



"What's everyone looking at? Do I have parsley in my teeth?"

THE COMPLEXION PERFECTOR

GLITCH Dull skin, large pores and acne.

TRICK TO TRY La Prairie Cellular Microdermabrasion Cream, \$400.

EXTREME FIX: Microdermabrasion.

WHAT IS IT? This is the least invasive of the cosmetic treatments. "The procedure is not very painful and doesn't require anaesthetic. It involves exfoliating the upper epidermis [the outer layer of skin] using a vacuum-like technique," says Dr Knight. Dull or sun-damaged cells will be buffed away by crystals that are "sandblasted" onto the skin, revealing younger, fresher-looking skin below. It also deeply cleanses pores, clearing congestion that can lead to problems like recurring acne.

HOW OFTEN? For best results, the procedure should be undertaken monthly. Start four to six months out from the wedding so you have time to see how your skin reacts.

COSTS? Each treatment costs approximately \$150, so over four months, that's \$600.

RISKS? According to Dr Knight, patients may experience slight redness post-treatment. Your skin may also feel dry, but this is easily treated with the use of a nourishing face moisturiser.

CONTACT Cosmetic Physicians Society of Australasia: cosmeticphysicians.org.au or 1300 552 127.

THE WRINKLE REMOVER

GLITCH Pigmentation, sun damage, spider veins, rosacea, fine lines and wrinkles.

TRICK TO TRY L'Oréal Paris Revitalift Gentle SPF15, \$30.95.

EXTREME FIX Skin rejuvenation.

WHAT IS IT? Silkwood Medical's Dr Maureen Cole explains that skin rejuvenation involves the use of electro-optical synergy technology (ELOS). "The applicator emits a combination of filtered broad-spectrum light and bipolar-conducted radio frequency to darken the lesions [areas of abnormal tissue] temporarily before they become lighter or disappear altogether," she explains. "This treatment is best for people with pigment and vascular irregularities. It can be performed on most areas of the body including the face, neck, chest, back, arms, hands and legs," she says.

HOW OFTEN? "The number of treatments required will depend on your skin type, but most people will only need two treatments," says Dr Cole. "On average, results are visible in seven to 10 days." But it's best to seek treatment at least three months before the wedding to be on the safe side.

COSTS? One treatment can cost anywhere from \$50 to \$450, depending on the skin condition and problem.

RISKS? There's always a risk of scarring, blisters or pigment changes, Dr Cole explains, but the likelihood of these occurring under an experienced clinician are minimal.

CONTACT Silkwood Medical: silkwoodmedical.com.au or (02) 9387 3900.

THE LIPOSUCTION LIFESAVER

GLITCH Unwanted fat in any area.

TRICK TO TRY Phytomer Ab Sculptor, \$112.

EXTREME FIX Liposuction.

WHAT IS IT? According to plastic surgeon Dr Benjamin Norris from Silkwood Medical, the most common areas women seek treatment are the abdomen, hips, thighs and upper arms. "The surgery is performed under general anaesthetic, although smaller areas can be done under local anaesthetic. The areas to be treated are first filled with a fluid containing local anaesthetic and an anti-bleeding agent, then the surgeon gently removes the dissolved fat and fat cells using a suction device," he says.

HOW OFTEN? A period of about four to six weeks should be allowed for swelling and bruising to go down, Dr Norris advises, so schedule your treatment well before your wedding day. The best results will be achieved through healthy eating and exercise. "If weight is maintained at a stable level after you have liposuction, there should be no need for the procedure to be repeated," he explains.

COSTS? Liposuction will set you back approximately \$7000 for one region, for example the outer thighs. The cost includes the surgeon's fee, hospital fee and anaesthetist's fee.

RISKS? "All surgical procedures come with risks. These are minimised by seeking out an appropriately trained surgeon," Dr Norris says.

CONTACT Silkwood Medical silkwoodmedical.com.au or (02) 9387 3900.

THE CELLULITE BUSTER

GLITCH Dimples and fat on areas such as the thighs, arms, legs and stomach.

TRICK TO TRY Guinot Age Logic Minceur, \$103.33.

EXTREME FIX Endermologie massage.

WHAT IS IT? "When receiving endermologie, a patient wears a compression body stocking and a machine rolls, pulls, suctions and massages parts of the body in an attempt to reduce the appearance of cellulite," explains Dr Knight. "While endermologie is touted as an effective treatment, it's not long-lasting and the best prevention and management is a healthy diet and regular exercise, which prevents fat cells from forming," she says.

HOW OFTEN? Monthly treatments are required to maintain results, but this differs from person to person, depending upon body area and body size. Dr Knight emphasises the fact that this treatment doesn't reduce the number of fat cells, but merely reduces the appearance of them. The best prevention is a healthy lifestyle.

COSTS? Endermologie costs approximately \$150 per session and, for best results, you should have your first treatment six months before the wedding.

RISKS? "The treatment can leave the area red and swollen, and quite painful for up to one week, but this isn't the case for everyone, as individual results vary," Dr Knight says.

CONTACT Cosmetic Physicians Society of Australasia: cosmeticphysicians.org.au or 1300 552 127. Ashleigh Lalor **COSMO**