

aesthetic skin clinic

Winter / Spring 2011

# *The* Magazine

## *Winter Skin Solutions*

*Discover the secret  
to 'kissable lips'*

## THE NEW SOPRANO!

Hair removal that's  
music to your ears

*Win!*  
*up to £2,000*  
*worth of body treatment*



# *Bosom Buddy!*





# Decolletage Chic

## The Cleavage has it!

**T**his season, the bosom is the body part to flaunt. The 2010 Louis Vuitton winter show sparked a new fashion

fixation. As the models sashayed down the runway, cinched into their corsets, so creamy and buoyant, it suddenly became desirable to be womanly this season and beyond. In an instant exposing one's décolletage was très chic.



As the Spring/Summer season approaches, now is the time to turn your sun damaged cleavage into a thing of beauty. The best approach is to treat your embonpoint with the same care and attention as you lavish on your face. Forget the face, hands or the feet, one of the killer signs of ageing is the chest. One day you can wear a low-cut dress with panache, the next you are searching for long droopy necklaces for cleavage camouflage.

Care is required if we are to lower our necklines to reveal our new fabulous body part. At the Aesthetic Skin Clinic, we offer a wide range of treatments to reverse the damage and a multilayered approach is required to restore your lack

lustre cleavage to its former glory! The new décolletage treatments are not only pretty painless and fabulously successful; you can actually have them done without anyone ever knowing. No knives or needles, no hiding away and you can hide the redness easily. Is that not what polo necks were invented for?

The combination of Thermage CPT (especially in the neck area), Fraxel™ and IPL Photorejuvenation therapies work to eradicate hyperpigmentation, (sun spots, age spots), eliminate broken capillaries caused by sun damage and ageing and stimulate the production of collagen to tighten, plump up the skin and reduce crepiness and lines.

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*"If you are just worried about a few creases in the neck and chest, either Botox® or Restylane Vital works wonders".*

Dr. John Curran

.....  
The Obagi Elastiderm Decolletage System contains a skin lightening cream as well as a wrinkle reducing lotion; this maintains and enhances these results.

In times of financial uncertainty, these treatments may seem a little indulgent but frankly, a fabulous new décolletage may just be the boost a woman needs and we are definitely worth it!

You can view all these treatments on-line at [www.askinclinic.co.uk](http://www.askinclinic.co.uk)

## The Cream of the Crop

*The Elastiderm Decolletage System is a one of a kind therapy that really works to restore healthy looking skin on your delicate chest and neck. The system consists of two patent pending technologies that use penetrating therapeutics. A skin lightening complex which reduces hyper-pigmentation and sun spots and a wrinkle reducing lotion which contains a unique bimineral complex.*

*"Used twice a day, my patients see real results within 4 weeks"*

Dr. Fred Coville (New York Plastic Surgeon)



# LIP LIP Hooray!

*The secret to kissable lips*



**A**s we age, our lips lose definition and volume. Restylane Lipp is a unique formulation specifically designed for successful lip enhancement and is tissue tailored and formulated to work in harmony with the natural anatomy of the lip.

.....  
*Restylane Lipp is  
designed to create  
beautifully shaped lips.*  
.....

Restylane Lipp is designed to create beautifully shaped lips, giving a natural fullness and a more sensual look, leaving your lips soft to touch and irresistibly kissable.

#### **RestylaneLipp is tailored for:**

- Creating lip volume
- Enhancing the vermillion border to increase definition
- Increasing definition to the philtrum ridges

## **Six steps to luscious lips for Valentine's Day**

1. Always use a lip balm with built in sun block.
2. Exfoliate the lip tissue.
3. Use a primer so that lip colour doesn't bleed or feather.
4. Stay away from red if any creases exist around the mouth. Use more flattering neutral peach, brown or berry shades.
5. Apply a light brown matt shadow under the natural curve of your lower lip, as this creates a shadow, making lips look fuller.
6. Use a lip base and neutral lip liner and when you have applied your lipstick pop some gloss in the centre of lower lip. This makes lips look fuller. A little highlighter around the cupid bow also has a plumping effect.



## *Skinovations*

*New Technology coming your way*

### **Infracel**

*The Infracel system delivers energy to dermal tissues using advanced radio wave technology. We are evaluating it in relation to under eye treatment.*

### **Visia Complexion Analysis**

*Generates quantitative values for skin features, which otherwise could only be subjective. An intuitive interface and clear easy to understand reports, provide an excellent communication tool for patient and clinician. It captures digital photos of the face and measures wrinkles, evenness, pores and pigmentation. An invaluable tool in skin analysis and treatment.*





## The Skinstation

This is your on-line prescription skin shop where you can purchase some of the top performing prescription based skincare products in the world, including the renowned Obagi skincare range, the ZO luxury range and innovative lash enhancement technology. We have carefully selected the best product ranges that we could find, based on clinical evidence and results. Visit us at the

**skinstation.co.uk**

## Did you know?

**You burn fat when you sleep. So the more sleep you get, the leaner you'll be!**

*"Collagen anti-wrinkle creams are money down the drain."*

Claims made by some luxury skin companies have been dismissed by leading scientists as misleading as it implies the collagen from these creams can penetrate the skin layers to help replace lost collagen in the skin.

The collagen molecule is far too large to pass through the skin barrier and if it could, these creams would be classed as a medicines.

## It's hair removal, but not as you know it!

### The New Soprano...

**E**ver since **Sex and the City** arrived on our screens ten years ago and highlighted the "Brazilian", where hot wax is used to rip off every last hair in the bikini area, bar a little strip, we have been conditioned to believe that no matter how excruciating the pain, no self respecting fashionably groomed woman could go without it.

