

IN YOUR 40s

Elasticity and firmness of the skin are issues, as women start to lose definition in their cheeks and jawline. Wrinkles can become more prominent around the eye, while marionette lines deepen and colour and radiance can be lacking. Necks are starting to show signs of ageing.



NON-SURGICAL TIGHTEN UP

Ultherapy Dr Warwick Nettle, of Sydney's Silkwood Medical, describes this treatment as "extremely effective at lifting and firming". It helps tighten up sagging skin by using acoustic sound energy in a hand-held device on the predetermined sections of the face or neck. The energy travels down into the skin where cells are formed, helping to heal and strengthen collagen fibres, which work to firm or lift. Try it on the face, brow, lines, cheeks, jawline and even the neck. After just one intense 30 to 40-minute treatment, you'll see effects instantly, but best results are seen in the second to third month and last up to 18 months. Expect to pay \$1000 to \$3500, depending on what is treated. A walk-in, walk-out procedure.



SURGICAL LIFT MY BROW

Brow Lift Hooded brows and sagging foreheads are lifted with this procedure which also softens those angry-looking forehead wrinkles. Dr Michael Zacharia says, "With the passage of time, the eyebrows descend over the eyes, giving a tired, irritable look." Using general or twilight anaesthetic, the surgeon does an endoscopic brow lift, in which a special viewing instrument projects an image onto a TV screen, allowing the surgeon to lift and reposition the tissues of the brow and weaken the muscles causing frown lines. It can take 30 to 90 minutes, and you'll be out of action for seven to 14 days. There'll be bruising around the eyes, but expect a lifted and smoother look to the brow and face. "Best results are seen about six months post-surgery but most patients are happy with their look in a matter of weeks," says Dr Zacharia. Expect to pay \$9000 to \$12,000.



NON-SURGICAL PLUMP OUT THE FACE

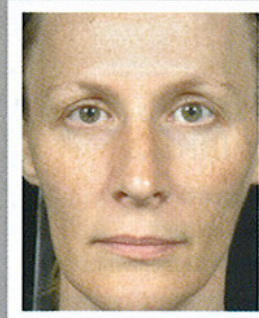
Restylane Vital Light Start the season with restorative face work that keeps skin refreshed and plumped out. Using a gel from Q-Med, Restylane Vital Light is made from hyaluronic acid, keeping skin deeply hydrated. It also adds volume and firmness. Plastic surgeon Dr Steven Liew, of Sydney's Shape Clinic & MediSpa, says, "This is like a youth dew. It's a great system because it hydrates the skin internally and that's where truly noticeable effects can be seen and felt." A multitude of tiny injections are given to the face in a 30-minute treatment. Costing \$300 per treatment area, results last four to six months. Dr Liew suggests having some injected in summer and doing it again in autumn to keep the face freshened.



NON-SURGICAL SMOOTH, CLEAR SKIN

Fraxel Re:store Dual In Australia, where pigmentation is one of our biggest skin concerns, Fraxel Re:store Dual laser is a dream come true. In one surgery visit, years of accumulated sun damage or discolouration caused by hormonal changes or acne scarring can be addressed. "The only thing that can cause the skin to produce new collagen and elastin is something that can penetrate the dermis and cause mechanical or thermal stress," says Dr Jeremy Cumpston, of Ageless Clinics in Sydney's Randwick. Fraxel Re:store Dual uses thulium laser fibres to remove pigment at the epidermal/dermal junction. It has full Therapeutic Goods Administration approval for treatment of facial pigmentation. A numbing cream is applied to the face for about 45 minutes, after which the Fraxel laser treatment is administered, with multiple "passes". The sensation is one of prickling initially, then slight heat. It takes about 15 minutes each for the face, hands, neck or décolletage. There may be one or two days of redness and mild swelling, followed by up to seven days of light peeling. It costs \$750 to \$1500 per treatment, depending on the areas treated.

BEFORE



AFTER



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