

## The Ghanem Total Face Refresh

### Overview

Mr Ghanem's exclusive Total Face Refresh is a pioneering combination protocol that addresses all the signs of facial aging for the ultimate in facial rejuvenation.

Your face is your individual trademark. It defines you and gives you your unique identity as a person. It is the focal point of our personal interactions and how we express our emotions. It is also the part of our body that can most obviously signify our age. The aging process can make us look tired and older than our years, and in a world that equates youthful appearance with beauty, vigour and vitality, this can undermine both self confidence and the way in which people perceive you.

### Understanding how your face ages

In order to achieve a natural looking rejuvenation, it is important to understand what happens to your face as you age. The signs of the aging process can be categorised into three distinct but inter-related areas.

#### Volume:

Volume loss has a major impact on facial aging. Bone, muscle, fat, collagen, and elastin are integral components of our skin's volume and structure and they change throughout our lives.

Typically in our 40s we may begin to notice factors such as the flattening of our cheeks, hollowing under our eyes, deeper lines and the start of sagging at the jawline because it has lost the support of both fat and collagen.

#### Laxity:

It is on our 50s & 60s that we notice more significant sagging to our skin, especially in the cheeks and jawline. This is caused by lost collagen and elastin, fat pads starting to diminish, as well as bone in the brow area, cheekbones, and jaw. This combination of reduced skin elasticity and the loss of volume outlined above, means our skin sags further, creating more significant wrinkles, droopy eyelids, under eye bags, jowls and sagging of the neck

#### Surface:

The skin loses its elasticity and its radiance. It will show the signs of sun damage, can develop a crepey texture, and can be affected by pigmentation issues such as age spots.



Before



After



Before



After



Before



After

## Natural looking Facial Rejuvenation requires a holistic approach

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Early signs of aging can be addressed individually with a range of non-invasive treatments. However, when signs of aging are more advanced, we need to take a holistic approach as the face ages as one, dynamic unit, rather than as a group of isolated and independent parts. This includes the deep structures of the face, and underlying tissues beneath the skin.

Traditional or conventional facelifts carried out in isolation don't take this into account. They can result in a 'facelifted' appearance, and they do not always age well.

For truly effective, natural-looking and long-lasting results that turn back the clock whilst preserving the essence of 'you', we no longer talk just about lifting but also now engage with recontouring, replacing, resurfacing, and regenerating.

That is the premise behind our exclusive Total Face Refresh.

Our Total Face Refresh is a pioneering and exclusive combination protocol that addresses all the signs of facial aging concurrently. The Total Face Refresh will:

- Remove wrinkles and sagging skin from your eye lids, under eye bags, cheeks, jowls and neck.
- Restore the volume you have lost and give you pleasing facial contours
- Resurface your skin to remove blemishes and enhance skin texture
- Regenerate your skin to boost collagen, improve your natural skin elasticity, and enhance radiance

## What the Total Face Refresh treatment involves

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The Total Face Refresh is available with both surgical and non-surgical options and your treatment plan reflects our recommendations and your preferences.

### The Total Face Refresh Surgical Option

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The Total Facial Refresh treatment protocol will include:

**Lifting, tightening and removal of excess skin**

- Composite facelift
- Upper eye lid surgery
- Lower eye lid surgery
- Forehead/ Brow lift
- Neck lift

**Volume Restoration and contouring:**

- Fat Transfer enriched with your bodies own regenerative growth cells. We offer the option to replace fat transfer with injectable hyaluronic acid fillers

**Skin surface enhancement:**

- CO2 laser and chemical peel to remove dead skin cells, address pigmentation issues, stimulate collagen growth and restore the skins youthful texture and radiance.

### The Total Face Refresh Non-Surgical Option

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The Total Facial Refresh treatment protocol will achieve excellent results although these will not be as dramatic or long lasting as can be achieved with surgery:

**Lifting, tightening and removal of excess skin**

- We will use our expertise in the latest radio frequency and collagen stimulation technologies, to determine, based on your individual needs, the most effective combination of treatment protocols to address your skin laxity and tighten sagging skin.

**Volume Restoration and contouring:**

- Fat Transfer enriched with your bodies own regenerative growth cells or alternatively with injectable hyaluronic acid fillers

**Skin surface enhancement:**

- CO2 laser and chemical peel to remove dead skin cells, address pigmentation issues and restore the skins youthful texture and radiance.