



eight monthly treatments minimum) usually achieve the best textural improvement one year after the initial treatment.

Topical ingredients designed to improve skin texture include, but are not limited to:

- Niacinamide
- L-ascorbic acid
- Retinol
- Barosma betulina extract (botanical which reduces the appearance of enlarged pores)
- Specific strains of hydrolysed algin and other marine ingredients
- Specific peptides to address fine lines (acetyl hexapeptide-51 and acetyl octapeptide-3)
- Antioxidants such as green tea and lycopene to neutralise free radical damage which contributes to ageing skin.

## 4. TIGHTNESS

Some brides may also have concerns with skin laxity and loss of firmness and volume. Improving the firmness and volume of skin requires more detailed planning but can be achieved non-surgically using:

- Injectable dermal fillers
- Radiofrequency (RF) or infrared (IR) skin tightening devices

These devices bulk heat the dermis to stimulate large scale collagen remodelling over a period of time. Many brides will also opt to have an RF treatment performed a day or two before the wedding to take advantage of the short term plumping effect of deep dermal heating.

In terms of the body, cellulite affects over 90 percent of women and many brides want to improve the appearance of dimpled skin prior to their wedding day. There are various

modalities that can reduce the appearance of cellulite and these include:

- Ultrasound and cavitation treatments
- Radiofrequency (RF)
- Endermologie.

There is also a novel new cosmeceutical marine extract from red algae called Jania Rubens which is capable of increasing fat destruction, increasing dermal density and reducing the formation of new cellulite.

Topical caffeine is also an excellent ingredient for reducing the appearance of cellulite by shrinking existing fat cells and reducing the activity of an enzyme which causes fat production and storage. These two ingredients when used in synergy can help to reduce the appearance of cellulite if used daily.

## 5. TOPICALS

Skincare in general is fundamental to both creating and maintaining youthful skin and, unlike clinical treatments, skincare products are used daily and therefore have a significant bearing on overall skin health. The range must have scientifically proven active ingredients with effective delivery and high stability. Always do your due diligence before selecting the right cosmeceutical range.

You should include the following essentials in your daily regimen:

- Vitamin A (in the form of stabilised retinol)
- Niacinamide
- An antioxidant (stabilised L-ascorbic acid)
- Sun protection.

Sunscreen acts as your insurance policy to prevent premature ageing. Effective sun protection will prevent UV damage, the single most damaging environmental element to human skin. Ensure you choose an effective broad spectrum sunscreen either in the form of a base lotion (preferable containing natural zinc oxide) or a high quality mineral makeup containing high levels of zinc oxide and non-nanophase titanium dioxide.

After these essentials, your skincare practitioner can then add products with targeted ingredients for your individual skin concerns. This involves prescribing products specific to your needs, such as hyperpigmentation, fine lines, acne and blemishes or dryness

Following the 'Five T' guide will ensure you look and feel your very best. It's important for you to be comfortable with the options and have realistic expectations on results and the time required to achieve them. **csbm**