



COMPLEXION *perfection*

How to keep your skin looking youthful,
 no matter what your age.

BY CATALINA MARGULIS



When it comes to skin, we all share an ideal: a clear, smooth, glowing, unblemished complexion that radiates good health and youth. Reality is not so kind: Sun damage in our childhood, acne in our youth and fine to deep lines as we age can make us look old and tired.

"There are two basic types of skin aging," says Dr. John Goldhar, a dermatologist with CosMedix MD, Centre for Dermatology, Cosmetics and Laser, in Toronto. "There is the intrinsic or natural aging process that our body experiences and the external environmental-induced changes caused by factors such as sun exposure, smoking, diet and illness."

These contribute to the development of wrinkles, dyspigmentation and a loss of that luminous glow indicative of healthy and young skin, says Dr. Shannon Humphrey, a clinical assistant professor in the department of dermatology at The University of British Columbia who also practises cosmetic dermatology in Vancouver.

On the plus side, there are more options than ever to help us look our best. A whole host of procedures can help us recover some semblance of our younger selves. For the squeamish or those just beginning to dip their feet into cosmetic surgery territory, these non-invasive procedures can help slow the aging process of our skin and help us look younger without major surgery. Whether you're in your 30s, 40s, 50s or beyond, there's a treatment that's right for you.

30s

OXYGENEO & PHOTOREJUVENATION

In their 30s, women are just starting to see the development of fine lines, says Dr. Humphrey. "They may see early sun spots and loss of luminosity and brightness, particularly patients with darker skin types," she says.

For these women, Dr. Humphrey likes to recommend photorejuvenation, a non-invasive procedure in which bright pulses of energy are applied to the skin, designed to even out the colour of skin, reduce redness, lift early sun damage and restore a youthful glow. "It works by targeting unwanted pigments in the skin and can also stimulate collagen," says Dr. Humphrey. The cost ranges from \$300 to \$600 per treatment, and typically three to six treatments are required, she says, adding that there is little to no downtime.

According to Dr. Diane Wong MD, a cosmetic physician and founder of Glow Medi Spa in Toronto, OxyGeneo is particularly fitting for women in their 30s. "Thirty-year-old clients don't want or need heavy-duty lasers or surgery," says Dr. Wong. "They want their skin to glow, to prevent aging, to treat mild sun damage and to prevent occasional acne breakouts or congestion in the skin."

She recommends OxyGeneo, which combines exfoliation, infusion and oxygenation all in one. "Previously we needed three different machines or technologies to achieve the same benefit," says Dr. Wong, who adds that the new three-in-one treatment "saves time and money—and is a quicker path to the results that women want: smoother, softer, brighter, glowing skin." She explains that "when your skin is oxygenated, there is increased capillary blood flow and increased cell metabolism, so the skin will more readily accept the nutrients in the gel that are being infused, such as hyaluronic acid, peptides and retinol." The results, she says, include rejuvenation and brightening of skin, less blotchiness, less redness and less sun damage. "With repeated treatments, [there is] a reduction of fine lines, pores, acne breakouts and sun spots," says Dr. Wong. Treatments typically cost between \$120 and \$170 per session, she says. "You can really see a difference in the first treatment, but for best results, we suggest four to six treatments," says Dr. Wong. She cautions that it can, however, aggravate inflammation in sensitive skin, as well as cause minimal redness afterward, so it's best to do it at least a day before a special occasion rather than the same day.

40s

BOTOX & FILLERS

According to Dr. Humphrey, patients in their 40s start to complain about the loss of elasticity and development of shadows that make them look tired. "This is where judicious use of soft tissue fillers comes into play, to replenish volume that's been lost," says Dr. Humphrey.

The filler is injected into areas of volume loss to improve shadows and lift wrinkles, says Dr. Humphrey, who adds that there may be downtime if the patient develops bruising

or minor swelling, though typically it's not more than a day or two. She says it can cost from a few hundred dollars to several thousand dollars, depending on how much volume needs to be restored.

Neuromodulators like Botox are also injected, this time into the muscles of facial expression to cause temporary relaxation of these muscles. There's little to no downtime, says Dr. Humphrey, who adds that it can cost between \$200 to \$1,000 depending on the dose and number of areas being treated.

50s

LASER TIGHTENING

Once we get into the 50s, laxity and volume loss become more prominent, as do wrinkles. "Laser tightening procedures become important tools to use at this time," says Dr. Goldhar.

Skin-tightening treatments like Ultherapy are particularly popular. Ultherapy delivers ultrasound energy into deeper layers of the skin, stimulating new collagen. "This leads to a lifting or tightening of the skin and is best done on skin with early laxity," says Dr. Humphrey, who notes that, although there's some discomfort with the treatments themselves, there's minimal downtime. She adds that you have to wait three to six months to see optimal improvement, and it can cost up to several thousand dollars.

Other lasers, such as Viva, Clear & Brilliant and Venus Freeze, can reverse pigment, redness and textural changes, says Dr. Goldhar, who explains they work by stimulating production of new collagen and the growth of healthier-looking skin. According to Dr. Goldhar, these procedures cost between \$400 and \$600, with two to three treatments required, depending on the skin, though treatments like Venus Freeze may require six to eight treatments, at \$250 per treatment. "None of these would prevent people from most of their daily chores, but I would not suggest the treatment several days before an important social event," says Dr. Goldhar.

60s

COMBINATION-BASED THERAPIES

"In your 60s and beyond, it's really about combination-based approaches," says Dr. Humphrey, who adds that treatment can include a neuromodulator to soften wrinkles, soft tissue filler to restore volume and lift the skin, photorejuvenation and skin tightening procedures. "They all come together to give the most natural-looking and satisfying results for patients," says Dr. Humphrey. The best thing to do is to get a consultation with a doctor to find out what combination of treatments will meet your needs. ●