

ISSUE 10

# COSMETIC

enhancement and anti-ageing biannual

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# *the body* COLLECTION

*Check out our guide to non-invasive treatments  
that can lift, tighten and tone your body.*

## CoolSculpting

**Expert** Nancy Turner;

[www.totalfacegroup.com.au](http://www.totalfacegroup.com.au).

CoolSculpting is a safe and effective non-invasive technology that works by freezing unwanted fat with no trauma to skin or tissues. The temperature is set to a level that targets and kills the fat cells from different areas of the body, including buttocks, love handles, upper arms, stomach, thighs and knees. Noticeable results are usually seen within one to three months. Delivery is fast so a treatment can easily be performed in an hour.

Dermal clinician and CoolSculpting expert Nancy Turner says the technology is available at Total Face Group clinics in Victoria, ACT, Queensland and New South Wales. She has performed hundreds of treatments and advises where the fat should be removed to give the best look.

"I love this technology," she says. "A body can be totally resculpted using CoolSculpting. I use it on most areas of unwanted body fat from the chin down and have never treated a patient who has been unhappy with the results. Most patients require only one treatment and by eight to 10 weeks they can see the finished result."

## Cooltech

**Expert** Alesha Croker;

[www.hunterplasticsurgery.com.au](http://www.hunterplasticsurgery.com.au).

Full body sculpting is possible using the Cooltech technology, which has several applicators that allow for different-shaped areas to be treated. Any area of the body that has excess fat and needs a re-sculpt can benefit from a Cooltech treatment, however it is not a treatment for someone who is very overweight. Cooltech works by cooling the target area to a temperature that leads to controlled fat cell death. After treatment, visible results can be seen within one to three months.

"Performing these treatments is so rewarding. I find the Cooltech results amazing and they can be life-changing for patients," says dermal clinician Alesha Croker. "Each session reduces the fat in that area by 20 to 30 per cent but sometimes two sessions will be needed to get the 'wow' result. Tummies take the most time and I keep patients occupied by giving them a fully loaded iPad and

snacks. There may be a small amount of swelling afterwards that lasts for a few days."

## PicoSure

**Expert** Dr Philip Bekhor;

[www.laserdermatology.com.au](http://www.laserdermatology.com.au).

To effectively remove tattoos from most areas of the body, this powerful laser technology penetrates the dermis to remove even hard-to-shift ink colours and improve the surrounding skin. Using Focus Lens Array and PressureWave technology, PicoSure delivers energy at trillionths of a second, shattering the tiny particles that make up tattoo ink without damaging surrounding tissue. Once the ink is broken up, it can be eliminated by the body.

Dermatologist Dr Philip Bekhor says: "The more experienced your doctor is the better. I have performed more tattoo removals than any other doctor in Australia and devise a specific protocol for each removal. To ensure the best final result, I generally operate at lower power and repeat treatments every three to six months. Before I start, however, I usually perform a test patch. There are some tattoos that can never be removed unless they are cut out. Beware of treatments that offer solutions that can be injected into the tattoo to remove it as they are not always appropriate."

## SculpSure

**Expert** Dr Saras Sundrum;

[www.drsarasandco.com.au](http://www.drsarasandco.com.au).

SculpSure is a non-invasive hyperthermic laser treatment to remove stubborn fat from areas of the body, such as the abdomen, love handles and thighs. It directs both heat and cold to destroy fat cells and contours the area at the same time.

Dr Sundrum was one of the first cosmetic physicians to use SculpSure in Australia and her experience helps to deliver excellent results.

"I call it the perfect lunch-hour, fat-reduction treatment," she says. "It takes less than 30 minutes and there is no pain or swelling afterwards. It is not a treatment for the morbidly obese but it works really well for those with small, excess pockets of fat. In winter, especially, I can barely keep up with the demand from my patients as they prepare their bikini bodies for the next summer. They usually require only one treatment."



## Thermage CPT

**Expert** Christiana O'Regan;  
[www.saphiraclinic.com.au](http://www.saphiraclinic.com.au).

Thermage CPT uses radio waves to heat the deeper layers of the skin and re-sculpt the target area. The treatment kick-starts the body's natural renewal processes by stimulating collagen production and elastin contraction, improving skin texture and tightening it.

"There is nothing like it for predictable, positive results that, in many cases, can last for years," says Saphira Clinic's clinical director Christiana O'Regan. "I use it on the upper arms, tummy, back of thighs, bottom, inner thighs and the knees, as well as the face. I carefully evaluate the patient as that's essential for best results. This therapy is not for fat removal or for treating

**"There is nothing like Thermage for predictable, positive results, that, in many cases, can last for years."**

massive areas of loose skin but for anyone else the results are excellent."

## Ultherapy

**Expert** Dr Stephen Lowe;  
[www.totalfacegroup.com.au](http://www.totalfacegroup.com.au).

Ultherapy uses ultrasound energy to lift and tighten loose skin, treating the deeper layers of tissue without disturbing the surface making it a procedure with minimal downtime. It works by stimulating the body's healing response to boost collagen production, immediately improving the skin's appearance followed by a lifting and tightening effect in three to six months.

