

'TIS THE SEASON TO LOOK FABULOUS!

Before you think 'it's too early to talk about Christmas', bear with me. I am not one of those people who starts buying Christmas gifts in October, or even listens to carols whilst dressing for Halloween. It's just wrong. BUT... looking good doesn't happen overnight.

We all harbour certain contentions about our appearance, face or even body, in one form or another. It's important we don't let these 'mole hills' become 'mountains'. A responsible doctor or nurse will be objective and let you know which concerns are legitimate and which aren't. However, if something really bothers us, and treating it will both help boost self-esteem, and happiness, then let's address it.

We have talked at great length in past articles about facial ageing, understanding the process, and therefore understanding how BOTOX®, dermal fillers and Silhouette Soft can give us a more youthful, natural look. Today we are going to discuss non-surgical treatments for the body (and a bit about the face). These include medical devices such as lasers, ultrasound, radio frequency and cryolipolysis (fat freezing). Today's medical technology is far more advanced than it has ever been, and the results achieved were only dreamt of under a surgeon's knife. Results are natural, sustainable and can be life changing. Results aren't instant and hence, with 9 weeks till the jolly fat man squeezes down the chimney, it's time to start planning. Admit it, you've already started thinking about your outfit and hair style for Xmas nights out, so why not your aesthetic treatments?

Medical devices. Where to start, or finish for that matter? With a 1,200 word limit set by the ever so lovely, but ruthlessly strict editor, this is going to be a whistle stop tour of current, clinically proven devices. As a general rule, I write about what I know. Therefore I will be speaking specifically about certain treatment machines (they're not paying me to 'big them up'), because I believe they work, and work very, very well. Of course there are other machines available which I'm sure also work well, but... always stick to what you know. Right, are you ready for some science, promises and sketchy humour? Read on.

BODY CONTOURING:

'FAT FREEZING': Or in medical terms, I am a doctor after all, CRYOLIPOLYSIS. This is the ultimate, non-surgical body contouring

treatment of choice. Adipocytes (fat cells) are sensitive to cold temperatures (around 4 degrees celsius). Targeted cold is applied to specific gym resistant areas which leads to fat cell death, without damaging the skin above. Once fat cells have been frozen, your own body will simply get rid of them, removing stubborn small pockets of fat that are resistant to diet and exercise (think 'love handles') or even arms and thighs. Results are visible from six to ten weeks. You'll continue to lose fat in the treated area during the following months. For me, the two devices that stand out well above the rest are the Cristal™ and Coolsculpting™ machines.

RADIO-FREQUENCY FAT REDUCTION:

Someone, somewhere thought, "chilling fat, destroys it, what happens when we heat it up?" Answer: it destroys it too! VANQUISH™ radio-frequency (RF) technology is the only non-contact body contouring treatment on the market that safely heats fat cells by emitting specific frequencies to destroy these cells, which the body then excretes, without damaging skin or muscle. After a series of four to six 30-45 minute treatments, consistent and measurable results can be seen. Did I mention no down time? Pretty remarkable, no?

SKIN SKIN SKIN: TIGHTEN, LIFT, GLOW!

It's time to discuss the dreaded 'C' word: CELLULITE. Like it or not, it's there. We don't like it, but there it is. Importantly, what is cellulite? Clinically speaking, it is persistent subcutaneous fat, pushing under skin (which, with age becomes thinner and less elastic), causing dimpling of the skin. It's less about 'fat' and more about poorer skin. Cellulite can be found in thinner and fuller figured individuals, women and men alike, although it's predominantly found on women's hips and thighs. There are many products and treatments that promise to get rid of cellulite but there is little evidence that many of them work well or for long. This is why good clinical evidence is so important. Do your homework about which treatments work and don't work. Indiba™

is a RF device which stimulates collagen production and increases the circulation, improving the delivery of nutrients and removal of waste products. The new, elastic collagen therefore tightens skin, making it firmer and more resistant to dimpling from underlying fat. Good bye cellulite!

LASERS: Why? Skin tightening, hair removal, regretted tattoos.

What is a laser? Strictly speaking, a laser is a device that emits light through a process of optical amplification based on the simulated emission of electromagnetic radiation. Don't worry, I didn't understand that sentence either. Basically, different frequencies, or wavelengths, of light are

chosen, amplified and manipulated to target certain problems. For example, using one frequency in particular (e.g Q-switched), helps heat and cause micro-trauma to skin, boosting production of tightening factors, hence addressing wrinkles, pigmentation and sag. Laser skin tightening and resurfacing used to be associated with a painful experience and a long down time. Today's lasers put yesterday's to shame, with minimal discomfort and days off work. Again, there are too many manufacturers and brands to review, but from my experience, the HARMONY systems works best.

Other frequencies of light are great

at targeting hair follicles, which means permanent hair removal in those very unwanted areas. Again, gone are the days where this was 'jump off the bed, slap the practitioner in the face' sore. The Soprano ICE leads the way in minimal discomfort and permanent hair removal in very few sessions.

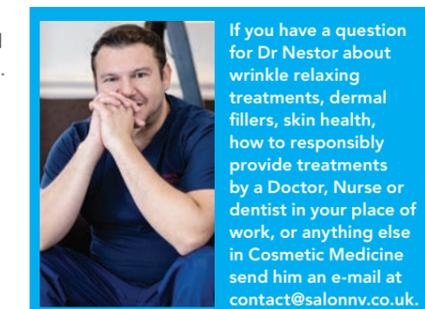
Our third use of lasers is for tattoo removal. No matter how hard we try and forget that trip to Ibiza ten years ago, 'that tattoo' still haunts us. Q-switched lasers target the tattoo's pigment and literally blasts the dye into nano-particles, dispersing the appearance of the tattoo. You're literally 'firing laser beams' at it. How sci-fi is that?! Due to the nature of the dyes

used and the depth of the tattoo, multiple sessions are needed, and rarely can a respectable practitioner promise you 100% resolution. So be weary when they do.

FACIAL LIFTING: I've written in length in past articles about why jowls form, and how to lift them with minimally invasive procedures, Silhouette Soft thread lift being the go to treatment. But what about non-invasive treatments, ones that don't involve needles, fillers or threads? The only answer worth uttering is Ultherapy™. Ultrasound waves focus energy deep beneath the skin at the optimal temperature for collagen regeneration. The treatment jumpstarts a natural process, known as neocollagenesis, to produce new collagen. The device is so powerful that only one treatment is needed to achieve lifting of brows, neck, jowls and even improve the appearance of a sun beaten décolletage (chest area). No down time, with results visible from two months post procedure and lasting upwards of 18 months.

Radio frequency, lasers, ultrasound, and cryotherapy for face, body, hair, tattoo, and skin treatments all covered in under 1200 words. Granted, not the most in depth article, but it wasn't meant to be. It's a taster, an appetiser of what is possible, which devices will deliver every time, and why you need to make time for them now for the holiday season.

If you would like to know more about any of these treatments, visit my page, www.drnestor.co.uk, or call 0141 552 0828 to make a free, no obligation consultation with myself at La Belle Forme, Merchant City, Glasgow.



If you have a question for Dr Nestor about wrinkle relaxing treatments, dermal fillers, skin health, how to responsibly provide treatments by a Doctor, Nurse or dentist in your place of work, or anything else in Cosmetic Medicine send him an e-mail at contact@salonnnv.co.uk.

