

# BODY WORKS

THIS IS THE SECOND IN A SIX-PART SERIES LOOKING AT NON-SURGICAL TREATMENTS. THIS WEEK WE LOOK AT **ALUMA**.

## SKIN TREATMENT

### THE PROBLEM

To fill or not to fill? To Botox or not to Botox? As those fine lines around your eyes and mouth dig a little deeper, it is tempting to take to the needle – facial injections of paralyzing toxins or gel fillers. But what about the third option that no one's talking about just yet – Aluma?

### THE TREATMENT

Aluma offers a non-invasive alternative for facial wrinkles and sagging skin. A hand-held device zaps radio-frequency currents deep into the underlying layers of the skin. The theory is that the heat stimulates collagen and strengthens the elastin, resulting in tighter, firmer skin. It can be used on wrinkles around the eyes and crevices around the mouth that drag down your face, as well as sagging jowls and crepe-like necks.

First is a skin diagnosis using a Beau Visage machine. It provides digital images 2mm below the skin. Sun damage, broken veins, quality and quantity of collagen in the upper layers – they're all exposed, allowing you to track the results of your treatment. It's quite an eye-opener.

Next is the Aluma machine, which was developed by Luminous, the company that came up with IPL (intense pulsed light). You feel a suctioning sensation from the tip of the vacuum-cleaner-like device, and a gradual build-up of heat as the current hits the dermis.

Karen Bowen has the first machine in Australia. "Best results are achieved after three to seven treatments," Karen says, "though collagen takes three months to regenerate." Regeneration can continue for up to 16 months, she says.

### FREQUENTLY ASKED QUESTIONS

**Who's doing it?** Women and men aged 40 and over. **How long does it take?** About 45 minutes. **Is it painful?** No.

### THE VERDICT

The morning after the first treatment, there was redness on the left eye and on the top lip, caused by the suction. This faded within a few days. By the third treatment, the skin was looking healthier – firmer around the eyes and the lines from the nose to the mouth starting to plump out. Aluma won't give the instant results of fillers and Botox, but the collagen will hopefully continue to regenerate, giving natural, long-term results.

### COST AND LOCATION

**Eyes:** \$180. **Eyes and perioral area** (nose/mouth lines): \$390. **Neck:** \$400. Karen Bowen Paramedical Skin Therapist, Shop 4, 4 Sleaford Rd, Applecross. Phone: 9316 3836. Web: [www.karenbowen.com](http://www.karenbowen.com).

DI SATTLER



KAREN BOWEN



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