

# smooth

**Sign of ageing:** Fine lines or wrinkles.

**The cause:** According to Dr Luke, of Ellipse Skin Science, wrinkles and fine lines occur when the skin begins to lose its elasticity, and the supporting structure of proteins – such as collagen and elastin – deteriorate. “With age and environmental assaults, the protein network becomes damaged and loose, and the skin’s ability to keep producing new collagen and elastin is reduced,” he reveals.

## TREATMENT

### At home

“Maintaining your skin in its optimum healthy state is the best way to slow the formation of wrinkles and fine lines,” advises Dr Luke. To do so, he suggests using products with moisturising ingredients plus collagen and elastin promoters, combined with skin protectors like a broad-spectrum sunscreen and anti-oxidants. Use a serum for a concentrated boost, or zone in on deeper lines with a localised treatment product.

### At the salon

Supplement your daily skincare regimen with a monthly facial that hydrates and encourages collagen formation to plump and fill out lines. **Try:** Elemis Pro-Collagen Quartz Lift Facial, from \$150, uses minerals to improve cell health and encourages collagen and elastin growth. Or opt for the Payot Paris Collagen Treatment, from \$200 for 90 minutes, for a hydration and collagen boost to achieve a smoother, plumper look.

## PINS & NEEDLES

For a holistic anti-ageing treatment, why not try facial acupuncture? “Cosmetic acupuncture is another popular procedure to tighten and lift the face,” reveals O’Mara. “It’s a non-invasive approach that can be used simultaneously with, or as an alternative to, other techniques.” She says that some of the results include: encouraging the production of collagen and boosting hydration; aiding the filling out of fine lines and deeper folds; and increasing blood and lymph circulation.



### BEST BUYS

Leaf & Rusher Active Serum (1), \$195. Dior Capture R60/80 XP Ultimate Wrinkle Restoring Creme (2 & 5), \$155. Nivea Visage DNAge Zone Action (3), \$24.95. Bergman Injectables @ Home Anti-Wrinkle Serum (4), \$249 for a box of 15. Innoxa Skinline-Defy Line-Defying Repair Serum, \$32.95. Yves Saint Laurent Lisse Expert Esthetic Targeted Anti-Wrinkle Night Treatment, \$124.

### At the clinic

**The procedure:** Muscle relaxant.

**How it works:** “Muscle relaxers like Botox are a collection of protein molecules that block the transmission of nerve impulses into muscles,” explains Dr Kohout. “This means targeted muscles can’t contract, and therefore relax.”

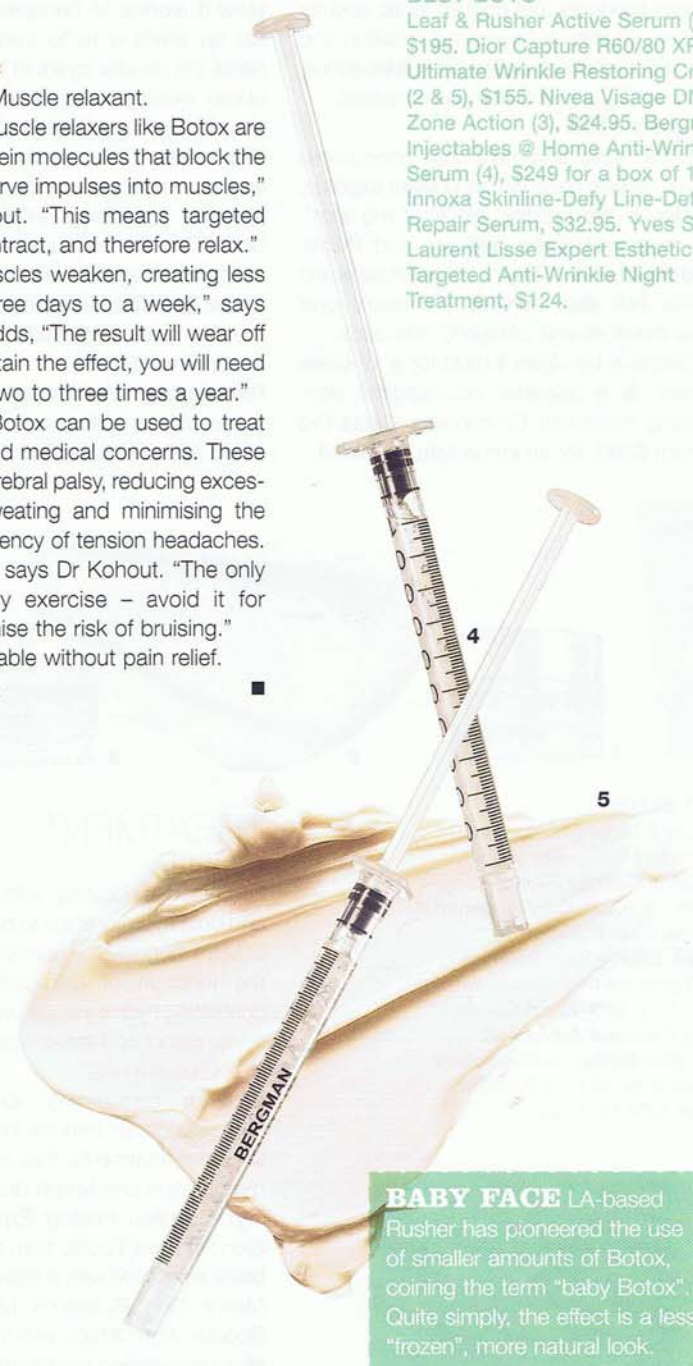
**The results:** “Muscles weaken, creating less wrinkles within three days to a week,” says Rusher. O’Mara adds, “The result will wear off gradually. To maintain the effect, you will need repeat injections two to three times a year.”

**Other benefits:** Botox can be used to treat many cosmetic and medical concerns. These include treating cerebral palsy, reducing excessive underarm sweating and minimising the intensity and frequency of tension headaches.

**Down time:** “Nil,” says Dr Kohout. “The only limitation is heavy exercise – avoid it for 24 hours to minimise the risk of bruising.”

**Pain factor:** Tolerable without pain relief.

**Cost:** From \$280. ■



**BABY FACE** LA-based Rusher has pioneered the use of smaller amounts of Botox, coining the term “baby Botox”. Quite simply, the effect is a less “frozen”, more natural look.