

# ENVIRONMENTAL INFLUENCES ON SKIN AGEING - consequences and cures



With Frances Furlong

## What is Ageing of the Skin?

**M**any things cause our skin to age. Some things we cannot do anything about; others we can influence.

One thing that we cannot change is the natural ageing process, it plays a key role. With time, we all get visible lines on our face. It is natural for our face to lose some of its youthfulness. We notice our skin becoming thinner and drier. Our genes largely control when these changes occur. The medical term for this type of ageing is "intrinsic ageing."

We can help improve our appearance when facial volume loss occurs with dermal fillers which break down in the body gradually over time. Furthermore skin boosting treatments like derma rollers and good skin care products can help strengthen and thicken the skin such as retinol and vitamin c.

We can influence another type of ageing that affects our skin. Our environment and lifestyle choices can cause our skin to age prematurely. The medical term for this type of ageing is "extrinsic ageing." By taking some preventive actions, we can slow the affects that this type of ageing has on our skin.

## Extrinsic Factors that Contribute to Skin Ageing

Too much Sun exposure - causes pigmentary changes, like hyper-pigmentation and hypo-pigmentation, telangiectasias (broken red veins particularly to the nose, cheeks and chin).

Using a daily vitamin c serum or cream in conjunction with SPF 30-50 should be part of your daily anti-ageing regime. When these problems already exist then skin peeling, mesotherapy, laser, diathermy and skin care products can help to resolve and repair the existing damage to the skin.

Smoking not only leads to dull lifeless skin and bacterial problems especially around the mouth area. It also contributes to more prominent crows feet and peri oral lines around the mouth. Skin boosting repairing treatments like meso-glow, skin care Inspira Med have a fabulous caviar repair serum used in

conjunction with face sculpturing cream, vitamin c and SPF is a good place to start repairing the skin. Muscle relaxing injections to lessen crows feet or Plexr which will improve both crows feet and smokers lines.

Pollution has a big impact on our skin cells and ability to repair, so wear your daily defence duo vitamin c and SPF!

Sleep deprivation - sleeping is when we repair and heal, chronic sleep problems leads to a more sunken eyed look and lack lustre skin. Dermal fillers, Plexr and tired eye treatments can help rejuvenate the eye area.



## Planning for Your Big Day

Planning for treatments prior to an important occasion need to be given well in advance, here is a time frame of the most popular treatments. So many people leave it far too late to see the real benefit and risk an unwanted side effect too close to the important occasion.

Muscle relaxing injections should be done ideally 6 weeks prior to allow the treatment to take effect fully which can take 2 weeks, settle and be reviewed and tweaked if needed.

Dermal fillers, hyaluronic acid based - these fillers take 4 weeks to fully work and to see the best result, if you need any extra adjustment then again 6 weeks prior to your event is the ideal time frame.

Volumising fillers such as Radiesse which is great for cheek contouring needs 12 weeks to activate before.

Sculptra volumising face lift takes 3 treatments given 6 weeks apart. So this should be started 6 months prior to your special occasion.

Power booster facial combining derma roller, hydration droplets, vitamin facial injections and a boosting light peel given at the same session takes 6-8 weeks to see the full results.

Course of skin peels to help acne, rosacea or bacterial problems. See a qualified practitioner 6 months prior so a

skin care regime and treatment plan can be put into place to manage and improve your skin condition. Remember stress will trigger these conditions so get the right support.

Plexr soft surgery, if heavy upper or lower eyelid skin is getting you down or heavy smokers lines - this is the treatment for you - completely non invasive too! Although clients see great results 2 - 6 weeks post treatment - I feel at 12 weeks it looks even better so 3 months prior is ideal. I support the second cycle of further improvement with firm and lift serums to help strengthen the skin from Inspira Med skin accents to boost the effects. ■

## THE DETAILS

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