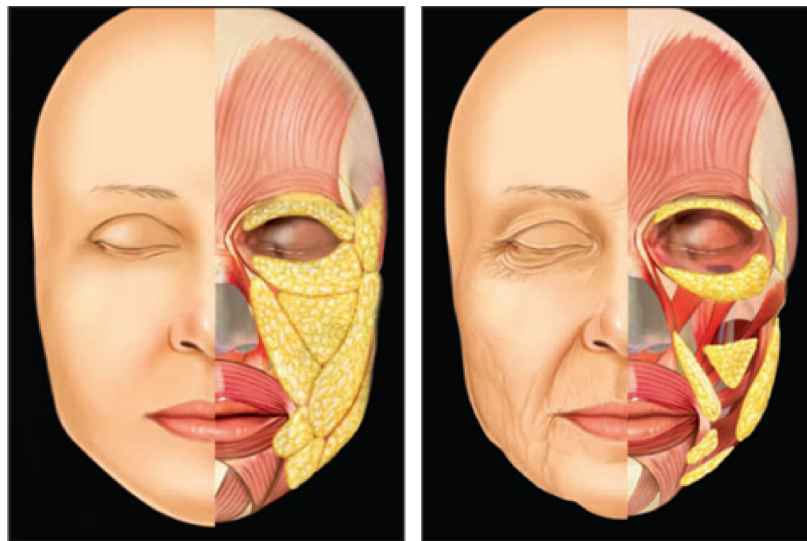


## How and why we age, Part 2: Volume Loss

I once saw an artist turn the clay bust of a young face into an old face, on stage. What did the artist do? Remove stuff.

In order to make a youthful face look old, the artist scooped out dollops of clay from the cheeks, the temples and under the bottom lip. Suddenly we had an old, sullen appearance with lots of indents and concave areas for light to cast shadows. The artist captured in one sculpture what it can take people years to realise.

### Changes in Skin and Fat



Youthful Face

Aging Face

See, the changes we see in the face as we get older: jowls, naso-labial folds, the drooping of the cheeks. They can be related to UV damage, but they also have other causes. Our bodies continue to build bone, muscle and other tissue up to our mid-twenties. From then on we begin to regress. Most of the visible signs of ageing, other than skin texture such as fine lines and wrinkles, are volume changes. Facial fat distribution changes. Our cheeks start to appear less full and nasolabial folds begin to appear.

A young face has no indents. Things are round, convex, and smooth. Light reflects and bounces off of full, rounded cheeks. As we get to our forties and fifties our cheekbones start losing width; our bone structure decreases slightly. Faces begin to sag as the structure underneath gets smaller.

## What Can We Do Now?

If volume loss leads to our faces looking older, it's only natural then that replacing volume will make us look younger again.



This is why we use Dermal Fillers. Fillers can be injected virtually everywhere in the face: chin, cheeks, jawline and even forehead. Some people use fillers in moderation, other people use far too much.

Here we have Dr Michael Prager working his magic on another beautiful client.

## Dr Michael Prager

No time to visit the Prager Clinic? We have the perfect solution for you. At The Prager Clinic, we formulated the Acid Peel Mask for use in our facial treatments. Now you can take The Prager Clinic home with you in its purest form.

A cooling, lightweight, transformative gel that is effective yet gentle. This product combines highly advanced active ingredients to exfoliate, moisturise, plump, and brighten your skin.



### Acid Peel Mask

£80

### Exfoliate and Stimulate

To enhance skin glow, we recommend that you use this product once or twice a week. Apply a thin layer to clean, dry skin, avoiding eyes and lips and then relax as the delicate scent revives your senses while the skin-transforming actives work their magic. Leave for 15 minutes and rinse off with cold water. The result is reduced pigmentation and pore size and a brighter, even skin tone.

**The ultimate, at-home solution for a skin uplifting treatment!**

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Another option is a facelift. Where our faces have become too large for what's underneath, we have the ability to make the face a bit tighter. To some degree, that may seem illogical. By making your face fit a smaller structure, nothing is really done to fix the volume loss. It makes the most sense to do both a facelift and volume replacement, hand in hand.

Another, less effective way of shrinking the face and making it fit the smaller structure underneath is to heat it up via Radio Frequency (Microwave) or Ultrasound. These treatments are called Thermage, Ultherapy or Morpheus. We do not offer any of those in The Prager Clinic, however.

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This week's newsletter is an intro to a small series we're doing on Volume Loss, and how we can remedy this alongside the usual 'surface' related treatments.

Watch out for our next newsletter, where we're going to take a look at some of these "Energy Based Treatments", and discuss whether we think they're any good...