



# 46

**2groom -  
special feature**

By Ellen Boonstra

## **Fresh Outlook**

**Noticing a bit of wear and tear around the eye area, we rush to Thailand's top cosmetic dermatologist Dr. Nantapat of the Apex skin clinics for advice on how we can best retain our fresh outlook.**

---

The young and carefree equate getting old with getting wrinkles, but 35+ year-olds know better – there's an unsettling intermediary phase in which seemingly overnight everyone, from your best friend to the cashier at your local 7-Eleven – starts commenting on how tired you look ("Late party last night?"), no matter how healthy a lifestyle you've been leading or how much shut-eye you've been getting. Depressingly, the sensitive area around the eyes is usually the first to exhibit the signs of aging in the form of unflattering frown lines between the eyebrows, pesky crow's feet and under-eye bags.

Bette Davis sure knew what she was talking about when she said that "getting old is not for sissies". In the olden days, options were limited to a face pulled two sizes too small (still rampant in Hollywood) or an overdose of Botox (again Hollywood isn't always helpful in setting the right example here). With modern-day advances in cosmetic dermatology however, there are plenty of non-invasive procedures like laser skin technology capable of delivering natural-looking results. And since these skin treatments are non-surgical, involve minimal risk and little to no pain, it's even for sissies.

## Botox

---

Yes, a couple of shots of Botox are inevitable, but with today's refined techniques there's no need to worry that you'll end up with the infamous startled or frozen movie star look. This by now too-familiar procedure involves tiny injections using a very fine needle to eliminate frown lines between the eyebrows, horizontal forehead wrinkles, or crow's feet or smile lines around the eyes. It's also being used to lift the eyebrows and open up the eye for a more youthful appearance.

As long as you – or rather the doctor – doesn't go overboard, no one's the wiser. As with any medical procedure, it's critical you place yourself in the hands of a board-certified and experienced medical practitioner. Dr. Nantapat says she likes to get to know her patients so she can modify the dosage per individual.

This 'coffee break' procedure takes just a few minutes, discomfort is minimal and no anesthetic is required, although the doctor may use ice before injecting. Instant results are guaranteed. Note that it may take up to seven days for the full effect to become apparent. Results usually last four to six months.

## Eyes by Thermage

---

*Thermage* is the ideal non-invasive procedure to tide you over until you really are over the hill and must resort to more drastic measures like the surgeon's scalpel. This increasingly popular procedure is a form of thermal resurfacing using radio-frequency energy to tighten sagging skin tissue and structures.

A relatively new 'face' on the block is *Eyes by Thermage*, which can tighten skin for tauter, smoother contours around the eyes, reduce under-eye bags, and tighten the upper eye area to reveal more eyelid and brighter, more refreshed eyes. It also improves skin tone and texture for an overall younger appearance, taking years off your face!

Dr. Nantapat has found that a single, one-hour session is usually sufficient to treat sagging eye areas. And because there's no bruising, swelling or sutures, you can return to your normal routine after the procedure. Results are long-lasting, subtle and improve over time as new collagen forms. Note that individual results may vary depending on age and skin condition.

## Fraxel Laser

---

Just like you can photo-shop your mugshot pixel by pixel into a flawless cover shot, *Fraxel Laser* aims to do the same IRL (geek speak for 'in real life'), fraction by fraction.

Performed right in the doctor's office using only a topical anesthetic, *Fraxel Laser* resurfaces the outer skin layer with thousands of tiny, microscopic laser spots, repairing aging and sun damaged skin in the process. This 'fractional' treatment – since each session targets only about 15% of the skin's surface – allows the skin to heal much faster than if the entire area were treated at once. It uses the body's natural healing process to create new, healthy tissue to replace skin imperfections.

Clinical studies suggest that an effective treatment regime is three to five sessions, spaced about four to seven days apart. Results are immediate and progressive, with optimal improvement usually visible in about two to three months. The treatment induces a mild sunburn so during the healing phase it's important to avoid direct sun exposure and wear a high-factor sun block when outdoors.

## GentleYag and Vascular Laser

---

These are two more non-invasive cosmetic procedures to help you diminish the haggard and hung-over look caused by persistent dark under-eye circles, cheating your way into looking like you've just returned from a refreshing 10-day detox on Koh Samui.

*Vascular Laser* is not only used to remove unsightly spider varicose veins, but also the small, red, blue or purple blood vessels which can appear on your face and under your eyes. The laser targets the blood pigments, causing the blood within the vein to coagulate and close down the vein, with minimal risk to the skin.

*GentleYag*, a.k.a. photo rejuvenation, can be used to reduce the appearance of vascular redness and Rosacea, alleviate pigmented brown spots and sun damage, improving skin texture and collagen structure all at once. The procedure takes 15 to 45 minutes depending on the size of the area, with little to no downtime and very minimal discomfort.

---

*APEX Profound Beauty clinics can be found in Siam Center, Emporium Shopping Complex, Sukhumvit Soi 39, Future Park Rangsit; The Royal Garden Plaza Pattaya and on Phuket.*

[www.apexprofoundbeauty.com](http://www.apexprofoundbeauty.com)