

etc.

January 2008

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aesthetic advice Time for change

As time goes by the effects of time, gravity and your lifestyle affects your face and body in different ways. With each decade there are specific ageing concerns and specific treatments targeted at those concerns.

From your mid-20s

Although your skin looks is still firm and elastic a sensible skincare routine and sun protection now will pay dividends in later years. Other concerns are with the lack of development of breast tissue or localised deposits of fats around the abdomen and thighs that refuse to shift.

From your mid-30s

Mid 20s to mid 30s
Early frown lines between brows
Small or asymmetrical breasts
Localised fat deposits

Cosmetic procedure
Botox injections +/- dermal filler
Breast Enlargement
Liposuction

It is in your 30s that those wrinkles first become noticeable. Collagen and elastin is beginning to break down and your skin simply isn't as supple any more. For the first time stresses really begin to show in the form of wrinkles that start to become established.

From your mid-40s

Those lines are becoming deeper and more concentrated. Bags may form under the eyes as the skin is unable to hold back fat deposits that support and cushion the eyeball.

With reduced elasticity, any drastic weight loss may result in saggy skin particularly in the jawline, neck, breasts and abdomen. Abdominal looseness and an overhang may be especially in those who have had a Caesarian.

Mid 30s to mid 40s

Gradual hooding/puffiness of the eyelids
Wrinkling around eyes or brows
Nasolabial folds or creases
Fat deposits in hips, thighs/buttocks
Muscle weakness or loose abdominal skin
Loss of volumetone in breasts
Skin pigmentation

Cosmetic Procedure

Eyelid surgery (blepharoplasty)
Skin resurfacing and/or Botox
Injectable fillers
Liposuction
Mini or full tummy tuck
Breast lift with or without implant
Skin resurfacing/ chemical peel

From your mid 50s

With the onset of the menopause and the reduction of oestrogen flowing around your body, the skin becomes more fragile and thinner. It's at this age that 'jowl' may further develop, with sagging skin on your cheeks hanging on either side of the chin with loosening of the neck. Your weight may increase in spite of dieting and keeping fit. This may particularly affect the abdomen in those who have had children. From the mid 60s, in particular, you may find that skin begins to age rapidly, and lesions or other blemishes may appear.

Mid 50s to mid 60s

Facial wrinkles and creases
Severe facial laxity
Excess fat and skin on upper arms

Cosmetic procedure

Skin resurfacing (peels or laser)
Botox, soft tissue filler, fat injection
Facelift/neck lift/brow lift
Liposuction Upper arm lift (brachioplasty)

For free information about a range of cosmetic procedures, including safety, training, and a downloadable list of questions to ask at your consultation visit www.aesthetic-advice.co.uk. For information about less invasive options visit www.nonsurgicaltreatments.co.uk.