



BEAUTY

DR ROBIN CHOK

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Specialising in surgical and non-surgical rejuvenation, **Dr Chok** is experienced in long-term and short-term treatments in the field of Radio Frequency (RF) for facial and body rejuvenation. Dr Chok also teaches liposuction at workshops for the Australasian College of Cosmetic Surgery (ACCS).

Q Dear Robin, there has been a lot of hype around the 'vampire facelift'. How does the procedure work and how long is the recovery time?

A Platelet Rich Plasma (PRP) procedures are part of a new world of regenerative anti-ageing medicine. PRP uses an extract of your own blood to acquire a serum highly enriched in growth factors, which are beneficial in healing and repair. The PRP serum is then injected into the layers of the skin to promote stem cell growth. This regenerates even healthier cells, therefore producing skin that is actually younger not just 'younger looking'. The Vampire Facelift procedure is even more advanced. Combining hyaluronic acid fillers for structure and definition as well as the procedures from PRP, it forms a longer lasting lift and glow.

Vampire Facelift PRP procedures are less traumatic to the skin hence recovery time is virtually non-existent when the procedure is done correctly. Results can last from 9 to 12 months from one treatment of Vampire Facelift PRP and about 3 to 6 months for standard PRP.

Q Dear Robin, I have sagging skin around my neck and chest area and I am considering a surgical facelift but scared of the recovery time. Is there anything else you would recommend?

A The neck and chest area are quickly becoming a new area of beauty. There are a few techniques for the neck and décolletage areas that are available. It depends on the thickness of your skin - if the skin is thin, it requires some building up and this can be done through injections of hyaluronic acid fillers with vitamin supplements into the skin to rebuild the fat layer which gives the neck and décolletage its glow. If there is laxity in the skin, we have found radio-frequency micro-needling technologies such as Endymed Intensif RF to be most beneficial and rapid at repairing the collagen structures responsible for the lift. Another technology is Ultherapy which creates heat dots (Thermal Coagulation Points) deep within the skin, creating direct lift.

This is most suitable for those with less elastic skin. Results can take 6 to 12 weeks to mature but the lift is far greater than most other procedures. Ultherapy also has the advantage of not harming the top layer of the skin hence recovery is minimal to none. Results can last 2 to 5 years if care is taken with the use of good growth factor creams to ensure the skin is always nourished.



HAIR

DANNI MILLS

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Danni Mills is a Senior Stylist and Make-up Artist at Portabello Hair in Hyde Park. She specialises in precision cutting, creative colouring, event make-up and has expert product knowledge.

Q Dear Danni, I'm trying to grow my hair long, but I get a lot of split ends. How can I get rid of them without losing length?

A If you're getting split ends, you need to evaluate the cause. It could be anything from heat styling, not getting your hair cut regularly enough or from chemical services, such as colouring. Ideally, to prevent split ends, it would be best to have the ends trimmed every 6 to 8 weeks. This will ensure the split ends don't travel up the hair shaft. If you are styling your hair regularly with a hot tool such as a hairdryer or straightening iron, ensure you only use a medium heat. For example, the Cloud Nine Straightening Iron is best at 150 to 175 degrees. To prep your hair for heat styling, always apply a heat protector before blow drying. I recommend Schwarzkopf Bonacure Colour Freeze CC Cream. This product is a leave in moisturiser that also adds heat protection up to 220 degrees. Alternatively, use Schwarzkopf Repair Rescue Sealed Ends which is a leave in sealer that will help to reduce the likelihood of further split ends.



Q Dear Danni, no matter what I do at the beginning of the day, my hair is totally flat by the end. What should I do?

A Having flat hair can be such a pain, yet products will play a big part in avoiding this and it all starts with prepping your hair before you wash it. **Schwarzkopf Bonacure Volume Boost Shampoo** is a lightweight formula that will give you a fuller feeling from your roots right down to your ends. After you shampoo, you should condition your hair however, avoid conditioning your roots as this can often be too overburdening. Before you blow dry, use a product that will promote fullness. **OSIS+ Session Label Plumping Lotion** is a lightweight formula that will give full yet velvety body and a textured feel. Work a pea sized amount into damp hair and comb through to ensure it is distributed evenly and blow dry as normal. Additionally, once your hair is dry you can spray a volume spray like **OSIS+ Volume Up** that provides weightless and flexible control with instant voluminous texture. Tip your head upside down and spray short bursts from approximately 30cm away. **Tip:** Tilting your head upside down whilst blow drying or finishing your style will both raise your roots and reach underneath the sections.



GARDEN

EMMA NORTHEY

299 Portrush Rd Norwood

Emma Northey works at Norwood Garden Centre. She specialises in indoor plants, succulents, herbs, designs, gift plants, terrariums and potted gardens.

Q Dear Emma, my girlfriend created a 'vertical garden' against her outside wall and I would love to do the same. What are the best plants to use if they will be in direct sunlight?

A Vertical gardens look amazing with some upkeep, regular watering and smart plant choices. Your plant choices depend on how keen you are to garden e.g. how much

maintenance, watering and fertilising you wish to do and whether the vertical garden is for decoration, urban farming or both. The depth of each of the planting containers is important in deciding what to grow. Small pockets are suited to annual flowering plants like violas and primroses, small succulents like house leeks, jelly bean plants and lizard tail crassulas. If there is more room for root growth you can use hardy perennials like ivy geraniums, and of course larger succulents. I am a big fan of succulents and geraniums; these are the best choice for easy care gardening whilst being very rewarding. I love the idea of using vertical gardens for a mixture of succulents, edible plants and flowers; imagine tumbling tomatoes, basil, oregano, strawberries, marigolds and house leeks cascading and mingling together. Joy!

Q Dear Emma, a few of my potted plants are beginning to outgrow the containers. Should I move the plants from the pots and is there anything I should keep in mind?

A It is good to find out what time of year is best to re-pot your plants. Many outdoor plants and deciduous plants can be re-potted in cool weather, yet tropical plants, house plants and citrus should be re-potted from September to April, or in the warmer weather. Always use premium potting mix and find out about the type of mix that the plant needs - some plants require light sandy soils, others like peat or bark mixes. Pot sizes also differ from plant types; an orchid would only go up one size, whereas a ficus can be placed in a much larger pot. Signs that a plant needs repotting are when you can see roots appearing through the pot's drain holes, when the pot is dense with roots and it becomes difficult to water it, and the most urgent sign is if the plant leaves turn yellow and fall off because it has run out of growing medium and nutrients.

