

Facing Anti-Aging Strategies – Dr Will discusses the latest in wrinkle treatments

If you are worried about the wrinkles you have, some immediate anti-wrinkle treatment strategies are to check your skin care products to make sure you are using only neutral pH-balanced soaps, body washes, moisturisers etc. Also make sure you avoid harsh irritants such as perfumed soaps, chlorinated swimming pools and hot showers, and moisturise regularly. In addition to creams and other topical products, more and more people, men included, are turning to Cosmetic Clinics for facial rejuvenation procedures help their face reflect the way they feel inside. These procedures include the administration of injectable muscle relaxants, injectable dermal fillers and chemical peels. Here we offer you a guide on the different treatments available at FACE PLUS.

Injectables

There are two major types of cosmetic injection used for wrinkle treatment to improve cosmetic appearance - injectable muscle relaxants and injectable dermal fillers. These can be used together or in isolation in the treatment of facial wrinkles. The best treatment for you will depend on the area being treated and the severity of the wrinkle, both of which vary from individual to individual.

Injectable muscle relaxants

Injectable muscle relaxants are used to treat dynamic wrinkles and work by relaxing the wrinkle-causing muscles that cause people to frown or squint, creating an improved appearance. Once the muscle is relaxed, you cannot contract it and continue to make the undesirable facial expression. Thus, the cosmetic injections gradually smooth wrinkles and prevent wrinkles from forming again. After facial injection it takes 2 to 3 days for the treatment to begin taking effect and around 7 days to see the full effect. Treatment effects can last up to 4 months.

Injectable dermal fillers

Injectable dermal fillers are used to treat static wrinkles. Injectable dermal fillers are placed beneath the wrinkle and/or fold to 'fill in' or 'plump up' the depression. The areas most commonly treated with dermal fillers include Nasolabial Folds, Marionette Lines and Vertical Lip Lines. In addition to the treatment of wrinkles injectable dermal fillers can also be used to create volume and definition of the lips. Dermal fillers are administered through a few injections by a trained medical professional. Your medical professional may decide to administer a topical (cream) or local anaesthetic to help numb the area being treated. Treatments usually last for at least 6 months and normal activities can generally be resumed immediately following facial injections. Usually the side effects of these wrinkle treatments are temporary and localised to the area of injection. The different types of cosmetic injection have different side effects, however in general possible side effects include swelling, pain, burning, bruising or redness at the injection site.

Laser

Laser is an excellent non-ablative approach to regenerating the skin from the inside out – please see our article overleaf about Laser skin resurfacing.

Chemical peels

Although our skin is able to replace old cells with new ones, over time this natural exfoliating process begins to slow down. With chemical peels, another form of wrinkle treatment, a solution of one or more exfoliating agents is applied to the face to remove the rough upper layer of skin and to stimulate rejuvenation of new skin cells. The result is tighter, smoother skin that is relatively free of fine lines and blemishes. Chemical peeling is recommended to reduce wrinkles, particularly fine wrinkles, and age spots, sun damage and uneven pigmentation. There are several types of chemical peel techniques: Light and medium facial peels such as our Dr Spiller Enzyme Peel are used to remove superficial wrinkles and discolouration, and deep chemical peels, such as our Herbal Aktiv Peel, are used for more severe conditions such as severe acne. Generally, the deeper the chemical peel, the longer the recovery time required. After light chemical peels, patients may return to their normal activities immediately and wear cosmetics to conceal the redness. Medium and deep chemical peels however, may result in swelling and blisters, which could take up to 2 weeks to heal. Following any chemical peel, your new skin will be sensitive, so you must use maximum sun protection. Chemical peels can be repeated as necessary to achieve and maintain desired results.



Summer NEWSLETTER

2012/13

Announcing the opening of Face Plus Medispa by Dr William Mooney

We are very excited to announce the long planned opening of our new facial cosmetic clinic "Face Plus Medispa". Located just next door to Dr Mooney's Bondi Junction rooms Face Plus is a new arm of his business offering a bespoke selection of the latest skin care and facial aesthetic treatments personally for you:

- Anti-wrinkle injections
- Dermal fillers/injectables for fuller lips, cheek highlights, brow lifts etc
- Laser skin rejuvenation facials using the Genesis Laser by Cutera for reducing pores, fine lines, redness, pigmentation, scars and acne
- Intense Pulse Light (IPL) therapy for sun damaged skin & hair removal
- Medical grade enzyme skin peels
- The renowned Herbal Aktiv Peel by Omniderm: an all natural biological method of skin resurfacing

Face Plus is the antithesis of the 'conveyor belt' type clinic with overworked nurses and unrealistic schedules. We pride ourselves on our in depth analysis of a client's needs, wants, concerns and facial aesthetic, creating a rejuvenation program entirely customised around the individual.

Treatments

The Face Plus Medispa Treatment Menu is designed to repair damage from the inside out, brake pad against future ageing and allow the recipient to luxuriate in sensory escape.

