



Beauty | PROFILE

MOISTURE SHOT

The hands and neck show the telltale signs of age, before any other area on the body, says Trudi Brewer.

When it comes to hydrating skin, two areas of the body are hard to treat, the hands and neck. Moisturisers give temporary smoothness, but to change the look and texture of skin, appearance medicine is where you can see permanent change. Dr Catherine Stone from The Face Place shares the changes and treatments you may expect to see at any age.

In your 30's you might start to notice the skin thinning a little on your neck and hands, this is the best time to start using an SPF 30+ sunscreen every day. Add a good quality vitamin A and vitamin C serum on your hands and face, a simple tip is to use any remaining product from your face and just run your hands down your neck and chest, and then rub the last bit of product on the backs of your hands. If you have a family history of 'turkey necks', now might be a good time to start using wrinkle-relaxing injections to soften the platysma muscle of the neck that creates those 'turkey neck bands'. ►



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40's

You will probably be noticing your jawline is starting to sag a little in the front, and either you're developing those pesky 'turkey neck' platysmal bands, or your double chin might be starting to show. The horizontal 'necklace lines' are starting to etch in, and the skin is becoming a little more wrinkled. You should be continuing your preventive measures with skincare but may consider more 'in-clinic' procedures such as injectable 'skin boosters' to improve the skin's texture and collagen production; skin tightening with energy based devices using radiofrequency, ultrasound or laser; or fat destroying technologies for your double chin. Fine dermal fillers can be used to soften the 'necklace lines'; while regular exfoliating treatments such as nutritional peels, or skin cell stimulating treatments like dermal needling and PRP can help improve the crepey skin. Avoid spraying perfume on the neck, as it can react with the sun to cause a chemical irritation and result in a relatively common condition called Poikiloderma of Civatte, where brown and red patches develop on the skin on either side of the neck, which are difficult to treat. Instead, spritz your perfume onto your clothes before you put them on, or put it at the back of your head, above your hairline. Hands start to lose their plumpness, and the tendons, bones and veins start to become more visible as the skin thins more, and the supporting fat under the tissues becomes depleted. Skin boosters such as PRP (platelet-rich plasma), injectable HA (hyaluronic acid) or the new combo of both called Cellular Matrix PRP, can help to thicken the skin and improve its youthful glow.



50's

You may continue to get good results with the less invasive treatments, but if you have neglected your neck, or you are just not genetically blessed, your neck may have become more saggy, especially at the front, with loss of definition of the jawline. The development of jowls, and brown spots, especially if you were a sun lover in the past will start to show. Try IPL, laser or dry ice (although the dry ice will often leave white scars instead), on brown spots, or a more surgical approach, with either liposuction (for double chins) or a surgical neck lift (for a saggy neck). Hands can become more skeletal (Madonna's hands are an extreme example of this) due to progressive loss of the supporting tissues, so a dermal filler might be useful to plump up the tissues and replace the fat. While skin boosters can sometimes be used via a specialised 'gun injector' to thicken the skin of the fingers, and the back of the hands.



EACH MONTH THERE ARE NEW AND EXCITING TECHNOLOGIES AVAILABLE IN THE QUEST TO HOLD BACK THE AGEING PROCESS. Stone shares the latest.

WHAT ADVANCES IN TECHNOLOGY ARE YOU MOST EXCITED ABOUT FOR TREATING THE NECK?

ThermiTight uses a tiny wand with a heating radiofrequency tip to precisely heat the supporting tissues of the neck (the SMAS, which is what is lifted and tightened in a surgical neck lift), and at the same time melts small pockets of fat under the chin and tightens the skin. Our initial results have been pretty impressive, however it does take about 6-12 months to see the full results. ThermiTight is FDA approved and has been actively used in the US and Canada for over three years with incredibly positive feedback, and has just received TGA approval in Australia.

For those with excessive sub-mental fat (the fatty bulge under the chin), a new injectable treatment called Kybella uses bile salts to 'melt'

the fat under the chin, and should be available in Australia and New Zealand at the end of this year. It is similar to an old treatment called injection lipolysis, which uses phosphatidyl choline to melt the fat. Both treatments give significant swelling and bruising for a couple of weeks. And there is Coolsculpting treatments, which use a special hand piece to freeze the fat under the skin, this is another option for removing extra fat under the chin.

AND FOR THE HANDS?

Combining injectable skin boosters to improve the skin and replace lost fatty tissue, with IPL to treat the brown spots and boost the results of your skin rejuvenation. We are using Cellular Matrix PRP as our skin booster, as it combines PRP (your own platelets and plasma which tell

your body to repair the skin) with HA (hyaluronic acid, which provides hydration and also stimulates your skin cells to produce collagen and elastin). And Syneron ELOS system, which combines IPL to erase the brown spots, with radiofrequency and diode laser to boost the skin rejuvenation. We have seen some exciting results so far.

AND WHAT IS THE NEXT GENERATION OF TREATMENTS LOOKING LIKE IN THE FUTURE?

Using your own stem cells will be the future of cosmetic and regenerative medicine, however at the moment the medical community is not completely convinced about the safety of manipulating these cells. This is an area we are watching with interest. ■