



Australian Women`s Weekly

August, 2023

Page: 120
Section: General News
Region: National, AU
Circulation: 1234000
Type: Magazines Lifestyle
Size: 1,971.00 sq.cms.



slice
CUT STRAIGHT TO YOUR NEWS

press clip

High-tech beauty

The *future* of facials



WORDS *by* EVA-MARIA BOBBERT

The latest facial treatments are less about candlelit pampering and more focused on serious results with science fiction-like tech.

press clip



Australian Women`s Weekly

August, 2023

Page: 120
Section: General News
Region: National, AU
Circulation: 1234000
Type: Magazines Lifestyle
Size: 1,971.00 sq.cms.



slice
CUT STRAIGHT TO YOUR NEWS



Treatment 1

Lumixa

WHAT IS IT? As close to relaxing as a high-tech treatment gets, this fluorescent facial looks otherworldly. It's a souped-up version of LED light therapy – LED can only cover a single wavelength, while this offers the whole spectrum (blue, green, yellow, red) all at once.

HAVE IT IF ... you suffer inflammation, particularly redness. It's brilliant for rosacea because, once the redness goes down, any underlying broken veins can be removed with a targeted laser to create an even skin tone. If you're sensitive, don't like painful treatments or have a compromised skin barrier, this is definitely for you. For everyone else, it's a great additional booster.

HOW IT WORKS: A patented fluorophore gel is applied to skin and activated by blue LED light. The resulting fluorescent light energy stimulates skin at a cellular level and reduces signs of inflammation (skin reactivity, redness, lines and discoloration). "The best thing about Lumixa is it's non-invasive but delivers serious results, including boosting collagen up to 700 per cent, creating an anti-inflammatory effect and improving vascular channels," says Emma Stewardson, National Clinical & Products Training Manager at Clear Skincare Clinics.

WHAT TO EXPECT: It's totally painless and you'll be in and out in 30 minutes. You'll feel a little like a piece of toast – warm under the light with a thick layer of gel on your face that glows a marmalade orange when activated. Four treatments are required, each a week apart – redness starts to reduce after the first or second treatment but full results are seen up to 12 weeks later (skin needs time to go through its natural rejuvenation process).

THE PAIN SCALE: 0/10 Totally painless, though you might feel a tingling or warmth under the light.

WHERE TO GET IT: Clear Skincare Clinics (clearskincareclinics.com.au).

GETTY IMAGES.



Treatment 2

Morpheus8

WHAT IS IT? It's micro-needling on steroids. Dubbed 'the non-surgical facelift' ultra-thin needles are combined with fractional radio frequency to contour, lift and tighten the skin. It's huge with US celebrities who are singing its toning praises for both face and body.

HAVE IT IF ... you want that 'snatched' jawline and smoother skin (particularly if you want to reduce pore visibility or acne scarring). It can be done on the face, neck and even stomach (the manufacturer says it's particularly popular as a treatment for saggy jowls).

HOW IT WORKS: Gold-coated micro-needles and radio frequency penetrate the skin through a giant pen-like device, creating a controlled injury (micro lesions) that stimulates collagen and elastin production (the two key proteins that make skin firm and smooth).

WHAT TO EXPECT: You'll need to pause active ingredients (like retinol and acids) the week before and after as it's quite an intense treatment. The treatment itself is speedy (15-30 minutes depending on the area) and skin will be noticeably red afterwards with visible dots where the needles entered. Any redness should fade overnight. You may need two or three treatments spaced 4-6 weeks apart for best results.

THE PAIN SCALE: 5/10 (with numbing cream). Make sure the numbing cream has a full 30 minutes to kick in.

WHERE TO GET IT: Visit inmode.com.au for clinic locations in Australia.



Treatment 3

HydraFacial

WHAT IS IT? Don't be fooled by the name – this isn't a pamper session but a seriously deep exfoliation. A thorough cleanse and peel is followed by a face 'vacuum' to clear blocked pores before antioxidant serums deliver goodness to those fresh new surface cells.

HAVE IT IF ... you want baby-smooth skin. Not suitable for sensitive or fragile skin but can work wonders on robust complexions. "HydraFacial is much more than a stand-alone exfoliation treatment," says Emma Stewardson. "Impurities are removed so hydration can be infused deep into the skin. It gives you long-lasting results in terms of refined skin and infused hydration."

HOW IT WORKS ... It's the facial version of a precision car detailing.

