

A-Z OF HEALTH, BEAUTY AND DERMATOLOGY

With Frances Furlong



This month I am continuing my A-Z of current trends, tips and treatments in the beauty and dermatology arena. With the Christmas season fast approaching, it's time to think about how you can achieve your best, feeling fresh, less tired and confident for the party season

Frown freeze is the only way to stop giving a negative expression to others. Frowning heavily makes us look angry or concerned and can change the way others communicate or respond to us. A simple and effective injection of relaxing injections really freshens your face and lasts around 4-6 months.



Glowing skin for this party season is a must, retinol glow peels are a must have at the moment and is favoured on the 'Hollywood circuit', the benefits help to reveal a younger fresher glowing complexion. This can be combined with a cocktail of powerful antioxidants and anti-ageing compounds to enhance and nourish the skin further. From £150-£200.

His for hydration; to understand the pathophysiology of dry skin types you need to visualise the upper most level of the skin known as the stratum corneum as a 'bricks and Mortar structure' the bricks represent Keratinocytes which are responsible for forming tight junctions with the nerves of the skin, the mortar is likened to ceramics, fatty acids and cholesterol in the skin tissue therefore keeping the skin protected and water tight! Skin that is dry and exposed excessively to the sun is likely to have an impaired skin protective barrier. So clients should concentrate on skin repair and daily protection. I highly recommend Restylane Vital, an amazing and unique skin hydration system, the protocol is to deliver two syringes and a further 1 syringe a month after. Then 4 monthly single syringe treatments to maintain hydration levels. Using an intense serum like Caviar Repair by



Inspira medical with a nourishing SPF is key to helping dry, ageing and uncomfortable tight skin.

Immune system strengthening is crucial at this time of year, with extra stress, cold weather, parties and events follow these simple steps below to boost your body.

HEALTHY WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM

1. **Don't smoke.**
2. **Eat a diet high in fruits and vegetables.**
3. **Exercise regularly.**
4. **Maintain a healthy weight.**
5. **If you drink alcohol, drink only in moderation.**
6. **Get adequate sleep.**
7. **Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.**
8. **Daily vitamin d3; vitamin b complex, vitamin c and zinc supplements all help our mood levels and immunity to fight colds and fatigue.**

Jowl lift is the current dermal filler trending on social media, it isn't new, experienced practitioners have been doing it for years to support and strengthen a saggy jaw line, also by adding support and volume to the sides of the face helps to give a natural non surgical facelift effect.

Kissable lips for the mistletoe season, a natural plump hydrated lip looks amazing, an overfilled ready to burst lip does not! Restylane dermal filler is a brand to be trusted, with an array of different products to suit everyone, it's a brand you can trust. Prices from £180-£300 ■

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THE DETAILS

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