

Medi Spa

SCENE

IT'S EASIER THAN EVER TO REJUVENATE AGEING SKIN THANKS TO HIGH-TECH MACHINES AND NATURAL FILLERS. **WORDS: SAM LEWIS**

Fruit & veg filler

Cosmetic doctors are promoting the use of a longer-lasting hyaluronic filler that uses a substance found in fruit and vegetables.

Dr Elisabeth Dancey, of Bijoux MediSpa, has been using Stylage for around 18 months to plump out wrinkles in areas such as the nose, lips, neck, décolleté and hands. She claims the effects last 12-18 months, compared with the 6-12 months of most other fillers (such as Restylane and Juvederm). This, says Elisabeth, is due to the combination of hyaluronic acid and natural antioxidant Mannitol, a sugar alcohol found in fruit and veg.

The addition of Mannitol seems to delay the degradation all hyaluronic acid fillers suffer over time due to free radical attack. It's also said to reduce the risk of bruises and swelling.

So, is the filler, which was introduced to the UK last year, safe? A clinical study by 10 specialist dermatologists, aesthetic doctors, and plastic surgeons of 96 patients reported no adverse effects in the three years after treatment. Nevertheless, while dermal fillers are one of the most popular mildly invasive procedures, the UK — unlike the US — lacks any kind of regulation.

While in the US, fewer than 10 dermal filler products are FDA approved, there are an estimated 160 available in the UK, so do some research into your doctor and filler before you go under the needle. Stylage costs from around £350 per treatment. www.magroup.co.uk www.bijoux-medispa.co.uk

Celeb IN FOCUS

Kim Kardashian recently told Oprah Winfrey she's a fan of Fraxel and recommends the treatment to her sisters and friends. It uses microscopic laser columns to penetrate skin and speed up the body's production of collagen — helping to treat areas affected by age spots, pigmentation, sun damage, and lines and wrinkles, thereby reducing signs of premature ageing. £575-£2,000 per course. www.fraxel.com

Brits are more concerned with excess weight and how to lose it than any other health issue, according to Healthcare Web Watch 2012



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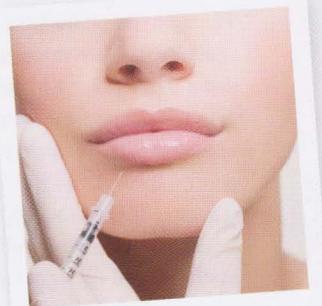
LIGHT THERAPY

Jill Zander Clinic has launched two new treatments, which can be combined for ultimate skin rejuvenation.

Diamond Microdermabrasion is an exfoliation and vacuum treatment using laser-packed diamonds, while the Dermalux LED painlessly delivers different wavelengths of light. Both treatments work hand-in-hand to eliminate unsightly pigmentation, improve circulation and skin texture, and increase collagen production. £110 for both treatments. www.jillzander.co.uk

SUBLATIVE SURFACE REJUVENATION

Skin Associates' new resurfacing treatment, Sublative Surface Rejuvenation, corrects mild wrinkles, uneven skin tone, acne scarring, and enlarged pores. Three treatments, four to six weeks apart, are advised, with top-ups every six months. With a mid to high 'ouch' factor, downtime is a couple of days. £200. www.skinassociates.co.uk www.sublative.com



PLASMA INJECTIONS

Dr Rita Rakus has introduced Platelet Rich Plasma (PRP) injections to her anti-ageing treatment portfolio. A small amount of blood is extracted and used to form PRP, which is then injected into areas of problem skin. Two to three treatments are advised over 18 months. £3,990 for a course of three. www.dr.ritarakus.com

COLLAGEN STIMULATION THERAPY

Chelsea-based spa Vivify Beauty now offers 'medi spa' treatments such as Collagen Stimulation Therapy, which reduces scarring, stretch marks and fine wrinkles by stimulating collagen and elastin. It does so using a small instrument with tiny needles creating thousands of microscopic channels in the lower layers of the skin. www.vivifybeauty.com