



Stopping the clock

POLLY SIMONS

EVER SINCE Narcissus fell in love with his own reflection and Dorian Gray sold his soul to never age, beauty and youth have been inextricably linked. "It's what everyone wants - to look fresher, feel better and improve their self-esteem," says Dr Buddy Paul Beaini, director of MD Cosmedical Solutions. Once, your only option for tapping into the fountain of youth was an expensive facelift and months of recovery. But today there are a host of non-surgical treatments on offer that promise to lift and sculpt with little to no downtime or discomfort, and infinitely more natural looking results.

Dr Buddy outlines your best options for turning back the clock or keeping it on hold.

IF YOU WANT ... A LUNCHTIME FIX

At the baby-steps end of the cosmetic spectrum are non-surgical, or "lunchtime", treatments to improve skin's look, firmness and texture. These involve only minor discomfort and little downtime, meaning you can return to work straight away.

Popular options include Thermage CPT, which tightens and smooths the skin by promoting collagen production, and treatments such as Fraxel CO2 Repair and Fraxel Restore to target sun damage, acne and pigmentation. Laser vein treatments and Lipomedix Contour (non-surgical liposuction) are other examples.

IF YOU WANT ... MINIMAL DOWNTIME

Minimally invasive (most involve only local anaesthetic) and requiring only a few days off work, in-clinic treatments includes threadlifts,

which lift sagging skin by inserting dissolvable threads under the skin to boost the skin's natural scaffolding, as well as corrective procedures such as eyelid blepharoplasty to fix sagging skin over eyelids, and bat-ear correction.

"Often in their youth, things like bat ears might not be a major concern, but as they get older it can become an issue for people," Dr Buddy says.

IF YOU WANT ... TO MAINTAIN YOUR LOOKS

Prevention is better than a cure and for many of Dr Buddy's clients, non-surgical procedures are as much about stopping further ageing as turning back the clock.

"It's about staying in your prime," Dr Buddy says. Wrinkle injections and dermal fillers are designed to reduce and halt skin ageing, while treatments such as LED light facials, microdermabrasion and Platelet Rich Plasma treatments aim to rejuvenate, improve skin plumpness and texture, and reduce fine lines and pigmentation.

FAST FACTS

Who: MD Cosmedical Solutions by Dr Buddy Paul Beaini MB. BS (UNSW). DCH. FACAM

What: Non-surgical aesthetic and plastic surgery treatments in cosmedical medicine

Where: Clinics in Sydney CBD (Sheraton on the Park Hotel); Wahroonga and Canberra

More: mdcosmedicalsolutions.com.au or 1300 885 808

beautiful transformations

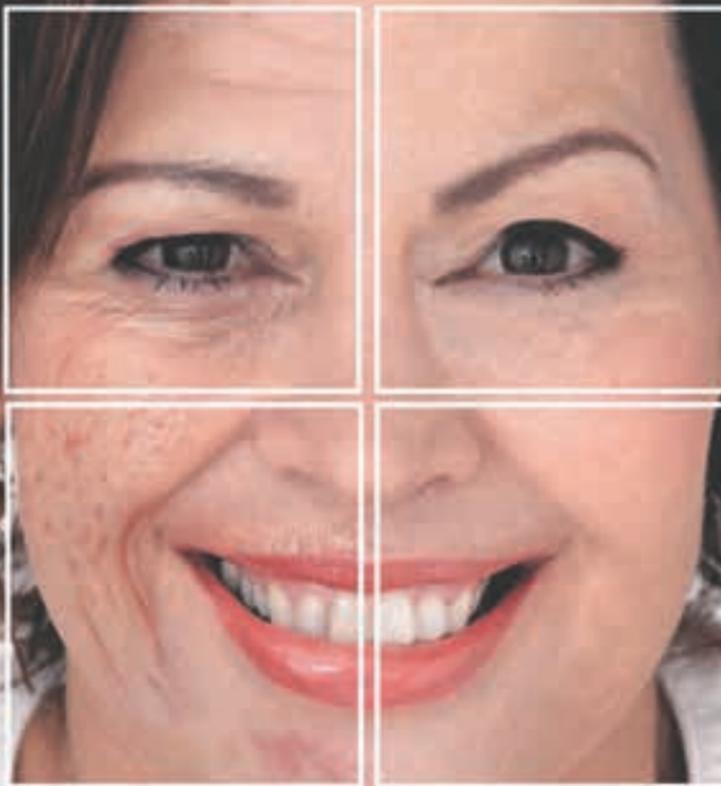
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*awarded Australia's thermage leaders and fraxel specialists

- pigment & freckles
- sun damaged skin
- brow droop & hooding
- ageing skin
- wrinkles
- dark eye circles
- acne scars
- jowl & neck laxity
- lip lines & pores
- face lifting

Before makeover

After makeover



NEW Thermage CPT
non surgical facelift

only ONE 60 minute treatment

- non invasive skin procedure requiring no surgery or injections.
- suitable for face and brow lifts, skin tightening of neck, arms and tummy.
- results appear immediately and continue to improve with time.
- 94% patient success rate (reference ASLMS study 2005) 450,000 treatments worldwide.

NEW Fraxel Repair CO² Laser
laser skin resurfacing

only available to medical clinics

- non invasive treatments that can dramatically improve your skin and removes years from your appearance.
- remarkable results with little or no discomfort or disruption to daily life.
- specialised medical treatment for acne scars, pigment, lip lines, sun damaged skin, stretch marks, ageing skin, wound scars.

Actual MD Cosmedical Solutions patient



Brought to you by MD Cosmedical Solutions - Australia's Leaders in Thermage & Fraxel Laser Clinics

All treatments performed by Dr Buddy Beaini (MB. BS. DCH. Member ASCM) and his cosmetic medical team*

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