

ELITE

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magazine

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Fine fare for spring gatherings

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Dresses for every occasion



Natural BEAUTY

A guide to facial fillers

most patients having a cosmetic treatment are seeking a more youthful

appearance, but still want to look like themselves. So a good rule of thumb is to undergo temporary procedures that wear off, before committing to something permanent. A 2013 study in a leading Facial Plastic Surgery journal has shown that, while cosmetic surgery can make people look younger, it doesn't necessarily make them more beautiful.

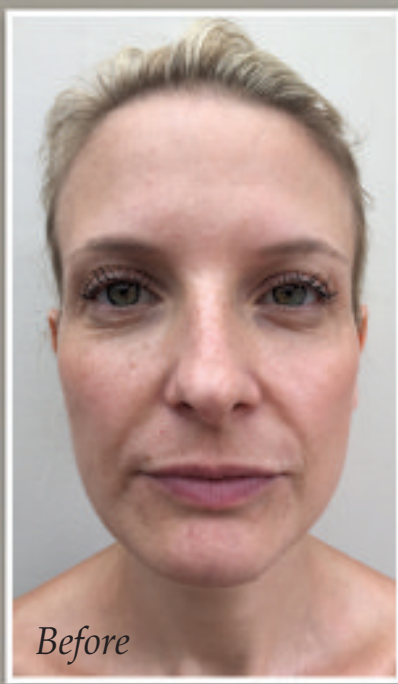
Erasing lines and folds, tightening sagging skin, or restoring young full lips may rejuvenate some faces, but as we are all aware, can also look odd and a bit out of balance on others. Patients new to fillers often bring up fear of this kind of "unnatural" result, causing some to avoid treatments altogether.

The restoration of a natural volume distribution is a major goal in facial rejuvenation. Having a detailed understanding of facial anatomy to recognize "what's been lost where" on a case-by-case basis so as to individualize treatment plans, helps to offer the sort of subtle and natural-looking results desired by patients who often say that they don't want to look done, but just want to perhaps look less tired.

The contemporary standard of care is to treat the face from "the inside out", to preserve and maintain facial structures, and the breadth of today's facial filler options makes this an exciting and realistic possibility.

FDA approval of the first hyaluronic acid (HA) dermal filler in 2003 was a major breakthrough in non-surgical treatments. HA is found in abundance in our skin, cartilage, joints and the fluid in our eyes and is the most water-loving molecule known to man. Around 1/3rd of our total HA is made and broken down daily, and as we age our bodies' natural ability to regenerate HA slowly decreases. This natural regeneration process can also be affected by lifestyle factors such as sun damage, smoking and stress.

Volume loss is a key pathology in the



Before



*After **

**Before and after full facial revolumising with Juvederm Vycross in a 43 year old female*

ageing face, and restoring this in a sympathetic and strategic manner is key to a successful treatment. I encourage my patients to bring in a photograph of themselves when they felt they looked their finest, so that together we can understand and address these concerns together.

Our understanding of facial anatomy and the ageing process, and the evolution of dermal fillers over the past decade has revolutionized the way in which we address facial volume loss in a full facial approach rather than the old fashion method of 'chasing lines'.

Here are my top tips to help you on your facial filler journey:

1. Consider WHY you want to have a facial filler treatment, HOW is it going to benefit you? Only consider treatment on your own terms.
2. Do your research before booking a consultation. Websites may be able to answer your questions, but if you can contact someone who has previously undergone treatment, even better. Visit this-is-me.com to read more about real life experiences.
3. A clinical setting is crucial. Do not let someone inject you in a sitting room.
4. Finding a qualified practitioner is vital to ensuring a safe treatment. Ask about their qualifications, and preferably only continue treatment with a qualified doctor, nurse or surgeon.
5. You must have an in-depth consultation with your practitioner who should record your medical history, any known allergies and discuss any safety concerns associated with treatment.
6. A good practitioner will undertake a detailed facial assessment before starting any treatment. They will advise on the best areas to treat and give you an idea of a realistic finishing result.



Miss Sherina Balaratnam is the "Local Country Ambassador" (LCA) for Allergan, the manufacturers of BOTOX and the Juvederm Ultra and the latest Juvederm Vycross range of facial fillers.

7. You should receive a personalised treatment plan to reach your goals, because, after all, no one size fits all. Using a full-face approach, patients receive compliments on how well they look, rather than being asked if they have had 'work done'.
8. Prior to treatment, ensure you will have access to aftercare support with your practitioner on hand to address any queries or issues that you may have.

S-thetics would like to offer all Elite Magazine readers a complimentary facial fillers consultation with Miss Balaratnam until April 31, 2016. Please quote 'Elite Magazine facial fillers' when making the booking.

S-thetics Medical Aesthetic Clinic
Marlborough House,
45 Wycombe End,
Beaconsfield,
Buckinghamshire
HP9 1LZ

www.sthetics.co.uk
01494 670 990
info@sthetics.co.uk