifting but are not ready for surgery, either mentally, financially or logistically.

### *How long does the treatment take?*

A full face-and-neck treatment takes approximately 30 minutes, and a partial face treatment can take around 30 minutes – neither with any downtime.

### *How long until I see results of the Ultracel treatment?*

Patients may enjoy some initial effect but the ultimate lifting and toning will take place over 2-3 months, as tired collagen is renewed and replaced with new, stronger collagen.

### *Is there any downtime with Ultracel treatment?*

With Ultracel, there is no downtime. You are able to return to your normal activities right away, and there are no special measures you need to take. It also can be carried out at time of the year with no restrictions, with regard to sun exposure.

### *Will I feel the ultrasound during the treatment?*

Yes. What you are feeling during the treatment is actually tiny amounts of concentrated ultrasound energy being deposited below the surface of the skin. Patients have noted there can be some discomfort while the energy is being delivered, but it is temporary and a positive signal that the collagen-building process has been initiated. ■

### *What areas can be treated with Ultracel?*

The Ultracel is perfect for tightening and lifting the skin on the neck, under the chin, the jawline, the brow, around the eyes, and treating wrinkling and sagging on the décolletage and body.

### *Is Ultracel surgery?*

No. The Ultracel addresses the skin and the support layer below it, but it doesn't entail cutting or disrupting the surface of the skin.

### *Can Ultracel replace a facelift?*

The Ultracel is not a “facelift.” It is an uplift. While it is not a replacement for surgery, it is a viable option for those not ready for a facelift or those looking to prolong the effects of cosmetic surgery.

“  
Ultracel is a  
non-surgical  
face and neck  
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without any  
downtime  
”







# 11

## HOTTEST CELEBRITY SKIN TREATMENTS

Whether it's a sprinkle of Botox à la Robin Wright, or collagen-boosting, skin-tightening lasers, peptides and enzymes, in the case of Vanessa Williams, keeping the skin soft and the complexion radiant doesn't have to be a chore. From Christie Brinkley to Halle Berry, many of today's famous faces look as good now (if not better) than they did 30 years ago, so what's their secret? Here are some red carpet treatments:

### SPOT KILLER

On its own, the acclaimed cortisone shot can shrink colossal spots within 48 hours, but when stars demand faster results, Jessica Wu, an assistant clinical professor of dermatology at Keck School of Medicine of the University of Southern California, follows the injection with Intense Pulsed Light. With this combo, "swelling and redness are greatly reduced, if not gone altogether, in 24 hours".

### ANTI-AGING I.V.

When stars need to shine at a party (or recover from one), they go for a Vita-Infusion Facial. While an aesthetician tends to the skin, a registered nurse or a doctor starts an IV filled with vitamins C and B, calcium gluconate, and magnesium chloride. Patients get an energy boost and "a nice glow, probably related to vasodilation," says Norman Leaf, who is an associate clinical professor of plastic surgery at the David Geffen School of Medicine at UCLA.

### FASTER LASERS

Before big events, actresses and pop stars call on dermatologist Fredric Brandt, who practices in New York City and Miami, for his combination laser treatment. He wields



two lasers, each with a different wavelength: One removes redness and brown spots, and the other stimulates collagen production to reduce fine lines and large pores and give skin an immediate glow. "Some stars stop in the morning of an event as part of their red-carpet prep," he says. Makeup can easily veil the resulting redness when they leave his office.

### HEAD-TO-TOE FACIALS

Before the 'Angels' strap on their wings for the Victoria's Secret fashion show, they visit New York City dermatologist David Colbert for Triad body facials. The experience starts with microdermabrasion followed by a "gentle laser treatment, which encourages fibroblasts to make new collagen," says Colbert. A peel comes next – 20 percent glycolic acid spiked with calming lavender essence. Skin is then doused with a serum that helps build collagen, illuminated with low-energy light that slows its breakdown, and topped with a rich cream, laced with tremella mushroom extract. Stars can head straight to hair and makeup.

### INSTANT TIGHTENING

Even in Tinseltown, scalpels are becoming yesterday's news. Surgery isn't all it's cracked up to be, says Ava Shamban, an assistant clinical professor of dermatology at UCLA. When her star clients need a lift, she performs Power Facials: an exfoliating retinoid peel, Intense Pulsed Light (which targets brown spots and broken capillaries), microdermabrasion with an infusion of the antioxidants vitamin C and niacinamide, and, finally, radio frequency to firm the face and neck. "Skin tightening is huge in Hollywood," she says. "I've done several actresses' eyelids and brows right before red-carpet events because instantly, the skin looks incredibly taut, and there's no downtime."

### HOT-SPOT FILLERS

When hefty earrings drag down stars' earlobes, their doctors reinflate them with an injection of a hyaluronic acid-based filler, like Restylane or Juvéderm. Aging hands are another big concern. "Lately I've been working double-time on celebrities' hands, making them look as youthful as their faces," says Debra Jaliman, an assistant professor of dermatology at Mount Sinai Medical Center in New York City. A synthetic calcium-based filler offers a dramatic fix for up to a year. If the hands have brown spots, Jaliman zaps them with an Intense Pulsed Light device. Splotches darken and flake off a week later, leaving no evidence of sun damage.

