



W O L D S D E N T A L S T U D I O

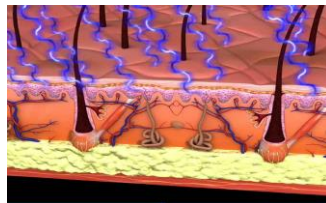
M A R K E T R A S E N

Age Prevention

Our appearance is important to most of us. People often judge us by our appearance and the way we feel about ourselves is often influenced by our perception of how we look.

Whilst our appearance has to do with the clothes we wear, our hair and our smile, it is also about our skin – not only our faces, but also our hands and other areas of our bodies.

Our skin takes a lot of get older, the impact wrinkles, sagginess, suppleness.



punishment during our lives and as we of this begins to show. We get lines and blemishes and a loss of volume and

Whilst we cannot stop the ageing process, we can slow the appearance of ageing by controlling our diet, our consumption of alcohol, stopping smoking and undertaking some cosmetic treatments which will help the appearance of our skin.

Q Why does our skin age?

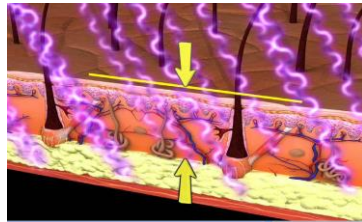
A Our body produces a range of chemicals which when we are young, make our skin appear bright, supple and well hydrated. As we got older, the levels of these minerals, vitamins and amino acids reduces. The production of Hyaluronic acid which is the body's natural moisture retainer is also reduced, which can make the skin look drier, thinner and lacking in volume.

Q How can I reduce the ageing process?

A There are some preventative measures you can take which will help to reduce the effects of the ageing process.

Most of the 'damage' done to skin comes from exposure to the sun (UV light), not only on sunny

result in
Daily use of a
can reduce



days, but cloudy days too. This can dullness, pigmentation and redness. moisturiser which contains a sun block the sun's adverse effect on the skin.

Alcohol consumption and smoking can also increase the evidence of ageing. Alcohol dehydrates the skin and therefore reduces the flow of vital vitamins and minerals. Smoking has been shown to reduce blood-flow. This affects the gums and heart tissue, but also has the same affect on the skin, making it appear pale and grey-looking.

A balanced diet containing fresh fruit and vegetables will help the body get its supply of vitamins and nutrients.

Q Are there treatments which can help reduce the signs of ageing?

A There are a range of treatments which can help to reduce the signs of ageing.

Botulinum Toxin treatment can be used to reduce the appearance of wrinkles, for example when we smile or frown.

Dermal Fillers can be used to reduce the visibility of permanent wrinkles by 'plumping up' the skin and reducing the depth of the wrinkles.

Skin Peels remove the top layers of the skin and can be used to remove fine lines and scarring due to acne.

Face Sculpting can reduce the 'drawn' look that some people experience as they get older. The treatment can 'fill out' areas of the face such as hollow cheeks and sunken eye sockets.

Mesotherapy treatment replaces some of the nutrients that the skin loses as we get older and can make the skin look brighter and more radiant.

Microdermabrasion treatment removes the top, dead layer of skin, which makes the skin appear younger and can stimulate collagen production.