



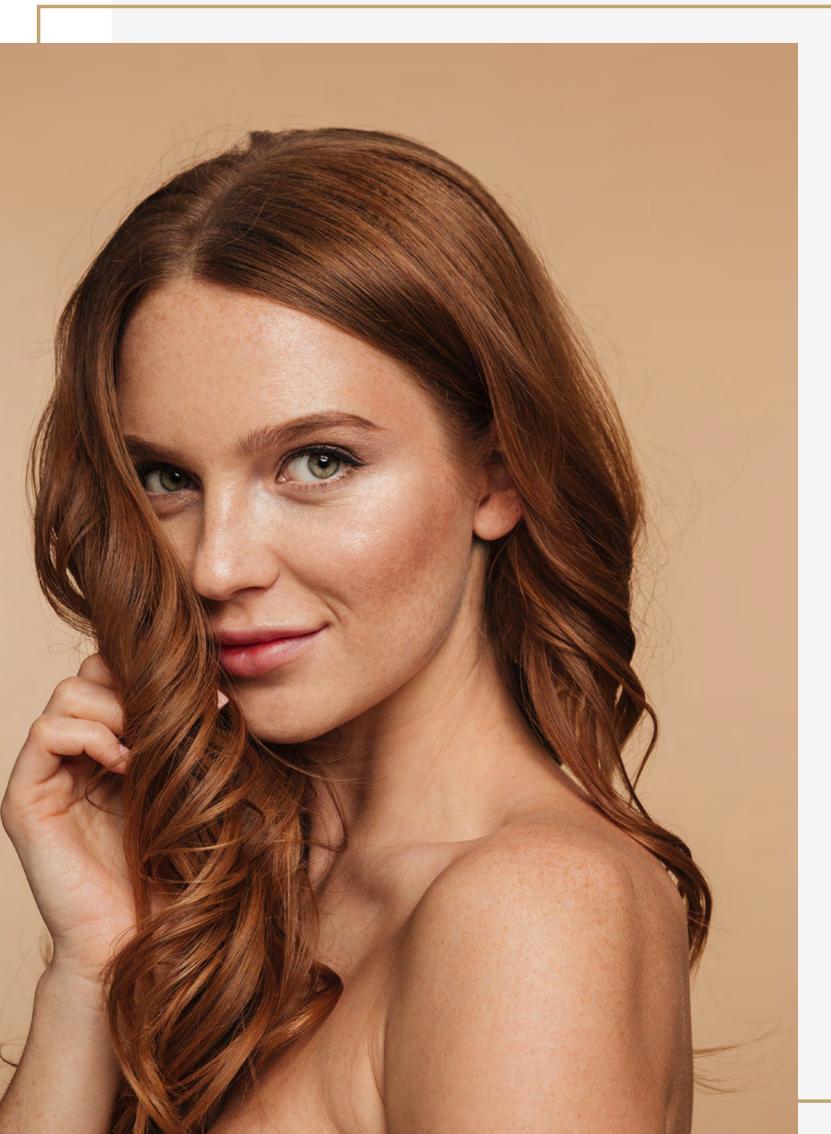
ELITE

AESTHETICS

How To Look 10 Years
YOUNGER

How to look 10 years younger

Reduce Fine Lines & Wrinkles & Protect
Your Skin From Premature Ageing



While the ageing process is inevitable, there are things you can do to prevent premature ageing and reduce the speed at which wrinkles, sagging and fine lines appear.

Anti-ageing has come on in leaps and bounds - it's no longer all about Botox! There's a plethora of incredible, non-surgical and highly effective treatments now available to help keep the signs of ageing at bay - and even reverse the appearance of fine lines and wrinkles.

Keep reading to discover how some simple lifestyle changes and innovative aesthetic treatments can help you look 10 years younger!

Choosing a healthy lifestyle and implementing some simple habits can help slow down the ageing process and keep your skin looking younger for longer.

HYDRATION

Good hydration is essential for healthy skin as it helps it to maintain its elasticity. Dehydration can make skin look older, by exaggerating the appearance of fine lines and wrinkles. Drinking plenty of water and eating a diet high in fresh fruit and vegetables can help.

What about moisturisers? While they may appear to provide instant softening and plumping, they mostly just sit on the surface of the skin acting as a barrier. Natural hydration ultimately has to come from within the body and cannot really be reversed by applying topical moisturiser.



SKINCARE

Good skin care can help keep your skin clear from pollution and acne-causing bacteria. Cleansing your face regularly can help protect it from harmful pollutants that damage the skin and speed up the ageing process. When it comes to skincare products, quality matters so opt for high-quality, proven products designed to help combat ageing.

SUN PROTECTION

Sun damage is one of the biggest causes of premature ageing. Harmful rays from the sun penetrate deep into the layers of your skin and accelerate the ageing process. Wearing a high factor sun cream - even when it's not especially hot - can help protect your skin and prevent the development of wrinkles and fine lines. There is no such thing as a safe tan!

NUTRITION & LIFESTYLE

Diet and lifestyle are known to play a big part in the rate at which we age. Eating a lean diet with plenty of fruits and vegetables can help give your body the antioxidants and nutrients it needs to keep your skin looking youthful. Avoid processed foods, junk foods or foods high in sugar.

Other lifestyle choices such as drinking alcohol or smoking can seriously accelerate your skin's ageing too, adding years to your appearance and giving your skin an unhealthy pallor.

