



BEAUTY BOOST

AN AFFORDABLE LIFT FOR SPRING

BY DR. KRISTINA ZAKHARY

THERE WAS A TIME WHEN "AGING GRACEFULLY" MEANT NOT FIGHTING IT. THIS IS NOT THE CASE ANYMORE. TODAY THERE IS A GROWING TREND TO LIVE "AGELESSLY" WHICH HAS MORE TO DO WITH UNDERSTANDING THE VARIOUS OPTIONS AND PROCEDURES AVAILABLE TO COMBAT THE VISIBLE SIGNS OF AGING, AND USING THEM TO YOUR BEST ADVANTAGE.

COMBATING THE EARLY SIGNS OF AGING

One of the earliest signs of aging is dull, discoloured skin that has fine lines and wrinkles. This can be prevented by establishing good skin care habits early in life, such as daily use of sun block with both UVA and UVB protection, and the use of antioxidant rich products like vitamins C, E, Selenium and green and white tea. If a healthy and warm complexion and impeccable skin tone are desired, they can be achieved by getting on a good skin care regime which involves exfoliation with alpha and/or beta hydroxy acids, together with the use of lightening products to both ward off and reduce the appearance of sun damage and age spots.

To treat those pesky fine skin etchings

and lines around the eyes, mouth and cheeks, ask your doctor about, Retin A cream, which is a prescription vitamin A derivative known to thicken collagen and reduce fine lines and wrinkles.

LASER TECHNOLOGY

Other non-surgical skin treatment procedures involve laser technology, which can help improve the overall look and feel of the skin. For example, for crepey skin and brown spots, the non-surgical Fraxel Restore laser is an advanced treatment that effectively and gradually creates new healthy skin by stimulating the body to naturally repair aging and photo-damaged skin, without leaving any surface marks or wounds. These non-surgical procedures involve little downtime – usually a few days off work because of swelling and redness.

INJECTABLE PROCEDURES

As gravity starts to wreak havoc on our faces, the lines and wrinkles around the eyes and forehead deepen because of loss of collagen and elastin, and the smile lines become more obvious because of loss or descent of facial fat. Injectable procedures can help by diminishing those wrinkles and restoring volume to the skin.

MINIMAL SURGICAL PROCEDURES

Small surgical procedures, such as a mini-lift to tighten slight jowling and sagging neck muscles, or eyelid surgery to remove droopy skin around the eyelids, can involve minimal down time and may be more effective when performed over time, rather than undergoing a large surgery all at once.

A good combination of prevention and maintenance is important. Maintain healthy skin, stay well hydrated and try these above mentioned, in-office procedures to address skin and volume loss concerns. It is always important to do your research and be careful who you allow to treat your face, being sure to choose a physician who is well educated and trained in facial anatomy and surgery. Those who take a proactive approach by helping to repair their skin along the way, age gracefully and appear ageless.

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