Our menu showcases the latest results driven technology designed to specifically target the impact of lifestyle choices, ageing, pregnancy, menopause, acne, medications and all the factors that play havoc with having clear, dewy, beautiful skin.



Dr Mooney has gone social! You can now find Dr Mooney and Face Plus Medispa on social media – follow us facebook, twitter, instagram, u tube, and pintrest!! We have been busy engaging with social networking and receiving a great response from our followers. You can find us under the usernames of 'DrWilliamMooney' and "FacePlusMedispa" . Find us on:



FACE PLUS MEDISPA Ph: 1300 939 095 Suite 1903 Level 19, Westfield Tower 2, 101 Grafton St Bondi Junction Sydney NSW 2022

PH: 1300 939 095

Dr. Spiller
BIOCOSMETIC

DR WILLIAM MOONEY
www.drwilliammooney.com.au MBBS FRACS FAAFPs





“For Men we stick to four basic principles: safe, proven natural treatment that works within your budget.”

MAN-UP! Dr Will Discusses

Male Facial Cosmetic Surgery and Anti-Aging

Anti-aging and skin care is not just for women – we are seeing an increasing amount of men coming in for facial cosmetic and skin care procedures.

Dr Will discusses his top tips for men and anti-aging strategies:

Prevention

“This is better than anything a specialist can do” says Dr Mooney “and that means sun-block, stop smoking, ease up on alcohol, eat the occasional green object and balance rest, work and exercise.”

Skin Care

“Men are famously hopeless in skin care, and any couples bathroom has a litany of HER products with his razor and aftershave pushed into a corner!”, says Dr Will. He suggests investing in a basic skin care range that is acid free and pH neutral. “This is a great birthday present for the 30 plus male: a cleanser, toner and moisturiser with sun block from a reputable brand. Keep it simple with guys, we get confused with too many options. Our Dr Spiller range MAN-AGE YOUR SKIN has fantastic products that can be tailored to any male skin type.”



Laser

“Lasers have changed significantly in recent times. The ethos has shifted from ablation to regeneration, and this means less down time and better long term skin results. Our genesis laser is excellent for refining skin and returning a youthful glow to weather and sun damaged faces. Many aussie men have hyperpigmentation due to excessive solar exposure. IPL treats this effectively and easily. Lasers are great for men as the results are fast and look real.”

Injectables

“I strongly believe that less is more for men and injectables. I believe that dynamic range or movement in the face is very important in the workplace, whether that be a boardroom or building site. That said, a combination of filler and anti-wrinkle shots when used carefully are an excellent anti-ageing tool. The focus here is moderation”

Surgery

“The best anti-aging surgery for men is not what you think: RHINOPLASTY straightens noses, and improves airway. This in turn improves sleep, decreased snoring improves domestic relations, and improved airway makes training and sport more attractive. The result is a happier, fitter, younger looking guy! Other techniques we use in our clinic are eye-lid lifts, and liposculpture around the chin and jowls. These simple safe procedures work well and can be performed together, and result in a realistic and youthful result.



Facials

Hydrating and game changing signature Dr Spiller Oxygen, Collagen and Enzyme facials.

The clinic also offers specific acne treatments tailored for each patient using the renowned Alex Cosmetic's Herbal Aktiv Peel®, a potent botanical formulation packed with vitamins, minerals and trace elements that will aid spectacular skin renewal.

Face Plus Favourite product of the month Rinazell Gel – by Dr Spiller

This colourless repair gel increases the oxygen absorption capacity of the cell and stimulates the cell metabolism with natural active substances gained from milk peptides. Calming and healing for irritated, sensitised skins. Ideal after sun exposure and other irritations.

