

THE A-Z OF PERFECT SKIN AND FACIAL BALANCE FOR 2013

A is for Acne. This distressing inflammatory skin disease affects many people of all ages, antibiotic treatment, good care and cleansing skin peels can all help this condition. A thorough consultation and a treatment plan is essential to managing this condition.

B is for Brow Lift. A heavy brow or heavy eyes can make a person look tired or angry! Muscle relaxing injections can get that easily, a non-surgical approach to a fresher, less tired, happier looking you.

C is for C-Vitamins. Topical Vitamin C applied to the skin directly every day will protect the skin from UVA rays that age the skin. This helps to brighten the skin naturally, lighten pigmentation and boosts collagen.

D is for Droopy Mouth. Clients often complain of a downturned smile or cheer up love lines! When the mouth is pulled down it can make a person look miserable. Dermal fillers and muscle relaxing injections can easily help this problem.

E is for Even skin tone. As we age our skin surface changes, collagen depletes and problems such as pigment, open pores and red veins can tarnish our once clear and flawless skin. Treatments such as derma roller, intense pulsed light and skin care can all help as well as fantastic skin care like plant stem cell technology Suisse Absolue and daily face protection.

F is for Fillers. Great for lifting out mild to moderate lines and wrinkles on the face, leaving a natural more youthful you.

G is for Glowing Skin. As a specialist in skin, to me the most youthful sign is glowing and radiant looking skin. This can be achieved by derma rollers, intense pulsed light, skin peels and enhancing skin care.

H is for Hyaluronic Acid. This substance is within our bodies, it keeps skin plump and firm and the molecule attracts water to hydrate the skin. Fillers are made from an artificial sugar derivative so it is fantastic when injected into lines and wrinkles. Serums like Suisse Absolue hydra, pure, vital and stem cell vital all contain this amazing skin booster.

I is for Increasing your water intake. Boring but true water is essential for healthy, plump clear and bright skin.

J is for Jowls. Clients often complain this sagging on the face ages them, non-surgical intervention such as fillers and muscle relaxants can help some individuals. There are also some fantastic surgical approaches which can be performed under local anaesthetic.

K is for Kissable Lips. The new refresh lip product is great for dehydrated, dry, winter lips. This product does not make the lips bigger or volumised, it's like an inbuilt Vaseline for the lips which is popular with men and women.

L is for Lip Volume. Using hyaluronic acid molecules lips can be re-shaped, as when we age we lose the outline of the lip known as the vermillion border, it can make the lips look aged, also volume decreases and our lips look dry. Using a volume lip filler can address all these problems naturally.

M is for Melanin. Too much sun exposure, not protecting the skin, medications as well as contraceptive pills can all cause pigment on the skin, it is a difficult condition to treat, but a combination of laser, skin peels and prescribed treatment creams and prevention creams after are essential to keep pigment at bay.

N is for Nose to mouth lines or Naso labial folds, they can often make people look older or heavy faced, dermal fillers and derma-rollers can really help to lift this area non surgically.

