

# Facial Ageing

What happens and how to minimise the effects





It is a simple fact of life that everyone's face will change as they age. Simply look at someone in their 20's compared to someone in their 50's to see the differences.

The good news is there are many things that can be done to minimise the appearance of ageing and this booklet will show you how.

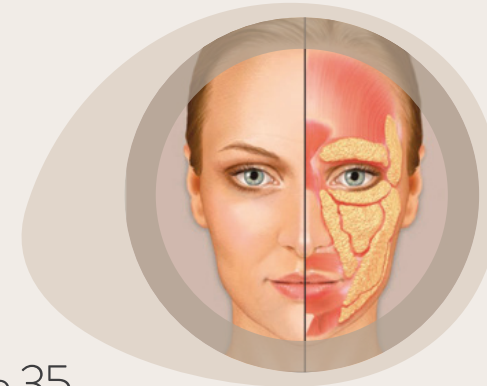
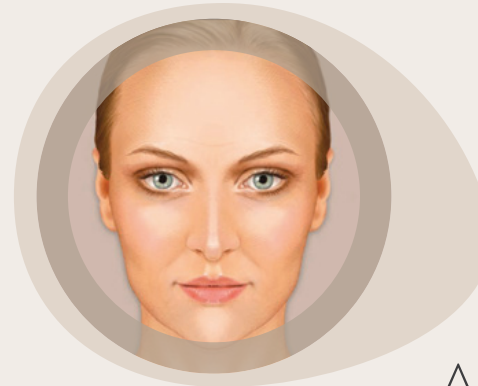
There are 2 ways that ageing begins to show on our faces.

- 1 Changes to the outside of the skin such as small brown spots, tiny broken veins and fine lines, skin is simply not as flawless anymore.
- 2 Changes underneath the skin which affect the shape and appearance of our faces (particularly women) such as loss of cheek volume, jowls, under eye hollows or puffiness. These changes tend to make us appear more "sad" or "unhappy" with lines and shadows giving the face a more downward, drooping look.

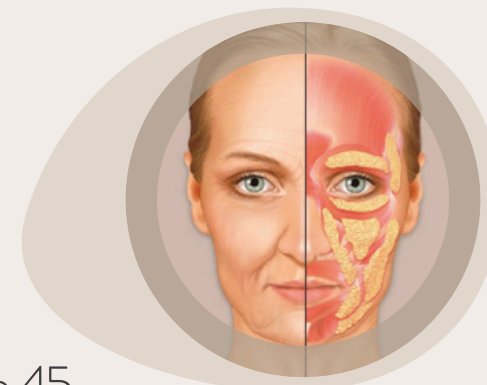
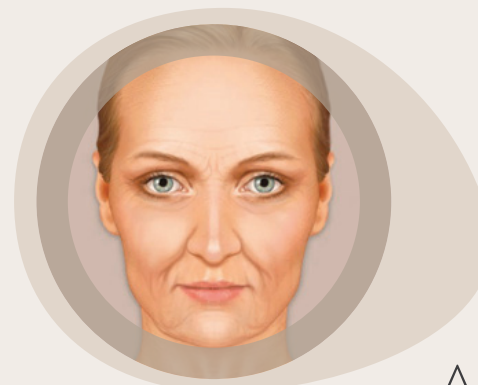
Most people believe that ageing occurs at the same rate year on year but a new study has discovered that ageing can happen in spurts, and that these bursts of activity are driven by the way we live and the traumas we suffer. Whether it is crash-dieting, divorce or being made redundant, events such as these can quickly put years on our face. When you lose and gain weight repeatedly, it affects the ligaments that support the soft tissue in the face, allowing them to stretch and then relax. When this happens it causes the face to sag.

Not all of the face ages in dramatic spurts. Ageing is gradual in the forehead, brow, jowl and jaw line. However, ageing in the mid-face seemed to happen in dramatic spurts with up to 35 per cent of a woman's cheek volume being lost in just one year.

