

FEELING the effects of ageing? Is your goal to look years younger or simply fresher? You decide...

HOW do you slow down the ageing process? Here we give you some tips on what you can and can't do...

IN a world focused on physical appearance, the popularity of cosmetic and aesthetic procedures – invasive or non-invasive – is growing among women and men alike. Letitia Herold takes a look at the latest cosmetic treatments geared to get you looking better than ever before.

AGE ME PERFECT



BODY CONTOURING AT BEST...

VelaShape III

LET dimply thighs and saddlebags be a thing of the past. The new VelaShape III™ features a new sleek, sophisticated design with more power and better results in fewer treatments – quite simply one of the best non-invasive body shaping devices, ever.

VelaShape III is a unique, easy to use, no downtime, deep therapeutic body contouring treatment. It's the perfect, non-surgical answer for treating those 'problem areas' that cause a woman to feel so uncomfortable with her body image.

The VelaShape III delivers a body contouring treatment that produces consistent results, which can be reproduced time after time. It makes use of a new sophisticated closed loop RF feedback mechanism and built-in temperature sensor for a precise treatment with increased patient comfort and safety. Patients can also a reduction of over two centimetres. Dr Mark Steinmann – a leading South African plastic surgeon, is proud to be the first doctor in South African who offers the VellaShape III. We chatted to Dr Steinmann about this new body shaping device.

What is the duration of each treatment?

The duration will depend on what area surface we are going to cover.

- One area – 30 mins
- Two areas – 60 mins
- Three areas – 90 mins

What can patients expect during treatment?

It's quite relaxing. Periodically it gets a little hot, but with the patient/therapist communication system, it is generally quite pleasant.

Who is the ideal candidate for this treatment?

People with less than a 30 percent BMI.

How soon after each treatment are results visible?

Two weeks.

Once patients have achieved their desired results, do they require treatments to maintain these results?

The process takes 10 weeks to reach maximum effect; it then needs to be repeated once every four months.

What makes the VelaShape III different to the previous VelaShape II?

The radio frequency is far stronger, allowing the fat to heat up 1.5cm deep into the skin. It takes ¼ of the treatments less than the VelaShape II to get the same result.

Can patients return to normal activities immediately or is there downtime?

No vigorous exercise nor application of any product to the area we have worked on for 12 hours. Generally the heat radiates out from the fat for 30 minutes post treatment.

What is the cost per treatment?

Between R2 500 and R5 000 per treatment.

For more information on the VelaShape III treatments or to book your treatment, contact Dr Mark Steinmann on (011) 447-5171 or plasticsurgery@drmark.co.za.



Did You Know?

CELLULITE forms in areas with the least circulation, so without regular activity it's very hard to get rid of that dimply skin. Although there are many products to assist in the reduction of cellulite, there is no miracle cure, a healthy diet along with exercise, which increases blood flow will also help loosen fat deposits and needs to be incorporated into your lifestyle.

CARBOXYTHERAPY: THE MIRACLE GAS



Did You Know?

BY age 30, skin's oxygen levels drop by 25 percent and by 40 they drop by 50 percent.

YOUR skin needs oxygen for optimum health and as we age the skin gets less oxygen, which inhibits regeneration and slowly skin starts losing elasticity and collagen. And we all know that collagen is what keeps skin plump and good looking!

As we age, subcutaneous capillaries become dormant, depriving cells of oxygen. This combined with environmental stresses and other variables inhibits the ability of cells to regenerate and function properly. The body naturally gets its oxygen through basic breathing, but factors like pollution reduce the levels. The body will first utilise oxygen in the major organs and lastly oxygen goes to the skin. When the skin doesn't get enough oxygen it becomes more prone to ageing, acne, redness, irritation and age spots.

What is Carboxytherapy?

Carbon dioxide therapy or Carboxytherapy, the miracle gas, has been touted as the biggest beauty breakthrough since Botox. Worldwide, Carboxytherapy is rapidly becoming known as the leading skin rejuvenation treatment. It is a safe, minimally invasive clinically proven method to rejuvenate, restore and recondition the skin and treat loose skin, remove crêpe skin around the eyes, cellulite, resistant fat and stretch marks.

