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Yet there is still great debate about what cosmetic intervention is acceptable. Women often discuss just how far they would be prepared to go to look better. It seems that laser is acceptable to remove age spots, but what about for finetuning wrinkles? Acne treatments are certainly deemed acceptable – almost necessary – but no one seems to want Hollywood-style inflated lips or mask-like Botoxed foreheads.

“I BELIEVE ... NON-SURGICAL INTERVENTION WILL ... OVERTAKE SURGICAL PROCEDURES.”

However, Dr Joseph Hkeik, a Sydney cosmetic physician, believes “there is no bad Botox, just bad Botox injectors”.

To check out the latest treatments to see if they really work, we found five women ranging in age from 21 to 66. All had differing concerns and wanted to refresh their appearance. Not only do we look at skincare and cosmetic treatments, we see how a new haircut and colour can make a difference.



CLEAR SKIN, BRIGHT TEETH

**LARA SAUNDERS,
21, STUDENT**

TYPICAL CONCERNS IN YOUR 20s: Burning the candle at both ends by socialising, studying and working can take a toll on your skin. Many want a great smile for job interviews.

PROBLEM: “My skin breaks out quite a lot and I have lots of lumps and bumps,” says Lara. On the smile front, she says, “My teeth are really discoloured, probably from drinking too much coffee.”

THE GOAL: “I long for clear skin and bright, white teeth.”

THE EXPERTS: Dee Davies, therapist at The Clear Skin Clinic in Double Bay, NSW, and Dr Andy Kumar of Pitt Street Dental in Sydney, NSW.

THE SOLUTION: Dee gave Lara a twice-weekly six-week anti-acne program of deep cleansing and a manual extraction regimen. After each session, Lara had a 20-minute Omnilux Revive red light



therapy treatment to help heal and balance her skin. “To help draw out the pus from Lara’s skin, I gave her a Green Peel herbal facial, which, while it results in the skin peeling, gives remarkable results. Lara also started a skincare regimen using Environ, Dermalogica and MD Formulations.”

THE COST: A Steam, Squeeze and Peel is \$90, a Green Peel is \$697 and the Omnilux therapy is \$99.



“We gave Lara a makeover with the Zoom3! Advanced Power Whitening System,” says Dr Kumar. “Lara was given four 15-minute applications of the whitening gel, all in a one-hour lunchtime session. Normally, we only do three applications of the whitening gel, but we boosted her treatment to four applications, enabling us to lighten her teeth by nine shades and achieve a real

wow factor. She now has a sensational smile.”

THE COST: From \$745, with a free take-home kit.

LARA’S REACTION: “The extractions seemed time-consuming and sometimes painful, but they worked. The Green Peel left my skin looking a little sunburned until it began to crack and peel on the fifth day, but the results were great. The Omnilux was relaxing and helpful.”

HAIR REHAB: “I cut in a heavy fringe to flatter Lara’s face shape and forehead,” says Christopher Hanna, of Christopher Hanna Hair in Sydney, “and added soft layers to give movement. I selected a shade to lift and brighten.”

THE VERDICT: “My skin is rebalanced and my teeth are so white that I can’t stop smiling,” says Lara. “And I love my hair – it’s given me loads of confidence.” >>>