

# DR NESTOR DEMOSTHENOUS

## HIGHLIGHTS - WHAT CAN BE DONE TO LOOK YOUR VERY BEST AT ANY AGE?

As official figures relating to life expectancy continue to show, the UK population is living and working for longer than ever before. Many of us maintain healthy, active lives, and take a genuine interest in how we look and present ourselves to the world around us. It's great news, but living and working longer can bring extra pressure when it comes to keeping up appearances.

As we live and work longer, there is more emphasis put on looking - as well as feeling - your best. The media will always present images of youth associated with beauty at any given opportunity, however, with a number of advertising campaigns now headed up by older models - a striking 70-something Lauren Hutton currently modelling for Calvin Klein underwear to name but one - perceptions about age are being challenged. Looking good for your own age never felt better.

There are, of course, a number of things we can do to make sure we live as healthy a life as possible, which contributes greatly to how we look. A good diet, getting enough exercise, sleeping well, keeping skin well hydrated, and minimising stress all play a part in us looking our best. But for the times in your life when you need a little extra help, cosmetic aesthetic treatments come into their own. Non-surgical procedures now offer a range of options available that are not there to fundamentally change the way you look, but are there to help you keep looking like you - just the best version of you that you can be, regardless of age.

Most people will be familiar with the term Botox, but what you might not realise is that this drug has been used medically for more than 60 years and is the most researched drug in the world. In the hands of trained specialists, it is used to stop muscle activity in certain areas, which in turn stops those wrinkles from appearing when you smile, laugh or raise your eyebrows.

Botox has been used cosmetically for 26 years now for getting rid of frown lines, crow's feet and forehead lines, as well as on chins and around lips, reducing how much the skin over muscles is allowed to wrinkle. The result is a fresher, more youthful look.

Dermal fillers are another option to help restore youthful features without resorting to surgery. Young skin contains plenty of a naturally hydrating substance called hyaluronic acid (HA), but, as we age, sunlight and other damaging factors can reduce the amount of HA present in skin, which leads to skin losing volume and structure, resulting in wrinkles and folds.

Words: Dr Nestor



Fillers are smooth gels that are injected to soften those fine lines or to restore volume and natural contours in the face - they are a safe, effective and minimally invasive way to replenish the lost HA in your skin and replace the volume of more youthful features, reducing the signs of ageing.

One of the specialities in our Edinburgh clinic is the Silhouette Soft thread lift, which provides an immediate mechanical lifting effect as well as a biological lift by boosting the natural production of collagen in the months that follow treatment. The lifting effect is noticeable right away, while the regeneration is gradual and natural. Once a suture is applied to skin, polylactic acid, which has been well used in the medical field for years, acts on the deeper layers of the skin and naturally stimulates the body to produce its own collagen. This action, which continues over time, helps increase the volume in areas of the face that have started to sag, and restore shape to the face gradually and naturally.

Skin health is also affected by the ageing process, as well as lifestyle factors such as poor diet, smoking, drinking and exposing skin to too much sun; ageing skin is less hydrated and far less elastic. There are a number of steps we can take to look after skin, but the main one should be to protect it in the sun. Wearing sunscreen year-round will help skin to age well. Make sure you choose a good sunscreen, an SPF 50 that protects against UVA, UVB and infrared light, and apply plenty of it.

Our skin specialist at the Edinburgh clinic

is Dr Lauren Jamieson Smylie. A trained and practicing GP, Dr Lauren offers non-surgical facial aesthetic treatments that help prescription-strength products penetrate the skin for longer-lasting, deeper results.

As a physician, Dr Lauren uses medical-grade products and tools, including prescription-strength brands, during a medical facial. Her in-depth knowledge of physiology, combined with her knowledge and expertise in skin care, means her treatments get results. Medical facials are an effective way of complementing other non-invasive treatments such as fillers, Botox, and laser resurfacing. Medical facials are custom tailored to each patient's individual skin needs and generally follow the same steps as a spa facial—cleansing, exfoliating, extraction, and hydrating—but on a more intense level. Dr Lauren is not a dermatologist, who would specialise in diseases of the skin and their treatment, she is concerned with the ageing process, the look and appearance of skin, and how to restore its youthful function and appearance.

Medical facials are aimed at rectifying any damage to the skin caused by ageing, dehydration, sun damage, or acne. The treatment often requires a more vigorous approach than a regular facial, but the effects are always better and longer lasting than any spa facial could be.

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