

# MESOLIFT



By Maria Eugenia Aranda, MD  
*Aesthetic Medicine & Laser*  
*dr.aranda@transform-magazine.com*  
 952 81 69 81

## A WEAPON AGAINST AGING:

There is much speculation these days about miracle products which are said to be the Fountain of Eternal Youth. However, this is far from reality. Even though there are high-quality products out in the market having surprising results thanks to the significant development in science, with the exception of the deep peeling technique whereby you can look up to 15 years younger, we must remember that the magical product to become 20 years younger by Magic has not been created.

What scientists generally agree on is that the safest way towards the Fountain of Eternal Youth begins by changing our attitude regarding our own way of life. This means following a healthy and well-balanced diet, no smoking, no alcohol, playing sports and even taking a range of vitamins, minerals and other free-radical fighters necessary for every person. If these steps are followed, all treatments, or at least the majority of them, undergone to improve our esthetics will have better results.

In terms of facial and body skin rejuvenation, there are regeneration and biostimulation products that work deeply having anti-aging effects with surprising results.

These are substances such as hyaluronic acid –our skin naturally possesses this acid, which retains water molecules so that our skin can be hydrated. Besides, there are many more substances used in combination with hyaluronic acid such as vitamins, minerals and even nucleic acid, which promote the regeneration and biostimulation of cells.

Considering the skin features of each person the physician will conduct a research of the general state of the patient's skin in order to administer the best treatment. The number of sessions and the timing will be established on a case by case basis. The technique of application is relatively simple and usually painless: it consists in giving ten microinjections that go straight through the skin of the face, neck, neckline and even hands.

The asset of this technique is that the substances are injected where they are needed the most and are immediately bio-available, acting more quickly than when used in lotions.

By using this facial mesotherapy or mesolift technique, spectacular results are achieved for regaining and maintaining the tone, smoothness and brightness of the skin, lost due to the passing of time.