

I am 38-years-old and have several issues — sagging cheeks, thin lips, a double chin and excess fat on my jaw line. What can I do to correct it all?

We age as early as in our 20s. Ageing often results in volume loss on our cheeks and face. Due to gravity and other factors, our face sags downward. You can begin addressing your concerns by doing facial contouring, which gives your face a more youthful appearance. This is done by adding a filler material containing hyaluronic acid (a natural sugar produced in our body) on the cheeks and lips. For the jaw



Dr Geeta Oberoi

Take years off your face

line and double chin, a V-shaped facial contouring using radiofrequency can be done. This is completely safe and painless — it lifts the face and can get rid of the double chin. Both the treatments, if done together, can take years off your face.

I work in the media, have a hectic work schedule and little time. Could you suggest a good facial treatment that will

quickly give a glow to my face?

With an increase in high-definition television, more TV celebrities are worrying about how smooth their skin appears on the screen. Some well-known personalities have benefited immensely from oxygen facials that plump-up and smoothen the face instantly without leaving behind any tell-tale red spots. The oxygen treatment is soothing and relaxing for all skin types. In just one treatment,

your skin will look fresher and rejuvenated. Your face will be smooth and clarified, hydrated and radiant.

I have very oily skin and dark circles. I seldom find time for skincare treatments as I work late hours. Please suggest a skin maintenance programme that can be done just once a month but still ensures a good complexion.

Micro pulse treats almost every skin problem and acts as a brilliant antidote

to late nights. It is a non-invasive procedure that combines red-blue light, micro pulses, ultrasound and vacuum to effectively tackle face and body imperfections. It is painless and you will only feel a mild tingling sensation. The treatment delivers tiny impulses enabling muscle re-education, thereby increasing circulation and production of collagen and elastin. This results in an enhanced penetration of the skin care formulations. This treatment is ideal if you are short on time. It can improve dark circles.

— Dr Geeta Oberoi, Skin & You Clinic
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