Hormones play a big part in the ageing process. As you get older your body naturally produces less collagen. This reduction in collagen is vastly responsible for the appearance of wrinkles, lines and sagging skin. This reduction is usually gradual, but when menopause hits collagen production drastically drops, leading to enhanced ageing and a sudden increase in wrinkles and fine lines.

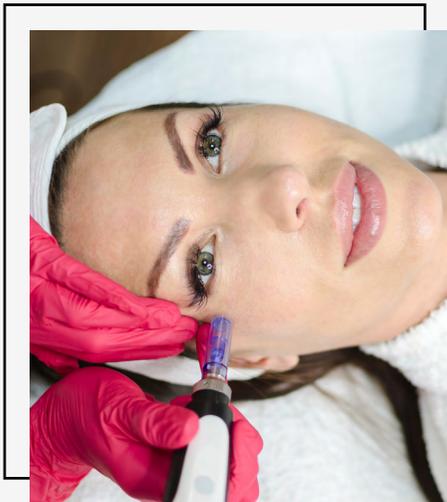


BHRT & MENOPAUSE

Bioidentical hormone replacement therapy (BHRT) can help keep your hormones balanced as you go through the change. Not only helping combat the collagen reduction but relieving the other common menopause problems such as hot flushes, insomnia and mood swings too.

Taking care of your skin and making healthy lifestyle choices is a great place to start, but if you really want to look 10 years younger then non-surgical treatments are the answer.

These innovative and highly-effective treatments can help increase your collagen production, rejuvenate your skin and give you a noticeably more youthful appearance without going under the knife.



MICRONEEDLING

Microneedling uses a small device to make minuscule punctures in the skin. This stimulates collagen production, firming, smoothing and improving the appearance of your skin. It's a simple procedure with no need for recovery time, making it very popular with people suffering from mild to moderate ageing.

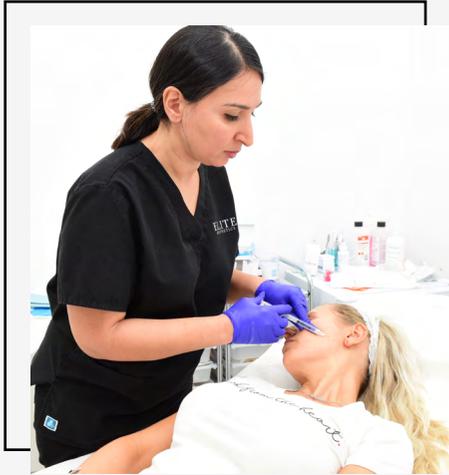
VAMPIRE FACIAL

A hugely popular treatment made famous by celebs such as Kim Kardashian, the Vampire Facial is a type of PRP treatment - a common treatment used to heal ligaments and tendons. It harnesses your body's own healing ability to regenerate your skin cells and produce more collagen. Reducing wrinkles and lines and giving you a more youthful complexion.



CHEMICAL PEEL

Chemical peels help to refresh the skin's surface, giving you a healthy-looking glow, whilst also promoting collagen production in the deeper layers to reduce wrinkles. Chemical peels can be tailored to suit your unique skin type, helping to combat the signs of ageing both on the inside and outside of your skin.



INJECTABLES

Dermal fillers have really moved on, with some incredible treatments now available. While most anti-ageing treatments target the face on the whole, dermal fillers can be used to target specific problem areas, such as under-eye circles or sagging jowls. Hyaluronic fillers not only plump and fill the skin to instantly smooth wrinkles and lines, but they also promote collagen production so you can combat ageing on two levels.

THREAD LIFT - THE NON-SURGICAL FACELIFT

Thread lifts, also known as the non surgical facelift, are ideal for people suffering from more advanced signs of ageing. During the treatment a small thread is weaved around the skin, then pulled, to physically tighten the skin. This gives a natural-looking lifting effect, without the need for surgery. PDO thread lifts also stimulate collagen production to help reverse the signs of ageing and give you smoother, younger-looking skin.



Are Non-Surgical Treatments Right For You?

Combining good habits with a range of anti-ageing skin treatments can help slow down the ageing process and keep you looking younger for longer. If you want to find out more about our non-surgical treatments then give us a call on [01322 381 205](tel:01322381205).

Elite Aesthetics is a specialist non-surgical aesthetic clinic, founded by Dr Shirin Lakhani, a practising GP, trained aesthetic physician, a top 100 global aesthetic leader and one of the world's most respected aesthetic doctors.

Dr Shirin is passionate about bringing the same quality of care she provides in her everyday medical practice to the field of aesthetics. Registered with the GMC, she has had full medical training and is obliged to follow and maintain certain standards as laid out in 'Good Medical Practice'.

Widely featured in the UK Press and TV for her case studies and opinions, Dr Shirin consults for

a London clinic located on Harley Street as well as running her own thriving practice in Greenhithe, Kent - Elite Aesthetics.

In addition to advanced facial aesthetics, medical skin care and body contouring, she was the first UK female Dr to provide the O-Shot™ and the P-Shot™ PRP treatments with continued documented success. She is continually enhancing her skills with continual and advanced training and is a European trainer for the Vampire® procedures. In addition, she is a Brand Ambassador for Swisscode, KOL for Ultra Femme 360 and Emsella, and a Key Opinion Leader for ZO Skin Health by Dr Zein Obagi.



To find out more about Dr Shirin or Elite Aesthetics visit
www.elite-aesthetics.co.uk

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