

in your style

PHOTOGRAPH XXXXXXXXXXXX

FINE-TUNE your body

Four new fabulous treatments that promise a younger, firmer look – and no knives required!

There's a point – and some of us reach it sooner than others – when you look into the mirror, move your skin slightly upwards with your hands and think, “Maybe if I had a little lift or tuck, I'd look so much better.” If little really is the word, then you probably don't need anything that involves a knife at

all. What you might like to try is something that subtly winds back your look to a fresher, firmer time. Botox, and all kinds of fillers and injections, can do that for you, without looking like you've had work done! We have four fabulous treatments that could change your mind and get you over your fear of trying something new.

I'd love to have flab-free arms but no surgery, please – it's too extreme!

Most of us want to step into spring showing off slim, firm arms in sleeveless dresses. As we age, our arms tend to look more like bats' wings with loss of tone and sagging in the tricep area. If yours have started the slide, reverse the trend without surgery!

THE NEWS: Rail-Thin (we like the name already!) stands for Radiofrequency Assisted Injection Lipolysis – Thermal Heat Is Nice. Lecithin injections into the area dissolve the fat cell wall and the Tri Pollar heats the water content of the fat and helps it to dissolve further. “The long-term effects of the treatment also depend on what active ingredients are used in the lipodissolve mesotherapy solution,” says Dr Maureen Allem, Medical Director of the Skin and Body Renewal clinics. “By adding growth factors and peptides to the arm area, the deeper layers of the skin are strengthened and the texture of the skin is greatly improved. It's

these subtle effects that make a difference.”

THE FEEL: Cheryl, 50, had lost shape in her arms and found her treatment easy to cope with. “I wanted smoother arms in time for my holiday, so I squeezed in a few sessions before I left. It wasn't too painful, just a little uncomfortable. The Tri Pollar made it more bearable. It felt soothing and warming on my skin and seemed to accelerate the healing. My arms bruised a little, but that sorted itself out quickly.”

THE FINISH: “I can really see the difference. My crêpey arms are more plumped and the skin looks a lot smoother! I'm really pleased with the results and will go back again to keep it going.”

THE COST: Varies, but typically from **R1 000**. It's good to have a series of four to eight treatments every two weeks. Call Skin Renewal, 011 447 9731 or visit www.bodyrenewal.co.za for more information.



lift your looks

approved for the medical treatment of facial spasms, uncontrollable blinking and neck disorders since the early '90s. Most dermatologists or doctors don't have a problem with it.

THE FEEL: It's arguably the easiest treatment of all and experts can work wonders, without leaving you looking frozen. "Botox not only erases wrinkles, it can restore a youthful shape to eyes," insists Dr Anushka Reddy, aesthetic physician at Medi-Sculpt Clinic. She's a fan of the new Doe Eye Treatment, which gives a lifted and open look. "I inject Botox alongside the upper half of the eye without affecting the smile lines," she says. Dr Reddy aims to create wider, brighter eyes – think Sophia Loren and Angelina Jolie. "It's almost pain free," says CEO of a mining company, Shirin Ismail, 42, from Johannesburg. "It felt like just a few pin pricks and it's over amazingly quickly."

I'd really like an eye lift but is Botox safe?



Botox is the celebrity line eraser of choice, but if you're fretting about its safety credentials, then we can fill you in – if you pardon the pun!

THE FACTS: While it feels as if Botox is a new kid on the beauty block, it has been

THE FINISH: "My eyes definitely look brighter – my husband even commented that they look fresher and the droopiness is completely gone. The bonus is that my forehead isn't frozen and I don't look fake. What a change – I feel fabulous!"

THE COST: **The Doe Eye Treatment with Dr Vidal costs from R900** at the Medi-Sculpt Clinic. *For more info, call 011 958 2261 or visit www.medisculptclinic.co.za. Call Vivacite Medical Spa on 012 548 6311. For a list of accredited members of the Aesthetic and Anti-aging Medicine Society, visit www.aestheticdoctors.co.za >>*

lift your looks

'I'd like my hands to look younger'

Point taken, hands often age faster than any other part of our bodies. But, happily, there're new ways to reduce age spots and "refill" veiny hands that have lost volume.

THE CURE: Photogenesis (IPL), combined with Lamelle mesotherapy and topical growth factor treatments, is an ideal combo if you want to reduce the appearance of unsightly dark spots and plump the hands. This new medical procedure takes around 30 minutes on average. There's no need for a general anaesthetic or a hospital stay, as all it takes is tiny injections that feel like pin pricks. Recovery time is fast, but you'll feel even better if you apply ice to the hands afterwards. "I'm seeing increasing numbers of women in their forties and fifties in my clinic," says Dr Maureen Allem, Medical



Director of the Skin and Body Renewal clinics. "They're delighted with the results. Small changes boost confidence."

THE FEEL: Glenda, 54, found it effortless. "I have a high pain threshold, so I felt no pain and I actually watched my hands improve as the treatment went on. I would never go to a beautician for something like this – I did a lot of research and found the best clinic."

THE FINISH: You'll need around 10 sessions for lasting results if, like Glenda, you want great results with fewer age spots and lines.

THE COST: From R1 500. For info, call 011 447 9731 or visit www.bodyrenewal.co.za

'I'd love to firm up my skin, please!'

Some of us have a low pain threshold – it's a fact and shouldn't make you feel like a wimp. Truthfully, there are ways to soften the sensation, fill out those lines and give you back a soft, full outline.

THE CURE: Juvéderm Ultra is a smooth filler gel that features an anaesthetic in the mix. Delivered straight into wrinkles, it's good for temporarily filling and smoothing lines and folds, particularly those deep nose-to-mouth lines that can age us.

THE FEEL: "I use Juvéderm mostly to soften lines at the side of the mouth," says aesthetic practitioner Dr Reddy, who's enthusiastic about its inbuilt pain reducers. "It's good too for those deep furrows between the brows that Botox can't sort. I don't even need to use a local anaesthetic, because the filler contains one, so clients

hardly feel a thing. In fact, it's a nice experience and gives great results." Testers don't seem to be fazed about the treatment at all. "It wasn't particularly painful, it just felt a little strange," says Wendy Wright, 42, a business owner.

THE EFFECT: "Immediately following the treatment, I felt fantastic and could see a big difference," says Wendy.

THE COST: A treatment typically costs R3 500, depending on the treatment. Dr Reddy is at the *Medi-Sculpt Clinic in Ruimsig*, 011 958 2261, www.medisculptclinic.co.za. For info of members of the *Aesthetic and Anti-aging Medicine Society*, visit www.aestheticdoctors.co.za **w&h**



DO REMEMBER... Always research your practitioner thoroughly. Go to a doctor or dermatologist who has been recommended to you.