

BEAUTY



THE NEEDLE OR THE KNIFE?



WRINKLES, SUN SPOTS, DISCOLOURED TEETH, SMALL BREASTS, SAGGING SKIN – **STEPHANIE DARLING** INVESTIGATES THE COSMETIC PROCEDURES ON OFFER FOR A RANGE OF BEAUTY BUGBEARS

HAIR

AT HOME: *Spécifique Bain Prévention* GL hair bath, \$36, and *Cure Intensive Antichute à L'Aminexil* GL vials, \$215, both by **Kérastase Paris**, 1300 365 552.

WHAT IS IT? This range targets micro-irritation in the scalp which can cause hardening of collagen at the root and lead to hair loss. Use the shampoo daily and the vials once a week to soothe and nourish tortured hair.

IN SALON: *Great Lengths Hair Extensions*, from \$150, greatlengths.com.au.

WHAT ARE THEY? These are terrific for adding length to locks and are perfect for volumising. Even an extra 10 strands can make all the difference. As hair ages it can take on a wiry texture, especially as it greys, so some artfully placed extensions can give you a softer look.

IN SURGERY: *Hair transplants*. Costs start from \$4000, treathairloss.com.au.

WHAT IS IT? Dr Russell Knudsen has developed “follicular unit transplantation” for hair loss using micrografts. This involves a transfer of small skin grafts containing groups of hairs from the “lower hair-bearing scalp”. For major hair loss, 500 to 2500 grafts are used over two to three procedures. New hairs start growing at around the six week mark. This procedure is also beneficial for women after face lift or brow lift surgery if hair has been lost during the process. →



EYES

AT HOME: Vax'in for Youth Serum Eyes, \$94, by **Givenchy**, givenchy-vaxinfor youth2011.com.

WHAT IS IT? A power-packed serum that boosts micro-circulation, helps reduce puffiness via sweet orange extract (which is rich in hesperidin, a bioflavonoid), and increases capillary strength with polysaccharides, which target wrinkles and dark circles.

IN THE ROOMS: Tear troughing, from \$350 per treatment, collagenfacecentre.com.au.

WHAT IS IT? Injectibles around the eyes with fillers such as Esthelis Basic and Esthelis Soft; and Restylane Vital and Resylane Vital Light which were developed specifically for tear trough application. Cosmetic physician Dr Peter Bakaric says, "The tear trough area is best initially treated on two separate occasions, several weeks apart. This allows a subtle but effective natural layering, minimising the risk of excess product being used." Results last for four to six months.

IN SURGERY: Eyelid surgery (blepharoplasty), from \$10,000, drmarcells.com.au.

WHAT IS IT? "This procedure is ideal for drooping eyebrows, excess skin and fat in the upper eyelids and bags under the eyes," says ear, nose, throat and facial plastic surgeon Dr George Marcells. Eyelid surgery may be performed separately or with a brow lift.

TEETH

AT HOME: Night and Day Whitening Toothpaste, from \$4.20, by **White Glo**, whiteglo.com.au.

WHAT IS IT? This gel toothpaste lightens discolouration and yellowing on tooth enamel.

IN THE CHAIR: Zoom Advance Power teeth whitening system, from \$950 for a full mouth, zoomnow.com.au.

WHAT IS IT? A light-activated treatment combined with a hydrogen peroxide-based bleaching gel to brighten discoloured enamel and dentine. The session is broken up into three 20 minute bursts that can make teeth eight shades lighter. There is a slight risk of tooth sensitivity and dark coloured food and drink must be avoided for 48 hours after the process.

IN THE CHAIR: Veneers, from \$1500 per tooth, sydneycitydental.com.au.

WHAT IS IT? Stain-resistant porcelain veneers are the perfect fix for discoloured, chipped or crooked teeth. Teeth are thinned down slightly and the veneers moulded to fit each individual tooth. →

LIPS

AT HOME: Lip Plump, \$39, by **Benefit**, 1800 811 611.

WHAT IS IT? A neutral-toned cosmetic plumper that helps smooth and enhance lips and fill in fine lines.

IN THE ROOMS: Juvéderm, from \$660, theclinic.net.au.

WHAT IS IT? An hyaluronic acid-based clear gel, injected into the lips with an ultra-fine needle to create a fuller pout. No skin test is needed, there is no downtime and results are immediate. Expect some initial swelling and possible bruising for a couple of days. Results last from three to eight months.

IN THE ROOMS: Aquamid, from \$1200, lookyounger.com.au.

WHAT IS IT? A quick, soft-boosting, long-lasting filler gel that becomes integrated into the body's own tissue, so the volume remains in place beneath the skin's surface. Results may last up to 10 years.

SKIN CLARITY

AT HOME: My Personal Peel System, \$150, by **MD Formulations**, spauniverse.com.au.

WHAT IS IT? A three-step facial peel kit to boost radiance. Includes peel pads, three skin boosters and a post-peel restorer. This is great for treating an oily T-zone, sun damage and wrinkles.

IN SALON: Omnilux, from \$90 per treatment, true-solutions.com.au.

WHAT IS IT? A half hour infra-red light therapy that plumps skin by stimulating cells to boost collagen production. This is great for sun damaged skin and fine lines and wrinkles. Eight to 10 treatments are recommended.

IN THE ROOMS: Fraxel, from \$800 for face, theclinic.net.au.

WHAT IS IT? A laser that penetrates the skin to the dermis below, stimulating new collagen fibres to treat acne scarring, pigmentation and wrinkles, and to improve tone and texture. Fraxel is a one-shot treatment that takes about half an hour once local topical anaesthetic cream has been applied. The sensation is one of heat and slight discomfort, followed by redness and peeling at day four to reveal new skin.

