

**Concern:** Cottage-cheese chin. Subcutaneous fat under the skin is lost, and the muscle action becomes stronger and more noticeable. This leads to a dimply appearance of the chin, also known as peau d'orange, or orange-peel skin (also known as cottage-cheese chin or pebble chin). The horizontal crease across the chin also becomes deeper, with many patients finding their make-up gathers in this crease, says Chapman. The chin also tends to pull upwards, resulting in a jutting out, "old lady" chin.

**Fix:** Nedic says the single most-used procedure to stop pebble chin is Botox. Reshaping the chin with neuromodulators (Botox) and fillers is one of the most-performed aesthetic procedures for a global youthful makeover, as well as for developing divine proportions of the face (beautification).

**Concern:** Jowls forming. This is caused by a combination of volume loss higher up in the mid-face region, and a descent of skin caused by gravity and loss of elasticity, explains Chapman. In younger patients it is often extra fat and not necessarily extra skin. In older patients, it is often a combination of the two, adds Dr Maureen Allem, an aesthetic doctor at Skin Renewal.

**Fix:** Chapman recommends skin-tightening treatments such as Ulthera (the celebrities' choice of non-surgical facelifts), which helps to tighten the jowls and restore a more defined jawline.

**Concern:** Broken veins become visible.

**Fix:** Chapman says laser vein removal can make a huge difference to the appearance and reduces redness in the chin area.

**Concern:** Enlarged and prominent pores. The skin of the chin is part of the T-zone of the face, where sebum-producing glands are concentrated. In teenage years, this area is prone to pimples and oiliness.

**Fix:** Pore-reducing treatments such as Fraxel laser and skin needling can help to minimise these pores, leading to a more refined and smoother texture, Chapman notes.

**Concern:** Weakening of the chin. This is caused by a combination of receding bone support, receding teeth, and loss of tissue elasticity and fat.

**Fix:** Chapman says injecting small amounts of filler into the area under the mouth corners and above the jawline makes a subtle, yet substantial improvement in restoring strength and youth back to the chin area.



## SANDTON AESTHETIC INSTITUTE

SANDTON 011 883 3116  
WATERKLOOF 012 460 7047  
WWW.SANDTONAESTHETICS.CO.ZA

### SOLUTION:

Much of one's visible age is created by skin and ligament sagging in the midface or cheek area. The reduction in fat deposits combined with this sagging skin creates the nasolabial folds, jowls and deep tear trough depressions associated with premature ageing. Correcting this area of the face with natural and subtle non-surgical treatments will radically reduce your visible age with almost zero downtime. Treatments are once off, offer long-term results and include Restylane dermal fillers with very specific microcannula techniques and Silhouette Soft resorbable thread lifts to correct visible ageing.



## DR KHALEEL ISMAIL

WITS DONALD GORDON MEDICAL CENTRE  
18 ETON ROAD PRACTICE, PARK LANE CLINIC  
14 JUNCTION AVE PRACTICE  
0861 368 368 | WWW.ENTENT.CO.ZA

### SOLUTION:

Ear, Nose & Throat Specialist and Head & Neck Surgeon

- Allergy & Sinus
- Hearing
- Dizziness or Vertigo
- Halitosis (Bad Breath)
- Snoring & Sleep Apnoea
- Headache
- Rhinoplasty
- Paediatric & Adult



## CLARISONIC®

CONSUMER NUMBER: 086 100 1085  
EXCLUSIVE TO SELECT STUTTAFORDS STORES

### SOLUTION:

Clarisonic®, an innovative pioneer in the field of skin care presents the Clarisonic® Skin Cleansing System, the first "sonic cleansing" system for healthy, younger looking skin. The Clarisonic® device was created by a group of scientists and Sonicare® engineers and is rapidly becoming the skin cleansing solution most recommended and used by professionals, including thousands of dermatologists, salons and spas worldwide. Safe & gentle for use on all skin types, Clarisonic® offers 6 times better cleansing than with your hands alone. What was already the best way to clean the skin now becomes a comprehensive approach that revolutionises the way we take care of our skin. Priced from R2 500.