

NATURAL BORN FILLERS

With Frances Furlong



This month I will be focusing on Dermal Fillers made from Hyaluronic acid, as far as I'm concerned it is one of the magic ingredients for a dewy and youthful looking skin. This substance is naturally occurring in our skin, joints and eyes and is 'your natural inbuilt shock absorber' think of Hyaluronic acid as being a huge natural sponge that attracts water and forms part of the skin stuffing! As we age we lose it, we look at babies and children and they have it in abundance which in turn gives them lovely, soft and peachy skin. Sadly from the age of around 30, skin starts to lose it's glow, the clever technology of dermal fillers derived from a sugar molecule allows loss of volume to be addressed to the face. Furthermore shallow to deep wrinkles can be corrected, hollows of the eyes to be lifted, lips to be defined and skin to have an inbuilt hydration system with advanced products such as Restylane Vital.

Hyaluronic Acid Dermal Fillers

BEST FOR - Injectable Hyaluronic acid can be used on the face, chest and backs of hands, it usually lasts around 8-12 months, creates volume and helps to lift out deep lines.

Pro's - these fillers have been proven to be safe - in the right hands, with billions of consumers world wide having these types of treatments, the results are fairly instant with further improvement seen up to 4 weeks post treatment.

Con's - temporary swelling post injections, minor bruising or slight discomfort are normally resolved within 72 hours, lumps and bumps are rare but the beauty of these types of fillers are any issues can be dissolved.

Is it for me? Dermal fillers are a good choice, when you see a medical practitioner who is experienced. You will be able to achieve a natural and youthful result. But to me, matching the age, tissue integrity along with the client expectations comes down to experience, knowledge and a wide range of different product types to personalise the treatment package, it should always be a bespoke service. The beauty of these treatments are they are not permanent, and we can change the treatment plan over the years to coincide with the ageing face, stress factors, hormone and environmental factors.

Hyaluronic acid skin care -

Best for - those wishing to retain plump hydrated skin by using serums and moisturisers, it has been shown to hold up to 1,000 times its own weight in water. I love Inspira Med serums and creams and Excuviance bionic oxygen facial weekly mask.

Pro's - these products really address skin dryness and hydration as well as help fine lines and wrinkles.

Con's - topical products can't deliver the volumising results that Injectables can, this is due to the molecules being too large to penetrate through the skin barrier.

Is it for me? For specific wrinkles, volume loss and lifting of the facial contours, see a practitioner for expert advice. However if it's well-hydrated, silkier skin you are after then daily skin care containing Hyaluronic Acid and a good sunscreen is a must! ■



Did you know...

'both cigarette smoke and deficiency in zinc have been shown to reduce Hyaluronic Acid production'

Certain drugs and supplements can increase your risk of bruising, so avoid these 72 hours prior to any Hyaluronic Acid dermal filler injections, aspirin, ibuprofen, warfarin, diclofenac, garlic, ginseng, ginkgo Bilbao, vitamin E, glucosamine and fish oils.



THE DETAILS

Please call Michelle on 07508 404862 for further information. info@perfect-skin.co.uk www.perfect-skin.co.uk