

ANTI-AGING strategies

for a
YOUNGER YOU

Aesthetic specialists
and plastic surgeons
share their top
strategies for face and
body to help you halt
the hands of time



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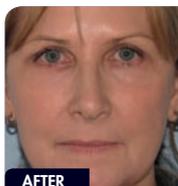
AGING SKIN

PROBLEM

Have you begun to notice sun spots, pigmentation, dryness, lines, enlarged pores, uneven tone and general loss of elasticity in your skin? With increasing age, you're also likely to have noticed that your skin has lost texture, appearing "thinner". This is particularly due to a gradual loss of collagen, most notably on the face, hands, arms and chest.



BEFORE



AFTER

SOLUTION

A laser facelift treatment targets the deeper layers of the skin, stimulating collagen production and clearing away imperfections from the inside out. Old, blemished skin is gently removed, and replaced by new, younger-looking, blemish-free skin. The resulting new skin growth smoothes and improves the surface appearance of the skin, leaving it younger and refreshed.



NECK AND DÉCOLLETÉ

PROBLEM

While this is seen as a very sensual area, unfortunately it often portrays the real age of a woman. Aging signs in this area include sun spots, loose skin, red-brown discolouration and wrinkles. Therefore treatments are focused on improving these signs.

SOLUTION

For sun spots or pigmentation in this area, you can do peeling, fractional laser, PDT-ALA or ExcelV (KTP) laser treatment. PDT-ALA is particularly important if sun lesions are severe or skin cancer is already suspected. For loose skin and wrinkles, fractional laser or mesoneedling is very effective in repairing the collagen damage of the skin of the neck and décolleté.



BEFORE



AFTER



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EYES

PROBLEM

Aging eyes have a complex etiology that needs to be individually analysed in each patient, and treated with a multi-modality approach. There are six basic concerns relating to the eye area: crow's feet, eyelid laxity, hollowness with tear troughs, pigmentation, crepiness and prolapsed orbital fat.



