



Are Superfacials the new facelift?

Our Editors Marja-Leena and Karine visited Dr Kim Prescott at her Penrose Clinic in Fetcham Park House in Cobham

Softer and less invasive facial treatments are fast growing in popularity as we want more natural looking results. But how good are these new Superfacials as an alternative to facelifts? That's exactly what we wanted to put to the test. Dr Prescott recommended a two step Legend M2 Skin Programme - a combination of the Lipofirm Facelift and the VoluDerm RF microneedling.

"Skin health is influenced by many factors, and graceful ageing involves holistically addressing all the layers of the face."

We started with the LIPOFIRM FACELIFT

This non-surgical collagen induction treatment is for anyone looking for a non-invasive solution to tone, tighten and lift the skin on the face and neck. In many cases a lift can be seen from the first treatment, with no downtime. During the LP Facelift, Tripollar radio frequency (RF) leads to an immediate skin tightening

effect, as well as inducing longer term production of new collagen and elastin. The same handpiece delivers Dynamic Muscle Activation (DMA) to tone the facial muscles and SMAS layer of the lower face for a lift along the jawline and firm up the area under the chin.

The second part of our treatment was RF MICRONEEDLING USING VOLUDERM HYBRID ENERGY

This really is the anti-ageing treatment of the moment. A highly effective combination of microneedling and radiofrequency that helps to tighten and firm the skin on the face, and body. VoluDerm HE uses ultra-thin electrodes to deliver RF to both the outer surface of the skin and the deep dermis, along with galvanic current in a minimally invasive treatment. The combination of thermal (RF) and chemical (galvanic) energies improves results and also means that there is minimal discomfort and very little recovery time.

All this triggers the body's natural healing processes encouraging regeneration of collagen, elastin and hyaluronic acid to regenerate, firm and volumise the skin.

The treatment was totally painless, quick and relaxing even. There was a few hours of redness of the skin after but that cleared by the following morning. A good aftercare routine of gentle cleansing followed by hyaluronic acid and L-ascorbic acid (vitamin C) serums is recommended.

These customised treatments cost between £135 for the Lipofirm Facelift to £515, depending on whether the neck, décolletage and eyes (non-surgical blepharoplasty) are treated.

Dr Kim Prescott practices Aesthetic and Lifestyle Medicine as well as lecturing and training in advanced aesthetic medicine. ■

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