Anti-Ageing and Skin tightening treatments

There are many **anti-aging** and **skin-tightening treatments** we use in this clinic, each targeting different aspects of aging like wrinkles, sagging skin, loss of elasticity, and uneven skin tone. These treatments range from non-invasive procedures to more intensive options and can help improve skin texture, boost collagen production, and restore a youthful appearance.

Below is a list of the treatments we offer and a minor description. For more information go to the relevant page.

**1. Injectables:**

Injectables provide a non-invasive, quick solution to wrinkles, volume loss, and sagging. The most common include **Botox** and **dermal fillers**.

**Botox (Botulinum Toxin)**

* **How It Works**: Botox works by temporarily relaxing the muscles responsible for expression lines (like crow's feet and frown lines), preventing wrinkles from deepening.
* **Benefits**: Smooths out dynamic wrinkles and fine lines, particularly in areas like the forehead, around the eyes, and between the brows.
* **Duration**: Results last around 3 to 4 months, requiring repeat treatments for maintenance.

**Dermal Fillers (Hyaluronic Acid, Lanluma)**

* **How They Work**: Fillers add volume to areas like the cheeks, lips, and around the mouth. They can also help reduce wrinkles and lift sagging skin by replenishing lost volume.
* **Types**:
  + **Hyaluronic Acid Fillers (e.g., Juvederm, Restylane)**: Add immediate volume and hydration.
  + **Lanluma**: Stimulates collagen production to gradually restore volume and improve skin quality.
  + **Juvederm**: Contains calcium hydroxylapatite to lift and stimulate collagen over time.
* **Duration**: Results can last from 18 months up to 5 years, depending on the type of filler used.

**2. Laser Treatments:**

Laser therapies target various skin concerns like wrinkles, uneven tone, pigmentation, and sagging by stimulating **collagen production** and resurfacing the skin.

**PicoWay Laser Resurfacing**

* **How It Works**: PicoWay uses a deep fractionated laser to create micro-injuries deep in the skin, promoting healing and collagen production. It improves fine lines, wrinkles, scars, and pigmentation.
* **Benefits**: Ideal for improving skin texture, treating sun damage, and reducing signs of aging.
* **Downtime**: Minimal downtime (1-2 days of redness) depending on the intensity of the treatment.
* **Duration**: Results last for months to years with maintenance sessions.

**CO2 Laser**

* **How It Works**: The CO2 laser is a more aggressive option that removes the outer layer of skin and heats the underlying layers, promoting collagen growth and skin tightening.
* **Benefits**: Great for deeper wrinkles, severe sun damage, and significant skin tightening.
* **Downtime**: Significant downtime (about 1-2 weeks of recovery).
* **Duration**: Long-lasting effects, but the skin will continue to age, so maintenance is required after a few years.

**3. Microneedling and PRP(Vampire Lift):**

These treatments stimulate collagen and elastin production, improving skin texture, fine lines, and tightness.

**Microneedling (Collagen Induction Therapy)**

* **How It Works**: Microneedling uses tiny needles to create controlled injuries in the skin, which triggers the body's natural healing response, boosting collagen and elastin.
* **Benefits**: Reduces wrinkles, fine lines, and improves skin texture. Can also help with acne scars and enlarged pores.
* **Downtime**: 1-2 days of redness and minor swelling.
* **Duration**: Results build over a few months and last up to 1 year.

**PRP (Platelet-Rich Plasma) or Vampire Facial**

* **How It Works**: PRP involves drawing the patient’s blood, processing it to concentrate platelets, and then injecting it or applying it to the skin post-microneedling. The growth factors in the plasma help rejuvenate and repair the skin.
* **Benefits**: Improves skin texture, firmness, and radiance. It can also enhance the results of microneedling.
* **Downtime**: Minimal downtime, with results appearing gradually over several weeks.
* **Duration**: Results can last up to 12-18 months.

**4. Chemical Peels:**

Chemical peels exfoliate the skin, removing dead skin cells and stimulating new skin growth, which can improve skin tone, texture, and tightness.

**Medium to Deep Peels (e.g., TCA Peels)**

* **How They Work**: A solution is applied to the skin that causes the outer layers to peel off over several days, revealing fresh, tighter skin beneath.
* **Benefits**: Improves skin texture, reduces wrinkles, and tightens the skin.
* **Downtime**: 5-7 days for medium peels and 1-2 weeks for deep peels.
* **Duration**: Results are long-lasting, though the skin will continue to age.

**5. Skin Tightening Devices:**

**Thread Lifts**

* **How It Works**: Threads made of dissolvable sutures are inserted under the skin to lift sagging tissue and stimulate collagen production.
* **Benefits**: Provides an immediate lifting effect, followed by gradual skin tightening as collagen forms around the threads.
* **Duration**: Results last around 12-24 months.