BEFORE

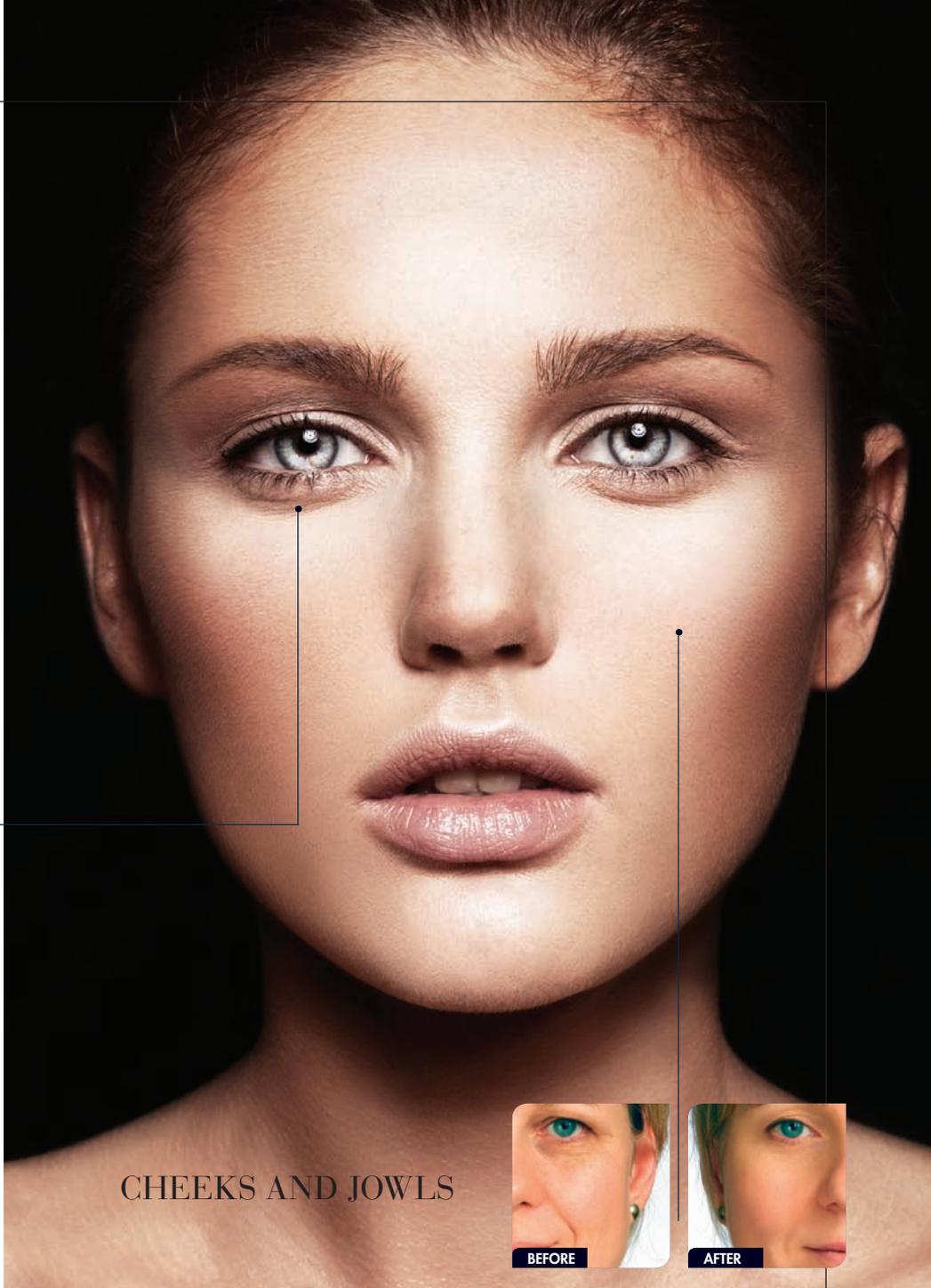


AFTER

Thermage

SOLUTION

Periorbital wrinkles are the product of photo-aging and hyperactivity of the orbicularis muscle, and can be diminished with neuromodulators such as Botox. Recent FDA approval and multiple studies conclude that this is an effective and safe treatment for wrinkles around the eye area. Sagging eyelids, once treatable only surgically, can now be treated effectively with monopolar radiofrequency, such as Thermage. There is no downtime with this treatment, and the non-invasive procedure can deliver long-lasting results in all skin types. For pigmentation and crepiness, laser resurfacing and chemical peels can be used. Volume loss around eyes is successfully treated with new Vycross fillers.



CHEEKS AND JOWLS



BEFORE



AFTER



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PROBLEM

The most common complaint of visible aging that leads many individuals to look for a facelift is a sagging in the midface or cheek area. This sagging creates deep tear troughs under the eyes, emphasises the nasolabial folds and makes the jowls more prominent. The only problem is that surgery is invasive and expensive, and this problem often manifests at an age before surgery should be necessary.

SOLUTION

Liquid facelift for midface/cheeks: The liquid facelift is a non-surgical combination of treatments designed to mimic facelift results, using only aesthetic techniques. In most cases Botulinum toxin and dermal fillers are combined to replace volume in the cheeks and to relax muscles causing significant wrinkles. This means that a trained hand in aesthetics can, by offering midface volumising, recreate youthful fullness in the cheek area and subsequently reduce the nasolabial fold, remove the tear trough and dark circles under your eyes, and create facial symmetry. Liquid facelift results are not permanent, but they offer minimal downtime, at a fraction of the cost of surgery, and can stave off the knife until it is absolutely necessary.

SOLUTION



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MOUTH

PROBLEM

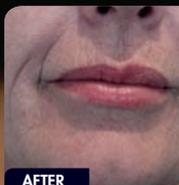
The centre of youth and sensuality is the mouth area, and it is often that zone that can show aging most mercilessly.

SOLUTION

The most common tool is a lip filler. It is used to replump tissues that have lost volume with age and need to be re-inflated. This should be done naturally, and not with the overdone techniques made infamous in Hollywood. Beyond fillers, there are skin-strengthening techniques which include fractional laser, chemical peels and dermal needling, which improve the integrity of the skin around the mouth and assist with treating barcode wrinkles. A medical-grade homecare skin regimen is also essential for daily anti-aging.



BEFORE



AFTER



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AGING FACE

PROBLEM

Patient looks and feels tired and drawn. Natural aging diminishes facial fat pads and superficial facial fat slides downwards. One is left with hollowing of cheeks, deep grooves around the mouth and typically sagging in the jaw line known as jowls. In addition, one loses proteins such as collagen and elastin which give skin turgor, rigidity and tightness.

SOLUTION

The treatment is to volumise areas which have hollowed and to create a smooth sleek jaw line and lift in the mid face. This is done by fillers to the cheeks, lips and nose-to-mouth- area. The lift is created using the "one-stitch-lift" which is fast gaining popularity in South Africa, and well known to America and Europe as a minimally invasive "mini face lift". In addition, this patient had Dermalroller which uses microneedles rolled across the face to induce collagen. (Local anaesthetic cream pre-treatment makes the procedure near painless.) Radiofrequency (warm stimulating waves) assists in tightening; complemented by Alpha Hydroxyl Fruit Acid Peels for colour and tone. (Non- invasive treatments by Lindi Prinsloo.) The patient later went on to have permanent make up to reduce ginger eyebrows to a more natural brown, which had a huge impact on her features as well. (Permanent make up by Leanne Steinman.) This patient is a good example of the way medical aesthetic treatments should be complemented by therapist treatments which deal with tone, colour and texture of the whole face. No point in reducing wrinkles on a sun damaged face!