How does it work?

Therapy involves injecting tiny amounts of carbon dioxide (CO²) beneath the skin to break down fatty deposits and stimulate collagen production.

Carboxytherapy infuses CO² just beneath the skin's surface. When the body recognises the CO² it automatically triggers a response by increasing oxygen-rich blood flow to that area as well as growth factors that will encourage production of new blood vessels. Increased

oxygen improves circulation, which in turn stimulates collagen production and cell restoration. Increased blood flow stimulates collagen, which will soften and reduce fine lines, wrinkles and decreases dark circles under the eye. Long-term collagen is stimulated with more regular sheets of collagen laid down. A few months later dermal remodelling occurs with collagen contraction leading to a tightening effect.

What can one expect before and after a Carboxytherapy treatment?

During the treatment the sensation can be likened to a dull throb or pressure. This mild discomfort lasts two to four minutes. CO² is 20 times more soluble than oxygen and it is easily and quickly diffused from the injection site to the surrounding tissue. After a treatment the gas is totally reabsorbed within five minutes and the treated area will raise and turn slightly red as oxygen perfuses into the area, which undergoes an inflammatory response which in turn stimulates collagen production. After the procedure, there is no pain – just possibly a crackling sensation under the skin that lasts until the gas is excreted. The area should not be rubbed or immersed in water for about four hours. Patients can return to work immediately after treatment – a truly walk in, walk out procedure.

Treatments

About four to six treatments are recommended every two to four weeks and then a touch-up session is recommended every six to eight months after that.

The treatment has no downtime and a single session can take between fifteen minutes and an hour depending on the vastness of the area to be treated.

What is the cost per treatment?

R650 per area

For more information or to book your Carboxytherapy session, contact Skinrenewal on 0861 263 972 or visit www.skinrenewal.co.za.

SKIN SINS

SIX bad skincare mistakes we make that can lead to premature aging and dull looking skin:

Avoid the sun. We have heard it many times yet we fail to listen. The sun along with tanning beds is extremely harmful and damaging for your skin; not only can it accelerate aging and lead to premature aging, but it can also lead to cancer. At the end of the day, is a tanned skin really worth it? Rather opt for natural bronzers and self tans.

Wearing make-up to bed. Wearing make-up will result in your skin not being able to breathe, thus clogging your pores and leading to skin irritation and even acne breakouts.

Not caring for neck and chest skin. We often make the mistake of neglecting our delicate décolletages (our necks and upper chests) during our skincare routine. This area is also exposed to the elements just like our faces, and shows signs of ageing faster than areas we keep covered up. Make sure you apply sunscreen to your décolletage every day as well.

Taking very hot showers. Taking hot showers can lead to dry skin and can wreak havoc with our skin's lipid barriers, leading to dry skin. Keep your showers short and lukewarm.

Not changing sheets and pillowcases often enough. Prone to acne? Make sure you change your sheets and pillowcases often. These absorb oils from your skin and can reapply these oils and dirt onto our skin later on.

Over-exfoliating. Although regular exfoliation can remove dead, dull skin cells, it is important to not go overboard and over exfoliate. Exfoliate once or twice a week with a natural product like oatmeal or even sugar. If you have sensitive skin prone to allergic reactions, then exfoliating should be avoided all together.

SOUND YOUNGER WITH A VOICE LIFT

DESIGNED to make your voice sound more youthful, voice lift surgery has become increasingly popular among the ageing population, especially professionals who use their voices such as performers, lawyers and telephone operators. Implants are inserted through an incision in the neck; doctors can also inject fat or collagen to plump up the vocal cords, which will make them sound younger.



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WHAT TO EXPECT IN 2014...



DR ANUSHKA REDDY – owner of Medi-Sculpt and the President of the South African Association of Cosmetic Doctors (SAACD) – travels both locally and internationally to discover new techniques and products to fulfill her patients' aesthetic wishes. Dr Reddy gives us insight into what we can expect in 2014 and beyond with regard to cosmetic surgery and aesthetic procedures.

