

Photorejuvenation

Sydney beauty therapist **Olimpia Zajac** answers some frequently asked questions about photorejuvenation of the skin. Tara Casey reports.

Many people want better skin but are unsure about the technologies involved in achieving their desired results. Sydney beauty therapist Olimpia Zajac uses Smartplus Intense Pulsed Light therapy to rejuvenate and improve skin conditions. She says the treatment is more popular in the autumn and early winter as this is the best time to rejuvenate sun-exposed skin and the treatment can be carried out in a lunchtime. Here she explains how the treatment works and what results can be gained.

Q. What is photorejuvenation?

A. Photorejuvenation is a dynamic non-invasive procedure using Intense Pulsed Light (IPL) to rejuvenate the skin. Photorejuvenation can restore the skin to a more youthful and undamaged state and can improve the signs of ageing such as fine lines, pore size and rough skin as well as rosacea and other skin conditions.

Q. How does IPL work?

A. IPL delivers broad spectrum light deep into the dermis to stimulate collagen production. Unlike the narrow spectrum laser light treatments, IPL does not affect the superficial layer of skin, the epidermis, so there is little or no visible damage or the down time associated with it. The treatment stimulates the production of fibroblast cells, which are responsible for creating collagen. The rejuvenation process continues for 180 days after the first and successive treatments and is similar to cutting your finger and watching it heal – what takes place happens beneath the skin's surface.

Q. How is the procedure performed?

A. A cold gel is applied to the area to be treated. The smooth glass surface of the Smartpuls handpiece is gently placed on the skin and pulses of light are applied. A slight sting, like the snapping of a small rubber band can be felt.

Q. How many treatments do I need?

A. It has been demonstrated that a series of five initial treatments set four weeks apart yield the best results. A follow-up series of treatments is recommended every six months, however it is recommended that all treatments should be planned in consultation with your Smartplus operator or beauty therapist.

Q. What skin conditions can photorejuvenation treat?

A. Photorejuvenation can improve imperfections resulting from sun damage and ageing. This includes evening out skin colour – such as pigmentation and excessive freckling – and texture such as enlarged pores and fine lines. It can also be used to treat broken veins and capillaries, as well to treat skin conditions such as rosacea. **acsm**



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