

# Younger, Firmer & Smoother

You may have noticed the first signs of ageing on your face. Find out why and how ageing affects your skin, and how you can restore it to its youthful appearance, in the following Q&A with aesthetic physician, Dr Vanessa Phua, from Asia HealthPartners Pte Ltd.

## Q: How does ageing affect our skin?

**A:** Ageing causes our skin to lose its elasticity and moisture. Ageing results in reduced production and presence of collagen and elastin, proteins which help support the skin, thereby lowering binding capacity of the skin matrix. This can make lines, open pores and blood vessels become more noticeable. An uneven skin tone may develop too.

## Q: What are the giveaway signs of ageing on our face?

**A:** Look out for lines at or around the nasolabial folds – the area between the nose and corners of the mouth. Repetitive muscle movement and gravity can cause supportive tissue to weaken, so the cheek starts descending, which results in a groove and subsequently a hollow under the eyes. The jawline also starts descending, and a mild fold of skin

known as jowls begins to form. Other signs include hollowing out of the temples, lower eyelid area, cheekbones and thinning lips.

## Q: Yikes! Any suggestions on how I can buy back time?

**A:** Anti-ageing is about reversing textural and volume changes, so restoring one without the other would be incomplete. Two non-invasive treatments to try are Ultherapy and Joie De Vivre Facial Rejuvenation. Ultherapy is FDA-approved and non-invasive. It is a face lifting technology that uses real-time imaging to deliver focused ultrasound energy precisely at deep tissue layers, without harming the top layers of skin. It helps erase fine lines, improve skin texture, and tighten and lift areas such as the jawline, cheeks, brows and neck. Your face will look tighter and

more lifted over one to three months. Meanwhile, Joie De Vivre Facial Rejuvenation is my signature liquid face lift technique that uses FDA-approved fillers. It replenishes loss of tissue volume with biologically compatible and bio-degradable hyaluronic acid based fillers. It helps restore symmetry and contour to your face.

## Q: So how long do the effects last?

**A:** Everyone's skin is different so results will vary. With Ultherapy, you may feel a tingling sensation during the session but you can return to regular activities immediately after, so there's no downtime. Generally, you can experience a plumping effect and skin feels firmer and smoother. After 90 days, you will achieve a natural and gradual lifting in areas such as brows, cheeks and jowls. Pores become smaller and the complexion becomes brighter. These can last up to 18 months, but for best results, repeat the procedure every year. For Joie De Vivre Facial Rejuvenation, effects last up to 12 months.

## Q: How else can we protect our face from ageing?

**A:** Oral skin antioxidants like AHP Tone Protection™ and Heliocare Oral work as an adjunct with other cosmeceuticals and laser therapy to lighten pigmentation, and protect the skin from free radicals and UV damage. Sunblock is a must, although I also recommend my patients my signature trademarked cosmeceutical, known as Rapture™. It offers a face treatment serum and an eye elixir that incorporates nanoliposomal technology for delivery of botanical stem cell extracts and antioxidants to the skin.



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