What will the 2014 patient's requests be?

Facial augmentation

The trend over the past two years has been to request surgery mimicking non-invasive procedures. Facial volumising with dermal fillers, combined with Botulinum toxin and skin rejuvenation techniques has opened a world of augmentation normally reserved for the plastic surgery practice. This is commonly called a liquid facelift, but advancements in technique mean trained doctors can perform:

- Nose corrections
- Chin corrections
- Cheek volumising
- Jawline definition procedures

All these treatments are designed to temporarily eliminate facial age and provide the face with symmetry and contours of youth.

Skin rejuvenation and prevention

Skin rejuvenation techniques have been available for some time, but I believe as more patients educate themselves on the benefits of skin rejuvenation or preventative aesthetic medicine, more and more requests will be made.

The skin is the medium for visible ageing, so it makes sense that healthy skin and skin cells will make for a younger, fresher and more natural aging face. Treatment options include:

- Dermal filler micro droplets
- Chemical peels
- Laser resurfacing

- Microneedling
- Mesotherapy

Product advancements mean that patients no longer have to deal with extensive social downtime to undergo these treatments. Treatment cycles will work to reverse visible ageing by correcting the skin on a cellular level, but can also prevent visible ageing should patients want to begin treatment in their 20s. Further to this I predict that 2014 trends will see patients paying more attention to the quality of their homecare range. Patients will begin to understand the value in paying for active cosmeceuticals to enhance the aesthetic result.

What treatments will dominate the industry?

Two immediate treatment trends come to mind: acne scars and pigmentation. Acne scarring is a very common request at my Medi-Sculpt rooms and very specific treatment protocols need to be followed to achieve results.

Subcision for acne

Subcision is a new treatment protocol that is delivering superb results for certain kinds of acne scarring. Similar techniques are being studied for hair loss treatments and I expect these treatments to be on my patients requested list in 2015.

The technique involves using a needle to break the fibrous bands beneath the skin causing the scar. In doing so, the skin will be released and the skin's surface will appear smooth. Often I combine subcision with dermal fillers to plump the area beneath the scar, to improve hydration and to kick-start the collagen induction.

Crystal Tomato for pigmentation

Crystal Tomato is a pigmentation treatment option in the form of a tablet a day. Using colourless carotenoids, studies suggest that patients can lighten their skin and treat pigmentation simply by ingesting these pills on a daily basis. Pigmentation is notoriously difficult to treat and there are multiple causes for developing pigmentation issues, further complicating treatment options. This type of tablet treatment will see a rise in the coming years. The availability of such options does need to be strictly controlled within the doctor environment for safety reasons, but they could change the way we approach aesthetic medicine in the future.

Conclusion

I am not a plastic surgeon and have not discussed any surgical trends or interventions. That being said, both the aesthetic and surgical industries will continue to grow year on year. They are pushed and driven on by public demand and the media to stay and appear young, so if you dream it, chances are it will become a reality within a few years.

Contact the Medi-Sculpt Clinic on 0861 003 007 or visit www.medisculpt.co.za for more information.



Did You Know?

SELENIUM is an anti-oxidant which prevents the body from free radicals and slows down the aging process. Selenium can be found in foods such as garlic, seafood, eggs and brazil nuts.

Wrinkly Knees Getting You Down?

Before



After

THE appearance of wrinkly knees is one of the first signs of aging. Infusion Lipolysis is a procedure which can be performed instead of a knee lift, which can sometimes leave you with unsightly scars. Designed to shrink fat cells this procedure helps to deplete excess fat stored in these cells, thereby shrinking them back to their normal size and actually tightening skin. Remember that your knees need taking care of too just like the rest of your body, so get into the habit of exfoliating and using good quality moisturisers to keep your skin soft and supple.





