

SOME GOOD ADVICE

FROM DR DANCEY FOR A BEAUTIFULLY HEALTHY 2013

The most important aspect of skin and health care is prevention and maintenance. We readily accept that our car needs a service - why not our face and body? By taking advice on all aspects of health and beauty maintenance and receiving occasional maintenance treatments you can get the best out of your face, your body and your appreciation of life. Dr Dancey from Bijoux Medi-Spa recommends here three treatments which will result in a healthier and more beautiful you in the year ahead.

Loose weight the healthy way

If you want to shed extra pounds make sure you choose a safe and effective diet that will not harm your health. The PronoKal diet differs from other diets because it delivers excellent weight loss results but not muscle or skin tone loss, thanks to its low calorie with adequate protein formula. This is a personalized weight loss and slimming treatment based on a strict programme that encourages the intake of proteins, vitamins and minerals, while reducing fats and carbohydrates. It is conducted under medical supervision and complemented by a

multidisciplinary team of professionals (registered dieticians, psychological adviser and personal trainer). The method is divided into three stages: active, re-education and maintenance. These three stages are designed to enable you to reach your desired weight and maintain it long term thanks to having acquired new knowledge, healthier eating habits and a more active lifestyle.

Have a skin check

Book in for a skin check up to make sure that any marks, moles or lesions are not nasty. The dermatoscope allows us to positively diagnose non-malignant lesions; anything suspicious can be referred back to your GP or dermatologist. The new Photodynamic Therapy treatment is available now at Bijoux Medi-Spa. This is effectively treats non melanoma skin cancers including actinic keratosis, basal cell and Bowens cell lesions - all of which can change to malignant lesions if left untreated. The lesions are treated with an ambient light source with a photosensitising drug. Two treatments are required, one a week, to successfully

remove the lesions. The skin then heals and should be kept out of the sun for four months-making January the ideal time for a skin check!

Choose to look good but natural

Slow down the ageing process and opt for natural results to look good, fresh and vibrant without looking "done". Little touches can make a big difference. Stylage is Dr Dancey's preferred filler. It is made from Hyaluronic Acid (HA), the naturally occurring hydrating agent of the skin. HA has been used as a filler substance for over fifteen years and technology has allowed the product to be engineered to be long long-lasting, smooth and totally compatible with the human body. The application of Stylage fillers around the mouth can revitalise the whole face. This is because the chin contributes to the shape of the face. The lower jaw tends to shrink with age, especially after the menopause, and can contribute to marionette lines and a shrivelled mouth. Young people with a small chin often benefit from fillers in this area too.