

Ready for radiant skin this summer?

Summer is upon us and aesthetician Naomi Diamond of **The Epsom Skin Clinic** is on hand to recommend treatments to help optimise our appearance.

My first recommendation to achieve the optimum summer glow, would be to book a consultation with a recognised skin therapist. At The Epsom Skin Clinic this consists of a 30 to 45 minute appointment where a therapist will determine the best skincare plan, tailor made for the client. During this consultation, the therapist will listen to client concerns and discuss a variety of options from laser hair and facial redness reduction to more general skin conditions.

In our experience, it is preferable to book a consultation at least six to eight months in advance, particularly if wishing to discuss more specific concerns or problematic skin. However, there are a few treatments that will help in the short term making skin appear smoother, healthier and more flawless. Keep in mind that any plan will be matched with home care products to support any in-clinic treatments and to provide best results.

We see a lot of press about Botox and dermal filler treatments, not all of it good! However, these treatments are nothing to be scared of. Botox is an injectable that minimises muscle movement and therefore prevents and softens wrinkles; it can obliterate that annoying frown line! After an initial treatment, there's normally a follow-up appointment two weeks later just to tweak any results and effects can last anything from three to six months.

Dermal fillers help to plump skin, giving it back a youthful appearance by using hyaluronic acid, a hydrating ingredient found naturally in the skin. The acid holds up to 1,000 times its own weight in water and can enhance natural beauty by subtly adding volume where, for example, age or weight loss has taken its toll. These treatments will I am sure spark major confidence boosting comments such as: "You're looking well" or "Your skin's looking great!".

For those not wanting injectables, but still interested in reducing fine lines and wrinkles or improving skin texture, there's eDermastamp. This creates tiny channels in the skin that allow

peptide rich products or hyaluronic acid to penetrate deeper. The treatment also promotes collagen and elastin production and encourages cell turnover. Results are smoother, more radiant skin with fine lines and wrinkles appearing more subtle and reduced. eDermastamp can be made more intense for those with acne scarring. Combined with microdermabrasion, it can improve texture and tone whilst re-educating skin to make the appearance more even. The process involves one treatment every six weeks and needs around four treatments in total.

Skin peels and microdermabrasion are a great way to finish off a series of treatments or, if time is short, working more superficially, these treatments can make dull, tired and uneven complexions appear brighter and feel silkier. Microdermabrasion uses small crystals and vacuum suction to deeply exfoliate and bring fresh nutrients to the skin to refresh and replenish.

There are many different skin peels containing various chemical exfoliants (fruit acids etc). These penetrate to different levels of the skin evening out tone, helping with spots and imperfections, improving pore size and generally making the skin appear healthier and brighter. The two treatments can be combined for a more intense result and at the Clinic we can also pamper with a hydrating or vitamin C mask for a real boost.

Finally, for those who may not have thought about it, microdermabrasion for the back can be essential for those revealing a little skin. My tip is to have a treatment at least ten days before a spray tan to help the tan spread more evenly for that beautiful, sun kissed look. ●

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