

Healthy glow

Natasha, 46, reveals how a course of facial skin treatments has helped her maintain a fresh look.

I've been a model for some time now and, like any other job, I need to make sure I present myself in the best light at all times. This means keeping myself looking good but also age relevant – I don't want to look like a 20-year-old again. I want to look healthy and well rested.

I'm the mother of two small boys so achieving a rested look seemed impossible until I met Dr Alicia Teska, a cosmetic physician based in Melbourne. She's the absolute master of the natural look.

Even my husband wasn't aware I was a patient of hers until one day he really looked at me and said: "You look as though you've just come back from holidays but I know you haven't!"

Of course, my close girlfriends were not too surprised – they knew what had happened, as they go to Dr Teska's clinic as well.

Dr Teska started me on prescription Retin-A and a selection of SkinCeuticals products before she performed any treatments on me, as she wanted to get my collagen production up and my skin in better condition.

The next phase of my treatment plan was a series of peels. I had to stop using Retin-A before I started those treatments, but was able to continue with the SkinCeuticals products throughout the course of peels. The peels left my skin looking amazing. It was glowing. Dr Teska did make sure

that I was using sunscreen every day, as she said I would be wasting my money on good treatments if I didn't. I didn't really use sunscreen at all in the past but now I make sure I never leave the house without applying it.

Then I began having Botox injections and I now have them three times a year. They have really lifted my brow, which had not

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only started to 'drop' but also did so asymmetrically, which had led to one of my eyes looking a little lower than the other. According to Dr Teska, this is not uncommon. The Botox injections also fixed my crow's-feet. I think Botox is amazing as it can improve your appearance in a way that looks natural. I am fortunate, though, that I chose Dr Teska as she is a real expert at it. Also, every

few months, she reassesses my skin to adjust my skincare and overall treatment plan.

I'm absolutely thrilled with the results and I love it when my boys tell me I look like a beautiful princess.



Natasha, an actual patient of Dr Teska, opted to have a range of non-surgical treatments. Results may vary from person to person.

For before and after pictures of another actual patient of Dr Alicia Teska's, see "The look book". To contact Dr Teska, call (03) 9867 2992 or visit www.skintemple.com.au.

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