

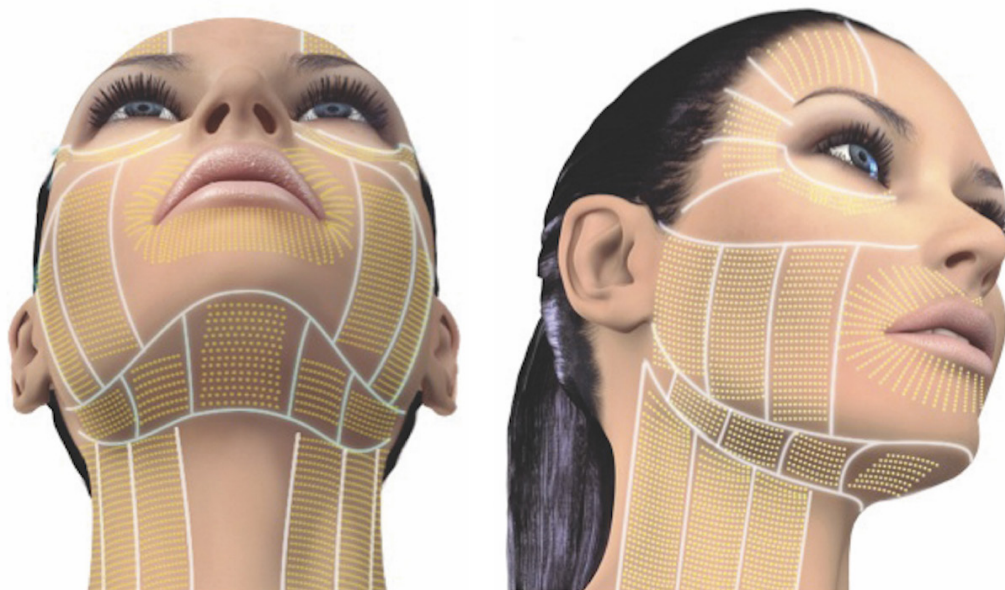
How and why we age: Energy Based Treatments

Unsurprisingly, very few people want to go through surgery. It's extreme compared to applying a **Moisturiser** every morning, or a **Night Oil** before bed. That being said, it's impossible to achieve the same results with a **Serum** as with physical alterations. It's in this gap that Energy Based Treatments (EBTs) have infiltrated the market.

In our previous newsletter we touched upon the fact that as we age, our bone structure shrinks slightly; combined with a loss of skin elasticity to make skin appear looser.

One way around this is by using Radio Frequency (microwaves) or Ultrasound. These 'shrink' your skin to your bone structure using heat. Examples of this treatment are **Thermage**, **Ultherapy** and **Morpheus**. The truth behind the effectiveness and results of these therapies is dubious at best, but the general notion is that these treatments essentially cause a 'scar formation' in your fat and connective tissue.

What this apparently does is cause a tightening effect, but I honestly could not tell you how much truth there is behind it. Ask the companies that actually produce these machines, and even they might struggle to give you a clear answer...



Ultherapy treatment areas. Markings demonstrating the mass areas and individual yellow ultrasound energy points treated to induce lifting and tightening for the neck, submental region, and cheeks.

I've had patients of mine use these treatments when they first come out, and some have sworn that they made a difference. All I can tell you for sure though is that the amount of **energy** being used in these treatments is enormous, and the majority of it is being fired into your skin. As you can see from the diagram above, the mass amount of areas it targets leaves me only to imagine the **muscle weakness** and **permanent pain** to come.

I refuse to offer the above treatments in my clinic for two simple reasons. Firstly, I just can't grasp the mechanisms behind how these treatments do anything to 'tighten' your skin. Secondly, due to that and the sheer amount of energy being consumed, I just don't want to expose my clients to these 'treatments'.

They go against our ethos as a cosmedical clinic, with negligible cosmetic gain and a total lack of wellbeing aspects for any of these procedures. The vast majority of my patients who've undergone any of these treatments have never seen any real results.

The Prager Approach

That's not to say we don't offer any EBTs to our clients. We offer a mild form of Radio Frequency called **Venus Viva**, fantastic for its collagen stimulation and efficacy at skin resurfacing. To some degree, there is a touch of skin tightening, but what Venus Viva is best at is tending to skin pigmentation.



Venus Viva skin resurfacing system. One device. All skin types. All skin resurfacing.

Whether it's lifting pigmentation or evening-out skin tone, Venus Viva is 'colourblind' meaning it **works on all skin types and skin tones!** We've been using it alongside other treatments such as the Dermalroller (which we pioneered, by the way), Derma Stamp, Transderm and so on.

Dr Michael Prager

Even returning from my own beach holidays such as in the Caribbean, I've used these treatments to remove heavy pigmentation on my forehead. One session alone can be incredibly effective. How did I get such bad pigmentation on holiday though? Let's just say there's a reason we don't endorse high-retinol skin regimes, but that's a story for another time...

No time to visit the Prager Clinic? We have the perfect solution for you. The Prager Skincare Foaming Cleanser is packed with antioxidant-rich Moringa, gently lifts heavy metals and pollutants from the dermal layers to leave skin clarified and refreshed, whilst enhancing natural radiance. Now you can take The Prager Clinic home with you in its purest form.



Foaming Cleanser with Moringa

£30

Gentle Cleansing

Formulated to remove heavy metal city grime and dust, this cleanser is a must-have. Mildly exfoliating through AHA and Lactic Acid, it leaves your skin feeling clean and smooth. Free from harmful chemicals and micro-plastics, it is ideal for skin prone to irritation and inflammation.