

Get skin
that looks
as good as it
feels with
HydraFacial

REACH A WHOLE NEW LEVEL OF
HYDRATION AND ENJOY THE INSTANT
IMPROVEMENT TO THE LOOK AND FEEL
OF YOUR SKIN WITH HYDRAFACIAL.

WORDS BY ERIN DOCHERTY.

Skin health doesn't need to be complicated. HydraFacial keeps it simple by delivering a non-invasive gentle procedure that rejuvenates and protects the health of your skin, allowing your natural beauty to shine through. HydraFacial is the next-gen facial that produces immediate and noticeable results after a single treatment. It combines exfoliation, acid peels, extractions and antioxidant infusions to cleanse, nourish and brighten the skin to bring it to the top of its game. The deep cleansing, decongesting and nourishing treatment takes only 30 minutes, and it's recommended to have once a month to keep skin looking and functioning at its peak.

"When I saw the results being achieved by the HydraFacial, I knew that it was a modality that we needed to have in the clinic. Colleagues of mine were raving about the results they were seeing," says Melbourne cosmetic surgeon Dr Sean Arendse from Flawless Rejuvenation.

"The treatment combines a number of modalities, including cleansing, exfoliation, an acid peel, extraction, hydration and skin protection, all in one 30-minute treatment, which is far superior and more comfortable than traditional microdermabrasion," he says.

Along with its effectiveness in cleansing, nourishing and brightening the skin, HydraFacial sets itself apart from other skin-resurfacing treatments in the way it hydrates and improves the appearance of the skin without any irritation, downtime or discomfort.

WHAT DOES THE TREATMENT INVOLVE?

The HydraFacial system uses five steps: 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 nourishing consists of an infusion of highly active hydrating serums, consisting of vortex-fused antioxidants and hyaluronic acid, which is applied to nourish and protect the skin. Finally, the specialised HydraFacial Daily Essentials skincare is applied to help retain moisture and protect and smooth the surface of the skin.

The 5 steps

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

WHAT ARE THE BENEFITS?

The HydraFacial system is great for skin maintenance, or skin ‘fitness’. It is soothing, hydrating, non-invasive, non-irritating and has no downtime. The gentle nature of HydraFacial also means anyone is suitable for treatment.

The HydraFacial works to improve the appearance of fine lines, wrinkles, congested and enlarged pores, oily or acne-prone skin, hyperpigmentation and brown spots. It’s a great introduction to anti-ageing procedures or a reliable skin refresher if you’re after a quick complexion pick-me-up.

“Many of our young patients want the impossible: great results with little or no downtime. The HydraFacial is one of the few modalities which indeed delivers this,” says Dr Arendse.

“We have seen consistently reproducible reduction in the effects of sun damage, blemishes and fine lines, and improvement in overall skin texture, with regular treatments. A standout feature of the HydraFacial is that we can deliver these results with zero downtime. It’s a real lunchtime treatment where patients can go straight back to work with glowing skin,” he says.

Especially effective for dull, uneven skin tones in need of invigoration, HydraFacial can also be used to treat dry skin in addition to congested or acne-prone skin. It is also effective post-surgically, after facelifts, blepharoplasty, rhinoplasty and other facial cosmetic surgery, to aid recovery and enhance the results.

“The HydraFacial is used extensively at Flawless Rejuvenation, sometimes on its own, often in combination with LED therapy and also in association with a more invasive treatment,” says Dr Arendse.

WHAT RESULTS CAN YOU EXPECT?

“I have only ever had positive feedback from our patients with regards to the HydraFacial,” says Dr Arendse. “Our patients report an improvement in their skin after the first treatment. Many tell us how fresh their skin feels both immediately and in the days following treatment.”

There is no typical patient for HydraFacial; treatment is widely applicable and suitable for those patients who are interested in maintaining and optimising skin health. It is safe at all ages and on all skin types. Dr Arendse recommends one treatment a month for best results.

“A little party trick of mine is to show my patient all the dead cells and dirt that has been removed from their skin, which usually amazes them, as we all think our skin is cleaner than it is.”

“For my patients, the HydraFacial is a pain-free, safe, zero-downtime treatment for any skin type that gives visible improvements in skin quality and texture,” concludes Dr Arendse. **CBM**



WHERE TO GET IT

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