### ULTRASONIC PLUMPING

A thirty-something blonde who was scheduled to present at the Golden Globe Awards came to Karyn Grossman, chief of dermatology at Saint Johns Health Center in Santa Monica, the morning of the show, with some crepiness around her eyes. Grossman applied a mix of hyaluronic acid and collagen protein and drove it in with ultrasound waves to deeply hydrate the skin, smooth away fine lines, and give a dewy glow. Results are instant but fleeting (lasting only a day or two) and most remarkable around the eyes, where skin is thinnest.

### ELECTRIC FACIALS

There's a reason stars on the red carpet glow like someone has plugged them in. Indeed, someone has: Simon. The self-dubbed "electrical aesthetician" uses different types of current to boost radiance, enhance lymphatic drainage, kill acne bacteria, wipe out dark circles, and even spark cellular repair. While microcurrent has been popular with aestheticians for years, the even-lower-



frequency nanocurrent, Simon's specialty, is now gaining momentum. "My goal is to replicate the signal that the brain produces in deep delta frequency that initiates repair," she explains.

### BOTOX LITE

Stars do crazy things to grab attention, but one thing they don't want anyone to see is their frozen forehead. "I've had patients tell me that it's in their contract: If they get Botox, they could be fired," says Wexler. So dermatologists inject tiny amounts of the toxin into multiple areas of the forehead for a softer, more relaxed look. "People still have full motion, so they can emote and act effectively, but skin doesn't accordion".

### BACTERIA-BUSTING FACIALS

Facials with extractions can trigger more blemishes than they treat: All that poking releases a flood of germs onto the skin's surface. So aestheticians have invented smart solutions to the problem. "We apply gauze dipped in freezing-cold liquid nitrogen to kill bacteria and soothe the skin," says Rand Rusher, a Beverly Hills registered nurse and skin specialist and star of the reality show Pretty Hurts.

### BODY-FAT TIGHTENING

Before stars take it all off for the camera, they disrobe for their dermatologist. "We'll essentially redo the entire surface of their body," says Jaliman, who starts with radio frequency, namely Thermage, to tighten loose skin right away. Also in demand is CoolSculpting, a fat-freezing device that obliterates belly bulges, love handles, and back fat. "Six weeks after treatment, patients begin to pee out the metabolized fat," says Jaliman. "They're so svelte, they can retire their Spanx." ■



# 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 maintainance 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!" ■





# In the News

## What's Trending?



### Good Looking Facebooking

Social media is all about seeing and being seen, so it's not surprising that the ubiquity and frequency of posts are fueling our vanity. All the constant attention to social media can make us feel connected, but at the same time might fuel some not-so-pretty emotions as well. A study from researchers in Berlin reported that scanning friends' Facebook pages and photos could trigger feelings of envy and even loneliness.

Now the annual poll from the American Academy of Facial and Reconstructive Surgery (AAFPRS) reports that social media activity may be driving an uptick in plastic surgery requests. The survey polled 752 of the AAFPRS' board-certified facial plastic surgeons on the trends in



reconstructive and cosmetic surgery. This year, one finding stuck out: surgeons are seeing a 31% increase in plastic surgery requests as a result of how people wanted to present themselves on social media.

"We live in a very visual world, and have come to expect that we will be 'Googled' or 'Facebooked' even before actually meeting

“

*31% increase  
in plastic surgery  
requests as a result of  
how people wanted to  
present themselves  
on social media*

”

AAFPRS 2014 Survey

someone socially or professionally,” says Dr. Sam Rizk, an AAFPRS member and director of Manhattan Facial Plastic Surgery in New York. Photos get taken all the time and you never know where they may end up. Between high definition television, Facebook, YouTube and Instagram, how you look in photos and video clips has definitely become a driver for all cosmetic procedures from Botox to neck lifts.” ■

### Smart Phone Apps

A new wave of smartphone apps is allowing users to see the results of plastic surgery before even going under the knife. After clicking the download button, users can apply morphing technology tools that have long been the reserve of plastic surgeons to nip and tuck their faces and bodies. But with over 200 already on the market, experts have spoken out against the dangers of the apps, which encourage a culture that suggests changing your appearance should be done so easily. ■



## “Who's That Girl?”

When Renee Zellweger appeared at Elle magazines annual Women in Hollywood party in October, her appearance attracted global attention along the lines of 'Who's that girl?'

The pressure on actresses to conform to a stereotype of beauty had clearly taken its toll. What is plainly shocking to some is that Renee now looks like someone not even related to the quirkily pretty, Kewpie-doll star who had us at 'hello'.

In 24 hours, it seemed, every possible news media outlet had a story or a tweet or a blog post decrying the Oscar-winning actress's new face. "The issue is that in all that work, Ms. Zellweger changed too much. She was known for having these slightly squinty, slightly hooded eyes," Dr Copeland, a New York plastic surgeon, says "The problem is they totally eliminated that look, and now she is no longer recognizable. She is beautiful, but who is she?" ■