

FASHION & BEAUTY FEBRUARY 2, 2017

REFRESH YOUR LOOK

You're back in the office and your colleague looks vibrant, relaxed, revitalised – like she's spent a month in Bora Bora. When you ask, she says she just went to Lake Rotoiti for a few days.

Chances are, she's taken advantage of the break to have a few very subtle tweaks made to her face, with the judicious application of Botox® and dermal filler like Restylane® and Juvederm®.

Skin Institute's Dr Sarah Hart is a world-recognised appearance medicine expert, who has been a Botox® and Juvederm® International Advisory Board member since 2007, and is renowned for creating natural results for her patients.

She says that increasing numbers of clients are asking to look like they've had an incredible holiday.

"People want to look like themselves, just well-rested, rejuvenated and good for their age. In summer, we see an increase in people keen to recreate that refreshed holiday appearance."

"Botox® (Botulinum Type A Toxin) has been used to ease the appearance of wrinkles and frown lines for more than 20 years. It's injected into the muscles underlying wrinkles, relaxing the muscles and smoothing the appearance of the overlying skin. Botox® takes effect in 3-4 days, and takes 10-14 days to achieve its full effect. Results should last approximately 3-4 months," says Dr Sarah Hart.

"In the UK, the use of fillers has caught up with the previously more popular Botox®, and at Skin Institute we're seeing rapid growth. Our experienced team can advise about injectable treatments like Botox® and dermal fillers, and how they can be used in tandem to achieve a beautifully rejuvenated, natural, refreshed looking you."

Dermal fillers used at Skin Institute are made from hyaluronan gel, a natural component of skin, and stimulate the skin's natural collagen. In the early

days, overuse of fillers resulted in the infamous 'pillow face' look on celebrities, but fillers are now more refined and are used to treat the loss of facial volume while subtly lifting and contouring.

As well as being injected into wrinkles, they can be put into the top layer of the skin to improve hydration and elasticity, or at deeper levels to provide contour and structuring. The lips and cheeks are the most popular areas to inject dermal fillers, with advanced techniques allowing other areas to be treated, such as the temples, jawline, and under eye hollows.

Hyaluranon fillers last approximately 6-18 months, and can also be removed immediately with a special enzyme, making them the safest filler option available.

"Rather than looking at a single area as a problem, there's a much bigger focus on the frame and the canvas, in a holistic approach to treatments. The frame is the shape and contours of the face. The approach now is to enhance the attractiveness of the face, through improving symmetry and creating a more feminine facial shape. At the same time, the health and beauty of the canvas – your skin – is also part of the overall treatment."

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