



# Reinventing the facial

THE **HYDRAFACIAL** IS THE NEXT GENERATION FACIAL, DEEPLY CLEANSING, DECONGESTING AND NOURISHING THE SKIN FOR A MORE BEAUTIFUL COMPLEXION. CAITLIN BISHOP REPORTS.

There's something indescribably refreshing about cleansing the skin. The same way congested pores and an oily surface can leave the skin looking dull and lacklustre, a deeply cleansing facial can fuel the complexion with vibrancy, luminosity and youthfulness.

HydraFacial from High Tech Laser is a non-invasive resurfacing procedure that combines exfoliation, acid peels, pore extractions and antioxidant infusions to cleanse, nourish and brighten the skin.

'The HydraFacial is great for skin maintenance, or skin "fitness",' explains Sydney cosmetic doctor Dr Bruce Williamson. 'It noticeably decongests and shrinks pores, and then plumps skin with antioxidant and hyaluronic acid infusions. The skin is left healthier and glowing after a HydraFacial treatment.'

The HydraFacial works best as a series of treatments. Cleansing and exfoliation removes dead skin cells, an acid peel dislodges grime from the pores and a vortex suction extraction system unclogs the pores completely. This cleansing is followed by the infusion of a highly active hydrating serum to nourish and protect the skin.

'The HydraFacial system uses the benefits of glycolic acid, salicylic acid and peptides to soften the bonds that bind our dead cells together and to decongest the blockages within our pores,' explains Queensland cosmetic physician Dr Linda Williams. 'It utilises a vortex-fusing method to provide cleansing, exfoliation, extraction and hydration using antioxidants, peptides, and hyaluronic acid. From the patient's perspective, it's a quick 30-minute treatment with immediate results and no downtime.'

The non-invasive nature of HydraFacial means anyone is suitable for treatment. However the process can be tailored to accommodate the needs and skin types of individual patients. 'The five-step process can be adjusted depending on the needs and concerns of the individual patient,' Dr Williamson explains.

'First we cleanse and exfoliate the skin. Then we perform an acid peel where the level of peel is chosen according to the patient's skin type. The vortex suction comes next, which vacuums out the plugs in congested pores. Again, the strength of the vortex system can be tailored to the patient's skin sensitivity.'

The facial system has been touted to improve the appearance of congested, acne-prone, aged, dulled or dehydrated skin. The process can be used in

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conjunction with other therapies – for example, light-based treatments – to achieve more holistic and long-lasting results.

A pre-treatment consultation is always necessary to ensure the treatment is suited to the patient, and to explore the options in optimising the outcome. 'Consultation is always important to discuss the potential for minor bruising or grazing on finer skins, and whether it is suitable for clients with a lot of fragile capillaries,' Dr Linda Williams says. 'In some situations, removal and decongestion of blocked pores may be the main focus whereas, at other times, the treatment may be modified to give an overall skin revision with a focus on refreshing texture and improving hydration.'

Dr Williamson recommends patients undergo treatment with HydraFacial every two to four weeks, and says the results can be seen and felt immediately following treatment.

'I liken the HydraFacial to vacuuming the floor; you are not making major changes in the skin but you can see the difference straight away,' he says. 'At the end of treatment patients can see the cloudiness in the vortex solution; this is the blackhead plugs and congestion that was initially in the skin. The results from such a deep cleansing, combined with antioxidant nourishment, can be seen for months after treatment.'

To extend the results and retain the skin's lustre and brightness between treatments, the final step in the HydraFacial is the introduction of the 'daily essentials' skincare. Tailored to certain skin complaints, the range incorporates topical moisturisers, refining eye gels and daily sun protection. Each product is infused with select concentrations of the same active ingredients found in the salon treatment, providing detoxification, rejuvenation and protection in between visits.

'The easy monthly maintenance programme is convenient for the patient and easy to maintain and is also great for ongoing continuity of care for the therapist and clinic,' says Dr Williams.

'Every patient should see the benefits from their very first HydraFacial. It instantly leaves the skin with a plump, well-hydrated healthy glow, visibly clear pores and irresistibly "soft to the touch" refined skin. The procedure is soothing, moisturising, non-irritating and immediately effective,' she concludes. **csbm**

## The 5 steps

- Step 1 **CLEANSING AND EXFOLIATION**  
Dead skin cells are removed to reveal healthy new skin
- Step 2 **ACID PEEL**  
This gentle peel helps loosen dirt and debris from pores without irritation
- Step 3 **EXTRACTIONS**  
Automated extractions use vortex suction to clean out pores
- Step 4 **HYDRATION**  
Antioxidants and hyaluronic acid are vortex-fused to nourish and protect the skin
- Step 5 **PROTECTION**  
The HydraFacial Daily Essentials skincare helps maintain and protect results