



## TRICHLORACETIC ACID (TCA) PEEL

We've all heard of chemical peels, but have you heard of TCA peels? The in-office treatment improves photo ageing, speeds up cell turnover and stimulates collagen production, ensuring better overall skin tone. Though chemical peels have been given a bad rap in the past, TCA isn't as painful as it sounds. When the TCA 12 per cent is applied, you will feel a burning sensation, which subsides and turns into a slight stinging sensation after a few minutes. The results tend to be more noticeable than AHA peels and, unlike AHAs, TCA can get rid of finer wrinkles as well.

Following a TCA peel, treat the skin with care. Direct sunlight should be avoided, as well as skincare products that contain active ingredients such as AHAs, glycolic acid and vitamin A. Also, keep skin hydrated. A simple paw paw ointment will do the trick – just make sure to opt for a 100 per cent natural one such as the Natralus range ([natralus.com.au](http://natralus.com.au)).

**When to Start:** As early as your 20s to treat acne scarring

**Downtime:** 2–5 days. You will be sensitive to sunlight for 4–8 weeks after, so no sunny vacations!

**Cost:** \$300 to \$800

**How many treatments:** Approximately 2–6 peels, done fortnightly. The number of peels depends on your skin type, condition, peel strength and desired outcome

## PLATELET-RICH PLASMA THERAPY

Platelet-rich plasma therapy (PRP) is a popular celebrity procedure often referred to as the Vampire Lift. Originally used to treat sporting injuries, PRP is now being used cosmetically to plump the skin. "It's also been clinically proven to improve skin texture and tone, so you know you'll get results," adds Dr Mullen.

It involves extracting blood from your arm, spinning it in a centrifuge until the platelet-rich plasma separates from the red cells, and then re-injecting the platelet-rich plasma under the skin to accelerate cell renewal and healing.

A natural alternative to Botox, it activates the stem cells that already exist in the facial tissue, stimulating your skin to produce more collagen and elastic. This, says Dr Mullen, heals scars, improves skin texture and boosts wrinkled and lacklustre skin. "We often perform PRP with fillers and laser for optimal results."



**When to Start:** Mid 30s.

**Downtime:** Redness for 1–2 days and bruise at needle site 2–3 days

**Cost:** About \$1,500–\$2,000 for full face

**How many treatments:** Up to 3 treatments, 4–6 weeks apart

## INTENSE PULSED-LIGHT TREATMENT

Intense pulsed light (IPL) is a non-surgical, non-invasive anti-ageing procedure that dermatologists (and Hollywood) swear by. It involves shining a range of light frequencies on the face and décolletage to remove pigment and blood vessels from the skin, eliminating redness and roughness, reducing freckles and minimising fine lines. Because the procedure targets pigment, many advise against using it on dark skin.

As the procedure is less powerful than laser treatments, multiple sessions are needed – many say you'll notice results after three. There's no downtime or discomfort; however, when you first meet your therapist, make sure they do a patch test to ensure your skin doesn't react adversely. Because IPL zones in on pigment, it can be risky to use on dark skin, as it has the potential to create uneven results.



**When to Start:** Late 20s

**Downtime:** Minimal. Patients can return to work the same day

**Cost:** \$350–\$600 per treatment

**How many treatments:** 3–4 treatments ■