

“Our FACES  
are LIES and  
our NECKS ARE  
the TRUTH”

– NORA EPHRON

# SKIN SOLUTIONS

Dr Kim's popular non-surgical  
treatments for difficult to treat areas

If Nora Ephron's 'I Feel Bad about My Neck' resonates with you, then Dr Kim's review of some popular non-surgical treatments for more difficult to treat areas might be of interest to you.

The skin on our neck and décolletage is prone to premature ageing, making the desire to lift and tighten these areas more of a priority as we age. It has fewer oil glands and is up to three times thinner than the skin on your face, meaning that it lacks the regenerative capacity to bounce back when damaged. Skin can look papery or develop a mottled discoloration, leaving your neck and chest area looking much older than your face.

## 1. TOPICAL PRODUCTS

Growth factor serums and products developed specifically for the neck are taking centre stage at the moment. These are creamier than facial products, designed to deliver nutrients, boost collagen and restore hydration for plumper, firmer skin. Recent introductions contain clinically proven ingredients like peptides and retinol to improve the skin on the neck, including SkinCeuticals Tripeptide-R Neck Repair or LIFT Neck Repair by PSMD Skin Science.

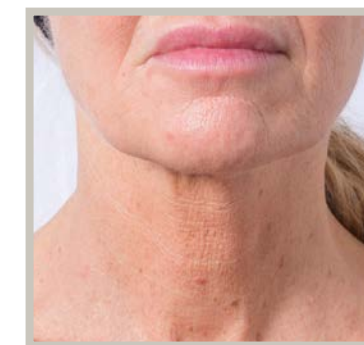
## 2. PROFHILO® BIOSTIMULATION

Profhilo® has been the focus of a social media frenzy and is one of the most requested rejuvenation treatments at the moment. Sometimes referred to as an injectable moisturiser, it is much more than that - essentially a hyaluronic acid-based treatment that can be

BEFORE



AFTER PROFHILO®



\*courtesy of Dr Hema Sundaram & Dr Antonello Tateo

used in multiple areas including the face, neck, décolletage, arms, stomach and hands for noticeable biorevitalisation effect. It helps to restore skin firmness and texture and give you back your luminous, youthful glow. Profhilo® needs to be positioned precisely by a trained expert so that the concentrated formula disperses evenly through the deeper layers to restore structure and hydration to the skin.

## 3. TREATMENTS FOR A DOUBLE CHIN

You may have seen reels of injectable fat dissolving treatments on Instagram, and in spite of the swelling and recovery time, these treatments are becoming more popular, along with threadlifts and PDO thread biostimulation. For those who prefer less invasive treatments, radiofrequency or ultrasound are highly effective in reducing your double-chin. The Lipofirm Face & Jaw Lift combines radiofrequency with muscle activation to lift the SMAS layer in the lower face, with targeted fat reduction and tightening around the jawline and under the chin.

## 4. SKIN TIGHTENING AND COLLAGEN BOOSTING

RF microneedling is highly effective in helping to tighten and firm your neck. Neck skin can take longer to recover after treatments, so look for hybrid RF microneedling technologies like VoluDerm HE that

combine RF with galvanic current leading to improved results and less recovery time. The addition of a resurfacing treatment in the Legend M3 skin rejuvenation programmes can also help reduce fine lines and pigmentation on the décolletage.

## 5. MANAGING PIGMENTATION

Mixed modality medical lasers are an excellent choice for managing areas of pigmentation and general skin tightening and resurfacing, but are best conducted as a course of treatments during the less sunny months of the year, and are combined with a specialised skin pigmentation regimen to enhance and maintain your results.

Dr Kim Prescott practices Aesthetic and Lifestyle Medicine at the PSMD and Penrose Clinics, along with clinical research, lecturing and training in Aesthetic Medicine. 📍



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