

Beauty Skincare Aesthetics Q&A

Photo by Valerie Elash

By Beauty Contributor Steven Smith

MilliOnAir presents the King and Queen of the aesthetic world.

Dr Ioannis Liakas & Vicky Grammatikopoulou

Their clients include celebrities, top models and 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 Rayleigh. Each month they will be answering your questions on beauty, aesthetics, skincare and lifestyle.

Q, I am a huge fan of the column and really cannot wait to come and see you all. My question is: I gave up having Botox four years ago, my forehead is quite small and it seemed to make my eyes droop, and then after a month or so it just gave me a frozen look. At the moment, I am a blank canvas, what can I do to make me look younger and fresher and not frozen?
Bonnie Heat, Ascot.

A, Botox is a great muscle relaxant and certainly reduces the appearance of lines and wrinkles. The way forward really is to restart the toxin injections.

As you mention, you think your forehead is rather small, however, there are certain ways in injecting Botox for people with precisely this issue. Furthermore, we can overcome the issue of looking "too frozen" by injecting a rather smaller amount of toxin in the areas needing the treatment. Above all, it is important that we see you in person, in order for our expert doctor to suggest the best amount of Botox and technique for you, ensuring you will get the desired outcome.

Q, Help like everyone else, I have been in lockdown and feel like everything is falling apart. The worst is my weight gain. Please, what miracles can you perform to get

the excess off?
Debbie Daniels, Newcastle.

A, Needless to say that you are not alone in this and that the lockdown has put a lot of our clients in exactly the same situation as you, namely undesired weight gain.

Once all is over (and it will be over!) we can help you to get back in shape; here are a few of our interventions that will definitely support you to get back in shape, provided of course you follow a balanced nutrition at the same time too.

- 1) High Intensity Focused Ultrasound (HIFU) for fat loss can target larger areas of accumulated fat (abdomen, upper thighs), and helps our body to break it down quicker. It does work over a period of 3 months.
- 2) Fat freezing targets smaller, pockets of accumulated fat, in areas such as the sides of the abdomen ("love handles"), or lower part of the belly.
- 3) Anti-fat injections; these target small pockets of fat on a patient that is relatively slim, but cannot get rid of little, stubborn pockets of fat tissue.

Q, My whole household have had the virus and we feel wiped out; my husband is 59 and I am 58, my daughters are in their twenties. Can you tell me, do these celebrities vitamin drips actually work and would it be a good idea to help get us all back to our best? Stacey Moore, Southend.

A, I am sorry to hear about your health issues and your struggles with the coronavirus. Intravenous drips are categorised as "supplements" and not as "medicines", hence they do not constitute a specific treatment against any viruses.

That said, after any infection our body suffers many "losses"; that is, losses of minerals, vitamins, proteins, amino-acids, etc. All of which our body's defence mechanism is using for supporting our immune system during an infection.

It is, therefore, no wonder that we feel exhausted and weak after an infection.

Intravenous supplements would play a role exactly in this front, by giving you back what your body used in abundance (and therefore you are deficient now) during the infection. Please feel free to book a consultation with our doctor, in order for us to decide the exact "cocktail" of supplements that would be suitable to you. A course of intravenous drips would help you to feel stronger and to recover faster.

