

To make the most of the summer months, but also for those who have little time to spare. The Marbella Clinic offers a new comprehensive beauty concept. The Intensive Non-Invasive Rejuvenation. Dr. Pierre Albrecht, Plastic Surgeon and Dr. Virginia Benítez of the Clinic, both explain the techniques currently available which attain a spectacular rejuvenation, by means of an intensive non-invasive medical treatment, that is to say, without surgery.

“This strategy represents a revolution, and is based on a combination of the very latest and most advanced technologies and products, facilitating intensive treatments with visible results, in the least possible time, with daily or almost daily sessions of one and a half hours, whilst maintaining a normal social life.”

“These intensive non-invasive treatments prove to be pleasant and moreover can be sufficient in their own right, in the case of ageing caused by the sun, moderate lines, staining or skin damaged through smoking.” “They are designed for both men and women, and it is possible to take the sun afterwards”, says Dr. Virginia Benítez, General Surgeon and specialist in Aesthetic Medicine and Laser treatment.

“To achieve a total rejuvenation of the skin” comments Dr. Albrecht, “the clinics strategy is not to avoid surgery but rather to complement it, turn back the clock and also treat the skin so that it is better prepared and conditioned for surgery, which as a result will be smoother, less aggressive, although lasting, and with an aesthetically natural appearance.” It is well known that prevention is better than cure, if we take into account that ageing is progressive, the earlier it is treated, the better will be the end result. Below we provide a brief description of the methods used at the Marbella Clinic’s intensive non-invasive rejuvenation treatment:



LPG LIFT
NATURAL LIFTING EFFECT:

This modern piece of equipment creates a natural lifting which hydrates and achieves a remodelling of the skin, by a method which administers a mechanical micro-stimulation by massaging with rollers. The patent heads of the LPG carry out a regular and constant, mechanical micro-stimulation for 30 minutes. Each area of the skin receives a 3 dimensional treatment, concentrating on the skin around the eyes, the neck, the oval of the face or the cleavage, during which time you can relax whilst your face receives a physical work-out leaving it firmer and more youthful. The treatment is divided into 3 programmes depending on the type of skin: Infiltrate skin, which does not easily eliminate impurities and appears dull or greasy; flaccid skin, and lined skin.

INTENSIVE NON-INVASIVE FACIAL REJUVENATION FOR MEN & WOMEN



Intensive treatments for 1, 2, 3 and 4 weeks

SKIN MASTER 4 TREATMENTS IN ONE :

Skin Master is a complete treatment by means of ultrasound which achieves a deep clean and smooth peeling, together with an exfoliation of all the dead skin cells. Next an intense ultrasonic hydration is performed with special reconstructing serums, vitamins and proteins. Lastly a series of combined manual and instrumental treatments (ordinary) are carried out to stimulate the muscles. Each muscle of the face and each individual line is worked on, so that the creases lift, improving the absorption of oxygen and cell nutrients. Each line receives bio-stimulation, using a low power laser. Once re-hydrated the area lifts thus improving the metabolism at the base of the crease, whilst simultaneously stimulating the regeneration of elastin and collagen, producing a notably visible change in the condition of the skin

MESOLIFT :

The Mesolift technique involves the application of substances charged with vitamins, oligo or trace elements and the reconstituting substances of the skin such as hyaluronic acid, each treatment of which is specially prepared according to the specific needs of each person. The substances used come from the laboratory and are non allergenic and non toxic, animal proteins are not used, as a matter of safety and to reduce the risk of allergies. The treatment is applied using a pistol with a very fine needle, by which means various applications can be made all over the face and more specifically to the lined areas. This treatment obtains good results within only two sessions, the skin appears more luminous, better regenerated and younger, and by introducing the vitamins and enzymes, the metabolism is stimulated improving the production of collagen, the result being that the face appears yet more rejuvenated.

ANTARA (HYDROELECTRO-PHORESIS) :

This method also known as "the virtual



syringe", was used initially in traumatology to locally administer anti inflammatories to injured sportsmen and women. It has since come to be used within the aesthetic field with specific substances such as amino acids vital for the nutrition of the muscles and skin. The technique carries molecules which pass through the skin without the need for injections, and introduces them directly to the area being treated which then becomes toned and lifted, such as the face, neck and cleavage. It is a complete treatment. All manner of hydrating products are used: enzymes, collagen, elastin, amino-acids. It can also be used on the body with other programmes to treat cellulite or stretch marks.

SOTHYS "DIGI-ESTHETIQUE" METHOD :

External aggressions (stress, tobacco, contamination....) alter the state of the skin, which becomes dull and lifeless; the key to improving luminosity is to oxygenate the skin. Firstly a deep clean is carried out by means of a purifying clay mask, after which towels with essential oils are applied, in order that the skin to benefits from the absorption of the "spherululites" with complex cellular energy, which activates the respiratory metabolism of the cells. The treatment purifies the skin leaving it healthy and radiant from the very first treatment, achieving after 3 sessions a 100% smooth and radiant complexion, an increase in the molecular energy re

serve in 80% of the cases, and an improvement in the energy metabolism in 100% of the cases.

FOR THE BODY :

The LPG endermology can also be used on the body, especially against cellulite. We combat excess weight with a gradual treatment to avoid the problem of flaccidity and carry out a lymphatic drainage of the fatty tissue, which is difficult to lose, especially around the abdomen and thighs.

We go direct to the fatty tissue and it is reshaped with monitored rollers. The treatment is concluded

by mesotherapy, which supplies lipolytic and anti cellulites homeopathic products. The treatment can be made once a week, by means of a pistol with a very fine needle, it is painless and lasts for 10-15 minutes.

Dr. Albrecht explains that with the LPG endermology, the skin is so full of toxins and cellulites that in the beginning a certain discomfort is produced with the force of the treatment administered. This adjusts with time, improving the skin, reducing each time the discomfort, and increasing tolerance to a higher potency until it comes to be a pleasant sensation, demonstrating the efficiency of the method.

To complete the sequence of intensive non-invasive therapies for the prevention and cure of the skins ageing process, it is advisable to add ozone therapy, which consists of introducing ozone to the organism through a physiological serum by way of the bloodstream, which improves all the normal physiological processes, in the same way that it eliminates impurities, carrying more oxygen to the cells by means of capillary circulation, with both anti viral and anti bacterial effects. As such the non invasive intensive treatments are both effective and long lasting.

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