Hair removal was something we only had on special occasions. Now it is a de rigueur part of our everyday life.

With problems of stubble and re-growth, waxing fell out of favour and the next new thing was IPL hair removal, which promised permanent hair removal. But many found these treatments especially painful on the bikini line, sharp, hot and oddly shocking. Definitely not to be repeated.

Technology has moved on, and the Soprano laser is now the 'buzz' word in hair removal. Instead of emitting one high energy pulse of light to fry the hair follicles, the Soprano gives out high speed pulses, making it

pretty much painless. Soprano can be used on darker skin tones, which is a first for laser hair removal and it works on all parts of the body.

Unlike IPL, the Soprano is used in a sweeping motion, moving back and forth over the area to be treated, until the hair follicles absorb enough energy.

No pain, no redness or itching. No swelling, inflammation or sensitivity and you can choose, unlike IPL, which only treats small areas at a time, to have as much hair removed as you wish.

Like other laser treatments, the results are not immediate. You are requested to shave all the areas being treated as it primarily targets the hair follicle and as the hair growth cycles vary, it may take up to six treatments to remove everything. The number of treatments varies from area to area and top up may be required.

This is a pioneering laser treatment that could mean an end to our waxing woes. We know Carrie Bradshaw would be pleased!!





# Winter Skin Solutions

*'Tis the season to be pampered*

**W**hat is it about this time of the year when you look like the 'morning after' without even having had the fun of the night before?

Treatments that will restore, revitalise and rejuvenate winter skin include:

- **Photorejuvenation (IPL)**

Non invasive laser procedure that improves the appearance and feel of your skin giving a glowing and youthful appearance. It's the perfect time to start IPL treatments as tans are fading and it leaves plenty of time to complete treatment before Spring. It is a safe effective way to reverse sun induced skin damage and ageing. It improves the texture of the skin, stimulates collagen to

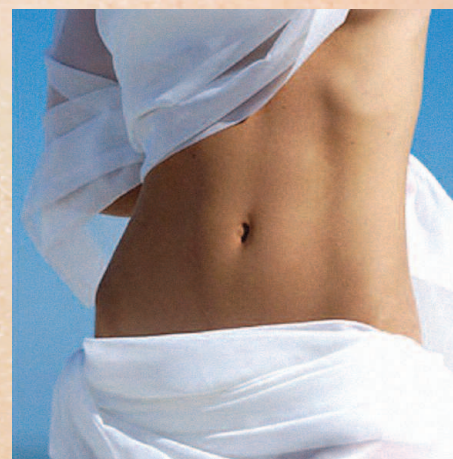
help smooth fine lines, clears red blotches, broken blood vessels, rosacea, age spots and freckles. It can reduce pore size and mild scarring, revitalise dull complexions and fade brown spots and pigmentation.

- **Microdermabrasion**

Uses crystal to exfoliate dead skin cells, stimulates collagen production to leave fresher, smoother skin.

- **Obagi Skincare Systems**

Out with the Old... The Obagi Skincare system works deep down to bring cells back to health. It uses prescription strength ingredients that work at a cellular level to achieve long lasting results. Skin is transformed and looks radiant and younger as healthy new skin cells reach the surface.







Dr John Curran, Fellow of the British Association of Cosmetic Doctors

## *The Doctor who treats the Doctor who treats the Stars*

Dr Rita Rakus, recently spent a day at Dr. Curran's state of the art cosmetic clinic in Jersey, where she managed to sneak in a little me time, on the couch. Dr. Rakus known as the "Lip Queen of London," is also a fellow and founder member of the BACD.

She has a long list of celebrity clients, including Amanda Holden, but when it comes to treating her own face, there is only one doctor she will trust to give her Thermage treatments. And her verdict?...

*"I was amazed at the results, tighter glowing skin and absolutely comfortable."*

# Paris

*may be the city of romance  
but sometimes it's just work!*

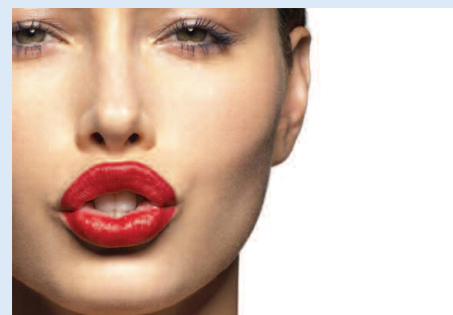
**D** Dr Curran and his team attended the IMCAS (International Master Course on Ageing Skin) annual conference, held in Paris, in January. It provides a high level platform for scientific exchange, industrial views and medical teaching. This year it had the pleasure of welcoming 3,300 delegates from 40 different countries. 300 speakers

from all four corners of the globe covered every aspect relative to the evaluation and treatment of ageing skin.

Scientific plenary sessions, the IMCAS industry tribute, live surgery satellite symposia, live demonstrations, new devices research sessions and teaching courses were all dedicated to share a high level of knowledge provided by the best specialists in this field, coming from all around the world.

## asc aesthetic skin clinic Competition

*Every face tells a story...*



*...what's yours?*

If we have helped to improve your life in any small way, then we would love to hear your story. Help us help you!

**Best entry wins a Thermage™ Body Treatment worth up to £2,000!**

Email to [info@askinclinic.co.uk](mailto:info@askinclinic.co.uk)

or send by post to:  
Aesthetic Skin Clinic  
Albert House  
South Esplanade  
St Peter Port  
Guernsey, GY1 1AW

**Closing date for entries: 30th April 2011**

