

NORTHERN

# INSIGHT

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A man in a blue suit is standing in the foreground, looking off to the side with a slight smile. In the background, there are silhouettes of industrial structures, including a large crane or conveyor system on the left and a statue on a pedestal on the right. The sky is a mix of orange, yellow, and blue, suggesting a sunset or sunrise.

Howie White – Building for the future

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## A little bit of self-care

Review by Jackie Marston

After contracting Covid early September 22 and being bedridden for 10 days, followed by a nasty bout of flu, the recovery from a double whammy was slow to say the least.

**I was lethargic, unenthusiastic, and feeling incredibly sorry for myself! Looking in the mirror made me even more depressed, as the illnesses had taken their toll on me, physically! There were more lines than before, I looked gaunt, and my skin was a horrible grey colour.**

Now facial treatments are something I don't particularly like, so don't have them, and I am way too much of a coward to go for anything more intrusive. So, when I was asked to try out a couple of procedures by Doctor Ayesha Ali from Oliver's House in Sunderland, I thought, why not!

Although the practice is actually in the building where the franchise My Dentist operates from, the clinic offers facial aesthetics too. Doctor Ayesha Ali is qualified to carry out these procedures and for the first time in my 58 years on this planet, I allowed someone to touch my face!

After being fully assessed and advised, it was recommended that I receive Mesotherapy Micro Needling for skin rejuvenation. This looks a little like a handgun, where the tiny needles penetrate the skin at the mesoderm (middle) layer of the skin. This encourages the skin to repair itself,

improves skin texture and helps skin to glow. Over multiple sessions it can improve the appearance of fine lines, acne scarring and pigmentation. They also used a medical-grade antioxidant serum during the treatment, injected directly into the skin to boost results further. They placed topical numbing cream before treatment to make it as comfortable as possible. Although I could feel the procedure, it was uncomfortable rather than painful. The side effects are some redness and swelling for one to two days only, and I'm not going to lie, I did go rather red. Although multiple sessions are advised, for best results, I just had the one, for the purpose of this review. The next day, the redness had subsided a lot and over the next few days my skin was in the best condition ever.

My next advised treatment was Tear Trough Filler. Dermal filler (a gel made from hyaluronic acid) was placed into the tear trough area (under-eye region) to gently plump, restore volume and make the area look less tired. As I am a woman of a certain age, this is an area that always bothers me about my face. I often look tired, even though I am not, and it definitely ages me. They used an advanced cannula technique for safety, especially important in this delicate area. The results were instant, with some very mild swelling and sometimes bruising/redness at the cannula entry-point. Literally by the end of the day, the spot where I had been injected had healed and there was no sign of bruising. The results last six to 12 months for this treatment and I was delighted with the outcome.

At the end of the sessions, I was advised on a skin-



Dr Ayesha Ali

care regime, which most complemented my skin, and it was a far cry from the Asda facewipe and a touch of Nivea, but I am determined to stick to it.

Although I am not about to go under the knife anytime soon, I am really pleased with the results from Doctor Ayesha Ali and am totally converted! It's worth pointing out, that I am not wearing any make-up on these images, so you can actually see the results for yourself.

The video of the Mesotherapy Micro Needling being carried out on me is on their Facebook page, so take a look, if you're considering this treatment.

Like I say, I am converted, and it is something that I will definitely be repeating. Doctor Ayesha Ali is superb in her profession and someone I would 100% put my trust in.

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