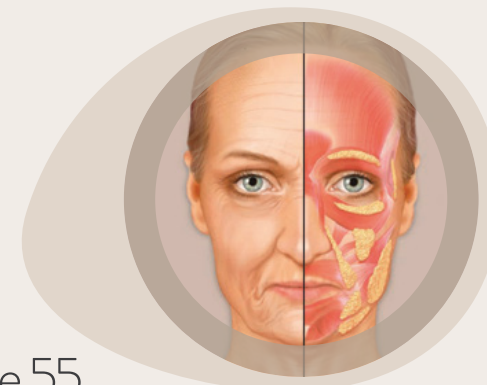
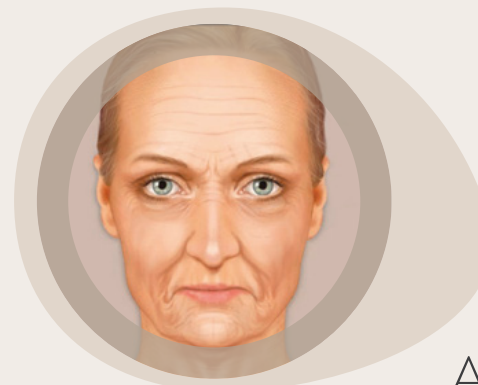
The pictures opposite show how the face shape changes over time. See how many of the changes show in the lower face even though most of the changes occur in the mid face.



Age 35



Age 45



Age 55

## So what can we do about these changes both on the surface and underneath the skin?

We will look at treatments which can help prevent and/or repair the damage but here are a few simple tips you can try at home to maintain a more youthful look.

### 1. Choose a lighter lipstick

Dark shades can be unflattering on mature skin because lips get thinner with age. To keep lipstick from looking too severe, choose rosy reds or flesh-colored shades, and stay away from peaches and oranges, which can make teeth appear yellow. And remember, swiping on lipstick without other makeup can make you look older than if you wear no makeup at all.

### 2. Invest in the right foundation

Even if you have never worn foundation before, it can work wonders to give an instantly more youthful look simply by restoring a more flawless skin. It restores a youthful look instantly by covering up tiny imperfections such as broken veins and tiny sun spots, choose the right shade and texture to suit your lifestyle. We promise you this works.

### 3. Supersize your sunglasses

By now you know how damaging the sun can be, so besides coating on sunscreen, shield yourself with chic accessories. Swap your thinly rimmed aviators for oversize frames and you'll get more protection around your eyes, which wrinkle first. A big hat helps protect from sun and throwing on a silk scarf can also help prevent sun spots in the décolleté area.

### 4. Wear Antioxidant-infused sunscreens

You know SPF 30 is a must. But a formula that contains antioxidants will also reduce oxidative damage and does not need to be reapplied as often.

### 5. Remove makeup before bed

We know this! But this is about more than just avoiding clogged pores. It's extremely important to rid your skin of the environmental pollution you've been exposed to throughout the day and wash away free radicals to avoid the breakdown of collagen and elastic tissue.

### 6. Beef up your brows

Thick brows are a sign of youth, so filling them in correctly is crucial. Draw in hairs with a ticking motion from bottom to top using a neutral shade. Products like RevitaLash RevitaBrow Conditioner (available at Sandon Court Clinic) can also help by boosting brow growth with peptides and botanicals.

### 7. Whiten your teeth

Erasing the signs of coffee and tea from your teeth will definitely give you a more youthful look.

### 8. Stay away from sugar

If you research this, you'll find that sugar can actually cause wrinkles. There is a whole process here that is quite nasty. Avoid sugar!

### 9. Improve your posture

It's a known fact that hunched shoulders add age to everyone. Stand up straight, shoulders back, head up to look younger instantly!







## Treatments to improve the skin surface

There are a range of treatments that can dramatically improve the look of the skin. Each treatments works in a different way as follows:

### IPL Laser Treatment

IPL is a broad spectrum of light that efficiently targets brown age spots, small veins, capillaries, diffuse redness (Rosacea) and uneven skin tone. IPL is designed to achieve visible improvement in the skin with no down time and minimal discomfort.

Three or four treatments are usually required at monthly intervals. Ideal for face, neck, décolletage and hands. Patients with signs of sun damage can notice an immediate decrease in irregular pigmentation and broken capillaries, a decrease in pore size and fine lines as well as boosting collagen. Approx £100 per treatment.

