

Skincare Queens



DR UZMA OLBRICH AND DR REBECCA HIERONS HAVE STUDIED SKIN CARE PROCEDURES WITH TOP EXPERTS AROUND THE GLOBE SO WE PUT YOUR QUESTIONS TO THEM TO GET THE INSIDER KNOW HOW ON ALL THE LATEST TECHNIQUES AND PRODUCTS

I would love to have Botox® but I am scared my face will look frozen and I don't want people at work to notice. Can this be prevented?

It is important to us when treating with botulinum toxin (Botox®), that we aim not to paralyse your face by over treating. We want you to retain some attractive natural movement, this way you look fresh and rested as opposed to 'frozen'. The key is to assess each person individually, understand what your muscles are doing and tailor the dose accordingly. Each treatment is bespoke to you as an individual, and neither Rebecca nor I, take the 'paint by numbers' approach to the serious business of injecting.

How young can you start using Botox® and is it the younger the better? What are the pros and cons...

Rarely is there a clinical need to start Botox® when you are in your teens and early twenties. It is our responsibility as clinicians to distinguish between a genuine requirement for Botox® or a fashion/social media led or body dysmorphia led demand for treatment.

We have treated people in their early 20s with Botox, but only if after consideration we think it is beneficial to the client. We would assess for fine line formation and we would treat as a preventative measure if we felt there was a genuine concern that in years to come these lines would become much deeper and ageing.

More typically as you approach your late twenties to early thirties this is the age at which we would start treating most people to soften muscle movement and minimise the formation of deeper lines as you progress towards middle age.

I would like to have plumper lips but I am in my early fifties and worried I will end up with a trout pout - what do you recommend?

Age isn't always kind to women. Menopause brings with it many ageing changes, one of

Can Botox®, fillers and peels prevent you from needing a facelift or at some point will I need cosmetic surgery?

Everyone ages differently but by introducing certain non-surgical interventions at key moments we can certainly help slow down the process in most, and in doing so push back the requirement for surgery to a later date or eliminate the need entirely. Cleverly combining a mix of treatments can help at different stages and ages of our life. For example...

A gold standard medical skin care regime:

In your teens and early twenties, protecting your skin against sun, pollution and smoking is vital and you should start young. These factors in combination with genetics are the biggest ageing factors out there. As we get older, consideration should be given to more therapeutic medicated skin care to optimise our skin cell turnover and collagen production. Collagen is 'king'. It keeps our skin plump and elastic. It is possible with proper care and attention to keep our skin looking and feeling supple with minimal line formation well into our 40's and 50's if we start early enough.

Softening muscle activity

As you approach your late twenties and early thirties this is the point in time when we start showing age lines in our faces. If we use muscles repetitively through life, eventually lines will form even when we are not in motion. (Good skincare will help minimise

which is reduced lip volume. Volume loss is replaced with filler material. The 'less is more' term applies here.

Temporary lip fillers are the best option and they are completely reversible if you don't like them. It's both a science and an art when it comes to lip injections, and understanding the balance and relationship of the lip to the nose, chin and the rest of the face is paramount. The best way to avoid the trout pout is to ease into

this by promoting healthy collagen formation). As mentioned earlier, this is a good time to consider botulinum toxin, and there is growing evidence to suggest softening muscle activity early has an impact on reducing deeper line formation later in life.

Restoring lost volume to the face:

As we approach our mid thirties to early forties, most of us start to lose a little bit of our bone structure and volume in our face, resulting in the formation of deeper folds and jowls. Adding volume to the wrong areas of the face with the incorrect use of fillers can make the face look older and less attractive. This has unfortunately given fillers a bad reputation. The use of fillers to revolumise the face is a great way to treat volume loss. Using the rule of less is more, and having an understanding of why the face has lost volume and replacing it in a considered approach is essential.

At Queensway we use temporary Hyaluronic Acid (HA) fillers, and there is growing evidence to suggest repeated use of HA filler is actually beneficial because it also helps to stimulate collagen formation in your skin, making it less thin and prone to sagging. Fillers used correctly can press the facial ageing pause button.