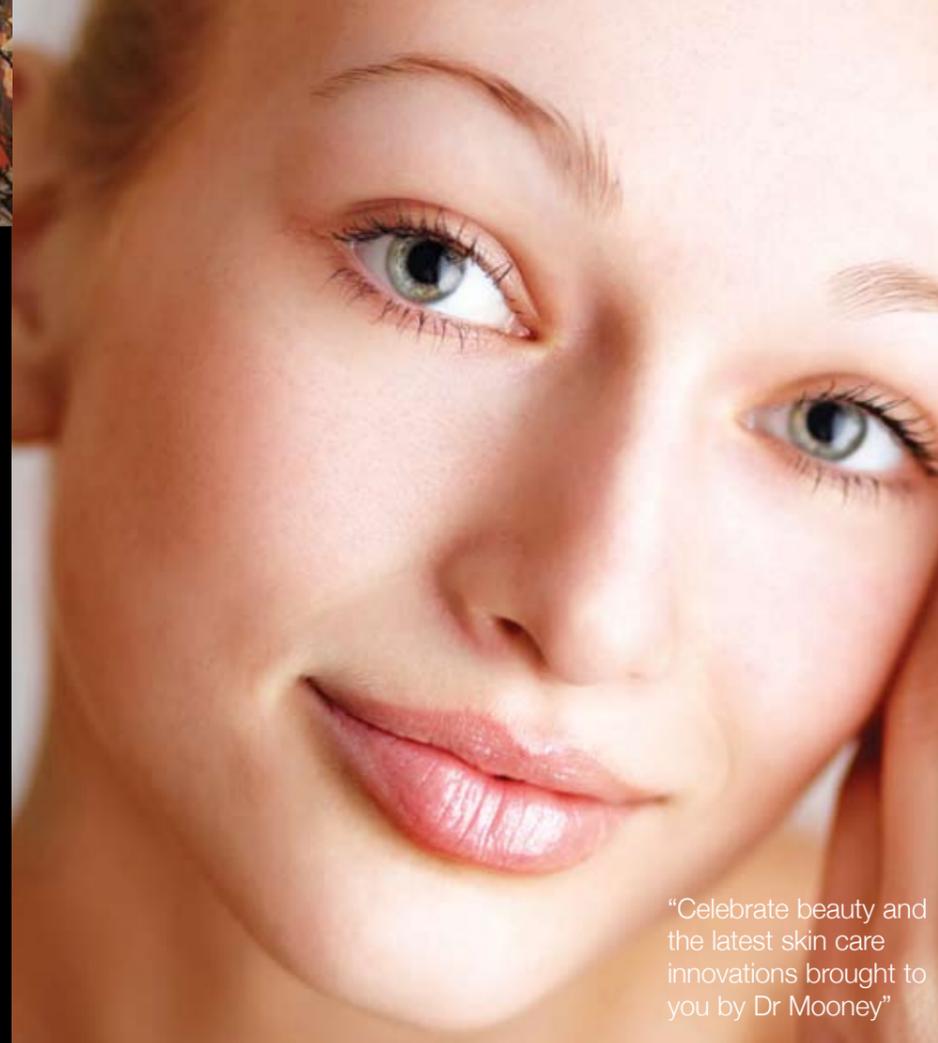


Phyto Facials are the latest and greatest treatments this summer. These very popular ‘mid range’ peels gently remove the non-viable epidermal layer to reveal a new skin surface within 24 hours. The regenerating compounded dried, crushed herbs will produce revitalized, softer, smoother, firmer skin. You will walk away looking a little pink and the skin is left feeling a little ‘prickly’. One of our highly qualified skin therapists will help you choose from a personalised selection.



Call us now

FOR A COMPLIMENTARY SKIN ASSESSMENT AND ANTI-AGING CONSULT Ph: 1300 939 095



“Celebrate beauty and the latest skin care innovations brought to you by Dr Mooney”

Limelight IPL Facial Treatments

Limelight IPL is a light based procedure which addresses problems right at the skin's surface; redness, mottled skin complexions, freckles and sun damage.

The boost to your skin is enhanced luminosity and tone with obvious pigmentation and freckling fading with each treatment.

Our laser treatments are non-invasive and are performed safely and discreetly with a medical grade laser by a trained therapist. You can expect to see subtle yet consistent results after each treatment. We recommend a series of several treatments for optimal results, without unwanted side effects such as bruising, peeling or excessive skin irritation.

These laser treatments are ideal for all patients (young and mature) skin types looking to control their ageing process.

Laser Hair Removal

Introducing the new ProWave Hair Removal Laser System offering permanent reduction with lasting results. Cutera's latest hair removal system is the newest on the market for permanent hair reduction. Suitable for a wide variety of skin types (unlike older lasers) and with the additional patient benefit of the ability to treat large areas such as women's legs and men's backs more efficiently – making it quicker and safer. The hand piece has a unique cooling system which increases patient comfort and minimizes the adverse skin reaction commonly seen with other light sources.

Please call our Bondi Junction office on **02 9389 4497** to discuss your skin care needs further or to book a complimentary **LASER FACIAL** consultation today.



Laser skin REJUVENATION

With the change of season upon us, now is the perfect time to start preparing your skin and face for luminosity using our new medical grade Laser Treatments.

LASER FACIALS are the latest medspa treatments on the market that actually create physiological change to the skin. They are gentle and non-ablative – meaning they cause no surface damage to the skin – you can go back to work and wear make up as normal. The benefits of laser facials are progressive and long lasting – creating collagen production to plump out and brighten tired winter skin.

Laser GENESIS Facials

The new XEO Laser Genesis by Cutera is a medical grade laser that is stronger and more effective than most laser's you will find in beauty clinics. Scientifically proven to stimulate and produce new

collagen under the skin's epidermis without damaging the surface layer of your skin, **LASER GENESIS** is innovative new laser technology aimed at treating the signs of aging such as: fine lines, sun damage such as redness, rosacea, large pores, uneven texture, and plumping acne scarring. Your skin will emerge with a smoother texture and refined tone.

Laser facials can also be combined with our exclusive **DR SPILLER** facial treatments and skin care products to give you that added glow and luminosity with practically no down time or surface damage to your skin.