

mind&body

A good match

Give your skin a mega-boost by pairing up the right treatments. **Maya Anderson** reports.

A facial or treatment is always great for the skin. But if you really want to get a serious beauty boost, teaming skincare treatments together is the way to go. Assure Medispa senior medical aesthetician Maryann Rowan said she found the overall outcome of combining treatments was markedly different to what one treatment alone could achieve. We ask the experts to reveal some of the best treatment matches.

THE EXPERT: MARYANN ROWAN, ASSURE MEDISPA SENIOR MEDICAL AESTHETICIAN
THE TREATMENTS: IPL WITH DERMAL FILLERS OR WRINKLE RELAXANTS AND MEDICAL SKIN NEEDLING WITH PRESCRIPTION-ONLY SKINCARE.

"IPL rejuvenation — which is a pulsed light treatment targeting age spots and pigmentation — works very well with dermal fillers to minimise signs of ageing. IPL can be used on any sun-damaged area by evening out skin tone and brightening complexion," Ms Rowan said.

When wrinkle relaxants or dermal fillers (injectables) were used in conjunction with IPL, the combination minimised the appearance of wrinkles and plumped up areas of volume loss like the lips and cheeks, or even the décolletage and back of hands, she said.

"Another great combination is medical skin needling, together with prescription-only skincare. This is ideal for anyone who has suffered from acne and problem breakouts."

Medical skin needling could not be performed on skin with active acne but it could target the pitted, rough look and hyperpigmentation that acne scarring left behind.

"This, combined with the right skincare products, can dramatically reduce the incidence and severity of recurrent breakouts."

