



# Youthful skin has never been simpler

Plasma treatments can help regrow hair by stimulating follicles that have shrunk over time.

GROWING older may be inevitable, but looking older doesn't have to be.

Fortunately, turning back the clock has never been easier, thanks to a new generation of anti-ageing treatments that promise big results with little downtime or discomfort.

"Modern day, advanced, non-surgical treatments have completely changed the anti-ageing game, offering patients

effective treatments with very minor risks compared to surgery," explains Dr Buddy Beaini, director of MD Cosmedical Solutions.

Here are the five most popular treatments for banishing wrinkles and tightening skin.

#### OPTION #1: THE ASTARTE THREADLIFT

**Best for:** Those wanting more than a salon treatment, but who aren't ready for a full facelift.

**What they say:** Sagginess, drooping eyes and the dreaded "turkey neck" are among the most common side effects of ageing skin. The Astarte Threadlift promises to help by boosting the skin's natural scaffolding and lifting skin around the face, brows, jaw and neck.

**What it involves:** Special dissolvable threads are inserted into the dermis or support system of the skin, lifting and anchoring it upwards and outwards. At the same time, the threads trigger the skin's natural collagen and elastin production, so that as they dissolve, a new self-supporting skin structure takes its place.

**How long does it last?** Expect the procedure to take about an hour under local anaesthetic, with some bruising and tenderness for several days. Usually only one treatment is needed. Results last up to five years, with "touch up" threads added as necessary.

#### OPTION #2: THERMAGE CPT

**Best for:** Those wanting to slow down the ageing process.

**What they say:** Loved by celebrities such as Madonna, Oprah, Demi Moore and Gwyneth Paltrow, the treatment tightens and smooths the skin without surface irritation.

**What it involves:** Radio Frequencies (RF) are used to heat all the skin layers and subcutaneous tissue, tightening existing collagen fibres and stimulating new growth. There's no redness or downtime and you can return to work straight afterwards.

**How long does it last?** Each treatment takes 30 to 60 minutes. Expect your skin to look immediately smoother and firmer, with more improvement over six months. Results last three to five years.

#### OPTION #3: BLEPHAROPLASTY

**Best for:** Those with hooded eyelids and loose skin around the eyes.

**What they say:** Eyelid hooding affects up to 25 per cent of people as they age. In some cases, this excess skin can cause heaviness over the eyelids and obstruct vision. Blepharoplasty removes loose skin and gives eyes a fresher, wide-eyed look.

**What it involves:** The treatment involves trimming excess skin that droops over or under the eye. A local anaesthetic and mild sedative are given before a small incision is made in the crease of the upper eyelid. The skin folds are then removed and incision stitched up.

**How long does it last?** Treatment takes about an hour and patients can go home straight afterwards. Blepharoplasty is a long-term solution with results lasting between 15 and 20 years, depending on severity.

#### OPTION #4: FRAXEL LASER SKIN RESURFACING

**Best for:** Those hoping to reverse sun and other damage.

**What they say:** Fraxel Restore treatment can help reduce the

appearance of sun damage, acne scars, fine lines or skin pigmentation, while Fraxel Repair CO2 Laser tackles more serious damage such as deeper wrinkles, skin laxity, frown lines, age and sun spots.

**What it involves:** A topical anaesthetic is applied before microscopic laser columns are delivered deep into the skin, boosting collagen production and encouraging skin renewal. Dr Beaini likens the Fraxel Restore process to touching up a photograph one pixel at a time.

**How long does it last?** Fraxel Restore sessions take around 45 minutes and four to five treatments are recommended. For Fraxel Repair, sessions only take around 30 minutes, but the skin takes longer to recover.

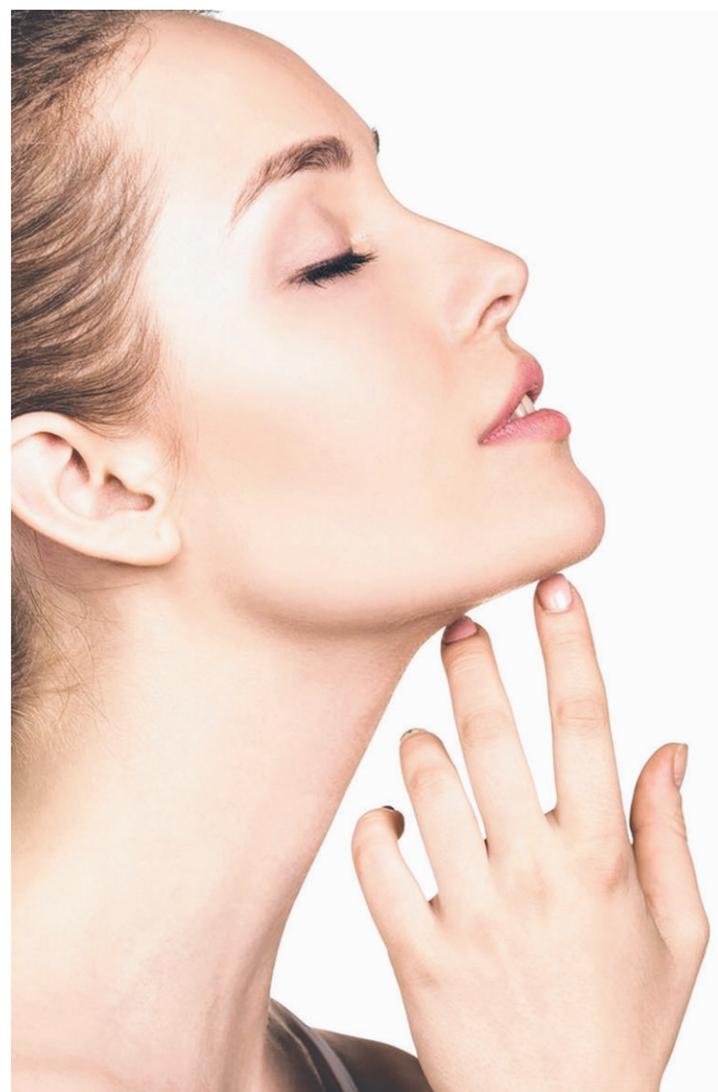
#### OPTION #5: PRP HAIR LOSS TREATMENT

**Best for:** Men and women who are already balding or have recently lost hair.

**What they say:** Hair loss is one of the most common signs of ageing, affecting up to 40 per cent of men aged 35 and over and more than half of men and women aged 65+. PRP (platelet-rich plasma) treatments can help by stimulating follicles and encouraging growth.

**What it involves:** A sample of blood is taken from the patient, which is then centrifuged to separate the red blood cells from the plasma. The plasma is then re-injected into the scalp, strengthening existing hair and restimulating follicles that have shrunk over time to regrow healthy new hair. "There's no downtime and because you're using your own stem cells, there is no risk," Dr Beaini says.

**How long does it last?** Depending on severity, most people require three to five treatments and start to see new hair growth after the second or third session.



An Astarte Threadlift boosts the skin's natural scaffolding.

### FAST FACTS

**Who:** MD Cosmedical Solutions by Dr Buddy Paul Beaini MB, BS (NSW Uni). DCH. FACAM

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

**Where:** Clinics in Sydney CBD (Sheraton on the Park Hotel), Wahroonga, Canberra and Perth.

mdcosmedicalsolutions.com.au or 1300 885 808