



Refresh your look without erasing your identity

Whether we're walking the red carpet in a in a fabulous sequins dress, heading to the mall to meet our friends, or simply taking a trip to the grocery store in sweatpants and a baseball cap, everyone wants to look beautiful.

Looking our best often means a special outfit, a new hairstyle or even a new nail polish colour to boost our confidence. However, once in a while, a rejuvenation session is in need. From facials, chemical peels and fillers, to lip augmentations, botulinum toxin injections, eyelifts or tummy tucks, nothing is too much when our end goal is to look fabulous... or is it?

We've all seen examples of plastic surgeries gone wrong, and that's definitely something we want to avoid. So, is there a secret behind refreshing our look without losing our identity? I believe there is and this is how it looks like:

Find the best doctor to fit your needs

If you want to remove saggy jaw lines, fine lines and wrinkles without looking frozen or disproportionate, it's important that you research a board-certified doctor who has natural aesthetic skills. A good place to start your research is on social media. Look for examples of the physician's work

DR ANUSHKA REDDY shares her recipe for giving your appearance a fresher, youthful look without erasing your signature features.

in the before-and-after photos they share in order to make sure their technique and results are similar to the ones you are looking for. Know what you want and communicate it clearly. Once you step into the consultation

with an aesthetician, you must be able to communicate precisely what you'd like to change about your appearance.

Bringing in photos of yourself from a time when you looked more youthful or rested can help a doctor see the natural shape of your face – thereby ensuring the procedure will not result into a drastic change of your appearance.

Remember, the most authentic look is your own. Non-surgical procedures were created to help you enhance your natural beauty – not to change your entire appearance. Showing the doctor photos of what you don't want to look like can also be extremely helpful.

Start with prevention and work your way up

The earlier you start caring for your skin, the better. If you start young, (like in your 30s), collagen will not only help your skin better respond to treatments, but will also provide longer-lasting results. Opting for a peel or rejuvenation facials seasonally

or annually will help you maintain a fresher look for a much longer period of time.

As for treating fine lines and wrinkles on your face and neck, you can choose fillers and botulinum toxin injections. And since the effects of some procedures may take a few weeks until they are fully visible, consider working on your appearance in stages. Start with one session and only consider a second one if it's absolutely necessary.

Consider combination treatments

When you're looking to make more of a change but still want to preserve defining features, pairing two non-surgical procedures can produce very natural-looking results.

An example would be combining a blepharoplasty treatment performed with Plexr® and filler injections. Plexr® helps treat sagging eyelids and bags, while filler injections help reduce dark circles and hollowness under the eyes. The outcome is a more rejuvenated look of the area all around the eyes.

Plastic surgery has never been more accessible than it is today. With a whole range of imperceptible procedures available, it's easy to make changes in your appearance until your signature features are lost.

My advice to you is to embrace our own quirky individualism and only improve on it step by step, if you see fit, by following the above steps one by one. **A2**



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