Cosmetic physician Dr Stephen Lowe from Total Face Group has been using Ultherapy for treating the body. "I have treated areas such as the décolletage, above the knees and the upper arms with great results," he says. "I've also had amazing success targeting the stomach around the belly button of women after pregnancy and am working

on ways to get the greatest lift for buttocks. "Many of my patients require only one session followed by a top-up about every 18 months. As long as they understand that final results take up to six months, they are all happy with the outcome."

## Ultraformer III

**Expert** Suzie Hoitink;  
[www.clearcomplexions.com.au](http://www.clearcomplexions.com.au).

Suitable for use on areas such as the décolletage, upper arms, abdomen, thighs, lower legs and ankles,





this high-intensity ultrasound energy uses heat to lift and tighten the skin. The treatment targets fat cell membranes to break them down and the cell content is transported to the liver where it is processed and removed by the body's excretory system. The wound-healing process that occurs effectively remodels the skin's collagen.

works really well performing lymphatic massage, which really aids healing."

For before and after pictures of actual patients who have undergone these body treatments, see "The look book".

Clear Complexions founder and nurse Suzie Hoitink says: "Ultraformer III is the ideal treatment to address issues of skin laxity for post-pregnancy women. It's also a remarkable therapy for treating crêpey skin on areas such as the chest, knees, stomach and arms. Sun-damaged and ageing skin on the décolletage can also benefit, and this is a difficult area to treat using skincare alone."

## Venus Legacy

**Expert** Dr Vlad Milovic;  
[www.drmlilovic.com.au](http://www.drmlilovic.com.au).

Contouring, skin tightening and cellulite correction are body concerns tackled by this technology, which combines multi-polar radio frequency and pulsed electro magnetic fields to produce heat under the skin's

"From the first time I worked with the Venus Legacy, I was hooked ... I was seeing immediate effects with cellulite."

surface. This heat causes a thermal reaction to stimulate the body's healing powers, as well as breaking down the volume of fat cells, remodelling collagen and tightening lax skin in the treatment area.

Dr Vlad Milovic says: "From the first time I worked with the Venus Legacy, I was hooked. I was seeing immediate effects with cellulite though lifting and fat removal take up to three months for final results.

"A treatment takes about 30 minutes and I usually perform six to eight treatments, followed by an annual touch up. I also use the Venus Legacy on all my patients post-op as it



# the LOOK BOOK

*A before-and-after gallery showing the transformative results achieved by some of Australia's top cosmetic specialists.*



**DR SEAN  
ARENDSE**  
Cosmetic  
physician

**Specialties:** non-surgical  
face and body treatments.  
Visit [www.flawlessrejuvenation.com.au](http://www.flawlessrejuvenation.com.au).



BEFORE



AFTER: non-surgical  
procedures.

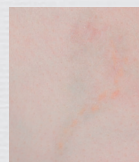


**DR PHILIP  
BEKHOR**  
Dermatologist

**Specialties:** laser tattoo removal.  
Visit [www.laserdermatology.com.au](http://www.laserdermatology.com.au).



BEFORE

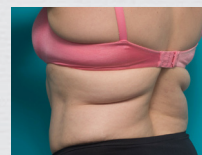


AFTER: PicoSure  
treatment.

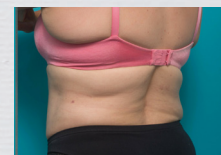


**ALESHA CROKER**  
Cosmetic therapist

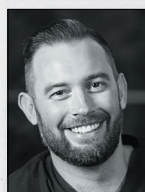
**Specialties:** face and body treatments.  
Visit [www.hunterplasticsurgery.com.au](http://www.hunterplasticsurgery.com.au).



BEFORE

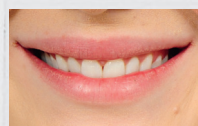


AFTER: Cooltech  
treatment.



**DR LUKE CRONIN**  
Cosmetic dentist

**Specialties:** cosmetic dental treatments.  
Visit [www.qualitydental.com.au](http://www.qualitydental.com.au).



BEFORE

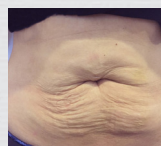


AFTER: smile makeover.

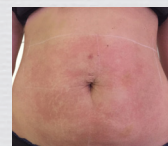


**SUZIE HOITINK**  
Nurse

**Specialties:** non-surgical treatments.  
Visit [www.clearcomplexions.com.au](http://www.clearcomplexions.com.au).



BEFORE



AFTER: Ultraformer III  
treatment.



**DR STEPHEN LOWE**  
Cosmetic physician

**Specialties:** face and body treatments.  
Visit [www.totalfacegroup.com.au](http://www.totalfacegroup.com.au).



BEFORE



AFTER: Ultherapy  
treatment.



**DR VLAD MILOVIC**  
Cosmetic plastic surgeon

**Specialties:** face and body cosmetic surgery.  
Visit [www.drnilovic.com.au](http://www.drnilovic.com.au).



BEFORE



AFTER: Venus Legacy  
treatment.



BEFORE



AFTER: blepharoplasty.

PHOTOS ARE INDICATIVE OF POTENTIAL RESULTS FOR SUITABLE PATIENTS BUT RESULTS MAY VARY. ALL DENTAL, COSMETIC AND SURGICAL PROCEDURES CARRY RISKS. BEFORE PROCEEDING YOU SHOULD CONSIDER A SECOND OPINION FROM A SUITABLY QUALIFIED PRACTITIONER.

Results may vary from person to person. Photographs on these pages are actual patients.