

# skin trinity

WE ALL WANT TO CAPTURE THE GLOW OF YOUTH WHEN IT COMES TO OUR SKIN. DR JOSEPH HKEIK DISCUSSES THE HOLY TRINITY OF SKINCARE – THE FACE, NECK AND DÉCOLLETAGE.

Many people take good care of the skin on their face, yet neglect their neck and décolletage. As a result, people often look older in these parts than on their face. While they've maintained a healthy glow and smooth complexion on their face, their neck and décolletage may suffer from a range of conditions including sun damage, pigmentation, uneven tones, spottiness, visible veins, saggy excess skin and an overall dull and lacklustre tone.

Even people who look after this area of their body can typically see tell-tale ageing signs in their neck and décolletage in their 40s onwards. Due to increased sun exposure, Australian women in their early 30s often start to show these signs, too. Becoming self-conscious and covering up these areas is often what happens next as people try

to compensate for areas of their body reflecting different ages to the world.

At All Saints Cosmedical Clinic we always view these three areas – face, neck and décolletage – as one. Restoring youthfulness can be as simple as adapting skincare regimes used on the face to these other areas, so education and adjustments to daily routines are where we begin.

While people will often ask me for advice about improving their facial complexion, I'm always quick to advise patients not to disregard their neck and chest as well. It deserves to be included in everybody's daily skin regime.

For the beginner, I suggest the use of some alpha hydroxyl acid (AHA) or glycolic cleansers for a short time, about once or twice a week in the shower. Alpha hydroxyl acid gently



BEFORE



AFTER neck rejuvenation treatment by Dr Hkeik

exfoliates the top layer, which can assist any skincare product in reaching the target area more effectively.

The face has more sebaceous glands (found at the base of the hair follicles) than the neck and chest area, so while we follow the same basic routines for these areas we are more conservative with regards to the dosage.

Depending on the person and their skin type, I would then recommend microhydrabrasion or a light chemical peel. The purpose is to exfoliate the top layer of the epidermis, either by mechanical or chemical means. Cosmeceutical skincare products can then reach deeper into the skin and help promote more collagen where it is lacking.

After each of these I recommend the use of skincare that is nourishing to support the skin and help smooth its appearance. Specifically for the neck and décolletage area, I recommend Nelly de Vuyst firming bust and neck preparations. These contain effective natural extracts and essential oils to help firm, tighten and lift. They are suitable for people with fine wrinkles and can produce results for a range of people, including those who do not wish to undergo more intensive treatments.

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Injectable skin hydrators can be used to help revive dry and wrinkled skin. For noticeable results two to three sessions are normally required, two to four weeks apart.

For people with sun damage, more serious skin conditions and those who want to see results more quickly, a series of Cutera Limelight photo-rejuvenation treatments may be a good option. These treatments can address colour changes appearing red or brown on the surface of the skin, including pigmentation. They also promote collagen formation and skin tightening with minimal downtime in typical cases.

For the next level of treatments – for people with deeper wrinkles and severe sun damage – I recommend fractional laser skin resurfacing systems such as Fraxel or Pearl. These produce more dramatic results but do require some recovery time. Several Fraxel treatments are usually required, with at least one day recovery required after each treatment. Just one Pearl treatment is normally required to deliver visible improvements, however downtime is usually around three to five days.

Tailoring a treatment plan to each person's individual needs is essential: a combination of treatments at well-timed intervals will be most effective. People often think the trinity of skincare is: cleanse, tone, moisturise. Instead, think: face, neck, décolletage to help keep a youthful appearance in check. **bella**

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