

Meso-Aesthetics III – Techniques & Equipment

Meso-Aesthetics, the attractive needle-less offshoot of **Mesotherapy** is leading in the exciting thrust of “intelligent” aesthetics. It allows you to overcome the great limitation of beauty treatments that act only on the epidermis. While doctors use *Meso-Guns* to obtain optimal results, specialized equipment is also available for Meso-Aesthetics using methods that encourage active ingredients to penetrate deep into the cutis & also enhance absorption -- two things that are essential for the success of these advancements in aesthetics. Below we discuss two new apparatus that are built on new research & developments. It is no surprise, that such combined methodology systems provide superior results to solo effect systems. With these techniques, special equipment & the knowledge of *Meso-aesthetics* (physiology & preparations), this therapy can now be confidently offered by specially trained medical aestheticians.

Biodynamic Energy & Amber Pulsed Light

The latest generation innovations & synergetic effect of equipment like **SYNERGICA** from Maya Beauty Engineering (MBE) provide startlingly improved results treating skin flaws resulting from muscle tone, pigmentation, cellulite build-up & atrophy among other conditions.

SYNERGICA combines the action of special wave formations, targeted frequencies, strengths, durations & intensities together with pulsed amber light (chromotherapy) to provoke a temporary readjustment of the epidermal cells to aid the migration & absorptions of active principles to the deepest skin layers.

Essentially, the permeability & receptiveness of the cellular structures is temporarily increased. Channels called *electropores* are created for specially developed preparations; *electro-osmosis* is enhanced.

The addition of *chromotherapy* relies on the principle that colours help the body and mind to find their natural balance. Colour works through & within us, in every nerve, cell, gland and muscle. A recent study disclosed that each cell in the body emits light. Amber light – a combination of red (stimulation) & yellow (detoxification), is especially effective in increasing cellular activity & therefore enhancing absorption. In the field of beauty treatment red is used for its hyper-hematizing and toning effects. Most recent discoveries also confirm the validity of using colours for healing & harmonizing the balance and thus chromotherapy is enjoying a renaissance in aesthetics.

The action also exercises a desired trophic effect on the skin tissue, increasing cellular metabolism, surface vasodilation & reactivating circulation deep into the cutis. Studies prove that even heavier molecular weight preparations can be thus transferred.

Special wands even allow direct fruit treatment facials.

Other benefits of the technique include:

- Firming up collagen & stimulating new cell production
- Evens up pore size, & brightens skin radiance
- Energizes cells
- Harmonizes various energy relationships
- Vasodilatation of arterioles & capillaries
- Increased blood flow
- Anti-edema, anti-inflammatory, eutrophic effects
- Combating skin aging
- Prevents cutis & breast atony

Oxygen Infusion

Experience in medicine with infusion technology has shown that vaccines and insulin can be “shot” into the skin with high air pressure to be absorbed by blood vessels. A high pressure, pure oxygen (O₂) infusion system has now been developed specifically for aesthetic treatments – tankless, and with specially tuned pressure designed to obtain deep penetration & cellular absorption without losing product to the circulatory system. This enables painless, needle-less Mesotherapy. A study by the independent Fraunhofer Institut for Biomedical Technic (Germany) has proved that **Maya’s OxyLife Plus** O₂ puncture system does indeed achieve greater penetration by dilating temporarily the skin’s natural interstices into the deeper layers of the skin.

Complementary treatments which you can offer are *O₂ Spray* and *O₂ Aromatherapy* treatments. O₂ spray is especially beneficial after dermabrasion & peelings. *O₂ Spray* apparatus should optimally be made of glass – a neutral vessel that will not cause deterioration of the agents employed.

Two Dimensional Connective Tissue Massage, available from Maya’s OxyLife Plus system with Oxyendodermia, is the perfect synergistic complement to Oxygen Infusion. New developments in positive and negative massage (pressure & suction) use gentle rollers placed so as to achieve a uniform depth of 4mm so as not to stretch or break the connective tissue. Connective tissue massage not only offers excellent lymphatic drainage & cellulite treatment, but also rejuvenates by stimulating skin to reconstruct the matrix structure by encouraging collagen & elastin production. Most importantly however, with respect to Meso-aesthetics, such massage *detoxifies, cleanses, opens pores* and has a positive *vasocirculatory effect* that together allows and encourages even better product penetration & absorption under subsequent Oxygen Infusion. A positive innovation is *heart beat synchronized pulsations* to optimize the effects by harmonizing the massage with the body’s natural rhythm.

A reputable dealer will offer solid training & a good system will have ample filters, easy to change fuses & will likely utilize a foot pedal to ease hand fatigue. Look for pulsed O₂ systems & specially designed facial & body probes. Body probes should cover a wider area (for both infusion & massage). A bonus is offering pulsed vacuum massaging for the face where you use the stimulating effect to gradually strengthen upper face muscles, effecting a natural face lift.

Care must be taken to use quality products that respond well to the equipment & techniques. Too much suction will leave marks and may stretch the skin...while too strong an O₂ pressure may also bruise or may waste product. It is worth taking the time to master proper hand technique. Finally, proper sterilization protocols must always be followed.



Liliana Dutka, DNM, is a proponent of “intelligent” aesthetics, including Meso-Aesthetics. She has developed a training program that combines learning of the bio-dynamics of skin & skin treatments with the special advancements in Mesotherapy. She can be contacted at Formula Life Inc. 1-866-650-1777 www.formulalife.com info@formulalife.com