

Art of looking younger

In the pursuit of looking forever younger, aesthetic doctors and nurses have an armoury of strategies to help clients fight back the clock. Botox can be effective in reversibly paralysing specific facial muscle groups to soften wrinkles, whilst dermal fillers literally fills them out to achieve a more youthful look. When these strategies ultimately fail, and gravity prevails, the last resort previously was to go under the knife. But, in recent years as experience and techniques improved, cosmetic doctors around the world realised that the art of looking younger lied within the middle third of the face, and strategies to rejuvenate this area in particular, can dramatically achieve a more youthful appearance without resorting to surgery.

The contours of a youthful face, is in part constructed by pads of fat which support the overlying skin and soft tissues of the face. Looking at the cheeks and temples of a young person, you will notice that these contours are convex and light bounces off them, giving a radiance which unfortunately is lost as the individual ages. With aging, the fat pads around the cheeks and temples diminish, resulting in sagging of the overlying skin. Soft tissues particularly under the eyes, cheeks and jaw line, start to droop, leading to jowls and grooves around the mouth and jaw. In contrast to years gone by, convexity of the cheeks and temples is replaced with concavity and sagginess, with shadows replacing the radiance of youth. Efforts to counteract this aging process in the mid face, have led to newer treatments for facial rejuvenation, one of which is in the form Sculptra. The active ingredient within this revolutionary product is Poly-L-Lactic acid, which is injected into specific points in the face by specially trained clinicians to stimulate new collagen formation with the aim of building back the support lost to the structures of the face, almost like strengthening the foundations of a house that is showing signs of subsidence. The technique is also known as the 'Liquid face lift' as the end result is akin to a face lift in that, the cheeks are lifted and the jaw line is tightened. However unlike a surgical facelift, the procedure is relatively painless, negating the need for going under a general anaesthetic for the procedure and results are gradual over several months without the dead giveaway of the frozen and taut look of a surgical facelift.

Undoubtedly there is an art to any successful aesthetic procedure, with the end result depending much on the practitioner's eye for refinement and choosing the best spot to inject, in achieving the best results. Devotees to Sculptra, like the fact that it stimulates the body to produce its very own collagen to rejuvenate and revitalise the contours of the face, hence the results are very natural.

Dr Alex Tran, who is a GP with a special interest in Aesthetics recommends Sculptra to any man or woman who has started noticing sagging or hollowing around the cheeks, chins or jaw line but prefer a non surgical option to looking younger. Sculptra is FDA approved and has been around many years in the US and has been used worldwide. The company behind Sculptra, Sinclair IS Pharma, have been training up doctors and aesthetic nurses across the UK to offer this exciting new treatment. In trained hands it is safe, effective, and can make clients look years younger at a fraction to the cost of a surgical face lift. Dr Tran currently offers this treatment at Robert Bell Beauty, Woodford Essex, as well as at Hornchurch Healthcare, Hornchurch and a free initial consultation can be arranged by contacting 0208 133 7783.