BODY RESHAPING

AT HOME: Celluli Laser Size.Code, \$80, by **Biotherm**, 1300 668 450.

WHAT IS IT? A cream containing yeast extract which stimulates collagen production to help firm skin.

IN THE ROOMS: Thermage, from \$3000, thermage.com.

WHAT IS IT? This non-invasive procedure uses radiofrequency technology to help smooth, tighten and contour the skin in a single treatment. Thermage heats collagen fibres deep in the skin and underlying tissue, resulting in immediate tightening and stimulation of collagen growth. Over time, new and remodelled collagen is produced to further tighten and contour the skin. The procedure takes about an hour and improvements appear gradually over two to six months.

IN SURGERY: Liquid liposuction, from \$3300, cosmosclinic.com.au.

WHAT IS IT? This technique uses a fine jet of high-pressure water to separate and break down fat cells without damaging surrounding tissue. Only mild sedation is needed, which means you can stand up during the procedure for any necessary tweaks. Recovery takes two days and you will be required to wear a pressure garment for a fortnight. Results are immediate and continue to develop over six weeks.

CHIN & NECK

AT HOME: Chin & Neck Lift, \$98.50, by **Rodial**, 1800 811 611.

WHAT IS IT? A gel that helps firm and lift, with essential amino acids that target hydration and elasticity – all in one hit.

IN THE ROOMS: Nefertiti lift, from around \$900, rastogi.com.au.

WHAT IS IT? A quick fix using Botox to tighten up a sagging neck and jawline. The injections are targeted at the vertical muscle lines around the neck and can sting a little. Results appear after a week or so.

IN SURGERY: Neck lift, from about \$13,900, silkwood.com.au.

WHAT IS IT? Incisions are made in the crease under the chin and behind the ear. The skin is lifted away from the underlying muscles and, if necessary, extra fat is removed using liposuction. The muscles are usually rejoined in the midline to tighten the appearance of the neck. This surgery is performed under general anaesthetic as a day procedure and initial recovery takes about a fortnight. →



NOSE

AT HOME: Contouring to minimise a wide nose, M.A.C Shaping Powder, \$30, by M.A.C, 1800 613 828.

WHAT IS IT? Make-up artist Elsa Morgan says contouring is a great beauty tool. “You can create the illusion of a slimmer nose by contouring along the sides of the bridge of the nose and blending a matte powder one or two shades darker than your skin tone.” Elsa suggests using a small eyeshadow brush, while taking care not to overload it. “Start just below the inner corners of the eyebrows, ending at the side of the nostrils,” she says. “To add to the effect, apply just a touch of highlighter down the centre of the bridge of the nose.”

IN THE ROOMS: Non-surgical rhinoplasty, aka the liquid nose job, from \$700, thefaceinstitute.com.au.

WHAT IS IT? Using a small amount of filler (Restylane Perlane) and local anaesthetic, the procedure takes about 15 minutes and treats low nasal bridges, slight bumps or irregularities, crookedness and minor nose tip revisions. Dr Paul Gerarchi, plastic surgeon at The Face Institute says, “There is minimal bruising and swelling and patients can return to work straight after the treatment.” Results usually last for six to 12 months.

IN SURGERY: Rhinoplasty, from \$10,000, drmarcells.com.au.

WHAT IS IT? This is a big commitment and is often performed in conjunction with tackling sinus issues. It’s now possible to see how your nose will turn out via computer imaging. Dr George Marcells uses the Open Structure Rhinoplasty technique to get the best result; he believes this approach helps ensure that the foundation of the nasal structure remains strong, creating a “predictable shape” and improved breathing. →



BREASTS

AT HOME: Intensive Bust Compound, \$285, by Sisley, 1300 780 800.

WHAT IS IT? This botanical-packed cream helps firm and tone the delicate skin of the décolletage and bust.

IN THE ROOMS: Macrolane (the boob jab), from \$5000, macrolane.com. (Currently waiting for official sign-off from the Therapeutic Goods Administration.)

WHAT IS IT? A thickened form of hyaluronic acid that can be used as a soft tissue enhancement filler for minor breast enlargements (giving a slightly larger cup size). It's applied with a good dose of local anaesthetic and lasts from one to two years.

IN SURGERY: Breast augmentation, from \$13,500, rastogi.com.au.

WHAT IS IT? There are many factors to be discussed with the surgeon, such as whether to place the implant underneath or on top of the muscle. Incisions are either made in the crease under the breast, around the nipple areola or in the armpit. P-ure implants (aka the Furry Brazilians) are the latest innovation. These counteract the sagging (with their "velcro" effect) and hardening (via the "lattice" effect) that can occur with existing breast implants.

BACKS OF HANDS

AT HOME: DMS Hand Cream, \$45, by Dermaviduals, dermaviduals.com.au.

WHAT IS IT? This state-of-the-art hand cream stabilises the water balance to help prevent chapping and protects skin from harsh environmental stresses.

IN THE ROOMS: Benefit Peel, \$150, by CosMedix, allsaintscosmedical.com.au.

WHAT IS IT? This is the ideal peel for hands with sun damage. It contains potent vitamins A and C to combat UV damage and leaves skin firm and hydrated, without excessive peeling.

IN THE ROOMS: Restylane Vital hand treatment, from \$300, conceptcosmeticmedicine.com.au.

WHAT IS IT? Dr Neal Hamilton says, "This product offers a wonderful cost-effective solution for scrawny, crepey hands." Very fine needles are used to inject microscopic particles of hyaluronic acid into the backs of the hands to make them look rejuvenated. **m**

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