

# BRIGHT EYES

ACHIEVE BRIGHT, BEAUTIFUL EYES NON-SURGICALLY WITH **NATURAL EYES** – A DERMAL FILLER TREATMENT DESIGNED TO ILLUMINATE TIRED-LOOKING EYES AND PLUMP THE SKIN. TARA CASEY REPORTS.

Sydney plastic surgeon Dr Michael Miroshnik says the skin around the eyes is the thinnest and most vulnerable on the body and also gives away signs of our physical and psychological state. 'Early doctors, as well as ethnic grandmothers like mine, could often diagnose sickness, dehydration, illness and other conditions just by looking into people's eyes because they convey our state of health and wellbeing,' he says. 'We humans are programmed to look at each other's eyes and interpret behaviours and state of mind without spoken words.'

'Smoking, dehydration, excess sun, unhealthy diet, lack of sleep and stress all contribute to the skin of the face thinning and losing structural elements such as elastin and collagen,' says Dr Miroshnik. 'At the same time, the face loses volume, too.'

According to Restylane clinical manager Debi Bottema, ageing quickly becomes apparent in the eye area. 'The brow, lower eyelids, temples and cheeks can be addressed during the Natural Eyes treatment to provide a fresher appearance,' she says.

## Restylane technology

'With advances in aesthetic technologies, we can correct the volume depletion around the eyes and at the same time restore the elasticity and thickness of the skin without surgery,' says Dr Miroshnik. 'We do it by replacing the very ingredients that our skin starts to lose, and the key player is hyaluronic acid (HA).'

Dr Miroshnik explains that HA is a sugar in the deep dermal layers of our skin that depletes with time. 'Our natural HA supplies start to deplete from around the age of 18 to 20 as our skin and facial volume stores literally

dry up,' he explains. 'HA is needed to stabilise collagen and elastin and is able to hold many times its own weight in water. Restylane's injectable products can restore that volume and keep our internal stores of HA high.'

Natural Eye fillers restore volume that is lost as we age and repositions soft tissues to locations that are more youthful. 'In essence we are replacing like with like as we recover the stores of our body's own HA that have gradually depleted over time,' say Dr Miroshnik. 'It's the most commonly used filler in the world with now over 11 million treatments worldwide.'

## Restylane treatment

The treatment involves a series of Restylane and Restylane Perlane injections, a clear gel made from non-animal stabilised hyaluronic acid. 'The treatment is individualised to each patient's needs but can include filling the tear troughs to hide dark circles under the eyes, filling the outer orbit to treat hollow eyes, restoring the lost volume in the fat pads to lift the eyebrow, fill out lax eyelids, crow's feet and temples – and even volumise the upper cheek to make eye bags look less severe,' explains Perth cosmetic surgeon Dr Glenn Murray.

Bottema says patients from 30 to 40 years old are best suited to the Natural Eyes injectable treatment, however Dr Murray says anyone from age 18 can have the



BEFORE



AFTER Natural Eyes treatment by Dr Miroshnik



BEFORE



AFTER Natural Eyes treatment by Dr Miroshnik



BEFORE



AFTER Natural Eyes treatment by Dr Miroshnik

treatment provided they're properly assessed for suitability beforehand. 'Everyone should plan for a day off; bruising is possible so some patients prefer having the treatment done on a Friday before a quiet weekend,' says Dr Murray.

Dr Murray and Bottema agree that the Natural Eyes treatment works well as part of a routine skincare regimen. 'It can also be combined with IPL, muscle relaxant injections and post-laser resurfacing treatments,' Bottema explains. 'The Restylane Skincare range is ideal to complement the Natural Eyes treatment as it is calming and soothing as well as hydrating and nourishing.'

## Restylane Skincare

Bottema says the key objective of Restylane Skincare is to reduce water loss through the skin and to add moisture. 'People with sun-damaged, ageing or dehydrated skin can really benefit from the hydration and repair that is offered by the range,' she says.

'The products combine the water-bonding ability of NASHA technology and the trans-epidermal water loss reduction of DMS (Derma Membrane System) technology to produce one of the most long-lasting hydrating skincare systems,' Bottema continues.

The unique range of topical anti-ageing skincare is the product of extensive research, developed to improve skin health function using a combination of proven technologies and active ingredients. The result is a range of products with high biocompatibility with the natural structure of your own skin. The specially designed NASHA formula is very similar to the hyaluronic acid in the body's own tissues and assists in forming collagen and binding moisture.

According to Dr Murray, the range is suitable for all ages and is suited to sensitive skin. 'I've found the Restylane Skincare range to be very hydrating without causing irritation. It's great for people with sensitive skin or as a hydration boost during summer,' he says.

'In my experience, the skin appears visibly smoother and softer immediately due to the hydrating effects of NASHA, and within one month most users will see improved skin firmness, hydration and radiance,' says Bottema.

'When someone comes to me to freshen their look or make their face more attractive I start with the eyes,' says Dr Miroshnik. 'They are the foundations of a beautiful, fresh face and, without getting them right at the outset, the rest of our quest in rejuvenation is futile. The Natural Eye treatment suits men and women of all ages, restoring the eyes into a state of natural harmony.' **acsm**