WRINKLES

PROBLEM

Crow's feet, smoker's lines, scowl lines and furrows can result from repetitive facial expressions and UV damage.

SOLUTION

NeoStrata Skin Active Line Lift is an innovative SynerG System 13.0 treatment, formulated with patented Aminofil technology to synergistically build the skin's natural volume and visibly reduce the appearance of deep lines and wrinkles. This two-step treatment targets deep expression lines that may not respond to an anti-aging skincare regimen alone. It volumises the deep skin matrix, helping to activate collagen and hyaluronic acid, the skin's natural fillers. As a result, deep lines appear filled and lifted for a refreshed, younger appearance.



BEFORE



AFTER

Available from dermatologists, plastic surgeons and aesthetic physicians.
 For stockists: www.genop.co.za or 011 545 9300



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TEMPLES & EYELIDS

PROBLEM

Periorbital aging. When the area around the eyes loses volume and the skin becomes inelastic, you can lose your youthful appearance and look tired. The temples and eyelids become hollow and create a skeletonised look. In the past, the procedure of choice was a blepharoplasty (removal of eyelid skin). This is still indicated in many patients with loose skin and protruding bags. However, in this patient the problem was not loose skin or bags, as it seems on first impression, but rather a loss of volume.

SOLUTION

The aim is to beautify a face by enhancing volume around the eyes, and filling the loose skin and hollows in the upper and lower eyelids and temporal area. Fillers can be used to enhance facial features. However, Lipofilling can create a more harmonious result – this is the injection of your own fat cells removed by liposuction, and thus achieving a more three-dimensional, volumising and lifting effect. The skin quality is improved with a deep resurfacing laser, ie fractional CO2 laser.



LIPS

PROBLEM

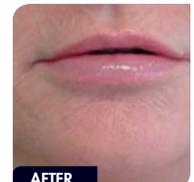
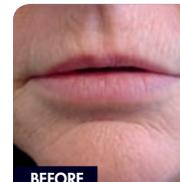
As we age, our lips lose volume, making them look thinner with less projection. The upper lip develops vertical bleed lines and the border surrounding the lips becomes less pronounced.

SOLUTION

Lip rejuvenation. This is when dermal fillers become our best friend. Lip enhancement has gained much popularity since the '90s. Patients young and old desire fuller, more sensuous lips which, throughout time, have been associated with female sexuality. Filler procedures are minimally invasive and do not require much recovery time. With advanced lip wrinkles, treatments such as the Pearl Fractional, Dermalroller and injected mesotherapy can be used in combination with dermal fillers to achieve a natural result.



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RESISTANT TUMMY BULGES AND LOVE HANDLES AND INNER THIGH BULGES AND SADDLEBAGS

PROBLEM

Muffin-top, post-pregnancy belly, love handles, resistant tummy bulges and back fat. Losing abdominal fat and back fat through diet and exercise is almost impossible. Then there are inner-thigh bulges and saddlebags, which can give the impression of thick thighs. Reducing the fat in these areas can result in a straighter look to the outside of the thighs and better fitting of your clothes. Reducing inner-thigh fat can also reduce rubbing and chafing of the thighs, which is uncomfortable.

SOLUTION

CoolSculpting is an FDA-approved, non-invasive procedure that freezes away fat bulges, helping to sculpt the body and create the look you've always wanted. The process is called cryolipolysis; fat bulges are frozen for an hour, leading to cell damage. These damaged fat cells are gradually removed from the body over a period of four months, removing 20% to 40% of the fat in the treated area. The brand-new "Treatment to Transformation" technique involves treating multiple areas to create the perfect hourglass figure in women, and a triangle tapering to the waist in men. It's perfect for resistant bulges that won't disappear with exercise, and even to create curves in boyish figures. A brand-new handpiece, the Coolsmooth, has just been developed, which allows us to treat inner thighs and saddlebags – the problem areas that no amount of exercise seems to be able to shift. Treatments start at R7 000 per area, and each patient is fully assessed by a doctor prior to treatment. Available at Laserderm clinics. Coolsmooth is available from June.



Beware of imitation Zeltiq machines - they do not have freeze detect and are not safe at all and can cause serious harm. If clients are unsure if they are experiencing the genuine treatment call Stern Laser on +27 86 11 STERN or visit www.laserderm.co.za for branches that offer the treatment.