

22
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4 COMPLEXION PERFECTORS

We look at some of the latest technologies in the world of aesthetics to help you feel and look your best in midlife and beyond.

WHILE WE LOVE TO celebrate midlife and the benefits of years of accumulated wisdom, we also know modern life can

sometimes lead to premature ageing both inside and out. But the world of skincare is now awash with new treatments, gadgets and fillers to offer multiple ways to rejuvenate your face and body, helping you to feel confident.

'During menopause, there is a dramatic drop in oestrogen levels, which directly links to the reduction in collagen production,' says Dr Charlotte Woodward of River Aesthetics in Bournemouth, with clinics also in London and Lymington (riveraesthetics.com).

'Collagen plays a vital role in the ageing process as it is responsible for the structure of the skin, giving it shape, support and tone. As it degrades, skin loses firmness, and jowls and fine lines start to appear,' she adds.

Collagen supplements are now all the rage with, seemingly, a new one launching weekly. But they can take time to show effects – if they do at all – as some argue you can't absorb the ingredients properly and so they won't increase your own body's collagen store.

Also, while certain topical skincare – both cosmeceutical and over the counter – can minimise pigmentation and pores, there's only so much they can do, as much of the damage we encounter is deeper than surface level. Here's how to create more noticeable and lasting results for a fresher face...

Boost your body's own collagen

TREATMENT: ELLANSÉ

Cost: £420 per ml in Lymington and Bournemouth and £500 per ml in London. Visit riveraesthetics.com.

What does it do: Injectable filler Ellansé is designed to trigger the production of your body's own collagen, helping bring back a more youthful appearance. 'As you get older, you naturally lose fat and bone at your temples, cheeks and even the chin. This is where Ellansé is helpful for women in their mid-40s and above, as it has more immediately noticeable effects,' says Dr Woodward. 'The filler not only restores lost volume but it also helps improve elasticity and triggers production of your body's own collagen.'

The filler is a totally resorbable and non-toxin collagen stimulator made from polycaprolactone (PCL). 'After six to eight weeks, the gel dissolves – it biodegrades and is completely excreted from your body, making it safe – leaving behind the active components that trigger collagen production,' says Dr Woodward. 'This helps the tissues regain moisture and elasticity, also improving skin thickness.'

Ellansé can treat several areas of the face, including temples and brows, cheeks, nasolabial folds, marionette lines, jawline and chin. And the best part? Its effects can last from one to four years just from a single treatment! Treatments only take around 30 minutes and there's no down time – result!

WORDS: ALISON HARDING. IMAGES: SHUTTERSTOCK.



Say so-long to sagging skin!

TREATMENT: ENDOSPHERES

Cost: From £90-£120 per session, with the more expensive central London clinics charging around £100-£120 a session. Find a store locator at endospheres.com.

What it does: This treatment for face and body can help reduce the look of wrinkles and sagging thanks to microvibration and microcompression to boost your body's lymphatic drainage system, which, in turn, improves skin quality and texture.

'Endospheres acts on facial tissues by working directly on the skin, stimulating circulation and toning muscles to minimise the look of expression lines, as well as reduce sagging, and generally lifting the complexion and facial structure,' says Dr Galyna Selezneva. It also helps lift, sculpt and firm skin, while depuffing, making it ideal after a flight or following a "heavy" night!

Endospheres comprises three phases of treatment, working beneath the skin to ensure tone, elasticity and shape, as well as on the surface to even out the complexion, tackle dark circles and reduce eye bags.

'The treatment has an immediate effect on the face's delicate tissue. It accelerates the production of collagen, elastin and hyaluronic acid to revive tired, dull or sagging complexions,' adds Dr Selezneva.

As an added benefit, Endospheres has been shown to slow down the ageing of the muscles and tissues in the face, meaning your lips and cheeks maintain their shape and definition for longer.

Treat acne scars and shrink pores

TREATMENT: POTENZA

Cost: £2,300 for a series of five sessions at 111 Harley St, London. Visit 111harleystreet.com.

What it does: Acne scars, sun damage and enlarged pores can also add to an overall ageing appearance, but this new skincare device can treat those things and more. Potenza, by medical aesthetics company Cynosure, helps with a wide variety of skin concerns including conditions such as acne scars, skin irregularities, large pores, sun damage such as fine lines and wrinkles, and even stretch marks on the body.

'A high-performance radio frequency and microneedling procedure, Potenza is the world's first four-mode bespoke microneedling system that harnesses dual technologies to lift and tighten skin, while rejuvenating and resurfacing skin texture for a youthful, even-looking appearance,' says Milena Naydenov, laser technician at 111 Harley St, where the treatment is now available.

Potenza combines radio

frequency capabilities with microneedling to trigger the body's natural healing and collagen-boosting processes. Combining heat with surface micro-injury, the machine encourages cell regeneration, accelerating the production of collagen and elastin, resulting in a firmer and lifted appearance while improving skin quality.

GOOD FOR FACE & BODY

'This next-generation treatment can be used for the face and body, and is designed to address multiple skin health concerns, including acne-prone skin types,' says Milena.

The monopolar and bipolar energy directly targets problem areas, reducing acne inflammation along with any redness, thus preventing deeper, long-term scarring. Potenza helps to remodel and strengthen the skin beneath the surface, encouraging new cells to grow while minimising the appearance of scarring.

Post-treatment there's minimal downtime with 1-2 days of redness. For best results, book five treatments spaced four weeks apart.

'Acne scars, sun damage and enlarged pores can add to an overall ageing appearance.'