

new Year

new You

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NEW YEAR, NEW YOU!!! As the New Year approaches many will make resolutions that will never be executed!! This year I challenge YOU not to be afraid to take steps to fight the anti-aging process. Most women have flirted with the idea thinking, "What might a lil' filler do right here?" or "What if I could look 5 or 10 years younger?" I speak to clients every day about beauty tips. I am constantly asked the question, "What more can I do about anti-aging procedures before turning to the knife?" Years ago there were limited options for turning back time, but today you can subdue the signs of aging with a wide range of non-surgical options.

I took it upon myself to seek San Diego's TOP "anti-aging professionals" on how to stay young and rejuvenated.

I have always been interested in chemical peels, but fearful of the downtime. After speaking with the highly trained and knowledgeable Dr. Stuart Kincaid, M.D., F.A.C.S. (La Jolla and Temecula) I realized there are now multiple new ways to meet each patient's anti-aging need, and some require no downtime at all. For instance, Chemical Peels:

- **Reduce Fine Lines**
- **Diminish Sun Spots, Age Spots or Skin Discoloration**
- **Treat Mild Acne Spots**

Chemical Peels shed top layer skin cells causing them to peel off, exposing a fresh layer of skin which, "After one single treatment will give skin a healthier, more radiant look." Chemical peels give your skin a healthy, refreshing look and can be adjusted in strength to take years off your



appearance. Someone in their 20's may need a peel to treat acne spots or poolside brown spots, whereas people age 30 and up may want to get a peel about every month for 3-4 months to treat fine lines. There are many blends of chemical peels from low to high concentration, which is why it is EXTREMELY necessary to consult a physician when deciding to take this approach to fight aging. Think of a chemical peel as shedding away your imperfections!

As a woman entering the next phase of her life, I see a noticeable difference in the appearance of my forehead. Frown lines tend to stick around longer after I make an expression. In the beauty industry I hear first hand what the newest rage of anti aging procedures are. One that has really caught my attention that a lot of women are now getting is Botox. I have been interested, but reluctant to start. I made an appointment with Dr. Scott Miller M.D., F.A.C.S. (La Jolla). After a thorough consult, I was extremely shocked to discover these warnings about Botox:

- **Beware of Low-Cost Botox, some offices dilute the injection with saline, which results in your wrinkles reappearing more quickly.**
- **Be careful at Botox parties. Drinking before or after an injection can result in light bruising.**
- **Injections should only be done by a doctor or nurse working under supervision.**

After the consult, I find out that Dr. Miller treats young actors by a technique called "Pretox". This is a condition in which you "have no wrinkles at rest, but full use of facial muscles when performing". Treatments are given 5 to 6 months prior to filming so when it's 'action' time the face is smooth. Anger, sadness, and surprise are still capable of being expressed. Pretox is perfect for those of us who are not actors but just want to look great day to day and not have fine lines, or who have an event or wedding coming up that you want to look flawless for!

I was excited to say goodbye to my frown lines (wrinkles between brows, technical word "glabellar lines"). As I leaned back into the chair waiting a bit nervous and ready to feel every prick, I was told I would hardly feel a thing: a light freeze spray followed by the injection. It was done in less than 60 seconds with full results within 5-7 days. Now I understand why women love it!! Yes, after your first try you will love having the smoothness back in your skin. Each woman will vary on frequency depending on age and other factors. Dr. Miller recommends that you "keep muscle relaxed, and as it recovers you have the treatment done again."

A more aggressive approach to anti-aging would be a "Liquid Face Lift". This is more for the person who wants to see immediate results and wants to refresh the face with gentle fillers like Botox, Juvederm and stimulating new collagen -

without surgery. The "Liquid Face Lift" produces varying results such as:

- **Gentle lift on facial features**
- **Reduced wrinkles**
- **Restoration of facial contours**

There is no downtime, and results are immediate. This procedure can last up to 2-3 years.

So before you look into a new hairstyle to cover aging lines, or spend another dime on expensive anti-aging moisturizers, consult a physician and see if these treatments are right for you! Cheers to a New Year and may you be Forever Young!!

The "Liquid Face Lift" is for the person who wants to see immediate results and refresh the face - without evasive surgery.