First, a cleanse (glycolic and salicylic acid), then a buff and polish (pores are suctioned free of debris) before a glossy coating (medical-grade serums are slathered on to boost skin glow).

WHAT TO EXPECT: Don't expect it to be relaxing as this is an active, noisy treatment with devices that whirr, suck and spin on your face. Do, however, expect to walk out with the smoothest skin you will ever have.

THE PAIN SCALE: 5/10. It can be uncomfortable at times because the exfoliation is intense and the full treatment takes up to an hour.

WHERE TO GET IT: Visit hydrafacial.com.au for details. Clear Skincare Clinics offer this treatment nationwide and a free initial consultation to see if it's right for you.

The Australian Women's Weekly 121

press clip



Australian Women`s Weekly

August, 2023

Page: 120
Section: General News
Region: National, AU
Circulation: 1234000
Type: Magazines Lifestyle
Size: 1,971.00 sq.cms.



slice
CUT STRAIGHT TO YOUR NEWS

High-tech beauty



Treatment 4 Emface

WHAT IS IT? Emface works to tone and lift the muscles by pushing two types of energy: Radio-frequency (to stimulate collagen) and high-intensity facial electromagnetic stimulation (to improve facial tone). Treats muscle strength and skin texture at the same time.

HAVE IT IF ... you feel like gravity is taking hold and your face is losing volume and firmness.

HOW IT WORKS: Applicator pads are placed on each cheek and the forehead, then attached to a machine that heats skin and triggers muscles to contract. "Emface is needle-free, pain-free treatment that tightens and gives back volume to the face by strengthening muscles," says Dr Ritu Gupta, Specialist Dermatologist at Platinum Dermatology. "It also increases collagen and elastic tissue and reduces wrinkles." Four treatments in as many weeks are required for best results.

WHAT TO EXPECT: You'll feel a warm tingling as the pads heat up. It doesn't hurt but expect your face to scrunch up intensely. It's a physical workout for facial muscles and, while it feels odd on cheeks, it's almost relaxing on the forehead. It's a 20-minute procedure with no redness afterwards.

THE PAIN SCALE: 1/10. It's not painful but the intense muscle contraction takes some getting used to.

WHERE TO GET IT: Platinum Dermatology, Sydney (platinumdermatology.com.au) or visit btaesthetics.com.au for a clinic near you.



Treatment 5 Picosure Pro

WHAT IS IT? An upgrade from the original PicoSure, this powerful laser can remove unwanted pigment and even out skin tone and texture for all skin types.

HAVE IT IF: You want firmer, even-toned skin.

HOW IT WORKS: It blasts unwanted pigment into tiny sand-like particles, prompting your body to absorb them before flushing them out. "It's a powerful, yet safe technology that can treat pigmentation to a level where previous laser treatments failed to be effective," says Sandra Sostres, National Clinical Manager at Cynosure. "As well as pigmentation, Picosure Pro is great for treating acne scars, removing tattoos and delivering overall skin rejuvenation."

WHAT TO EXPECT: A very warm feeling on the skin, much like when you get a mild sunburn. If you have olive or darker skin, you may want numbing cream. You'll be done in 15 minutes and any redness should disappear overnight.

THE PAIN SCALE: 6/10 (much less with numbing cream).

WHERE TO GET IT: Check out cynosureaustralia.com for a clinic near you.

Tool time

The DIY gadgets for salon-like treatments at home. Gains aren't made overnight, so persistence is key.



Best radio frequency

CurrentBody Skin RF Device, \$530, uses radio frequency waves to stimulate collagen production using heat. Great for areas such as crow's feet and smile lines. You only need to use it once a week for five minutes. currentbody.com.au



Best LED

San Lueur Advanced LED Light Therapy Facial Mask, \$795, was created by a cosmetic laser aesthetician to improve skin tone. It delivers wavelengths at the highest energy output. Ten minutes five days a week is a good start. sanlueur.com



Best micro-current

Foreo Bear, \$449, combines micro-current technology (a low-level voltage that stimulates facial muscles) with T-Sonic pulsations (to relax tension points and reduce puffiness). Designed with an anti-shock system, use it daily. foreo.com



Best multi-purpose

Therabody TheraFace PRO, \$599, offers percussive therapy (to relax muscles), micro-current (to tone skin) and LED therapy (to boost glow). The magnetic ring makes switching treatment heads easy. Use daily. therabody.com

ALL PRICES ARE APPROXIMATE.