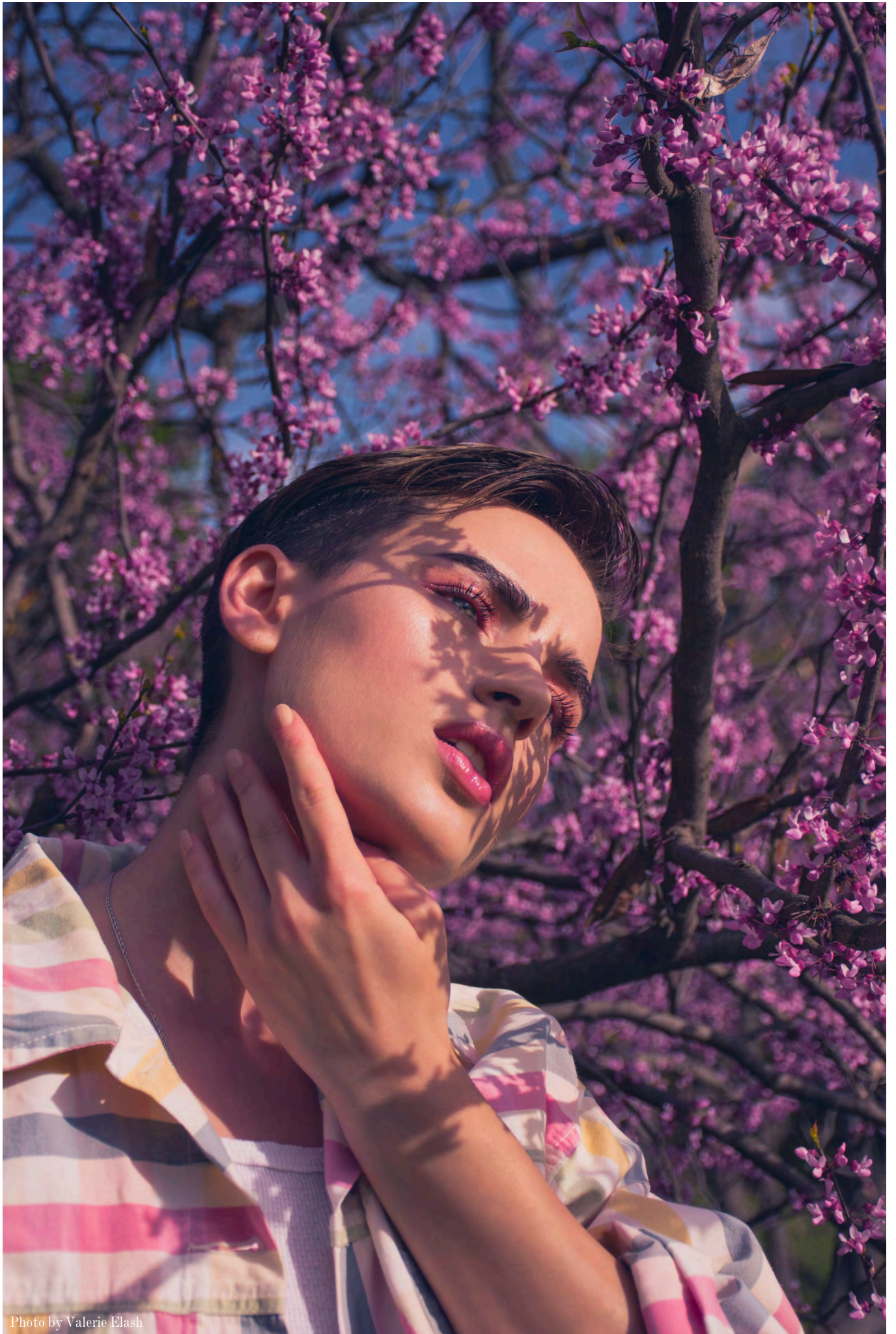
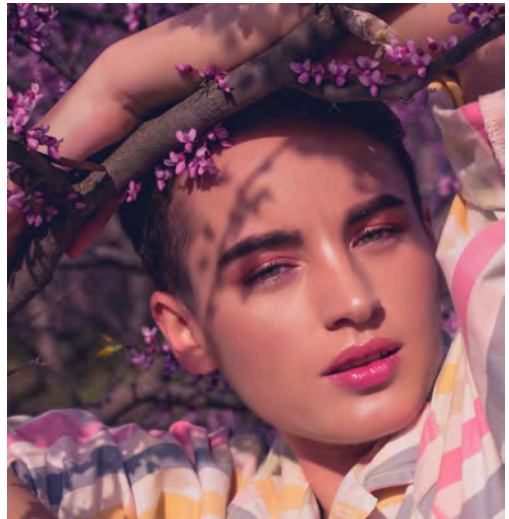


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Q, My fiancé has been obsessing about his appearance since being locked away, but he seriously wants a jaw implant to square his perfect little face. Is there anything he can try that won't be permanent so he can see what it would look like?
Vicky Parson, Richmond Upon Thames.



A, Currently, we all get bombarded and influenced by pictures of men and women with a "perfect jawline" that appear constantly on social media platforms. Though objectively, somebody might look great, self-perception of one's looks can be entirely different.

I think that your partner wishes for a more squared jaw, as seen recently in social media. This is considered to be a more masculine and more "sexy" appearance. My advice would be that, at least initially, he should not resolve to surgery/surgical implantation due to risks, such as infection, scarring, and needing further surgery to remove the implant, should he not like the result.

This is certainly a look that can be achieved without surgery, with a Hyaluronic Acid filler. The result can last for up to one year (not permanent) and your partner can try this way see if this look is really what he was wishing for.

This treatment is provided only by our specialist doctor and your partner needs to book a consultation in order to discuss his options and the details about the procedure.

Q, How can I get a better bottom, a fuller bouncier one. I am too scared to get implants.
Pamela Sharrock, Milton Keynes

A, As all plastic surgeons worldwide admit, buttocks enhancement with either implants, or fat transfer, are one of the most difficult surgeries and also the highest in terms of complications. I am sure we all can remember the deaths of young ladies after having BBL (Brazilian Butt Lift) overseas.

Hence, non-surgical butt lifts have started gaining a lot of popularity recently.

In our clinic, we offer two options for our clients who desire a non-surgical butt lift; one option is treatment with HA filler to give you a rounder, fuller looking butt. The other is the use of "Endopeel", a special unique chemical solution that will give a firmer and lifted appearance of your buttocks.

Q, My underarms seem to start sweating about twenty minutes after I shower, pop the old deodorant and a nice shirt on. My boyfriend smooths and waxes his underarms and he says that helps. But, I am a big fella and hairy and it would look pretty weird to have smooth arms pits. What can I do as it is quite unsightly?
Ray King, Clapham, London

A, "Hyperhidrosis" (excessive) sweating is a very common problem that a lot of people are faced with.

A very effective way to combat this issue is to give the patient local injections of Botox in the underarm areas. At our clinic, we offer this strictly medical treatment. The effects are great, the Botox offers a nearly "sweat free" period to our clients that undergo this treatment; the effectiveness can last from 3-6 months, after which the treatment will need to be repeated.

To book a FREE consultation, call 07899673578 or book online

www.vie-aesthetics.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 always aims for optimal, natural-looking results using only top-of-the-range products and combinations of treatments to achieve the best possible outcomes.