



## TURNING 30! STAMP OUT THE WRINKLES BEFORE THEY LOOM...

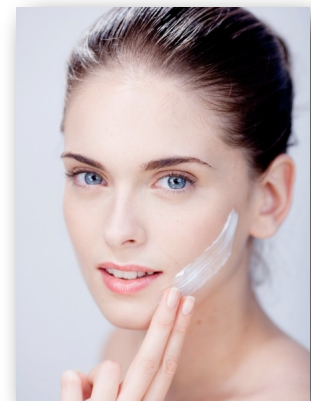
Imperative age management starts now!

Thirty is the tipping point of aging. You don't look much different to several years ago, but the next 3-5 years are decisive. Today's 50 year olds look like 40, and the 40 year olds like 30, but what about the actual 30 year olds? Chances are, the prick of a cosmetic needle or scalpel is still unexplored, but can we bear staying in the dark for much longer?

**At 30, things are actually not as good as they appear.**

Dull, tired skin with fine lines & wrinkles, sun spots, pigmentation, acne scarring & enlarged pores, all suddenly become apparent due to accumulative sun damage and ageing...

Fine lines and wrinkles cause concern amongst most women at any age, but the effects of sun damage and premature ageing can easily be remedied with an active anti ageing regime.



**The following is a rundown of our anti ageing tips for people in their 30ties :**

- **An active skin care regime** followed by a daily SPF application should be well afoot to ensure a more radiant and youthful complexion by the age of 40.
- **Medical skincare ranges include:**
- Neostrata, Skin Medica, Environ & Meso Esthetics-Cosmelan.
- **Broadspectrum SPF:** Heliocare, BioDerma, Vichy & Uriage

For more information on medical skincare products we recommend click on [www.rskinscience.co.za](http://www.rskinscience.co.za) and book your free skin consultation

## • **Superficial Peels:**

A superficial alpha hydroxy acid (also known as Glycolic) peel is a quick, no downtime procedure that renews the skin by lifting dead cells off the surface of your skin and stimulates the metabolism of the cells underneath. With a series of alpha hydroxy chemical peels you can quickly achieve substantial improvement in the appearance of superficial lines and uneven pigmentation, whilst making your skin look and feel softer, smoother, and more radiant. Acne scars and enlarged pores may become less noticeable, and acne breakouts can be improved.

### **Who would benefit from AHA Peels?**

Many skin problems are associated with excessive build up of dead cells making the skin look tired and dull. Problems are exacerbated by exposure to the sun, pollution, and other environmental effects.

### **What results can be expected after a course of AHA Peels?**

- Fine lines and wrinkles become less apparent
- Skin tone evens out and improvement of overall skin colour
- Texture becomes more refined and smooth
- Oily or acne prone skin is improved
- Rehydrates tired damaged skin as the AHA is hydrating
- Enlarged pores appear smaller and spots minimized
- Improves colour and smoothness of old scars
- Skin appears healthier and more youthful
- Increased natural skin glow and radiance
- Overall improvement in skin condition



### **How many treatment sessions are needed?**

Results can be seen after the second or third treatment. For best results 6 treatments are recommended 1 week apart. There after maintenance sessions once a month keeps the skin looking radiant and insures lasting effects.

### **Can all skin types be safely treated with AHA Peels?**

Alpha Hydroxy Acid Peels safely treat all skin types without significant pain or downtime. It can improve acne, texture, pores, pigmentation, and surface irregularities.

For a list of specialised peeling systems click on [www.rskinscience.co.za](http://www.rskinscience.co.za) and follow treatments - Chemical Peelings

### • **Carboxy Therapy:**

Carboxy Therapy uses carbon dioxide to reduce stretch marks, cellulite and scars. It is also a safe, minimally invasive, clinically proven method to rejuvenate, restore, and recondition the skin. Micro-injections of carbon dioxide are injected just beneath the surface of the skin. Stimulating circulation and collagen production.

Ageing naturally causes blood capillaries to become dormant, which in turn reduces blood circulation. This deprives cells of oxygen, which stops their ability to regenerate. Injecting carbon dioxide creates an oxygen deficit in the injected area and the body responds by increasing the blood flow to that area. This leads to a surge of oxygen and nutrients to the treated area, which results in cellular restoration.

### • **Botox:**

Botox injections are used to soften lines, creating a smoother more youthful, fresher appearance. It is injected into specific areas of facial muscles to limit their contraction. We rely on our facial muscles to communicate our emotions through our facial expressions. The intention of a Botox treatment is not an expressionless face. Whilst it is beneficial to soften lines. It is equally important to avoid a frozen, unnatural appearance. The objective is to find a balance between these two.

The injections takes 5 - 15 minutes and are performed in the rooms. The effect takes 3-7 days from the time of the injection, and lasts for about 3-4 months. As it wears off one can see the specific muscles returning to their normal contracting ability. As there is no permanent muscle weakness, repetitive injections are required to maintain this effect.

#### **Common Areas for injecting:**

- Frown lines (corrugator muscle & occasionally procerus & medial orbicularis muscle)
- Transverse forehead lines (frontalis muscle)
- Crow's feet / smile lines (orbicularis oculi muscle)

- **Dermal Fillers**

Dermal fillers increase volume, soften wrinkles, enhance lips, and restore the youthful three-dimensional contours of the face.

Dermal fillers are gel-like substances injected into the skin to physically lift and sculpt. Plumping lip contours, correcting wrinkles, softening folds, reducing scars and correcting asymmetries.



**Typical areas for 30 something Dermal Filler treatment include:**

- Naso-labial folds
- Lip enhancement
- Hollows under the eyes
- Cheek tweaking

**Why we use Juvederm?**

**What is Vicross?**

**Different types of Filler...**

For more information on fillers visit [www.plastic-surgeon.co.za](http://www.plastic-surgeon.co.za) - Non Surgical, Dermal Filler