KEEP THAT BODY TITE

BODYTITE is a reshaping liposuction solution that involves minimally invasive surgery to recontour your physique. State-of-the-art technology utilises electromagnetic radio waves, also known as radiofrequency, to allow your doctor to gently liquefy and aspirate fat. Heat generated in the procedure coagulates (seals) small blood vessels to minimise bruising and blood loss, and finally allows precise contouring and tightening of the overlying skin to correct laxity (loose skin and sagging) on a bipolar radiofrequency system. This results in decreased centimetres in the treated area, with dramatic cellulite reduction as connective tissue fibres are released, and a much firmer skin owing to contraction in deeper tissue layers and stimulation of the production of new collagen and elastin in the skin. This provides up to 50 percent tightening in the treated area and a much more youthful appearance of the skin. There is multi-directional lifting and tightening of the treated area. All three of these procedures are essential in maximising the effect of your liposuction procedure and occur simultaneously during BodyTite.

Procedure

The procedure is performed through small incisions of 2-4mm under local anaesthetic. This will reduce any potential scarring risk. Pain in the procedure is minimal – limited to pinching sensations as the anaesthetic is infusing and taking effect. The comfort level is sufficient to allow patients to nap, or even finish computer work and chat on their phones.

Pain is minimal post-procedure; work can often be resumed the following day. You are even able to drive yourself home after your procedure is completed!

Who can have it done?

Patients with a BMI (Body Mass Index) below 35 for BodyTite. This is a ratio calculated from your height and weight.

Remember – for liposuction it is ideal (but not essential) that you are close to your personal target weight before having the procedure, as you will be contoured according to your current form.

What does it cost?

Costs start from R15 000. Consultation with your doctor is essential to ensure that a full assessment is performed pre-procedure. You will then be quoted according to your specific requirements.

For more information or to book a consultation, contact the Lightsculpt Aesthetic Clinic on (011) 616-1436 or visit www.lightsculpt.co.za.



THE BEAUTY OF COCONUT WATER

AFTER water, coconut water is the purest liquid that you can drink. Sourced by draining the liquid from unripe coconuts, the water works wonders for your skin. Hydrating your skin is the key to a youthful glow and many do not know that dehydrated skin can lead not only to skin problems, but premature ageing too. The beauty of coconut water is that it aids in weight loss too, as it is rich in nutrients which help boost your metabolism by providing oxygen to your body and it regulates your blood sugar levels too. This wonder product is available at leading health stores and pharmacies.



DIMPLE CREATION SURGERY



LONGING for dimples like **Miranda Kerry** – then long no more as dimple surgery is a quick and easy procedure that will have you smiling just like the stars.

A small painless incision is made in the inside of your cheek. There is no incision or scar on the outside skin. A small absorbable suture is passed through the inside of the cheek and catches the undersurface of the skin where the dimple is desired. When this suture is tied it causes a dimpling in the overlying skin. The scarring between the inner skin and muscle will cause a permanent dimple even after the suture is absorbed.



REGRET THAT TATTOO?

CLARKER is a brand new high precision instrument that uses patented plasma technology to safely remove a very thin layer of skin. This revolutionary treatment can not only remove unwanted tattoos, but will also remove skin tags, moles and warts. For more information on Clarker and to find a doctor near you who offers the treatment, contact Radiant Healthcare on (011) 794-8252 or visit www.radianthealthcare.co.za.

NONSURGICAL NOSE JOB

IF your hooked, bumpy nose is making you self-conscious, don't despair, as you don't have to go under the knife. In the past rhinoplasty was the only option to fixing your facial profile or correcting your nose and it saw celebs such as **Blake Lively** having the surgery to perfect this appearance. Now, injectable fillers can be injected into various parts of the nose to give your nose the ideal shape and improve facial symmetry.



Did You Know?

LOW levels of vitamin E are associated with an increased amount of wrinkling. Vitamin E is one of the most important anti-aging anti-oxidants. A good way of ensuring your skin receives enough vitamin E is breaking a liquid vitamin E capsule and applying it to your face and neck area each night.

DISCLAIMER: **people** magazine does not endorse the procedures or treatments featured in this guide. A medical doctor should always be consulted before any of these procedures or treatments are performed. The recovery or downtime with all treatments or procedures will differ with each patient.

