

SKIN DEEP

We all know that we need to take care of our skin in order to look fresh and healthy, and fight the visible signs of aging. According to Sophie Hickey, a beauty therapist with plastic surgeon Dr Craig Layt, looking after our skin requires a combination of good old-fashioned common sense, and ground-breaking new technology.

Caring for our skin – inside out

It's something we all know: skincare starts from within. Drinking lots of water, eating healthy food, and getting a good night's rest are all essential for our skin to look its best. But Sophie says that while these simple steps are crucial, they aren't enough.

"Our skin is our largest organ but gets the least of all nutrients, minerals and vitamins," she says. "So for great looking skin it is of course important to eat well, sleep well and drink lots of water. But we also need to apply topical treatments to compensate for the harsh climate and environment, stress of everyday life, medications, and free radical damage that can upset our skin.

A Little Extra Help

While taking care of ourselves on the inside and using sunscreen along with using high-quality skincare will do wonders for your skin, sometimes a little extra help can go a long way. Sophie offers her clients a range of treatments to help skin look and feel its best.

"We use non-traumatic peels that help to create gentle change deep in the skin: antioxidant peels for all skin types ranging from gentle micro peels to hydrate and invigorate the skin, to peels designed to treat fine lines and wrinkles, photo-damage and acne.

"We also offer medical strength microdermabrasion treatment that includes an antioxidant therapy peel. Microdermabrasion is a non invasive resurfacing treatment that leaves the skin feeling smoother, brighter, firmer and clearer! It is great for all skin types and is very effective in treating congested and acne prone skin, dull rough or dry skin, sun damaged and uneven skin tones, reducing large pores, finelines, wrinkles, and acne scarring.

Protect Yourself from the Sun

"Sunscreen is the most vital part of looking after your skin; sun damage can prematurely age you, cause problems such as pigmentation and broken capillaries," she says. "Here on the Gold Coast we need to be applying sun protection everyday.

"Most of my clients will tell me they don't like to wear sunscreen because they hate the way it feels on their skin; it's too greasy or heavy and makes them break out. While that is true of many sunscreens, I have discovered some that offer fantastic sun protection, without the heavy greasiness.

"Results rx, Cosmedix and Aspect have developed physical skincare sunscreens that do not leave the skin feeling like that. In particular, Results rx reflect, with full UVA and UVB protection it is a light spray with antioxidants that doesn't leave the skin feeling oily and is perfect for all skin types.



Use Skincare that is recommended by Experts

Endorsement of skincare products by famous faces does not always equate to skincare that would be recommended by skincare experts, such as dermatologists and plastic surgeons. Sophie advises that when choosing your skincare, get the very best advice possible.

"We recommend Aspect, Cosmedix and Results rx at Dr Layt's because they are medical strength chirally corrected skincare (which means they are faster, more efficient and safer corrective skincare). They are free of artificial additives and work on aiding the skin to repair itself, therefore improving and preventing specific skin conditions."

The Final Touch

Makeup has changed a lot in recent years. In today's makeup market the only word to remember is mineral. Mineral makeup works with your skin to not only give you great coverage, but to also help your skin look as good as it can. "When looking after the skin, we have to consider all aspects of our daily lives, including the makeup we use." At Dr Layt's one of the makeup ranges we use and recommend is Jane Iredale... the skincare makeup that's actually good for the skin! It is nontoxic and hypoallergenic and has up to a 20SPF factor. It offers flawless coverage, and lasts for hours."

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