

# FOCUSING ON THE 40+ WOMAN

Words Julie Drennan Arnold LE, CIDESCO

***T'S a constant refrain amongst women of 40+. "I never thought I would be dealing with wrinkles as well as acne at my age!" Combined with sun damage, the odd thread vein and loss of elasticity, it is difficult to know where to begin.***

Now more than ever, women want non-surgical options to address specific skin concerns. We prefer minimal down time, wishing to look refreshed rather than obvious. We try various creams and potions, which promise results but never deliver. Where do we turn for advice and treatment targeted to our individual needs?

Cosmetic Doctors, Dermatologists and Licensed Medical Aestheticians are often your best source for up to date treatments at Clinics registered with the Healthcare Commission. Infrared Skin Tightening, IPL Skin Rejuvenation, Fractional Resurfacing, Skin Peels, Wrinkle Fillers, Botox and Medical Skin Care administered under experienced supervision can achieve far more than over the counter creams or traditional facial treatments. Look for relevant qualifications and expect an informative,



complimentary consultation prior to proceeding. When consulting with a new Patient, I always ask what three things she would most like to address.

We then outline a plan, which includes expected costs and realistic projected results.

Forty plus skin comes with special needs. As collagen and elastin depletion results in thinning skin, fine lines and wrinkles, we are often faced with hormone and stress related blemishes and cysts. Cysts may be painful, last ages, leaving discoloration when they finally resolve. Creams and treatments to address

wrinkles can worsen the problem.

Medical Skin Care sold only in Clinics contains wrinkle fighting retinols, peptides, powerful antioxidants and full spectrum sun protection. New formulations reduce blemishes and pore size, whilst increasing cellular turnover. Light Medical Peels and Medical Microdermabrasion, supplemented with proper home care is recommended by the American Academy of Dermatology.



It is not unusual for adult women to be diagnosed with Rosacea, which can include chronic flushing of the cheeks, red veins, spots and dryness of the cheeks and nose. Fortunately, IPL Photo Rejuvenation and Medical Skin Care can be highly effective in reducing the appearance and symptoms of Rosacea.

The good news for us who are over 40 is that technology is on our side. We have more choices than ever before. This past year has seen a huge increase in Laser Infrared Skin Tightening combined with IPL and Fractional Non Ablative Laser Resurfacing at our Clinic. Most often performed in a series of four sessions, the results have brought many referrals and kept us very busy. IPL Photo Rejuvenation removes red veins, brown spots and evens the skin. Infrared Laser Tightening firms the skin on the face, neck and body. Fractional Resurfacing reduces lines around the mouth, eyes and minimizes scars. IPL Hair Removal is effective in dealing with unwanted hair.

As we have increasing options, it can be confusing to know where to turn for advice and treatment. As always, my advice is to seek consultations at Health Commission registered clinics. Ask detailed questions and ask to see before and after photos. Get a written quotation, and if possible, a personal referral.

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