

# What's in for SKIN 2007?

with Dr. Fiona Wright



**I**N A RECENT interview with Dr. Fiona Wright, founder of the Aesthetic Institute of Plano, we got the *skinny* on what's new and exciting on the skin care horizon.

With 2006 now a memory, many of us are focused on what 2007 may bring. For some, this will be a year of self-improvement and for others it will mean simply maintaining a youthful appearance.

## THE LIQUID FACE-LIFT

**T**HIS YEAR MORE people will be looking to the liquid in a needle instead of a knife to restore their youth. Facial fillers that address the volume loss associated with aging are now available in a new variety of ways. So instead of the "wind tunnel" or "done" look often created with plastic surgery, restoring your lost facial volume with these new fillers will create a more natural-looking result. **Perlane** is soon to be released as a long-lasting filler designed for facial contouring in the cheeks, nasal folds and jowls. And it can also be used in the lips for a more dramatic look. In January, Allergan (the producers of Botox Cosmetic) introduced **Juvaderm** which is a great product for facial lines, lips, and that hard to fix "sunken look" under the eyes.

## THE RIGHT TO BARE ARMS

**T**ONED, SCULPTED, AND blemish-free arms will be a prized possession in 2007, and if you are 45-plus you are probably going to need a little help. To remove the "flabby fat" and avoid the surgical scars, new sculpting techniques with **Mesotherapy**, and **SmartLipo** are now available. And if the "wobbly bits" are more your concern, **VelaContouring** can both tighten your skin and remove that

extra bulge. Lastly, to make your arms and hands "red carpet ready," correcting poor skin tone/texture along with the brown and red blemishes can finally be achieved with **PhotoDynamic Photofacials**. This advanced treatment involves a medical-grade chemical that can boost the results of a regular photofacial and create long-lasting textural improvements.

## FEEDING THE SKIN FROM WITHIN

**I**N 2007, **GIVING** your skin and body the most comprehensive antiaging therapy will include advanced nutritional supplements. New vitamin and antioxidant formulas have been designed to provide extra protection for the chemical and physical factors that compromise and age the skin, including sun exposure and pollution. Over-the-counter brands such as **N.V. Perricone Nutraceuticals** or **Imedeen Skincare Supplements** ([www.beauty.com](http://www.beauty.com)) are readily available. For physician-strength protection formulas, including hyaluronic acid, omega-3 oils, green tea and other potent antioxidants, your physician can prescribe a menu to provide photoprotective and detoxification support to preserve skin function and to help diminish the general signs of aging. +

*Dr. Wright is one of the premier physicians in aesthetic medicine in the Dallas-Fort Worth area. She recently received the ABI 2006 National Award for Great Women in the 21st Century in the field of aesthetic medicine, and was also honored as one of the top physicians in the state of Texas in Texas Medicine Men.*