



# No 'kneed' to despair

As we age and collagen and elastin becomes depleted in our skin, knees can become wrinkled and saggy. This can be distressing and many people shun their once-loved outfits and swimwear for fear of showing their 'old knees'. While this is a natural part of the ageing process, for those looking for improvement, help is at hand. **Hayley Jordan**, nursing director at ASC, summarises some of the treatment options that could have you striding out with confidence...

## Thermage

This radio-frequency heat-based treatment stimulates collagen, tightening and smoothing the skin to turn back the years. There is no downtime for this treatment and results improve over a six-month period.

## Focused ultrasound

This is an alternative heat-based tightening and lifting treatment, meaning there is something to suit all patients' needs and budgets.

## Profhilo

Hyaluronic acid injections can plump and hydrate sagging and wrinkled skin, lifting tissues with minimal discomfort and downtime. This treatment can be repeated every three to six months to keep knees looking younger for longer.



Before and after profhilo.

If you 'kneed' more information on any of these treatment options, or would like a complimentary consultation with Hayley to discuss any ageing concerns, please call the friendly and professional team at ASC on 736699.

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