

INSIDER

# 5 treatments that should be on your radar

FROM VAMPIRE FACIALS THAT JUST GOT UPGRADED, TO THE LATEST TRENDING FACIALS THAT PROMISE TO WIPE AWAY THE YEARS, THESE ARE THE BEAUTY TREATMENTS THAT ARE WORTH A TRY..

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## 1 Celeb-Loved Radio FREQUENCY SKIN TIGHTENING

We all need a bit of assistance when it comes to our natural sub-dermal renewal process, as this is what reduces with age and time, increasing wrinkles and creases. All over the body and face, certain areas are more prone to discoloration, acne scarring, loose skin following weight loss or pregnancy, and wrinkles as we age. Those are the precise concerns addressed by Forma facials and Morpheus8.

Eva Longoria, Britney Spears, Emma Roberts, Kourtney Kardashian and Ashley Tisdale have all raved about the instant benefits of the non-invasive, pain-free Forma facial which requires zero downtime, and it's no surprise that it's been gaining popularity ever since. Forehead wrinkles, crow's feet, sagging lids, and fine lines are vanished with the gliding heat wand during the facial, giving way

to instantly smoother looking skin. While it feels like warm facial, it works like cool magic treatment that builds collagen and contracts tissue below the surface, thanks to use of radiofrequency.

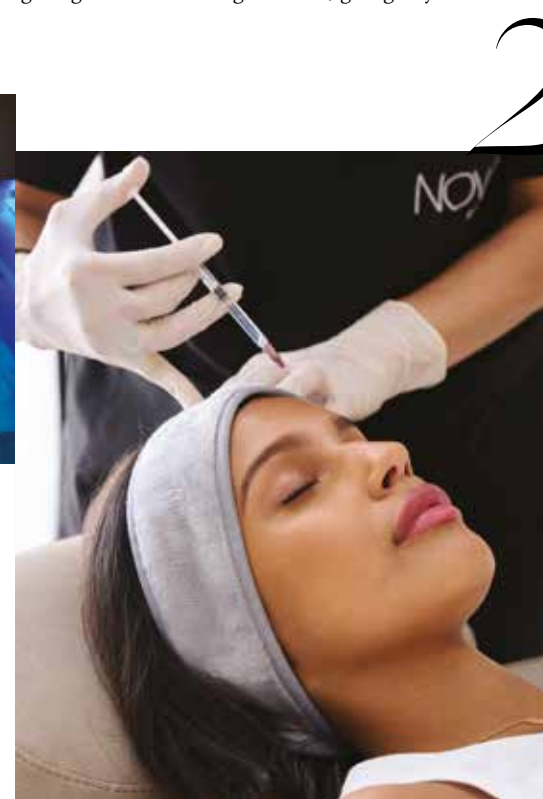
For a slightly more penetrative option that combines radiofrequency and micro-needling which can further contour the face, Morpheus8 works on skin irregularities and other concerns. On the body it is suitable for larger areas like the abdomen, back, and legs. "This treatment triggers collagen and elastin production, tightens fibers, and contours fat, while treating the skin that begins to lose elasticity, with wrinkles, lines, and sagging appearing. If you're looking for a more subtle, gradual improvement in the appearance of your skin, Morpheus8 may be the better option, that could save time and let you have the wanted result without a face surgery lifting," says Deborah Alessi, Founder of Beverly Hills Wellness and Aesthetic Clinic. Immediate results are visible within a few days (once the skin settles) and full results are seen in three weeks where the skin appears more radiant with a smoother texture, and lasts for a year.

**Need to Know:** For Morpheus8, expect anything between 1 to 3 sessions, and slight redness for up to one week. As for the Forma Facials, the treatment can take between 30 to 60 minutes, and is ideal for an instant glow.

## Skin Boosting PROFHILO®

If you're looking for a solution that works on all the most common areas of trouble (face, neck, hands) then the popular Profhilo® is the quick-fix that offers multiple benefits. "Profhilo stimulates four different types of collagen and elastin by slow release of hyaluronic acid (Type I, III, IV, VII) and these various types of collagen provide structure and support to your skin and surrounding tissue," explains renowned surgeon Dr. Jaffer Khan at the Nova Clinic by Aesthetics. Offering the highest concentration of hyaluronic acid on the market, this skin-boosting treatment is neither a filler or mesotherapy treatment, but instead is a 'bio-remodeling' treatment which goes that extra mile, wherever you need it most. "When injected at five Bio Aesthetic Points (BAP) on each side of the face, created for middle and lower face rejuvenation and remodeling it provides multi-level remodeling in different layers of the skin, and since the hyaluronic acid is released slowly, it does not trigger an inflammatory response," says Dr. Jaffer, head consultant at the Nova Clinics who is well known for Face Art and Thread Lift.

