

Rejuvenate with a facial program

Microdermabrasion is a big word, for a small, gentle treatment, with a significant result.

A decent moisturiser and eye cream is a necessity, and with regular use, should keep your skin in good shape. Well, up to a point that is – and that point can be reached after summer, a certain age, or if you have to deal with acne, scarring or pigmentation.

I had reached that certain point one morning, when my skin felt dry, bumpy and didn't look good.

As luck would have it, Noosa Medical, Cosmetic & Specialist Centre had a special on microdermabrasion, a non-surgical face-lifting and detox and toning, and at \$195 for the lot I decided to try it.

In my view, microdermabrasion is a thorough, deep, cleanser. It's

The treatment is used for refirming and lifting, lymphatic drainage, non-surgical facelifting, pain relief and cellulite.

The final step is the Isoderm/Transderm, which is a relaxing, massage style treatment.

It is used to deliver products into the skin such as collagen and elastin serums by activating the intercellular pathways allowing the passage of substances into the underlying dermal cells. This gives greater results and can be



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similar to a tiny vacuum cleaner that hovers out all the impurities in your skin, leaving it radiantly clean. The treatment actually works by blasting minute crystals onto the skin and removing the build-up of dead cells. It also promotes new collagen and elastin production to help reduce wrinkles.

After that your skin is ready for step two known as the Ceya Miracle Booster. A plant-derived serum of either collagen or elastin (depending on your skin type) is used and this product is gently massaged into your facial skin. This is a very soothing procedure that enables a current to flow through the body, penetrating layers of fat and any poorly irrigated areas of the human body, improving circulation.

performed bi-monthly. It is used for skin sagging, dull dry and flaky skin as well as any skin irregularities.

Since I was into total body rejuvenation, I also had the detox and toning, which again is as simple as having some soft vibrating pads placed on your back and soles of feet.

This is a great treatment to kick off the New Year. I was amazed at the difference in my skin after one treatment, but a monthly treatment is recommended.

Imagine, looking fresh and rejuvenated all the time. I am sure that's what more regular treatments would do for you.

Noosa Medical, Cosmetic & Specialist Centre offer specials on various treatments

throughout the year, see www.noosamcs.com.au.

However, these are the normal prices:

- Microdermabrasion \$125;
- Ceya Miracle Booster \$125;
- Isoderm/Transderm \$125;
- Detox and toning \$44.

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— GAIL FORRER-ARNOLD