



SKINCARE AESTHETICS BEAUTY Q&A

By Beauty Contributor Steven Smith



MilliOnAir presents the King and Queen of the aesthetic world.

"Dr Ioannis Liakas and Vicky Grammatikopoulou"

Their clients include celebrities, top models and even royalty. Dr Liakas is a fellow of the Royal College of Physicians, Senior Lecturer at Queen Mary's Medical School and an Associate Member of the British College of Aesthetic Medicine.

Before moving into the business side of aesthetics, Ms Grammatikopoulou specialised in training teachers and was a university lecturer.

Together, they are Vie Aesthetics, and run leading clinics in Harley Street, Germany and Southend. Each month they will be answering your questions on beauty, aesthetics, skincare and lifestyle.

Q, People regularly mistake me for being ten years younger than my actual age. To be honest, I have been having Botox since my late twenties and I take pride in my appearance. Recently, however, I have noticed that my neck has started to look wrinkly and is sagging. I have even started to wear scarves and high neck tops in an attempt to cover the area! What treatment options are there that I can have done to rejuvenate my neck area?
Hayley Popular, Southend, Essex.

A, It is great that you are still so young. It is very true that many people tend to focus on their face and completely forget their neck. There is good news, as there are currently a variety of treatments available on the market that can give amazing results:

a) HIFU (High-Intensity Focused Ultrasound)

This method utilises ultrasonic thermal waves, which act to tighten the skin, thus rejuvenating its appearance. It artificially stimulates collagen production, filling and plumping the skin to make it appear smoother and more youthful.

b) HA Filler

This process encompasses several/multiple small injections of filler into the skin on the neck area, which will, in turn, improve its appearance and will reverse the effects of aging.

c) PRP (Platelet-Rich Plasma Therapy)

This works by taking a sample of your blood, isolating the plasma within the sample and then injecting it back into your skin. The healing and regenerating properties of the plasma will increase the firmness of your skin.

d) Combining all or some of the above

It is important to acknowledge, however, that each person's requirements may differ and so these should be discussed and a specific plan formulated as part of your consultation.



Q, To my horror, I have recently started to notice I have been getting some brown spots on my face and body, also known as 'age spots' or 'liver spots'. They are, in fact even more noticeable when I apply fake tan, which is challenging simply because I love the look of being tanned. Can you please suggest how I can prevent these from re-appearing as I am only fifty and feel I am too young at heart to be dealing with 'age spots'?

Diane Carroll, Newcastle.

A, The most effective way to prevent pigment spots from appearing on your skin in the first instance is to protect yourself from the sun by applying a sun protection cream with a high SPF (25+). This is crucial, and a medical-grade sunscreen is always recommended for adequate sun protection.

The "daily sheer broad spectrum SPF 50" (available at our clinic) sunscreen will provide sun protection whilst simultaneously preventing perspiration and remaining water-resistant. Its commendable formula will ensure up to twelve whole hours of sun protection.

The pre-existing spots on your face however, will need to be dealt with and my suggestion is opting for a chemical peel. Peels like this not only remove discolouration or skin imperfections like these but they will also help in achieving that fresh, dewy faced appearance.

A chemical peel, on the other hand would require preparation with a series of products and the best way forward would be for you to book a facial consultation with us.

Q, Please can you share any tips on how I can achieve Madonna's youthful cheeks, as I think she looks incredible. My cheeks are sagging and look a rather hollow, despite me being the same age as her.

Lizzie Heart, Brighton.

A, Every person is unique and attractive in his or her own way and therefore we do discourage people from wanting to look like a specific celebrity, as this is unrealistic. We do understand that, as a guideline, a celebrity may be helpful in articulating a specific image though.

In any case, cheeks swollen with filler have become a sign of youth and the easiest, fastest and most efficient way to get a cheek enhancement is by opting for HA fillers in that area. HA stands for Hyaluronic Acid, which is essentially a naturally occurring component of the extra-cellular matrix.

We always recommend that you visit a reputable facility or establishment with a host of practitioners experienced in performing the required procedure. If filler is regrettably injected into a person's face incorrectly, it can provide a very artificial image and can be unattractive.





Q, How old should my daughter be before she can get her lips filled? She is currently 16 years of age and is begging me to allow her to have it done as a Christmas present. In my opinion, she is a very pretty girl and she has always had lips that were thinner in shape than my own lips.
Carol Smith, Richmond.

A, Concerning your daughter undergoing this procedure, she needs to be a minimum of 18 years of age before she is permitted to undergo any aesthetic procedures here in the U.K. You could consider lip plumpers such as “Instant Effects” which work through oxygen delivery to the targeted area, something that can produce a long-term effect. Several of our female clientele use this plumper in conjunction with fillers in order to achieve an even more voluminous and longer lasting effect.

To book a FREE consultation, call 07899673578
 Or 02071646140 or book online
www.vie-aesthetics.com
 Please send your questions to Steven Smith
spman@btinternet.com



Vicky Grammatikopoulou

Vicky promotes a holistic approach to the issues of image and confidence and in this endeavour, she ensures that the experience of our clients is a positive and empowering one.



Dr Ioannis Liakas

Dr Liakas offers free no-commitment consultations and follow-up appointments. He always takes time to listen to your concerns and questions and is thorough in explaining all about the procedures. Dr Liakas always aims for optimal, natural-looking results using only top-of-the-range products and combinations of treatments to achieve the best possible outcomes.