

TRIED & TESTED BIO-REMODELLING

SINCE GOING UNDER THE NEEDLE FOR LIP FILLERS, I'VE BEEN GAME FOR PRETTY MUCH ANYTHING. THIS TIME, I TRIED PROFHILO BIO-REMODELLING, AN INJECTABLE ANTI-AGEING TREATMENT THAT PROMISES TO DELIVER SMOOTHER, PLUMPER SKIN.

BY CHARIS TORRANCE

The Zoom boom of the past two years has had us all taking a closer look at our skin. I often find myself staring at my reflection during interviews – up close and in HD, no less. And while I wasn't always quite convinced of the effects of fillers (I've seen too many episodes of the *Housewives* franchises not to be at least a bit sceptical), I did get lip fillers a few years ago and I was pleased with the results. Surely there must be a way to target the

concerns I had without the risk of morphing my face into something my own mother wouldn't recognise? That is when I stumbled upon bio-remodelling.

WHAT EXACTLY IS BIO-REMODELLING?

'Bio-remodelling involves injecting a formulation of hyaluronic acid,

vitamins and minerals – in this case, Profhilo – under the skin to create new collagen and elastin, which helps combat the signs of ageing skin,' explains Dr Dominique Myburgh of Skin Renewal Aesthetic Clinic in the Cape Quarter, Cape Town. Having launched the treatment exclusively in July 2021, Skin Renewal was the first clinic to offer Profhilo bio-remodelling in South Africa.

During treatment

DERMAL FILLERS VS PROFHILO

'Hyaluronic acid is found naturally in your skin, and its main function is to absorb moisture and to hydrate,' says Dr Myburgh. Although dermal fillers are also made from hyaluronic acid, Profhilo works differently. Whereas dermal fillers target specific areas, she explains, Profhilo covers a wide area by spreading in the lower layer of the skin.

'This difference comes from the way the two are bound together,' Dr Myburgh explains. 'Dermal fillers are chemically bound, which results in the hyaluronic acid molecules forming a more solid structure, allowing them to give volume and fill.' Profhilo, on the other hand, has been bound thermally, using a heating and cooling process that creates a more liquid form of hyaluronic acid.

As it spreads, the Profhilo hydrates skin, reducing the appearance of fine lines and wrinkles. Secondly, over a few weeks it stimulates collagen-producing cells called fibroblasts. 'And as you get that collagen stimulation and increasing elastin, you get a firming and tightening effect from the Profhilo,' Dr Myburgh says. So there is both an immediate effect and a gradual improvement over the course of several weeks. Bio-remodelling is not only for the face either: it can be used on the décolletage, hands, arms, stomach and knees too, and it can be used alongside Botox and dermal fillers.

'The main function of hyaluronic acid is to absorb moisture and to hydrate.'



Dr Dominique Myburgh

Profhilo has the highest concentration of hyaluronic acid currently on the market: it contains 64 mg per prefilled 2 ml syringe. Of that 64 mg, 32 mg is low molecular weight hyaluronic acid, and the other 32 mg is high molecular weight hyaluronic acid. 'And that's why it has that hydrating and lifting effect,' Dr Myburgh says. 'The smaller molecules hydrate, while the larger ones settle deeper in the skin to stimulate collagen production.'

Before the bio-remodelling formula is administered, a numbing cream is applied and the injection sites are marked.

THE PROCESS

At Skin Renewal, the Profhilo bio-remodelling treatment consists of two Profhilo sessions, one radio-frequency session and a take-home serum. After taking me through the science of it all, it was time to get started. Because my treatment was focused on the face, it meant a total of 10 Profhilo injections – five on each side. Unlike some fillers, Profhilo doesn't contain any lidocaine, so a numbing cream is applied to the areas that will be injected to manage pain. Then Dr Myburgh marks the spots she'll be injecting using a white pen.

Dr Myburgh started on the one side, injecting next to my eye, along my cheekbones, at the corner of my mouth, and on my chin before doing the same on the other side. I'm not going to lie: it wasn't exactly a walk in the park. There was some discomfort, but I've had sessions at the salon that were worse, and it was over in a matter of minutes. As soon as the syringe is removed, any slight

pain you may feel instantly subsides. In fact, you can go about your day as usual when you leave the clinic. I had no bruising whatsoever, just a few slight bumps at the injection points. And the best part? You can immediately see an improvement. I took home my Prophilo Multi-Action Antioxidant Cream and promised to be back in two weeks.

On the day of the treatment, it's important to stay away from direct sunlight, saunas, steam rooms and exercise, as heat degrades the product. I applied the cream to my face, neck and décolletage twice a day. This works to nourish the skin and to restore damage.

Two weeks later, I was back at Skin Renewal for the next step: radiofrequency – the most enjoyable part of the treatment. This is when you can relax (I nearly took a nap, it was so great). Using a Monopolar RF device, the 'inactive pole' (or grounding pad) is placed under your back, and the 'active pole' is used over the target zone. This allows it to treat the deepest layers of the skin.

Then it's time for the Photo Dynamic Therapy, which uses a combination of pure visible blue and red light, and invisible yellow light to stimulate the deeper skin tissue. Because it is so bright (you'll see it even with your eyes closed!), your eyes are covered with cotton wool and goggles. Afterwards, Aminofil Complex is applied to your face and then you are on your way. This whole process works to boost the effects of the Prophilo bio-remodelling and helps to tighten the skin.

Four weeks after your first treatment, it's time for the final step: your second Prophilo session.

Although I noticed the changes in my skin throughout the process, this is when my skin was at its best.

RESULTS

My skin was noticeably plumper and glowing. I was also surprised to notice that the fine lines around my eyes and lips had become less apparent. Normally, I struggle with an oily T-zone and dry cheeks, but throughout the treatment and afterwards, my skin looked and felt more hydrated.

'Anyone can benefit from the Prophilo bio-remodelling treatment,' says Dr Myburgh. 'Any age, skin type or gender – but those who would best benefit from it are people who have dull or dry skin, or those who want to target fine lines, wrinkles, saggy skin and skin crepiness.'

Dr Myburgh says the area that yields the best results is the neck. Because there aren't many treatments like this for that zone, it's a godsend for women who want to get rid of fine crepiness that sets in with age.

'I would also recommend it to young people to keep that collagen store, and refresh the skin.'

RISKS

Because the Prophilo is injected very superficially using a tiny needle, Dr Myburgh says, your risks are minimised.

'Your main risks are that you could get a little bruise at one of the injection points.' Typically, you will only see little bumps at the injection sites, which should go away after a couple of hours. And by the next day you shouldn't see anything.



At 64 mg per pre-filled 2 ml syringe, Prophilo has the highest concentration of hyaluronic acid available in South Africa at the moment.

FINAL THOUGHTS

I would definitely recommend this treatment if you want to target the signs of ageing without risking messing with the shape of your face. It really goes beyond what a serum or a great moisturiser would ever offer in terms of hydrating skin and filling in fine lines and wrinkles. ❖

At a glance

FOR BEST RESULTS: Two treatments are recommended

DURATION OF RESULTS: Up to six months

RECOVERY TIME: None

RISKS AND COMPLICATIONS: Low to medium

PROCEDURE TIME: 30 minutes

COST: From R7 750 per full treatment, including take-home serum

WHERE? Skin Renewal Aesthetic Clinic, Cape Quarter, Cape Town – the treatment is also available at other Skin Renewal clinics, which are listed on the website

FIND OUT MORE skinrenewal.co.za

PHOTOGRAPHS: LIZA VAN DEVENTER