



GOING DEEPER

You can get a Hollywood facial without stepping outside of the the county



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CrownWood MediSpa, Bracknell, is one of the first salons in Berkshire to offer Harmony ClearLift – the secret treatment behind many an A-listers’ glowing skin.

Seventy per cent of ageing is due to sun damage. I’ve always been an SPF-wearer, even on the most wintry days, but I’ve been known to let loose and soak up the sun after one too many pina coladas on holiday.

However, I am relatively young and don’t have too many wrinkles; although I have noticed the signs of ageing beginning to creep their way onto my face. Plus I have slight acne scarring on my cheeks – something I’ve been rather embarrassed about and still find a slightly “taboo” subject.

I spend a small fortune on face creams (don’t tell my other half), but unfortunately there is only so much that topical creams can do for you.

If you want to really make a change, you need to go deeper – and that is exactly what laser treatment is designed to do.

Before we can start, Alice carries out a thorough consultation. I undertake a comprehensive survey about my general health and skin, then she takes a good look at what we’re working with. Alice says she can see my acne scarring (because she has eyes), but that I’m doing a pretty good job of keeping my skin cleansed properly.

It is rare that I entrust myself so completely to someone – but Alice is so warm and friendly she instantly puts me at ease.

Alice asks me what I want to get out of the treatment – I say that I’d like to get to a point where

I can walk out the door in the morning without feeling completely naked if I haven’t slapped on five layers of foundation.

Alice shows me photos of clients who’ve had the treatment – some with very deep set lines in the “before” photos. The difference to the “after” is astounding. But Alice is very honest; she says that the treatment, while good, can’t perform miracles and that people should have realistic expectations about what it can do – it’s going to clear up lines that are fainter much better than those which are deep set, for example.

ClearLift laser is a light that penetrates deep into the skin and divides into multiple fractions. It passes through the top layer (epidermis), subsequently transforming into sound waves that heat up and stimulate collagen production by causing a controlled dermal wound. As the lower layer of skin repairs itself, the complexion should revive – lines becoming plumped and the skin tighter, giving a more lifted appearance.

Alice starts by giving my face and neck a good cleanse using DermaQuest products.

She uses a glycolic acid cleanser (15 per cent) to really clean out my pores.

She’s used this on me every treatment since and encouraged me to look for a drugstore treatment to use in the interim – I use it twice weekly and I must say, my skin is looking clearer.

By the time it comes to using the laser, I am completely at ease. The lights are dimmed and there’s gentle music playing.

Alice says I may feel some discomfort as she

uses the laser. The truth? I don’t really feel a thing. Occasionally there is a sharp stab, but it’s over in less than a second.

Hearing the word “laser” musters connotations of burning and pain – so I am more than a little surprised at how relaxing this is! Apart from a slightly strange smell – which Alice assures me is just fine hairs and oils under the heat – and a frequent “clicking” noise, there really is not much difference between this and laying on a sun bed.

In the days after my first treatment, I did notice that my skin appeared clearer and tighter. After the third treatment I started to notice more of a difference – my crow’s feet appear a little lighter, my acne scarring has cleared up somewhat.

By my sixth treatment, my skin is noticeably improved. Friends even comment on how good it looks – “it’s like you’ve had the best night’s sleep, ever” says one.

The effects of ClearLift will vary depending on the state of your skin; but one thing’s for sure – it definitely works.

CrownWood MediSpa offers a comprehensive range of treatments for all skin needs.

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For more information, visit
crownwooddental.co.uk/medispa/
crownwood-medispa-bracknell or call
01344 482 882

Would you like us to review your treatments?

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