**Need to Know:** The award-winning product works for four weeks after the skin is injected at specific points and a visible reduction in the signs of photoaging, and skin elasticity is noticed over a period of three months, with a clear reduction in wrinkle depth. A 30-day interval is recommended between sessions, but it's important to assess the degree of skin aging to know if this is the correct treatment, according to individual needs.



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### Skin REJUVENATING O-ZONE THERAPY

Dr. Maurizio Viel, Celebrity Cometic Surgeon at Cornerstone Clinic and author of ‘The Veil Bible’ predicts that one of the newest therapy this year is a skin rejuvenating longevity treatment used to beautify the face or body, with a healing effect. “Ozone can be injected by specialist into the face, for example around the crow’s feet, and this can reduce fine lines around the face. But even by using it rectally or intravenously for the body, the ozone helps deal with inflammation and free radicals to reduce the ageing process,” says Dr. Viel. Within the body, the therapy which is a combination of Ozone and Oxygen triggers a set of responses to make an individual stronger and healthier and it is used by functional medicine doctors around the world to treat chronic illness and ageing, including reducing inflammation and destroying free radicals which are factors of ageing.

**Need To Know:** *For Ozone Therapy, there is no downtime after the treatment. Ozone produces compounds called ozonides that effectively fights, bacteria, viruses and fungus. It is also recommended for those who are feeling under the weather to develop a stronger immunity. The drip takes around 30 minutes and can be combined alongside Therapeutic Magnetic Resonance to treat vascular diseases, microcirculatory disorders, orthopedics and degenerative pathologies.*



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### Hair REGENERATING TREATMENT

The newest alternative to total hair regrafts is the hair regeneration treatment at the Ouronyx Clinic – a destination that is redefining the way medicine and beauty work for our benefit. The psychology-led consultation process is backed by a detailed trichoscopy examination to reveal the health of the scalp. “The minimally-invasive treatment doesn’t require any general anesthesia, there is only local anesthesia administered in the area where the hair graft sample is taken from. A trichoscopy

is essential to ensure the person is a good candidate and the procedure will be effective for them, and to be able to see the progress and track how the procedure is working in different parts of the head,” explains Dr. Halah Taha, Aesthetic Doctor at Ouronyx Clinic. This treatment addresses hair loss and thinning hair in both, male and female, and takes healthy hair follicles typically from the back above the neck converting them into a stem cell liquid which is then injected in areas of sparse hair growth.

**Need To Know:** *Requiring no recovery time, the treatment can be completed in one sitting and only takes 35 to 40 minutes. However, it is best to avoid getting their hair wet for 1-2 days immediately after. 6 to 8 weeks following treatment, hair loss reduces and a thicker mane is more visible within 3 to 6 months with new hair growing back.*

### Skin WHISPERER FACIAL

When Kim Kardashian and Bar Rafaeli first showed off the benefits of the Vampire Facial, the world looked on in awe and women quickly followed suit to try the benefits. Now, taking it a step further, the Skinfluencer Clinic in London which happens to be the British Royal family’s clinic of choice has launched the ‘Skin Whisperer’ facial which combines a multi-modal approach using high-intensive focused ultrasound known as the Ultraformer III, Plasma Rich Platelets (PRP), and Profhilo®. A step ahead of everything that is individually great on its own, the Skin Whisperer is ideal for all skin types to improve tone, texture, and restore laxity. “To prepare the skin for treatment, we perform a medical grade facial which includes an enzymatic peel as it is always good to prep the skin to remove any dead skin cells, and to promote cellular turnover. Depending on the patient, we would do this the same day as the Ultraformer, or we do it in advance so we can do the Ultraformer and PRP on the same day. Then we do the first session of Profhilo two weeks later,” explains Sharin Shafer, Co-Founder of Skinfluencer London. Collagen is stimulated with the Ultraformer, and it has a tightening effect on the skin around the neck and face, working much like a non-surgical facelift. Together with PRP and Profhilo, each treatment boosts the effectiveness of the other for the ultimate all-in-one facial.

**Need to Know:** *Each treatment takes approximately 45 to 90 minutes. For Ultraformer there is no downtime, but for the injectable PRP and Profhilo treatments, some people may experience slight bruising, which quickly subsides quickly. All four treatments last over six weeks’ time.*

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