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DR SARAH HART

DR CATHERINE STONE



DR MICHELE McVIE

Real life

Cosmetic experts tell all

MEET THE PROFESSIONAL FACE CHANGERS

KATE ALLEN

More than ever before, women are turning to Botox and fillers to achieve facial perfection. But what work are the industry's leading ladies having done? Woman's Day finds out ...

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DR CATHERINE STONE, 42
FOUNDER OF THE FACE
PLACE IN AUCKLAND'S
BRITOMART

Number of procedures:
191 over 18 years
Cost: \$200,000

- ◆ Botox
- ◆ Fillers
- ◆ Vampire facials
- ◆ Peels
- ◆ Microdermaplaning
- ◆ Omnilux
- ◆ Laser

When did you start having work done to your face?

It's been 18 years now and I've never looked back! When I look at what people spend on their cars or their house, I consider it a good investment. Whether we like it or not, we are most often judged with first and last impressions on how we look. We are our own biggest asset and worth investing in more than any house or car.

What's your favourite procedure?

Gosh, everything! You name it, I have it. From the standard frown to the less popular ones, like gummy smile and even lifting of my mouth corners to make my face look happier. But only a tiny bit in my crow's feet as I like the smile lines.

But you don't just use Botox for cosmetic reasons?

That's right. I use it in

my injecting arm for RSI [repetitive strain injury], especially if I've had a few months of back-to-back injecting appointments and lots of filler injections. I've also used it for eye twitches and when I got a wry neck that wasn't responding to chiropractic care. And in my jaw from teeth clenching and grinding. Even in the back of my head for tension headaches.

Does the vampire facial, made famous by Kim Kardashian West, really work?

If I could use this in every tissue of my body, I would. You essentially extract your own blood, spin it to separate the plasma and then use this as a treatment. And it isn't just the face. I've had all the vampire treatments on most parts of my body, but not the P-Shot as I'd need a penis for that one! I've had standard Platelet Rich Plasma, which is what it's really called, to improve skin texture on my face, chest, neck, hands, arms and legs. I've also used it for sexual enhancement with the O-Shot, which revives the feelings down there. Too much information?



DR SARAH HART, 47
FROM SKIN INSTITUTE,
WITH BRANCHES AROUND
AUCKLAND

Number of procedures:
45 over 20 years
Cost: \$16,000

- ◆ Botox
- ◆ Fillers

Your personal treatment list is pretty short. Why is that?

I'm about looking like the best me I can. It's about being natural. I have Botox, but I have very tiny doses of Botox. I have baby Botox. I like my face to still move, but I like the effect of relaxing those muscles a bit. It's a long-term wrinkle prevention for me. And I have a very small amount of dermal filler in my cheeks every so often. Dermal filler is essentially a gel that is injected under the skin, which leaves the face looking more plump and youthful.

You specialise in Botox, but how different can each patient really be?

Botox is an artistic thing and how it's done is very important. It's a style thing. It's like a haircut - you go to one person and they'll cut it a few millimetres short in the wrong place and it just won't sit right. With Botox, that few millimetres is the difference between raising and dropping a brow, so you have to be

really accurate and adjust it for every person.

What else do you use on your skin?

I really like the skincare side of things. I like the doctor-grade skincare as there's a much higher concentration and my favourite would be the retinol, which helps with fine lines. It is really important for women to be using retinol. It's a star product and is easily available. Because I have sensitive skin, it would be the vitamin D and the hyaluronic serum. Skinmedica's HA5 serum is incredible, but it is \$300 a bottle. It's my splash-out purchase, but I do feel guilty when I buy it.

What's new in the world of cosmetics?

Injectable moisturisers. They can keep your skin hydrated for six months by injecting the moisturiser under the skin with a derma-gun. It helps with the skin metabolism and helps to make collagen, which keeps the wrinkles at bay. It has come over from South Korea and it's really going to take off. It's \$600 a treatment and you'd need to do a course of three. I'm booked in for one soon and can't wait!



