

embrace the cool factor

— The wintery season is the perfect time to attune your face and body goals —

Crisper days and colder nights have cruised back into focus, and we're all for embracing the skin and body offerings winter serves up. With fewer daylight hours, cooler, controlled temperatures, and extra layers to wrap up in, locking in those cosmetic body contouring procedures

– liposuction, abdominoplasty – will ensure you are summer body ready. And, with less sun exposure across the chillier months, now's an optimal time to undergo a skin check and address skin matters – read on to spot the spots. Speaking of skin, we have a line up of appearance medicine treatments to boost collagen, diminish fine lines and wrinkles, and rejuvenate and improve skin tone – scroll down to learn more about our gentle peels, IS Clinical skincare range and revolutionary Sofwave™ treatment.

Spot the spots

New and emerging skin spots are a normal part of life however they tend to increase in number during our middle age years. Most are benign but some may indicate cancer. No matter your skin type, UV exposure can raise your skin cancer risk. Our two most common cancers, Squamous Cell Carcinoma and Basal Cell Carcinoma are on the rise, and both have their own unique surfaces and growing patterns. Basal Cell Carcinoma can be pearly, pale or waxy in texture, and are typically slow growing. Squamous Cell Carcinoma lesions have a slow or rapid growing pattern, and are usually found in sun exposed places. Booking a skin examination with one of our skin experts during winter, while skin activity is settled, affords detection of any new lesions and quick addressment.



Plump and lift

Sofwave™'s
youthful vision

Collagen is a precious facial commodity, but unfortunately it decreases at a rate of 1% each year from our mid-20s – yikes! It's true that retaining our youthful complexions is an uphill battle, as the sun, free radicals, pollution and diet, all contribute to the breakdown of proteins. And, fibroblasts – cells which create collagen – wind down production with ageing. The result? Skin laxity and fine lines all come to the party.

Sofwave™ is the revolutionary non-invasive ultrasound technology that gently stimulates the production of collagen and elastin. It does this by heating the skin's mid-dermal layer, without damaging fat layers. After just one full facial Sofwave™ treatment the skin's overall appearance is lifted, tightened and smoother, with fine lines and wrinkles reduced and collagen and elastin fibres revived.



Summer body ready

If exercise and diet won't shift those stubborn fat pockets, smoothen your tummy, and help sagging skin – you're not alone in your body woes. Fortunately, cosmetic plastic surgery procedures like liposuction and abdominoplasty can remove the excess and help you achieve greater physical freedom and a trimmer, toned physic. *And winter is the time to lock them in!*

ABDOMINOPLASTY or a tummy tuck, aims to flatten and firm the abdomen. During surgery, the skin is released from the lower abdomen up to the belly button, allowing the underlying muscles to be tightened and the midsection smoothed. The skin is then re-draped, excess is trimmed, and the belly button is repositioned for a natural result. Bruising and swelling are a normal part of recovery. Compression garments are worn to provide support, improve

comfort, and reduce the risk of complications—and in winter, they're easier to conceal under layers of clothing.

LIPOSUCTION targets stubborn areas such as the upper arms, stomach, hips, or thighs. While you can expect to lose up to five or six kilograms, liposuction is primarily a body contouring procedure rather than a weight-loss method. For enhanced results in the midsection a combination of liposuction and

abdominoplasty may be recommended. After liposuction, bruising can last several weeks, with most subsiding by the six-week mark. Compression garments are typically worn for one to three weeks, and in some cases, surgical drains may be required and will be monitored by your surgeon.



Keeping your skin hydrated year-round means prioritising a great skincare regime – including wintertime when motivation levels are harder to muster.

Wave goodbye to dull and dead skin cells in winter to reveal a shiny new you for summer.

Our gentle alpha -hydroxy acid facial peels engage trichloroacetic acid to remove dead skin cells and stimulate new cell growth, combat accumulated sun exposure, improve skin tone and texture, and aid acne scarring and melasma.

Skin can be more sensitive to sun following a chemical peel, so scheduling them in winter or spring, when temperature and daylight hours are on the downlow, boosts skin recovery. Peel strength and frequency is dependent on many facial factors, so reach out to our nurses to discuss the best peel treatment plan for you.

Shine into summer

Lock in the moisture

Attuning a simple but effective skin ritual, with active ingredient products, is key. Our IS clinical range includes both a cleanser and moisturiser for daily use. The **Moisturising Complex** is antioxidant-rich and formulated with bio-nutrients, essential vitamins and botanicals – providing the skin with a protective barrier, boosting hydration and reducing fine lines and wrinkles. The **Cleansing Complex** works for all skin types – even those with compromised skin – exfoliating, removing make-up, prepping the skin and soothing as it goes. And, it's perfect for everyday use!

***It's a win-win!** IS Clinical Cleansing Complex is award-winning for good reason – it does it all! Balancing the skin's PH, boosting hydration and penetrating deeply. So, pop into our clinic, grab a bottle and start celebrating clear, balanced and hydrated skin!*



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