### Dermaroller

Dermaroller is a procedure that improves skin texture, reducing pore size, fine lines and plumping the underlying skin. This medical device uses tiny needles to stimulate the skin to produce new collagen and elastin. The tiny needles work deep in the skin and yet the skin remains intact so down time is minimal, pinkness for approx 24 hours like sunburn. After 1 treatment you will notice smoother, more glowing skin. After 3-5 treatments you will see a dramatic improvement in acne scarring. £250 per treatment.

### Microdermabrasion

Microdermabrasion is a process which uses crystals to removes dead skin cells from the epidermis, cleaning out blocked pores and enhancing skin tone. The process increases sluggish skin cell turnover and enhances skin care uptake producing fresh, glowing skin.

Microdermabrasion improves many skin imperfections such as acne, mild pigmentation, congested skin and extracts blackheads and whiteheads. This treatment is most effective as a course of 3 or 6. £120 for 3 treatments.

### Medi-Facials and Medical Strength Skin Peels

Cosmeceuticals contain 5 times the active ingredients that normal salon products contain which is why a Medi-Facial is able to produce far superior results than a standard salon facial.

Medical strength skin peels rejuvenate the skin, reducing fine lines, wrinkles and mild pigmentation by restoring growth of healthy young skin cells and increasing cell turnover. We offer a range of peels prescribed for your skin concerns for maximum results with minimum down time (less than 24 hours). The more intense peels require 10-14 days of skin preparation prior to treatment.

# Treatments for changes under the skin

As you can see from the picture on page 2, it is the underlying structural changes that happen as we age that change our looks over time. By restoring volume and rebuilding facial muscle you gain a much more youthful appearance. Below are treatments that can help with this.



Botox

## Botox

Expression lines such as frown lines and laughter lines give our face its character. However, as we age these lines start to become permanently ingrained even when we don't make that expression. Having botox at the stage where you begin to see the expression lines eg frown lines when not frowning is a good point to start botox treatments. It simply blocks the nerve signal to tell the muscle to move so preventing that line occurring and becoming deeply ingrained in the tissue.



Sculptra

## Sculptra

As we age, loss of volume in the mid face makes a significant change to how we look. For women, as oestrogen levels start to drop so too does the volume and plumpness especially from the cheek and temple area. Sculptra collagen stimulating injections make your skin produce collagen and so adds soft volume back to the areas you have lost it, hence it is known as "a facelift in a bottle". A series of 2-3 treatments two months apart, gradually restores soft volume back to the face for a more youthful look and lasts 2-3 years.



Before Fillers

After Fillers

## Dermal Fillers

Dermal Fillers are made of pure hyaluronic acid, something you naturally have in your skin so is a very safe filler to use. They can be used to instantly take away lines and wrinkles such as nose to mouth lines, droopy mouth corners and lines under the mouth. They can also be used to plump out cheeks, lips and chins with instant results that last for 6-12 months. A very popular choice with clients to take away the first signs of ageing.



Microdermabrasion

## 3D Lipo RF

3D Lipo RF uses radio frequency heat to tighten loose skin by creating heat in the deep dermis which causes your skin to "repair" itself by producing new collagen. A series of 6-8 treatments is needed to obtain the best results. Each treatment produces more collagen to work with on the next treatment. This is an ideal treatment for sagging in the lower face known as jowls. Results last around 2 years. Great in combination with treatments which add volume to the mid-face, such as Sculptra and Genie.



IPL Treatment

## Genie

Genie uses electrical stimulation to rebuild muscle volume and tone to the face (and body). Restoring muscle volume to the cheek area gives a much more youthful look. Like a gym work out for the face, a course of 10 treatments is recommended to build and tighten the muscle and then a monthly maintenance session. Great in combination with Accent for those who prefer to avoid injectable treatments.



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The Millfields,  
Plymouth PL1 3JB

#### Opening times:

|           |            |
|-----------|------------|
| Monday    | 9 - 6pm    |
| Tuesday   | 9 - 6pm    |
| Wednesday | 9 - 8pm    |
| Thursday  | 9 - 8pm    |
| Friday    | 9 - 6pm    |
| Saturday  | 9 - 5.30pm |

## TEN YEARS YOUNGER EXETER

### Ten Years Younger Exeter

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#### Cancellation policy

Please note, we have a 24 hour cancellation policy.