

# NICHE

STYLE MAGAZINE

## ULTIMATE GIRLS GUIDE

42 PAGE NICHE EXCLUSIVE

*Be healthy, happy, stylish & fab every day!*

### INSIDE: FALL 2017 COLLECTIONS

*FW17 favorites! Gucci, McQueen, Prada, Dior, Basso, Cain & newcomer Irina Dzhus*

### TRENDING THIS SEASON

*Statement sleeves, over the top florals, functionally fantastic handbags, take everywhere makeup & scientific anti-aging*

# face time.

## ME. PART TWO.

I'm taking an honest and inside look at the world of modern anti-aging, and over three issues of NICHE magazine, I will share my personal experience with several facial rejuvenation treatments under the care of world renowned dermatologist and anti-aging expert Dr. Mark Lupin of Cosmedica.

by Tracey Drake



August 2016

I can honestly say that I feel younger now at fifty three, than I did two decades ago, at thirty three. Back then, I was raising young children, building a new business, and working hard at keeping my relationship on track. It was utterly exhausting! I didn't have time for myself nor did I make "me" a priority. I was caught in the vortex of the superwoman syndrome. I tended to everyone else's needs - often working late, sleeping poorly, and neglecting my skin. After all, when you are in your 30's, you think your vibrant, dewy, healthy looking skin is going to (a) take care of itself and (b) last forever. Wrong on both counts!

After turning 50, I started to notice the tired, lackluster look of my skin. Friends would ask me if I was feeling under the weather. It shocked me because inside, I felt young and

“*Youth*  
— has no —  
*AGE,*”

-PABLO PICASSO

alive! I knew I wanted to make some changes. But there are lots of things about my aging skin that I love and although I wanted rejuvenation, I didn't want to take drastic measures.

After a very frank conversation with Dr. Mark Lupin at Cosmedica, a plan was carefully created for me. He listened to everything I had to say, asked me important questions about my lifestyle and what I wanted to improve upon. Cosmedica is one of those very safe places. Not only is the interior beautiful so you feel that you have arrived somewhere special, but the expert team at Cosmedica always makes you feel like you are one on a million; a rarity in today's world.

In part one (*NICHE summer 2017 issue*), I talked openly about the first two treatments I had - Botox and Coolsculpting. In this issue, I am excited to share my experiences with Ultherapy and Dermal Fillers.

I continue to take GliSODin skin nutrient supplements daily, which alleviates fluid retention and improves the clarity of my skin. Also, I cannot live without *my* SkinCeuticals products! Even if you don't try dermal fillers or Botox, or your skin never needs laser treatment, do yourself (and your skin) a favor and check out this advanced skin care collection. It will change the way you think about morning and evening skin care.

## SkinCeuticals



## Ultherapy

As we age, skin begins to fall and droop, brows and eyelids become heavy, and facial contours lose their shape. Ultherapy is a non-surgical treatment to lift and tighten the skin in specific problem areas like the neck, chin, brows and jawline. It is a unique treatment that uses focused ultrasound energy to target deep layers of the skin and boost collagen production. As a result, skin is naturally lifted and tightened, for a more youthful appearance. As the only FDA approved treatment for non-invasive lift, Ultherapy is quick and easy with no downtime and long lasting results.

### DR. LUPIN ON ULTHERAPY

“For skin toning, tightening and lifting, my patients really appreciate Ultherapy® for its natural, positive results and lack of any downtime. Utilizing non-invasive focused ultrasound waves, old collagen is removed and new collagen is stimulated for gradual skin rejuvenation. Ultherapy® is the only FDA approved, non-invasive treatment for lifting and tightening the neck, chin and brow as well as helping to improve crepey skin on the chest. As one of the first Ultherapy® providers in Canada, we have been fortunate to offer this great technology over many years and celebrate beautiful results with our patients.”

*Disclaimer: With any treatment, results vary. It is important to choose a physician and clinic that are reputable, experienced and where you feel comfortable, Ask for credentials.*

### MY TAKE ON ULTHERAPY

“Nurse Maureen, Director of Nursing Services, performed my Ultherapy treatment. I was more than a little scared before this treatment. I thought it was going to be painful - it was not. I thought it was going to leave me with swelling and downtime - it did not. In fact, it was completely non-invasive and the perfect opportunity for Maureen and I to catch up on our girl chat - specifically about grandchildren. I don't get a lot of quiet time in my job, and this was like a mini retreat for me. I knew the results would not be immediate, so now I am waiting patiently for my collagen to regenerate and the skin on my face and neck to lift and tighten. I will provide an update in the next issue!”

## Dermal Fillers

It is a common misconception that dermal fillers inject foreign chemicals into the face. In fact, hyaluronan is a normal component of the skin's dermal makeup. Hyaluronan is the same naturally occurring sugar molecule that is found in your body and it's job is to hydrate, support and assist with biological processes. As we age, its natural effectiveness diminishes, causing skin to become sallow and creased. For my treatment plan, dermal fillers are part of an overall approach to restore lost volume, lift the cheeks, fill in hollows around the eyes, and restore support to the underlying skin structures. There is no downtime, although some experience minor bruising or swelling - I did not.



glō·minerals

### DR. LUPIN ON DERMAL FILLERS

“One of the highest satisfaction treatments is application of dermal fillers to address aging concerns such as ‘the tired look,’ and achieving a younger look. These multipurpose fillers work to restore lost volume by lifting the skin and contouring about the cheeks, nose and jawline. They help strengthen the skin by stimulating our bodies’ natural ability to make its own hyaluronic acid, collagen and elastin, and they are fundamental to help erase surface lines and even out acne scars. Full face contouring, approaching and sometimes bettering the results of what used to be only the province of surgery, can often be achieved. The results are immediate and long lasting.

Fundamental to creating beautiful, natural results is taking care to know and respect each person’s particular needs and appreciate the fine differences in anatomy. In Canada, we are fortunate to have over 20 years’ experience with the most popular hyaluronic fillers. Restylane, Juvederm, Belotero, Teosyal, Revanesse and Princess are good examples. Some of the happiest moments that brighten my day are the ‘wow’s and tears of joy that my patient’s express when they look in the mirror to see the magic of dermal fillers.”

### MY TAKE ON DERMAL FILLERS

“I don’t like needles - let’s get that straight. But as far as needles go, this was very tolerable - easy in fact. I felt the pricks and needle pressure more in the most sensitive skin areas around my eyes and mouth.

Although it does take a few weeks or months to see the full effects, I love that with dermal fillers, some of the results were immediate. The deep apostrophe marks (an editor’s curse) between my eyes and at the sides of my nose are gone. The sunken hollows below my eyes are visibly lessened, my cheekbones have gained a slightly new definition and the youthful little upturn at the corners of my mouth is back - all in a very minimalistic, natural looking way.”



**DR. MARK LUPIN  
MD, FRCPC,  
DABD**

*is a world-renowned dermatologist, clinical instructor and lecturer in the field of non-*

*surgical facial rejuvenation. With many publications to his name and often quoted as an expert in the media, he is dedicated to the advancement of best practices. Director and founder of Cosmedica Laser Centre, Dr. Lupin is uniquely qualified both in Dermatology as well as with additional training in Neurology. He has studied at Indiana University, the University of Southern California, Dalhousie University, University of Toronto and UBC, and has sub-specialty training in Photodermatology (interaction of light and skin) from prestigious St. John’s Hospital in London, England.*

#### **in this article:**

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