



skin



Purify your skin

THE **HYDRAFACIAL** HERALDS A NEW ERA OF RADIANT SKIN – MERGING INVIGORATING SPA THERAPIES WITH ADVANCED MEDICAL TECHNOLOGIES. CAITLIN BISHOP REPORTS.

Facial treatments are often associated with feelings of indulgence, luxuriousness and rejuvenation. These feelings of wellbeing are even more profound if the treatment generates immediate results in skin rejuvenation, with long-term benefits for skin health.

One such innovation is the HydraFacial from High Tech Laser is a facial treatment designed to deeply cleanse the skin and infuse it with antioxidants for a brighter, invigorated and healthier complexion.

Perth facial plastic surgeon Dr Jayson Oates has been using the HydraFacial in his clinic since August 2013. He explains it's a popular option for patients looking to increase radiance without the irritation or downtime associated with more aggressive skin rejuvenation treatments.

'Patients enjoy the whole process – from the actual treatment, how skin feels immediately afterwards, to the long-term benefits seen in skin health,' he says.

'I have always preferred using the more "medical" side of dermal therapies – treatments that make a difference but that patients don't necessarily enjoy. Now, we can achieve

these same benefits with a treatment that patients look forward to experiencing.'

The HydraFacial incorporates a series of highly specialised treatments to purify and beautify the skin. Cleansing and exfoliation removes dead skin cells, an acid

The HydraFacial decongests, hydrates and protects skin, offering immediate results with no downtime or discomfort

peel dislodges grime from the pores and a vortex suction extraction system unclogs the pores completely. This cleansing is followed by the infusion of a highly active, hydrating serum to nourish and protect the skin.

'The HydraFacial cleanses and exfoliates, then uses vortex suction to clean out the pores and extract sebaceous oil,' Dr Oates explains. 'The infusion of hyaluronic acid,

The 5 steps

- Step 1** **CLEANSING AND EXFOLIATION**
Dead skin cells are removed to reveal healthy new skin
- Step 2** **ACID PEEL**
This gentle peel helps loosen dirt and debris from pores without irritation
- Step 3** **EXTRACTIONS**
Automated extractions use vortex suction to clean out pores
- Step 4** **HYDRATION**
Antioxidants and hyaluronic acid are vortex-fused to nourish and protect the skin
- Step 5** **PROTECTION**
The HydraFacial Daily Essentials skincare helps maintain and protect results.

antioxidants and vitamins work to restore, plump and hydrate the complexion. Ampoules of serum are also available with varying strengths, some enriched with peptides to boost collagen production in the dermis.'

Toowoomba plastic surgeon Dr Mark Magnusson explains these steps signify a holistic approach to boosting skin health. 'The process provides all the elements we need to look after our skin,' he says. 'A full HydraFacial treatment takes around 45 minutes. Additional lymphatic drainage and Light Emitting Diode (LED) therapy can be used to optimise results and stimulate activity in the skin's deeper layers.'

Anyone is suitable for HydraFacial treatment, as it can be tailored to suit different skin concerns and conditions. Dr Magnusson says it is effective in improving the appearance of congested, acne-prone, aged, dulled or dehydrated skin. 'HydraFacial treatments provide deeper cleansing and extractions with suction that would normally have to be performed manually,' he explains. 'Patients love it because they can have regular treatments where they instantly see and feel the difference in their skin.'

Dr Magnusson says he typically recommends HydraFacial

treatments be performed monthly, or in conjunction with other methods for facial rejuvenation.

'The HydraFacial is a great adjunct to other surgical and non-surgical services. For example, it can prepare skin before laser or surgery, or help freshen the skin after the use of dermal fillers or anti-wrinkle injections,' he explains. 'It's great for the patient and the clinic, as it's relatively inexpensive and can be used as a monthly treatment to encourage return visits.'

The results are evident immediately following HydraFacial treatment, and Dr Oates says they should continue to improve in the week following the facial.

'The HydraFacial has become one of our most popular treatments. There is some pinkness following treatment but essentially no downtime is involved,' Dr Oates explains. 'The skin feels soft and hydrated right away following treatment and over the next week patients will continue to see further improvement in the appearance of acne, pigmentation and skin tone and texture.'

To extend the results and retain the skin's lustre and brightness between treatments, the final step in the HydraFacial is the introduction of the 'daily essentials' skincare. Tailored to certain skin complaints, the range incorporates topical moisturisers, refining eye gels and daily sun protection. Each product is infused with select concentrations of the same active ingredients found in the salon treatment, providing detoxification, rejuvenation and protection in between visits.

'HydraFacial is great for skin health,' Dr Magnusson says. 'It decongests, hydrates and protects with no discomfort or downtime. The skin is left smooth and hydrated with no irritation and results are immediate.' **csbm**



BEFORE

AFTER HydraFacial by Dr Oates



BEFORE

AFTER HydraFacial by Dr Magnusson