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Spa Serum: R399.00. Easily and swiftly absorbed for optimum results. Helps prevent degeneration of skin cells and reduce signs of ageing.

Spa Eye Repair Gel: R300.00. Provides hydration and antioxidants to the delicate eye area.

## FACELIFT WITHOUT SURGERY? YOUR BEST OPTIONS.

by DR. ANUSHKA REDDY



BEFORE



AFTER

Are your good looks beginning to show the common signs of aging?

Sagging cheeks, deep crow's feet, or even a neck 'wattle' can add decades to your appearance. Facelift surgery is one option for restoring your youthful looks, but now anti-aging specialists are finding new ways to restructure the face so you don't have to go under the knife.

The "Liquid Facelift" is fast becoming one of the best non-surgical options. It involves the use of advanced dermal fillers, usually in combination with Botox. The new group of second generation, advanced dermal fillers includes Juvederm Ultra, Radiesse, and Sculptra. Aesthetic physicians can target key areas of the face to create a smooth and contoured appearance.

Many patients are extremely active and may not want to

undergo invasive surgery where they are unable to work or play for several weeks. This alternative allows patients to look younger without the financial cost and downtime associated with a standard facelift.

In some patients the goal of a non-surgical Liquid Facelift is to lift the entire face. In others, the goal is to lift or contour specific facial features. For example, bags can be masked under the eyes by using Liquid Facelift techniques; eyes can be opened up and eyelids lifted; jowls can be lifted and diminished; natural shape can be restored to flattened cheeks or temple areas and corners of the mouth can be lifted.

The advanced dermal fillers currently used provide more enduring results than earlier products and are used to relax and diminish wrinkles. Botox is also used in conjunction with the dermal fillers to provide added lift and to help the endurance of the dermal fillers.

The entire treatment can take between 30-40 minutes. A local anaesthetic is required for the fillers, but you can return to normal activities immediately afterwards. Results are visible immediately with the fillers. The effects of Botox will take up to ten days, after which you will see a marked improvement in wrinkles.

The results of fillers can last from 9 to 12 months and Botox can last for up to four months, after which time the skin will gradually revert to its pre-treatment appearance, but this varies from person to person. Sustained Botox treatments can prolong results.

Botox and fillers have an established safety profile. Side effects are usually visible within the first few hours after treatment and may include bruising, redness and swelling. These effects are usually mild and disappear shortly after treatment. Cost may vary depending on the quantity of the fillers and Botox used, but you can expect to pay between R5 000 to R15 000.

Information provided by [www.medisculptclinic.co.za](http://www.medisculptclinic.co.za)