



# Best treatments

With Dr Catherine Stone, as seen on TV One's *10 Years Younger*

# in your 20s

## No-knife treatments for twentysomethings

**Q** It's *Woman's Day's* 20th birthday, so what fabulous non-surgical treatments can you suggest for those in their 20s? – Amy, Beauty Editor

**A** Happy birthday, *WD!* Non-surgical cosmeceutical is not just for wrinkles once you're over 30. There are many options to improve beauty rather than just reduce wrinkles. In your 20s and 30s, dermal

fillers can be used to enhance your lips or to create or enhance cheekbones, chins and noses.

These advanced techniques should only be performed by an experienced and artistic doctor, however, used properly they can give subtle yet stunning results – your friends can't quite pick why you look so good!

There is a possibility of bruising, so plan dermal filler treatments at least two weeks before any big event. And if you're getting married, do a trial run six months to a year prior, and your treatment at least one month before your big day.

Permanent hair reduction

with IPL and laser is also a popular treatment for the younger crowd. Winter is an ideal time, as you need to keep the area out of the sun while you're having IPL, and you'll need about 6-10 treatments.

Starting cosmeceutical skin products containing vitamin A and vitamin C in your 20s may prevent you from ageing as quickly when you reach your 30s and 40s, so it's a good time to start looking after your skin.

And if you suffer from excessive sweating, there's Botox – a simple 20-minute procedure can reduce sweating by 83 per cent.

‘Your friends can't quite pick why you look so good!’

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