



to prevent giving your age away

Hands can often be overlooked in anti-ageing regimes, however they are constantly exposed to environmental and physical stress and deserve the same care and attention as our faces.

Hayley Jordan, nursing director at ASC, explains how the signs of ageing on your hands can be prevented and treated

Sun protection

As hands are in constant use and always being washed and sanitised, sun protection of at least factor 35 should be applied regularly throughout the day to filter the harmful sun's rays that can prematurely age the skin.

Intense pulsed light

If sun spots have already started to surface, photo rejuvenating light treatment can remove these marks, while stimulating collagen and elastin to improve skin texture in the process.

Fraxel resurfacing

Resurfacing treatments and deeper peels can be used for more severe sun damage, restoring even pigment and plumping the delicate skin for a more youthful appearance.

Profilo and Dermal Fillers

Hyaluronic acid preparations can be used to hydrate and smooth the skin on the hands, which is particularly beneficial in patients with protruding blood vessels.

If you would like a hand with any aesthetic concerns, Hayley and her dedicated team at ASC will be happy to book you a complimentary consultation to answer your questions and point you in the right direction.

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