



great skin at any age

SYDNEY FACIAL PLASTIC SURGEON
DR WILLIAM MOONEY SHARES HIS
'LAYER CAKE APPROACH' TO SKIN
RADIANCE AND FACIAL REJUVENATION.
AIMÉE SURTENICH REPORTS.

Dr Mooney's top 3 tips when visiting a medspa

1. Go somewhere reputable, with a highly skilled and experienced team that offers the whole suite of cutting-edge, evidence-based aesthetic treatments and results-driven skincare.
2. Aim for a natural look – smaller incremental changes are paramount to achieving this.
3. Do something that's within your budget – stress and worry are some of the biggest premature agers around, so make sure your treatment plan is within your means.

longer term treatment and skincare plan for them – what's right for them in their 20s and 30s won't necessarily be as effective in their 40s and 50s.'

According to Dr Mooney, the benefits of a long-term anti-ageing skincare plan, incorporating smaller changes into a person's beauty regimen now, can help avoid the need for invasive cosmetic surgery and lengthy downtimes further down the track, while also allowing them to retain their natural look and individuality.

'The concept of waiting until gravity and the ageing process have really taken hold is antiquated. Now, with such advances in skincare and non-surgical treatments, we can help turn back the clock on ageing, sun-damaged skin

so that each client looks good for their age in their 30s, 40s, 50s and beyond,' he says.

The first step, says Dr Mooney, is to repair and optimise the skin itself. 'There's no doubt that Australia has a beach-loving culture – but unfortunately all those years spent baking in the sun become evident more and more over time,' he explains. 'Sun-damage is the number-one culprit of poor skin quality, especially among those 40 and older. So, using the layer cake analogy, we first optimise the surface of the skin to fix solar damage and improve non-uniform skin, pigmentation, redness and dyschromia. Then we start looking at correcting the deeper skin layers.'

'Whether you're in your 20s or 50s, we always start with a skincare plan targeted to your particular needs, severity of skin ageing and skin type. This always includes a good quality broad-spectrum sunblock to help prevent further damage,' says Dr Mooney.

SKIN CARE IN YOUR 20s

In your 20s, incorporating nourishing facials, such as the Dr. Spiller Biocosmetics Enzyme Facial, into a skin treatment program is beneficial to help even skin tone and texture, improve acne and acne scarring, and enhance the overall health and look of the skin.

SKIN CARE IN YOUR 30s

'In your 30s, it may be appropriate to start alternating facials with laser skin rejuvenation,' says Dr Mooney. 'Face Plus offers the Laser Genesis, a non-ablative laser that resurfaces the skin and stimulates new collagen production. Not only does it improve the general appearance of your skin but it also reduces pore size and blackheads, targets active acne, tightens skin, diminishes the appearance of scars and reduces rosacea. Many people in this age bracket also start to consider subtle use of injectables to minimise fine lines and wrinkles.'



SKIN CARE IN YOUR 40S+

In this decade and beyond, the signs of ageing can really begin to manifest. Loss of volume, skin laxity and deeper lines and wrinkles on the face all become more noticeable. With ageing, fat pads diminish in the face and can cause hollowing in the cheeks, and a sunken or gaunt look.

Dr Mooney explains there are many innovative non-surgical treatments that can achieve significant results that replace lost volume and turn back the clock.

'In addition to the Laser Genesis, the Titan skin tightening laser targets the deeper layers of the skin to tighten, tone and lift sagging, loose skin without surgery, while also improving the condition of the skin and minimising fine lines and wrinkles,' he says.

Platelet-rich plasma (PRP) therapy is another modality the medspa offers. This is a treatment that harnesses the patient's own blood platelets to stimulate new cell growth. Extracted from the patient's blood, platelet rich plasma contains high concentrations of growth factors, which are bioactive stimulators known to accelerate the natural healing process. Injected into areas such as the face and décolletage, PRP activates the skin's stem cells, enhancing the formation of new collagen at the site. The result is a natural rejuvenation from the inside out that continues to improve over time.

'With PRP, we are enhancing the structure and integrity of the skin from within,' Dr Mooney explains. 'Once we have the optimised foundation for the skin, we may look at addressing specific areas with fillers and muscle relaxants. I find, though, after other skin rejuvenation techniques have been employed such as PRP or laser therapy, a much smaller amount of injectables is required to achieve the best result.'

'Judicious use of injectable fillers can replace the volume that has been lost – nothing more, nothing less – we want you to look like "you", just years younger,' he continues.

With a 'less is more' philosophy, Dr Mooney believes the key to achieving – and maintaining – a youthful- and natural-looking appearance is offering subtle, incremental treatments tailored to each individual. **csbm**