



## **Intrinsic and Extrinsic Aging**

The natural aging process is something we cannot prevent. Our skin changes as we age. However, there are some things we can change, while others cannot be changed.

Over time, we lose the elasticity of our skin because of loss of collagen. We all develop visible lines on our face. Because of this, the look of youthfulness diminishes. Our skin will become thinner and drier. The medical term for this type of aging is 'intrinsic aging', and it is controlled by our genes.

Environmental and lifestyle choices also have some effect on the aging process, and the wrong choices can cause our skin to age prematurely. The medical term for this type of aging is 'extrinsic aging'. Nonetheless, by putting in place some preventive measures and making positive environmental and lifestyle choices, we can reduce or slow down the effects from this type of aging. Some good choices include protecting our skin from the sun every day, stop smoking, eating a healthy balanced diet, drinking less alcohol, exercising regularly, using a moisturiser on the skin daily, and stopping the use of facial products that sting or burn.

## **Skin Tightening and Firming**

You can also undergo non-surgical aesthetic procedures to tighten and firm up your skin to refresh and rejuvenate it. For example, Thermage CPT Face and Neck, Ultherapy, Exilis Elite Facelift, and Rejuran Healer.

**Thermage CPT Face and Neck** helps to improve skin tone and texture, for a more youthful appearance. This is achieved through tightening and contouring skin.

Thermage CPT Face and Neck is a non-invasive procedure approved by the FDA, and uses patented radiofrequency (RF) energy. It stimulates collagen regeneration to give you a subtle and natural look.

Meanwhile, **Ultherapy** is an ultrasound treatment that counteracts the effects of time and gravity on your skin. A non-invasive and FDA-approved treatment, Ultherapy employs the body's own regenerative power to gently and gradually lift the skin on certain areas, as well as smooth out lines and wrinkles.

Another non-surgical skin tightening procedure is **Exilis Elite Facelift**. A FDA-approved treatment, it helps to rejuvenate the face and soften wrinkles by tightening the skin and stimulating the production of collagen. It is regarded as an alternative to an invasive facelift, because of the results it can produce.

**Rejuran Healer** is an advanced anti-aging, skin rejuvenation and skin healing treatment popularised by South Korea and China. It delivers high biocompatible DNA fragments to your body, and polynucleotide (PN) to the dermis layer. In this way, it helps to regenerate skin cells from deep inside the skin, to improve the biological condition of damaged skin.

Regardless of the procedures you would like to undergo, it should be performed in a medical aesthetic clinic. You should always seek a certified doctor for a proper consultation to discuss what you hope to achieve through your treatment of choice. The certified doctor will be able to advise you on the best treatment options for your skin for the best outcome.