DR MICHELE McVIE, 60
OWNER OF MEDICAL SKIN SOLUTIONS IN MANGAWHAI HEADS

Number of procedures:

168 over 14 years

Cost: \$70,000

- ◆ Botox
- ◆ Fillers
- ◆ Lip filler
- ◆ Environ vitamin skin infusions
- ◆ Dermal needling
- ◆ Fraxel

What was your first procedure?

It was Botox for my frown and smile lines around my eyes, and that was back in 2004. I wasn't nervous – more just curious as to how I might look. I was 56 and I wanted freshening up. I soon started having fillers and a lip filler. Even now, 14 years later, the muscle relaxants – either Botox or another brand called Dysport – are my favourite.

Is it now a normal part of your beauty regime?

A lot of people have initial misgivings about injectables, but once you get over them, it definitely becomes a regular part of a modern beauty regime. But I do feel those of us in the profession have a responsibility to keep our patients looking and feeling healthy and "normal". We need to be careful not to feed

anxieties and narcissism. Self-care is healthy – self-absorption isn't.

Like model Linda Evangelista, you have regular Fraxel. What is it?

I have Fraxel twice a year and it's essentially a laser that restores the skin to its natural state. It helps with pigmentation, but generally it's great for getting the flow back. It can be very uncomfortable, but the benefit is not having the down-time that other resurfacing procedures have. I love the outcome of this and it's definitely my go-to. There has really been a boost of interest since celebrities started coming out saying they used Fraxel.

Has society become more accepting to cosmetic procedures?

We are really fortunate to have so many non-surgical options that allow us to look "healthy" as opposed to "done". While society still judges us on how we appear, we women will continue to search for help to keep us looking happy and healthy. Yet I don't believe this is new. Rather, it's just more instant and accessible.



KATE ALLEN, 33
LEAD INJECTOR AT APPEARANCE MEDICINE & WELLNESS CENTRE IN ROSEDALE, AUCKLAND

Number of procedures:

40 over eight years

Cost: \$34,000

- ◆ Botox
- ◆ Dermal filler
- ◆ Eyebrow microblading
- ◆ Dermal needling

You have a passion to maintain standards in the industry, right?

I've spent most of my career managing the national training academy as part of Caci Clinics. I trained the nurses in part of my role as Clinical Director and that was so important to me. We have a responsibility to keep standards high. Even when I was doing this role, I still treated patients at Appearance Medicine and Wellness Centre as it's my true passion. I love working with women and making them feel more confident, so this year, I decided to focus purely on this and take a break from the training.

What do you have done yourself?

I currently have Botox around my eyes, forehead and frown, and dermal filler in my lips. I also have dermal needling twice a year and I have my eyebrows microbladed, which makes them more defined. My first procedure was Botox in my frown and that was

almost eight years ago. I was nervous, so I did a lot of research first, but I was reassured by the number of clinical papers on Botox.

Why do you have the treatments?

Maintaining healthy skin is important to me. I live on a lifestyle block with farm and domestic animals, I have three active boys and a busy work schedule, so treatments that help me look and feel fresh are important. I don't obsess over my appearance, so cosmetic treatments enable me to rush out the door with just moisturiser or minimal make-up and feel confident in my skin.

You are a big fan of dermal needling. What is it?

Dermal needling involves a medical device containing tiny needles, which repeatedly puncture microscopic holes into the skin. Topical anaesthetic cream is applied prior and it works by stimulating your skin to create new collagen in the treated areas. I just love the benefits of this treatment, like reducing pore size, regulating pigment, improving acne scarring, tightening skin, improvement in fine lines and healthier skin in general.

TEXT: AMY NELMES BISSETT; PICTURES: MICHAEL ROOKE/BAUER STUDIO; HAIR & MAKE-UP: MELLE VAN SANBEEK; GREER MELROSE; STYLING: LUCIA TORI-BROWN; CATHERINE WEARS OBI BLACK; RUBY, TK STORE; SARAH WEARS RUBY, TK STORE; MICHELE WEARS CHOCOLAT, OBI BLACK; KATE WEARS OBI BLACK, TK STORE; ALL SHOES FRO MI PIACI.