

Showing your age?

Tamara Double of Skin Solutions



Have you reached that point in your late thirties to early forties when your skin starts to show the first signs of aging? Perhaps you have already exceeded this age and are looking to take measures in improving the youthful appearance of your skin. Discolouration, large open pores, the presence of fine lines around the eyes and lips, the appearance of thread veins and sagging skin around the eyes and mouth are the first tell-tall signs of your age. Contrary to what many of us believe, the trend at the moment would prove that facial surgery is becoming less popular, as people are turning to other methods that are safer and cheaper. Nevertheless other treatments such as injectables like Botox and derma fillers may offer a reduction in fine lines, they cannot effect the general appearance and quality of the skin. They are also high maintenance and require regular top-ups. Other treatments on the market like Laser and Intense Pulse Light (IPL) may be very effective for thread veins and pigmentation problems, they again are very expensive and need to be regularly maintained.

I paid a visit to Tamara Double of Skin Solution, one of Oxfordshire's most experienced skincare experts to discover more about the options available when it comes to non-medical anti ageing skincare treatments. She is a member of the International Institute of Anti Aging, as well as specialising in semi-permanent make-up procedures and has recently trained as a nutrition technician on the Patrick Holford's Advance Nutrition Programme.

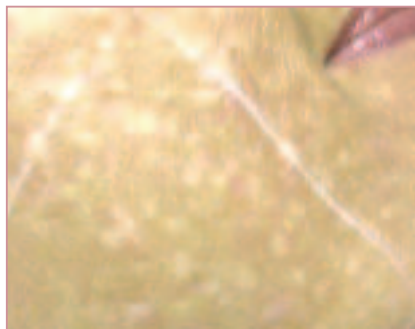
Tamara is a firm believer in the long-term benefits of Medical Aesthetics and non-surgical treatments. She explained how a multi-levelled approach to skincare achieves the best results when it comes to anti ageing. Starting with nutrition. A good diet and supplementation is an essential part of improving your skins health and preserving youthfulness. The second level is a course of professional treatments. All of the procedures Tamara carries out are based on the principle of being able to get highly active natural ingredients into the skin, which she believes attains the best results in modern skincare.

There are various methods of achieving this. One is microdermabrasion (using salt). She often follows this treatment on with a skin specific ultrasound, which allows the active ingredients to penetrate deeper into the skin. Another method of treatment is medical aesthetic peels, which offer a range of resurfacing techniques, all of which introduce beneficial natural active ingredients deep into the skin, rather than just peeling it away. This gives longer lasting results with far less trauma to the surface of the skin, so no down time spent hiding away with your face covered up. There are many treatments Tamara can offer, but before any are proposed she would have taken you through a two and a half hour consultation, looking into your lifestyle, diet and

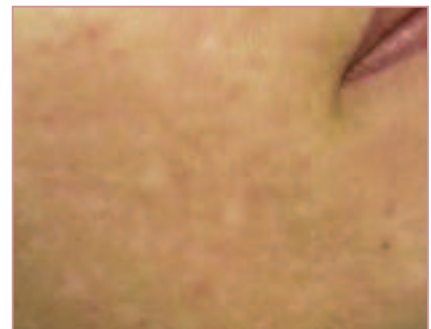
obviously a thorough examination of your skin. This way advice is given on dietary needs and supplements, then a course of treatments advantageous to your personal needs can be carried out, before the final level of her skincare regime is put in place. This is to tailor make a skincare programme to be carried out at home. Tamara stocks a superb range of products, which are not available in any high street shop. They fall under the title of Cosmeceutics as they are produced to pharmaceutical standards, but are not classed as medication as they contain natural ingredients that do not have to abide by the same restrictions. They will often require a little training in their use, but once you can administer your own skincare programme at home to correct and protect the skin, much more effective and permanent results will be seen.

Outside of anti ageing treatments, Tamara offers a solution to people with pitted and acne scarred skin. Normally textural problems with the skin are notoriously hard to treat, but recently Tamara has adopted a technique called Needling. This technique is classified into two categories, medical and aesthetic. Qualified surgeons carry out medical needling, whilst aesthetic needling is available with Skin Solutions. With the use of needles to puncture the skin to various depths, it accelerates the skins own collagen production, thereby improving the texture of small areas such as scars and deep pits.

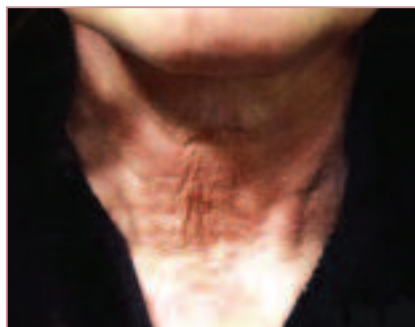
As of next month Tamara will be putting together a column every month, focusing on various skincare issues, so keep your eyes peeled on our Wellbeing section. In the mean time if you are interested in any of the treatments mentioned in this article, or just want some professional skincare advice contact Tamara on Tel: 01865 749095



Before: Acne scarring and hyperpigmentation



After: 5 treatments with Salt - A - Peel DermaPhoresis



Before: Very badly sun-damaged skin of a 50 year old woman



After: Home use of Eviron products and 24 treatments with ultra sound