



Fight the signs of ageing  
with some of the latest  
products and treatments  
- no knife required.

Your  
anti-  
ageing  
solutions



# Turn back the clock

*With myriad youth-enhancing treatments available, including at-home, in-salon and non-surgical solutions, everyone can maintain a natural-looking, youthful visage for longer. SHONAGH WALKER explains how.*

**A**geing doesn't happen in one swift hit. It first creeps up slowly in the form of crow's feet, usually in our late 20s. Then, as we journey through our 30s and 40s, we notice lines around the mouth ... and so it goes on.

Tackling one issue at a time with subtle solutions can help you maintain a fresher-looking face through the years.

## Ageing eyes

The eyes succumb to lines and wrinkles quickly due to a finer skin and frequent movement from squinting and smiling. They are also prone to upper-lid drooping and under-eye puffiness, and dark circles.

### AT-HOME

Use a cleanser especially designed for eyes when removing make-up from this area. This will minimise the amount of rubbing required when cleansing. Always

use a brightening and tightening eye cream both morning and night.

**Try:** Neutrogena Oil-Free Eye Makeup Remover, \$9.99, 1800 678 380; Nivea Visage Expert Lift Eye Cream, \$27.99, 1800 103 023; Estée Lauder Advanced Night Repair Eye Synchronized Complex, \$95, 1800 061 326; L'Oréal Paris Youth Code Rejuvenating Anti-wrinkle Eye Care, \$35.95, 1300 659 259.

### IN-SALON

Try Dermalogica MicroZone Eye Rescue, priced from \$35. The 20-minute session aims to firm and brighten with gentle exfoliation and massage using peptides, proteins and vitamins. A soothing mask follows. Phone 1800 659 118.

### NON-SURGICAL

Muscle-relaxing injections, such as Botox or Dysport, remain the gold standard for erasing lines. "One half-hour treatment can eliminate crow's feet for up to four months," says Helen McAlpine, registered

nurse from Dr Anoop Rastogi's rooms in Sydney. "Likewise, muscle relaxants can be cleverly administered to lift the brow and address a drooping lid." Expect to pay \$380 per treatment. Wrinkles vanish after a few days, but top-up treatments are required every three to six months. Phone (02) 9362 1426.

"Filling the tear trough with hyaluronic acid fillers, injected into the hollow under the eyes, can assist in brightening dark circles and rejuvenating the area under the eye," says Dr Mary Dingley, cosmetic medicine practitioner from The Cosmetic Medicine Centre, in Toowong, Brisbane.

"A slightly more expensive procedure, it is roughly between \$400 and \$700, depending on the individual, but it will fill out and brighten dark under-eye hollows for up to 18 months. Patients who have undergone this procedure report exceedingly satisfactory results." >>>  
Phone (07) 3870 0111.



1. Ella Baché Hydra Repulp Hydra-Revitalising Crème de la Crèmes, \$150. 2. L'Oréal Paris Youth Code Rejuvenating Anti-wrinkle Concentrate, \$35.95. 3. SK-II Cellumination Beauty Essence, \$200. 4. Decléor Paris Aromessence Iris Sérüm, \$130. 5. Nivea Visage Expert Lift Eye Cream, \$29.99. 6. Decléor Paris Aromessence Iris Aroma Night, \$130. 7. A'kin Cellular Radiance Serum, \$39.95. 8. Estée Lauder Advanced Night Repair Eye Synchronized Complex, \$95.



## Dry, crepey skin

### AT-HOME

Drench your dermis with moisture. A creamy cleanser will pave the way for nurturing products to penetrate the skin.

**Try:** RoC Hydra+ 3 in 1 Cleansing Lotion, \$29, and Hydra+ Bio Active, \$35, 1800 774 590; Ella Baché Hydra Repulp Hydra-Revitalising Crème de la Crèmes, \$150, 1300 136 661; Declaré Switzerland Hydro Balance Hydro Intensive Mask, \$34.95, (02) 8709 8800.

### IN-SALON

The Ella Baché Hydra Plumping Facial Treatment, \$139 for 90 minutes, directly targets dryness, dehydration and crepey skin, by infusing pure oils and essences via a luxurious massage and mask. Phone 1800 789 234.

### NON-SURGICAL

Try Restylane threads, approximately \$550. Touted as the new non-surgical facelift, this lunchtime procedure uses stabilised hyaluronic acid injected in long threads into the cheeks and jawline

to rejuvenate the skin. The filler is placed deep within the tissues, creating lift while boosting natural hydration and collagen production. This increases elasticity and provides further lift.

Results last upwards of nine months, but the need for further procedures generally decreases, due to hyaluronic acid's abilities to draw moisture into the skin and help maintain hydration levels. It also appears to reboot the skin's natural functions. Phone 1800 144 944 or visit [revitaliseyourskin.com.au](http://revitaliseyourskin.com.au) to find a surgeon who offers the treatment.

## Sagging and jowling

As we move through our 30s and into our 40s and 50s, sagging, particularly in the lower face, can become an issue.

### AT-HOME

Boost your skincare with a firming serum and extend products past your chin, throat and to the chest.

