

Body beautiful

In association with Aesthetic Skin Clinic

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Actresses like Juliette Binoche 48 or Catherine Deneuve 66, clearly have great insight into maturation process. They defy the notion that growing older gracefully doesn't need a disguise of surgical facelift. The fact is, the French prefer a natural approach as [Dr John Curran](#) reports...

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If there is a secret to aging well, then the French must know it. Actresses like Juliette Binoche 48 or Catherine Deneuve 66, clearly have great insight into maturation process. They defy the notion that growing older gracefully doesn't need a disguise of surgical facelift. The fact is, the French prefer a natural approach to beauty, good diet, sun protection and natural beauty treatments. These include dermatologies but the approach is different. The objective of plastic surgery in France, according to Dr. Michel Soussaline, a Paris surgeon with more than 30 years of experience, is 'to keep the natural beauty and charm of each individual woman, not to fit some current ideal of beauty.' After all, trends change. In the United States, he says, women who spend a lot of money on face-lifts want to show off their investments, pumped up lips and smooth cheeks. By contrast, Frenchwomen prefer results that look as natural as possible which is why so many are now turning to resurfacing technology.

Cosmetic medicine has seen a number of really exciting developments over the past years, but few inventions have been as exciting as Intracel according to Dr Soussaline. 'I had been searching for something that would really make a difference to my practice of medicine, something fresh, exciting and effective to offer my patients.'

So what is INTRAcEL and why I am so excited?

Intracel is a revolutionary skin resurfacing technology that delivers heat energy below the surface of the skin. Traditional resurfacing lasers work by burning the surface of the skin, which means downtime and discomfort. Intracel Fractional Radio Frequency (RF) microneedles directs the RF energy just below the skin providing a comfortable, efficient treatment with minimal downtime.

Intracel combines three effective treatments: radio frequency, microneedling and fractional treatment. It uses insulated needles to puncture the skin and deliver RF energy below the skin. The spacing of the needles means that healthy skin is preserved which facilitates rapid healing and growth of new tissue. What this means for you is that Intracel causes a tightening and plumping of the skin without causing excess damage to the skin - and who over the age of 40 wouldn't appreciate that?

Intracel is a fantastic treatment for skin rejuvenation as it can lift and tighten sagging skin, treat wrinkles, large pores, and small spider veins. So if you are getting worried about the start of jowls or a heavy chin, smokers' lines across the top lip or the general appearance of fine lines, then you really must consider Intracel.

Intracel is also specifically indicated in the treatment of acne and to improve acne scarring. The RF energy from Intracel can denature cells, destroying the causes of acne, acne bacteria and sebaceous glands.

Juliette Binoche

body beautiful continued

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What can I expect during my INTRAcel treatment?

A topical anaesthetic is applied about 60 minutes prior to treatment to make the procedure more comfortable. The Doctor will then apply the device to the skin surface releasing the needles and delivering radiofrequency energy in short bursts as the head is moved across the area to be treated. Immediately after treatment a cool pack is applied to the area for 10 - 15 minutes to minimize inflammation.

What precautions are necessary after my INTRAcel treatment?

Aftercare plays an important role in reducing the recovery time so we apply a soothing serum immediately after Intracel and then over the area with a cool pack for 10 - 15 minutes.

Use a sunscreen to avoid pigmentation from sun exposure. We recommend a factor 30-50 for the first two weeks.

How often do I need an INTRAcel treatment?

Generally a course of 3 treatments about 4 - 6 weeks apart. It is possible to achieve positive results after only one INTRAcel treatment, but most people respond better after 2 - 3 treatments.

Each year the Aesthetic Skin Clinic supports a charity. We are always looking for something that will change lives and make a sustainable difference. Sometimes patients say to me that they feel guilty about having treatments and are delighted to know that they are contributing to something really special.

This year we are working with The Healthxchange Pharmacy in conjunction with the Tumaini Charity, to put to good use your contribution to our success, training dispensers and building village dispensaries in one of the poorest parts of Africa, Tanzania. Most of the students are orphans themselves and will come back to the villages where they have grown up, bringing education, medical help and hopefully inspiring a whole new generation to be motivated to seek further education.

Tumaini workers assess specific needs in orphan families and initially supply food needs, blankets, grain etc; they have a programme to re-build derelict family-houses and support establishing "chekacheas", nursery schools, for younger orphans, encouraging churches to set them up and helping equip them, then the older children are freed to go to school, knowing that the younger children are safe, while the young ones can be given the stimulation of early education.

Secondary Schools are all fee-paying, but if a child passes their 11 Plus with a high enough mark, they are entitled to a place in a Government Secondary School, which costs about £35 per year... pricing it out of most families' budgets: in 2011, the Tumaini charity supported 6,700 Tumaini orphans to go to Government Secondary School - such Secondary Education is likely to lift the entire extended family out of poverty! As from 2012, the charity will have secured the funds to send 30 students who have achieved high passes at secondary school, to attend teacher-training college for a 2 year diploma qualification - the funding will be supplied as a student loan, so that we can keep funding 30 students every year from now on.

BODY TALK



In a new series of articles, [Dr John Curran](#) the founder of Aesthetic Skin Clinic, a Senior Fellow and former President of the British Association of Cosmetic Doctors (BACD), and an Appraisal Officer for the Independent Doctors Forum comments on the world of medical aesthetics.



If you want to read more about the work that the Tumaini charity undertakes, then visit their website at:

<http://www.tumainifund.org.uk/> to follow the difference you are making to these young people.