



# BRIGHTER SKIN FOR BRIGHTER DAYS

MICHELE KING AT PORTSTEWART FAMILY DENTAL RUNS THROUGH THE AESTHETIC TREATMENTS AVAILABLE TO ADDRESS SKIN CONCERNS THROUGH THE DECADES.



Would you like to start off the new season right with some much-needed skin rejuvenation at Portstewart Family Dental this spring? Coming out of winter, your skin feeling a little tired and deflated. But we can put the spring back into your skin with our range of advanced anti-ageing aesthetic treatments.

My priority at Portstewart Family Dental is for a patient to look refreshed and rejuvenated, but without it being obvious work has been done and we have a range of treatment options to address different concerns, from age to physical features.

Hyaluronic dermal fillers can very effectively fill the sunken eyes, straighten the nose and naturally contour the lips into a heart lip shape.

They can even be administered to people in their 20s as they aren't related to rejuvenation, but to correction.

In the late 30s, signs of ageing are already more pronounced, such as atrophy of the fatty tissue in the cheeks, receding cheeks and formation of nasolabial wrinkles – nose to mouth lines.

The careful and professional application of fillers returns things to their proper state and prevents premature ageing. If we start with anti-ageing treatments at this point in time, we will achieve the most natural and subtle results and it will be easier to maintain a youthful appearance in later years.

My advice to patients is to start to treat lines when they begin to stick around. When you smile

or frown, lines may develop during the expression. They generally go away when the face is relaxed but when the lines remain when the face is relaxed, that's when you can consider getting anti-wrinkle injections.

In some people, this may be in their mid-20s, while in others it may be in their 30s.

We can treat and rejuvenate dry and damaged skin with a Dracula facial and use anti-wrinkle treatments to further eliminate fine lines around the eyes.

I call skin boosters medical mesotherapy because small amounts of stabilised mesotherapy because small amounts of stabilised hyaluronic acid are injected into the dermis layer of the skin.

The hyaluronic acid stimulates collagen growth in the skin and hydrates it, and the results are skin with a restored glow, elasticity and elimination of fine lines.

Skinboosters are the best products for rejuvenating skin on the face, but also the neck, décolleté and hands, especially in older patients.

They say that women in their 40s are in their golden years - they still look wonderful, and their experience and confidence make them even more special.

However, due to hormonal changes, as well as external factors, we notice visible signs of aging on the face, such as loss of volume and skin elasticity. These changes sometimes appear to happen

overnight, especially as a consequence of the fast pace of life and everyday exposure stress, which is, of course, a very common syndrome.

What can we do for a woman in her 40s who has quite noticeable nasolabial lines, her face looks tired despite the fact the day has just begun, and her eyelids are sagging?

We simply have to fill in lost volume and lift the critical spots on the face. In order to restore volume above and around the eyebrows, the cheeks, nasolabial lines, marionette lines and around the chin, we use a non-surgical facelift with hyaluronic dermal fillers.

With professional application and use of standardised MD Codes principles, we respect the face's natural aging process, while the use of hyaluronic dermal filler treatments restores volume and returns that youthful oval and plump face, but in a natural way.

Here we are now in our 50s.

If I mention two beautiful actresses in their 50s – Julia Roberts and Sandra Bullock, you will surely agree that they look like they did in their earliest films.

Of course, good genes are also at play here, but our celebrity actresses have surely been using low doses of anti-wrinkle treatments and subtle dermal filler treatments for years.

They live in an era which offers non-surgical treatments with minimal side-effects, while Brigitte Bardot, for instance, was unfortunately not that lucky, and could only opt for a surgical facelift.

Women in their 50s often use natural skin rejuvenation methods such as dermal rollers, plasma and laser treatments, where skin firming can be achieved non-invasively by using radiofrequency and infrared light.

Are our 60s too late to use filler and anti-wrinkle treatments?

Not at all - an experienced practitioner using sophisticated new fillers, innovative methods, and a little more dedication and greater number of treatments will succeed in achieving excellent results on the skin even for women in their 60s.

For those just starting rejuvenation treatments, it's very likely she will need multiple treatments and she will need a larger dose of dermal fillers and use of stronger lasers.

*Michele x*