

#### WHAT HAPPENS:

During the procedure, which only medical doctors are qualified to perform, multi-strand threads are introduced (once the area has been anaesthetised) through the skin with a micro-needle and gently passed through the fatty layer.

The threads are strategically placed, guided by the natural tension lines of the skin. Once placed, they act as a scaffold, lifting loose and sagging skin. The procedure also stimulates the production of collagen, and further creates a frame for the collagen to attach to, showing effects similar to that of a surgical facelift.

Once the physician is happy with the thread's direction and lift, the end is passed through the skin once more and simply snipped off, allowing the remaining thread to carry on supporting the treated area(s).

The procedure is relatively pain-free, but to minimise discomfort, a topical anaesthetic is massaged into the area beforehand. Insertion points are then drawn over the treatment area, after which the doctor implants the threading wires into the correct position.

Depending on the treatment area, the treatment takes between 15 and 45 minutes, with no surgical incisions and no downtime afterwards. It provides an immediate result that improves over four to six weeks. Stimulation of one's own collagen will also take place during the duration of the thread, providing a regenerative effect.

The threads are reabsorbed and dissolved over a period of time, but due to the stimulation of collagen, the treatment shows prolonged rejuvenation effects, says Dr Maureen Allem of Skin Renewal, who now offers the procedure in South Africa. Skin ages when elastin and collagen are depleted, but due to the maximum collagen stimulation and a cell generation boost, the aging process is dramatically slowed down.

#### WHAT TO EXPECT:

Threading relaxes the muscles, creating an effect similar to Botox, but with a more natural look.

With continual stimulation of blood supply to the treated area, collagen and elastin are boosted. This means that even after just a few days, the treated area looks brighter and healthier. Optimum results, however, are achieved after about three weeks. As the threads are dissolvable, they will last for four to six months, but with the continued collagen stimulation, the lifting and smoothing effect of this treatment lasts for a period of two to three years, says Allem.

This treatment is usually recommended for the facial area, but effective results are achieved in any area of the body where lifting is the desired outcome. On the face, it addresses fine lines and wrinkles around the eye and lip area, drooping eyelids and eyebrows, and crow's feet, and it assists in creating a V-shaped facial outline. On the body, it assists with tightening of the abdomen (especially post-pregnancy), the breast and chest area, batwing arms, aging hands, sagging buttocks and cauliflower knees.



#### WHAT DOES IT COST?

The cost of the treatment is dependent on the number of threads inserted, which will in turn depend on the area being treated and the severity of the lift needed. Prices for the threads start at R750 per thread.

Patients can also opt to treat one area at a time, thereby making it more affordable.

To find out more about the Miracu Threadlift procedure, visit [www.skinrenewal.co.za](http://www.skinrenewal.co.za) to book an individual assessment.