



Sunday Age
Sunday 19/12/2021

Page: 16
Section: Sunday Life
Region: Melbourne, AU
Circulation: 98214
Type: Capital City Daily
Size: 1,153.00 sq.cms.



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CUT STRAIGHT TO YOUR NEWS

press clip

skin saviours

Want gorgeous, glowing skin but need a bit of help? *Stephanie Darling* takes a look at the latest non-surgical treatments to give you a head start.





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LIGHT SHOW

What it is Broad Band Light (BBL) is an intense-pulse light treatment for dull skin and broken capillaries. The laser targets haemoglobin in the blood vessels, causing the blood to coagulate in the vessel before the vessel wall collapses and disappears. The treatment also targets fine lines and helps improve skin texture. The laser beams are delivered with a wand that can be dialled up or down and it's a good idea to take a couple of painkillers an hour beforehand to reduce the rather intense edge, especially when the laser heat seeks broken capillaries. The 30-minute treatment is short, sharp and creates inflammation and swelling, as well as some bruising for roughly three days.

Good for broken capillaries and improving skin texture and radiance. This is a great treatment to prep for the party season ahead.

Where to get it in Sydney Platinum Dermatology, platinumdermatology.com.au. Cost: \$695.

Where to get it in Melbourne Collins Cosmetic Clinic, collinscosmeticclinic.com.au. Cost: \$330.

SKIN PREPPER

What it is Alocuro PRP (platelet-rich plasma) combined with Redensity 1 skin booster. When we reach about 45, skin starts to sag due to loss of collagen and elastin, which provide hydration and elasticity. The Alocuro PRP is a new state-of-the-art platelet-rich extraction system that enables doctors to deliver up to four times the amount of collagen-boosting platelets to areas of thinning skin. This is combined with Redensity 1, which is laden with hydrating hyaluronic acid, amino acids and antioxidants and is delivered using the Korean V2 injector device.

Good for This clever combination plumps skin and results in new collagen formation. The treatment is genius for

thinning skin areas such as under the eyes, backs of the hands, neck, elbows and knees. There is minimal downtime with some mild bruising.

Sydney Dr Jeremy Cumpston, drjclinics.com.au. Cost: \$500.

Melbourne Dr Shereen Goh, myhealth.net.au. Cost: from \$500.

SKIN TIGHTENING

What it is PDO Mono thread lift was first developed in Korea and is made from polydioxanone, an absorbable polymer that is flexible and durable and induces collagen production.

The process involves a series of small needles that look a bit like acupuncture needles, each filled with collagen. They're gently placed in the target areas, which include mid face, forehead, lower face and jawline, neck, inner thighs, buttocks, inner arms, abdomen and knees. After waiting an hour for the topical anaesthetic cream to kick in, the procedure itself takes about 30 minutes. Despite the anaesthetic, the needles can still be a bit pinchy and some bruising can occur. Post-procedure tenderness takes a few days to settle down and results last up to a year.

Good for tightening and production of collagen to improve skin texture.

Sydney The Manse, themanseclinic.com.au. Cost: from \$1000.

Melbourne Flawless Rejuvenation, flawlessrejuvenation.com.au. Cost: from \$1000.

EXFOLIATION

What it is HydraFacial Level 3 is a medical-grade skin resurfacing facial treatment that combines deep cleansing and exfoliation, plus extractions and application of a series of hydrating antioxidant serums. The treatment starts with lymphatic drainage massage to improve circulation, remove toxins, reduce puffiness and brighten the skin.

The next step removes blackheads and whiteheads to improve oily, congested and acne-prone skin, as well as removing dead surface skin cells and providing intense hydration for dull or dehydrated skin. Next is a powerful peptide complex targeting fine lines and wrinkles. Last, but by no means least, is LED light therapy: blue light for oily or acne-prone skin; red light for calming and rejuvenation.

Good for dull, dehydrated and congested skin, the treatment leaves it looking clean, clear and bright.

Sydney The Clinic, theclinic.net.au. Cost: \$550.

Melbourne Liberty Belle, libertybelle.com.au. Cost: \$245.

BODY CONTOURING

What it is Emsculpt Neo is a contouring treatment using focused high-intensity electromagnetic energy to build muscle and radio frequency to heat and destroy fat cells: one treatment is equivalent to 20,000 abdominal crunches. The energy is delivered by panels strapped to target areas such as the abdomen and bottom, all you have to do is lie down and wait it out. The sensation is a mixture of intense muscle contractions followed by a tapping motion to disperse the build-up of lactic acid. Each of the four sessions lasts 30 minutes, spaced a week apart, and results kick in at about three months.

Good for core strength, reducing waist size and skin tightening.

Sydney Platinum Dermatology, platinumdermatology.com.au. Cost: \$4000 for four treatments.

Melbourne Eastern Plastic Surgery, easternplasticsurgery.com.au. Cost: \$4499 for four treatments.

RED-LIGHT TARDIS

What it is Red-light body therapy uses photobiomodulation technology

in either a pod or bed lined with tiny red infrared bulbs designed to treat your whole body and reduce oxidative stress. Your skin absorbs the rejuvenating light just the way your face does during an LED facial light treatment. Sessions last 20 minutes and are deeply relaxing as well as cell restorative.

Good for helping the body recover from injury, reducing inflammation, increasing immunity, boosting melatonin levels (resulting in better quality sleep), lowering stress levels and diminishing wrinkles through collagen synthesis.

Sydney Bionik Wellness, bionikwellness.com.au. Cost: \$55.

Melbourne Collagen Lounge iRPod, irpod.com.au. Cost: \$50.

TIGHTEN UP

What it is Morpheus8 is a hand-held device that combines micro-needling with radio frequency to help reduce fat, tighten skin and stimulate collagen production. It can be used on the face or body, and works to stimulate the production of new collagen, elastin and hyaluronic acid in the skin, resulting in firmer, smoother, more lifted and hydrated skin. The needling creates micro-trauma in the skin, stimulating the healing response, while the radio frequency uses heat to tighten the skin. It is the deepest fractional treatment available, penetrating subdermal tissue to a depth of up to eight millimetres. Downtime is minimal.

Good for face and body tightening, with its dual handpiece that can target small areas as well as larger deeper tissue spots.

Sydney All Saints Skin Clinic, allsaintsclinic.com.au. Cost: from \$880.

Melbourne The Doctors Studio, thedoctorsstudio.com.au. Cost: from \$1000. •