Skin Resurfacing and rejuvenation

Uneven skin tone, and dull skin can appear ageing. The use of a chemical peel, lasers and microneedling with PRP (platelet rich plasma or 'vampire' facial) may also help, in conjunction with an A-list skin care regime.

lip filling and always maintain proportion and harmony, with conservative doses in early visits. We advise clients to come back after a few weeks to confirm they like the look and to understand how much amplification they actually want. This little by little approach and not trying to fundamentally change the natural shape of the lips avoids the 'trout pout'. Not everybody is meant to have Angelina Jolie or Scarlet Johansson lips.



My skin looks tired and washed out and its ageing me. It's getting me down. I am considering a peel but I run my own business and I can't afford to have time off whilst the redness subsides. Is there anything else I can do?

A good medical skincare range will kick-start your skin cell turnover rate, producing more collagen and natural hydration which will immediately make your skin appear less dull and tired looking. Vitamin A and C (in the form of specialist skin creams) help strengthen your skin and increase collagen turnover.

You could also consider other treatments such as micro needling with platelet rich plasma (PRP or the so-called 'Vampire Facial'). PRP is a natural product created from your own body. A small amount of blood is drawn from you and placed in a sterile tube that is spun down in a centrifuge to separate the different components of the blood. Plasma, containing a higher than normal number of platelets is extracted and this clear liquid is then injected into the skin with a microneedling device. Platelets are the cells in the blood that help your tissues to heal and grow new cells.

With the combined use of PRP and microneedling we are able to activate the circulation of blood, improve cell turnover and function, increase the amount of collagen

produced, and eliminate the superficial dead cell layers of the skin. This in turn promotes skin rejuvenation by softening or eliminating small scars, fine wrinkles, closing pores, improving skin tone and giving your skin more luminosity.

The procedure is painless and has minimal downtime. You will have a moderate degree of redness on the day of treatment, but this generally fades as the day progresses, and you may have a slight redness the following day. For the PRP facial to be fully effective 3-4 treatments are recommended 2-3 weeks apart.

Even though I am in my thirties I still have breakouts and have acne scars from my teenage years and have to wear heavy make up which is ageing. A lot of medicated products that I have tried seem too harsh for my skin, what other options are there?

Adult acne is more common than you think. As we age, cell turnover slows down, we don't naturally exfoliate as well as we did when we were younger, so in adults, the oil builds up under layers of dead skin cells and causes inflammation, pustules and pimples. Everyday products such as oily makeup, moisturizer and serums clog our pores

What do you recommend for redness and pigmentation in my skin?

We would start with a thorough consultation to diagnose your specific problem – for example, redness can be caused by rosacea and pigmentation can be due to sun damage. A really good research based medical grade skin care program is usually a must to treat these sorts of problems. It is important not just to treat the signs and symptoms of a disease such as rosacea but also to restore the health of the skin. Often people with rosacea suffer skin sensitivity, which is due to reduced barrier function, and this needs to be addressed before the rosacea can be treated. The ZO medical and skin health systems treat skin at a cellular level to restore the health of the skin and also treat skin disease.

We can also look at other treatment such as microneedling with or without PRP, which can also be good for some types of pigmentation.

My hands really show my age and hand cream isn't making a difference. I have heard about handlifts but it seems a bit drastic. Do you treat hands as well as the face?

We certainly do! The right hand cream is very important and, as with the face, it is possible to treat the hands with the ZO medical range.

We can also treat hands with skin boosters – liquid hyaluronic acid (HA) which plumps up the skin and improves its quality making them look younger and fresher.

Microneedling is also effective for hand skin rejuvenation.

A combined approach, specifically tailored for you, will have your hands looking younger in no time.

further perpetuating the problem.

Having a daily home regime using an effective cleanser designed for oily skin, a gentle exfoliator, and controlling the oil in your skin is essential.

We would use a tailored skincare approach to help reduce breakouts. The ZO skincare range offers different formulations suited to treat all types of acne, and therapy can be modified to be gentle and easier to tolerate.

Microneedling can be effective in softening or eliminating acne scarring, and has minimal downtime associated.

Chemical peels and lasers are very effective at reducing acne scarring. Both these procedures necessitate a longer downtime.