



Let's talk about skin...

Aesthetician **Naomi Diamond** of The Epsom Skin Clinic poses essence readers some questions: How many of us look in the mirror and think: "My skin looks dull", "I look tired" or "I wish I had a glow"? Naomi explains more about a few of the Skin Clinic's favourite treatments to revitalise skin luminosity and boost confidence.

To discard dead skin cells and return skin's natural glow, consider a microdermabrasion. This deep exfoliating treatment uses crystals to soften and even out the skin, whilst also improving circulation and bringing nutrients to the surface. After a treatment I like to apply Vitamin C serum; with its antioxidant, anti-aging and brightening benefits, it is perfect to pamper the skin. It can be a great one off treatment, used as a monthly maintenance or intense courses are available for more problematic skins and scarring.

Skin peels are another way to help brighten up skin tone and assist with problems such as spots or pigmentation. Expect a little flaking for a few days post treatment, but the effects can leave a smooth and clear complexion. Skin peels range from light to deep and therefore down time varies. A light peel will brighten and refine skin tone, whilst helping with

surface congestion. Deeper skin peels really can help to rejuvenate, stimulating collagen and elastin production, as well as treating issues such as pigmentation.

Why not combine a light skin peel with a microdermabrasion for an amazing result? After these treatments any home care products used will also penetrate deeper.

The Clinic also offers anti-wrinkle injectables, including Botox, which help to minimise muscle movement thereby preventing and softening wrinkles. Dermal fillers made from hyaluronic acid (a natural skin hydrator) help plump and lift the skin offering a return to a more youthful appearance. Both of these treatments create subtle boosts that can make a massive difference to confidence levels. I would allow six weeks for Botox and four weeks for dermal fillers to take effect before any event.

Skin care products are important to

maintain the results of treatment. Without them skin would become dry, congested and dull. Agera Microderma System is a two part exfoliating product that uses crystals, vitamin C and fruit acids to give the skin a bright and youthful appearance. Enriched with peptides, it also balances the skin's collagen and elastin production. The mixture gently warms to pamper further.

A good skin hydrator is very important. My favourite is Jan Marini Transformation Cream. This lightweight hydrator makes skin feel silky, even after only one use, and gives skin a youthful, dewy look. Packed with antioxidants and peptides, this cream not only adds moisture but also helps to repair and prevent signs of skin aging.

Visit one of our clinics to see how our skin experts could help enhance your natural beauty. ●

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