

Celeb secrets

HERE'S WHAT'S REALLY GOING ON IN HOLLYWOOD WORDS BY YOLANDI NORTH

Celebrities, we know, will go a long way to combat the signs of ageing – trying anything from a bath of blood-sucking leeches, bull-semen hair masks, and bird poo to placenta facials.

Luckily they also make use of some less bizarre treatments that are more affordable, effective and have minimal downtime. We take a look at a few anti-ageing face and body treatments that LA's hottest swear by – and tell you where to go for similar procedures right here in South Africa.

PLATELET RICH PLASMA (PRP)

The 'vampire facelift' or 'Dracula therapy', as PRP is called, is one of Kim Kardashian's favourite treatments. PRP harnesses your body's own healing capacity to regenerate tissue. It is ideal for face, neck, chest, décolleté and the back of hands and arms, and it helps to repair acne scarring.

■ **WHAT HAPPENS** The doctor draws off 10-25ml of blood. The plasma, which is rich in platelets, is then separated from the red blood cells, extracted and injected into the skin. Anaesthetic cream, injections or gas can be used to relieve the pain. Be prepared for some swelling, redness and small bruises that may stay visible for two to three days afterwards. PRP is not recommended for smokers. PRP facial rejuvenation can be done as a once-off treatment, but further treatments are recommended at four- to 12-weekly intervals to restart the regeneration process.

■ **DURATION** 90 minutes
■ **COST** About R2 500.
Vivacité Medical Spa,
012-992-6042, Vivacite.co.za

THERMAGE COMFORT PULSE TECHNOLOGY (CPT)

Thermage CPT is a safe, non-surgical,

radio-frequency treatment with no downtime. It tightens the top layers of the skin to combat sagging areas like droopy eyes, arms and abs. Stars like Gwyneth Paltrow and Linda Evangelista are big fans.

■ **WHAT HAPPENS** Radio-frequency energy is used to heat the fat layer of the skin via a series of radio pulses. This stimulates collagen production and helps the skin to tighten from the inside out. You'll experience a cold sensation on the skin, followed by a brief hot sensation, and then cold again. It may cause discomfort and you may have to take a painkiller. But apart from experiencing redness for a few hours and a tight feeling for a few days, patients can continue with their regular activities immediately after the treatment.

■ **DURATION** Between 30 minutes and two hours.
■ **COST** From R15 000.
8th Sense Aesthetic Religion,
011-884-6418, 8thsense.co.za

FAT FREEZING (CRYOLIPO)

After shedding the extra weight that she has been battling with for years, Christina Aguilera is looking better than ever. As well as exercise and a healthy diet, she used Cryolipo to get rid of her extra little rolls. If you are in generally good shape but have isolated pockets of fat that are resistant to dieting, Cryolipo is the way to go. It gets rid of excessive bulges and is less invasive and safer than liposuction (but is not designed for weight loss nor for obese people).

■ **WHAT HAPPENS** It remodels the body shape by freezing and destroying fat cells. These cells enter the lymphatic system and are gradually eliminated by the body's natural metabolic process. There's no damage to skin, and you can return to all your daily activities (including exercise) immediately. Within 45 days, tummy flab, love handles,



PHOTOGRAPHS CORBIS/GREATSTOCK AND REX FEATURES

saddle bags and bra bulges can shrink by 2-3cm.

■ **DURATION** Depends on areas treated.
■ **COST** About R4 500 per session.
Skin & Body Renewal,
0861-263-972, Skinrenewal.co.za

ULATHERA

Demi Moore, Courteney Cox and Madonna are said to love this procedure, which gives the appearance of a facelift – without surgery! Ulthera uses ultrasound technology and is considered one of the best non-invasive skin-tightening procedures around.

■ **WHAT HAPPENS** It delivers acoustic sound waves deep into the skin to 'kickstart' the skin's own renewing process. The treatment is quite painful and results can take up to four months to become visible. Your skin will be tightened and lifted, so wave your saggy eyes and cheeks goodbye. The side effect is some puffiness and a flushed appearance, which will disappear after a few hours.
■ **DURATION** 30-60 minutes
■ **COST** Between R4 000 and R16 000, depending on skin and the areas treated.

Laserderm Sandton, Morningside and Dunkeld (Laserderm.co.za) or the Cape Town Cosmetic Dermatology Centre (021-552-7220, Capederm.co.za).



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USES ULATHERA

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