



# Facts About the Ageing Face

WITH FRANCES FURLONG

**T**his month I am focusing on the ageing face, why the face ages like it does, how changes to the facial structure over the decades occur and possible treatment options to help you maintain a youthful, natural appearance.

## WHY IS IT IMPORTANT TO LOOK AFTER YOUR SKIN IN YOUR 20'S?

Great collagen support in your 20's keeps your skin supple and gives you a healthy glow. However many experience acne symptoms, even if it wasn't an issue for them in their teens, with pimples popping up on the lower face and along the jawline which can spoil the complexion and lead to scarring. Skin peeling, topical AHA products and retinol based derivatives can all help along with antibiotic support or oral contraceptive pills to help control hormonal changes that can affect the skin. Furthermore how you care for your skin in this decade will determine the skin you have in your 30's and 40's, hence why wearing sunscreen daily all year round and minimising sun exposure will help the fine lines turning into wrinkles. Antioxidants and stem cells and plant

protective based serums and creams are a must, after all prevention is better than cure!

## WHAT HAPPENS TO THE FAT COMPARTMENTS IN OUR FACES AS WE AGE?

**In basic terms ' Full and Perky in Your Twenties to Slim and Angular in Your Forties!'**

**In your twenties:** the fat below the surface of your skin especially around the apples of your cheeks is firm and lifted, however In your thirties: "You also see early signs of volume loss, mostly in the mid-face and chin area, I am a big fan of chin rejuvenation as I tend to find clients recede in and the strong youthful lower face

tends to sag and droop and gives a look that is often referred to as 'the cheer up love face!'

Also due to the decline of collagen and hyaluronic acid that gives our skin the plump fresh look, you may notice that your face is starting to look slimmer and more angular, which can make you look older and more tired. So this is a good time to add some topical collagen and hyaluronic acid to your beauty routine to keep some plumpness. Applying a serum after exfoliating to help lock in moisture, I love Suisse Inspira products from Germany for this as they contain high qualities of hyaluronic acid and plant stem cells. Dermal fillers, meso glow Injections full of amino acids, growth factors and peptides are an amazing way to feed the skin.

**In your forties:** At this point in your life, your face starts losing even more of that subcutaneous fat you had so much of in your twenties, although you won't lose it equally in all areas. Generally we lose the deep fat pads in the mid-face and those on the temples and the front of the ears firstly. Secondly we lose [fat] around the mouth and chin and along the jawline. It looks like the skin is falling, but actually our faces are deflating! Many clients come to me saying, I need a facelift, but I'm scared to go under the knife, can you help? The answer is yes, if you think about it logically, simply lifting and tightening the skin will in no way replace the fat compartments you have lost, you would still need to use dermal fillers to shape and define the face even with surgery. For me the first step is to carefully and aesthetically look at where the fat has been lost and replace this with a suitable dermal filler. The chin area is one of my top tips to rejuvenate also as it helps to support the lower jaw and mouth area and gives you a younger appearance immediately.

## 'WHEN IT COMES TO AESTHETICS A NATURAL SOFT APPROACH IS BETTER THAN AN OVERFILLED, EXPRESSIONLESS AND RIGID LOOK'.

### The first place to age is the eye area

Eyelid rejuvenation to the upper and lower delicate eye area is the first place to start ageing, this tends to be due to prolonged sun exposure, fine lines and wrinkles and dark brown pigment spots, the fat around the orbital area tends to sag and clients notice this change more than anything.

Skin discolouration begins to appear in the mid 30s age generally below the eye area fine crinkly lines appear and dynamic lines around the crows feet area become exacerbated due to repetitive facial expressions. Fat sagging under the eyes will lead to a hollow tear trough appearance and bulging dark shadows.

Treatment options are tired eye. Derma pen with meso glow, muscle relaxing injections, dermal fillers, laser and peeling. In some cases surgery is needed as a first step with aesthetic non surgical treatments either before to aid healing or after to perfect the result. A daily topical eye cream is a must to feed, nourish and protect. ■

## THE DETAILS

Please call Michelle on 07508 404862 for further information.  
info@perfect-skin.co.uk | www.perfect-skin.co.uk