**Try:** Decléor Paris Aromessence Iris Sérüm and Aroma Night, \$130 each,



1800 808 993; Priori CoffeeBerry Tightening Serum, \$160, 1800 808 993; Declaré Switzerland Vital Balance Intense Lifting Effect Ampoule, \$44.95, (02) 8709 8800; RoC Complete Lift Lifting and Firming Night Cream, \$64, (02) 9663 4277.

### IN-SALON

The Decléor Paris Qi Booster Treatment, from \$160 for 75 minutes, addresses loss of elasticity and sagging in the lower face by using a sculpting apparatus called the Qi Booster. It is rolled across the areas of concern, working on facial muscles and nerves, and the body's meridians and reflex areas, to promote skin renewal and a lifting effect. Phone 1800 808 993.

### NON-SURGICAL

The Nefertiti Lift is a "mini lower facelift" performed with muscle-relaxing injections, such as Botox or Dysport. It specifically addresses a sagging neck and jowls, and clients are enjoying successful results similar to surgery, at a fraction of the cost. There's also no down-time. The entire procedure takes less than one hour and is not painful, aside from slight stinging when the solution is injected.

It is injected below the jaw, causing the smile muscles to lift skin away from the edge of the jaw, eliminating jowling and neck looseness. "It's ideal for women aged 35 to 45 who are not ready for surgery, but are experiencing heaviness in the lower face and neck," explains Sydney cosmetic surgeon Dr Anoop Rastogi. "The result is a freshening of the face that lasts up to 12 months."

Expect to pay about \$700 to \$900, depending on the work required and the administering nurse or surgeon. When I had this treatment, both the vertical >>>





The process of ageing is a natural one, but there are safe ways to slow the rate at which your skin ages.

and horizontal lines along my neck were softened, and jowling along my chin was dramatically reduced. Phone (02) 9362 1426 or visit wrinkles.com.

## Dull, fatigued skin

As we age, the skin's natural exfoliation process slows down, leaving dead cells on the skin's surface. This can cause a dull-looking complexion.

### AT-HOME

Regular exfoliation will increase cellular turnover and improve illumination. Also, look at radiance-boosting skincare.

**Try:** L'Oréal Paris Derma Genesis Exfoliating Foaming Cream, \$13.95, 1300 659 259; A'kin Cellular Radiance Serum, \$39.95, 1800 631 283; L'Oréal

Paris Youth Code Rejuvenating Anti-Wrinkle Day Care, \$35.95, 1300 659 259.

### IN-SALON

Try the Danné Enzyme Therapy, from \$140. The 60-minute treatment targets fatigued skin and environmentally stressed complexions, detoxifying and brightening through lymphatic-drainage techniques and circulation-boosting products. Phone 1300 007 546.

### NON-SURGICAL

Try a resurfacing glycolic peel, which will create an even and controlled shedding of skin to reveal a fresher complexion underneath.

Lighter peels are usually performed as a series of treatments. Deeper peels tend to be more intensive one-offs, requiring up to one week's down-time.

Expect to pay around \$160, depending on the type of peel you choose. For more information, visit [silkwoodmedical.com.au](http://silkwoodmedical.com.au).

## Pigmentation

Pigmentation covers a variety of skin concerns, from freckles to sunspots, melasma (dark skin discolouration), age spots and even dull skin tone.

### AT-HOME

For best results, use products with anti-pigmentation ingredients, such as the anti-oxidant ingredient idebenone, vitamin A or the new breakthrough anti-oxidant ingredient called CL-302 complex, derived from a rare botanical native to South-East Asia. Always use a high-quality, broad-spectrum sunscreen with SPF30 during the day.

**Try:** Priori Even Tones Serum, \$220, 1800 808 993; SK-II Cellumination Essence, \$200; MD Formulations Vit A Plus Illuminating Masque, \$160, 1800 808 993; Clinique Even Better Clinique Clinical Dark Spot Corrector, \$89, [clinique.com.au](http://clinique.com.au); L'Oréal Paris UV Perfect SPF 30+, \$24.95, 1300 659 259.

### IN-SALON

Try the Priori AHA/LCA Peel, from \$100, which uses glycolic and lactic acids to gently lift away the dead skin cells that make skin appear pigmented. This can be performed in conjunction with an Omnilux Revive Light Treatment, which uses specialised red light waves to boost collagen and elastin production within the skin, boosting radiance and making pigmentation appear less of a problem. Phone 1800 808 993.

### NON-SURGICAL

Intense Pulsed Light (IPL) treatment is non-invasive and directs light to the skin to relieve pigmentation.

"The light attracts itself to the colour in the skin and destroys the colour with heat, without harming the surrounding cells," says Dr Greg Goodman, associate professor of dermatology at the Dermatology Institute of Victoria.

The treatment takes about half an hour and results can be seen within one week. Between one and five treatments are usually required to alleviate the problem, depending on the extent of the skin discolouration.

Expect to pay approximately \$300 to \$600 per treatment. While this may seem expensive, the results of IPL are permanent if you follow sensible lifestyle habits. These include practising diligent skincare, wearing high SPF sunscreen every day and avoiding the harsh rays of the sun. Phone (03) 9826 4966. ■