

# It's a guy thing.... Growing old is mandatory, Looking old is optional

**refine**  
ANTI-AGEING CLINIC

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*A father is someone you look up to no matter how tall you grow...*

**W**ith Father's day around the corner, we at Refine, would like to focus, on our Dad's, our husband's and our brothers, in looking good.  
In today's fiercely competitive job market, research shows an increased demand for cosmetic procedures among men hoping that a fresh look will improve their chances of advancing their careers. While men are seeking the same treatments women have long embraced, aesthetic practitioners find the distinct differences between men and women's skin biology, facial anatomy and ageing process play a role as to why genders have different rejuvenation needs.

## Men's skin differs from women's

No! Botulinum toxin was discovered by a disease, caused by a bacteria, which paralysed Men have traditionally spent less time caring for their skin than women, but growing social acceptance of cosmetic procedures and increased awareness of nonsurgical options has resulted in more men pursuing these treatments. Primarily driven by hormonal differences, let's see what makes men's skin different:

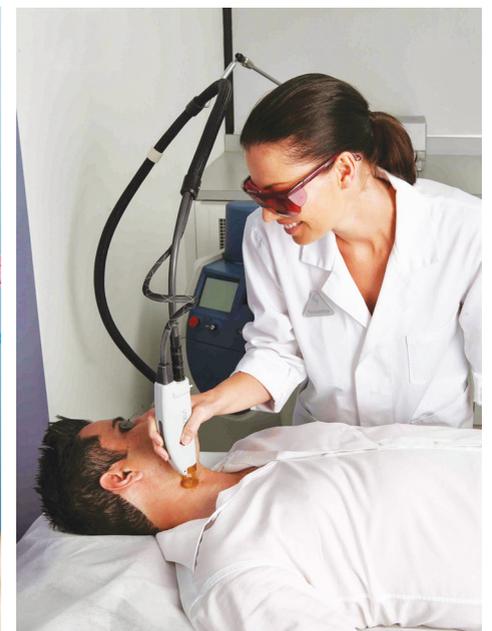
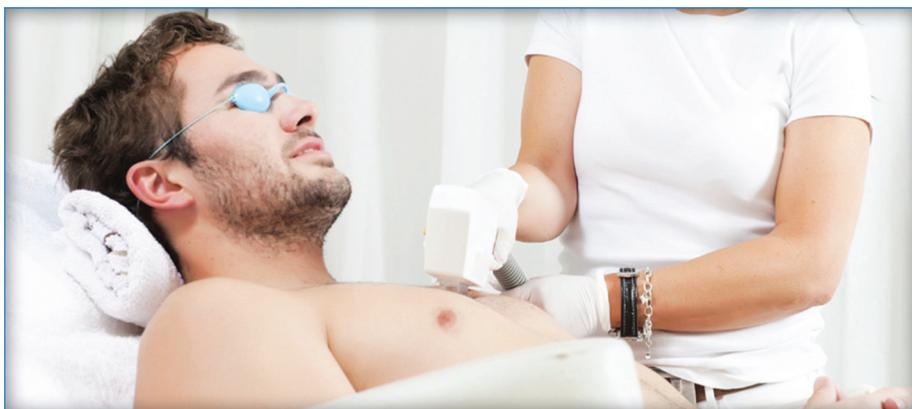
- Men's skin is thicker, has larger pores, less subcutaneous fat and generates more sweat and four times more sebum (oil) than women's skin.
- The presence of facial hair provides structural support and contributes to fewer wrinkles in the beard area.
- Short hairstyles (which expose the ears), balding scalps, outdoor occupations and outdoor hobbies more frequently expose men's skin to ultraviolet radiation, the most important risk factor for skin cancer and premature aging. In fact, men have a higher incidence of melanoma, the deadliest form of skin cancer.
- Men's skin also has a greater susceptibility to ultraviolet-induced immunosuppression, which also may contribute to the increased incidence of skin cancer.
- Men's facial bone structure is stronger and more prominent.
- Men naturally have less subcutaneous fat and it decreases with aging, making men "sinkers" more than "wrinklers." Losing volume in the face, can cause everything to droop down.

## Beyond shaving cream and aftershave

From overall concerns about looking tired to specific complaints about deep expression lines, uneven complexions, excessive hair, hair loss, shaving rashes, sweating, and age spots, men are becoming more interested in achieving greater results than at-home skin care can offer. Refine Anti-Ageing Clinic highlight's the following treatment options that specifically address common concerns among men:

**Volume loss** is one of the most noticeable characteristics of ageing in men, and dermal fillers are great tools to restore a youthful appearance. In men they are often used to help plump up sunken cheeks. Dermal fillers combined with Botox to smooth and re-contour the face is popularly called a "liquid facelift".

**Skin resurfacing** – done with chemical peels or laser devices — is used to improve fine wrinkles, uneven skin tones, age spots, and acne scarring. Chemical peels can make skin smoother and stronger, boosting natural collagen levels and making it easier for healthy skin cells to grow. If you have a ruddy complexion or age spots, chemical peels can work wonders for rejuvenating the skin after just one treatment.



**Botox** – Neurotoxins, such as botulinum toxin type A, are used to soften facial expression lines and treat localized sweating.

**Laser hair removal** is one of the most common nonsurgical cosmetic procedures performed for men, with the most common treatment areas being the neck and the back. This is also a wonderful way of getting rid of unwanted ingrown hairs and post-inflammatory hyper pigmentation that ingrowns tend to leave on the skin.

**IPL and vein removal** – Laser devices also are used to treat facial blood vessels, pigmentation, sunspots and red complexions.

**Skin needling for Hair Loss** – A Micro-Needler/Derma Roller is a hand held skin roller which has surgical steel micro-needles which are able to part the pores of the top layer of the skin/ scalp without damaging it. In recent trials, over a 3 month period men treated with the Derma Roller experienced an increase in hair growth and an average 80% reduction of hair loss. The hair restoration and regrowth process can help with thinning hair, balding, bald spots, receding hairlines, alopecia and more.

### Refine's tips for men

Men should not look for a "one size fits all" approach to skin care. Rather, they should consult an aesthetic practitioner about establishing a skin-care routine based on their individual skin type and their goals for slowing the ageing process. However, men can follow these basic skin care tips that they can incorporate into their routine:

- Apply a broad-spectrum sunscreen with an SPF of 30 or more as part of your daily skin care regimen.
- Wash your face daily and after working out using a mild cleanser.
- Moisturize daily. This practice is often neglected by men, especially those with acne; however, this is an important step in skin care.

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