

# How to look younger! What anti-aging options are out there?

*KT McLinden, SynergySalad, interviews Anti-Aging specialist and director Liz Beavis of Natural Beauty Anti-Aging Skin Care Clinic, based in Orangeville. Liz Beavis is at the top of her industry, an established expert in aging, as evidenced by her qualifications and the demand for her services. Here we share with you an insightful dialogue with this warm and cheery lady whose clients hail from Orangeville, Burlington, Toronto, Caledon, Brampton and Shelburne.*

**KM: Why do ladies come to your clinic?**

**LB:** KT, clients come who want to look younger, naturally! Ladies of all ages from 20 to 80. Those who want to prevent their skin from aging, to those who wish remedial action. Clients of a variety of skin colours and conditions. Some who have developing jowels, some with bags or dark circles under their eyes, or folds where they don't want them, and others with wrinkles and lines. But all have two things in common: they want to look their most beautiful, and they don't want any risk in doing so.

**KM: What risks are involved in facelifts?**

**LB:** Rees et al in 1994 showed there to be a 4% chance of complications with plastic surgery. That may not sound much, but consider this: if you had a 1:25 chance of winning \$10,000,000 would you buy a ticket? Sure you would, since the chances are high that you'd win. Well, the chances are quite high you'd have a complication with invasive methods such as plastic surgery. And bear in mind that in Ontario, any doctor licensed to practice medicine may perform plastic surgery or administer injectables, without training.

**KM: So what do you do instead?**

**LB:** We offer non-invasive methods that are completely safe with no risk. We refuse to penetrate the skin with implements. Today, there really is no need for such drastic measures as surgical techniques, except in unusual situations.

**KM: Any side effects with your methods?**

**LB:** No. None. With plastic surgery, many women are conscious of the noticeable scar lines around the perimeter of their face and ears. That's why you'll find that they tend to have hairstyles that cover these parts of their heads. Injectables, if not administered with great skill, can cause lips to become lop-sided, and eyelids to droop. With our non-invasive methods we don't paralyze nerves or cut skin. We use technology that causes the products to enter the skin naturally and safely. We also use sophisticated methods to train the muscles to become as they were when they were younger, thus making your whole face look younger.

**KM: Are facelifts very expensive.**

**LB:** Plastic surgeons charge thousands of dollars for a facelift today. Then there's the time off work, which can easily be 3 weeks that equates to more cost, and then 3 to 6 months before you feel normal again. Then a surgical facelift has to be repeated every 5 to 10 years, where the last few years show aging again. I don't believe this approach is in the best interest of clients. We administer painless treatments over a few weeks, then maintain the success once per month thereafter. The result is that they look terrific in a short time, don't have to recover from anything, and look their best from then on - for the rest of their lives! And our pricing is fair, not even close to surgery.

**KM: You must have many happy clients?**

**LB:** Yes we do. Many. In fact, many of our clients are so thrilled with the results that they don't mind us quoting them in our advertisements and on our web site, or letting our other clients see their results. And they refer



their relatives and friends also. That's proof positive that our methods work. Of course, some of our clients prefer anonymity, and we honour this. Here's one

email I recently received from two-year client, Jackie Green, owner of Dish'n'Dat Rentals: "Dear Liz: My cousin from England visited me recently. We haven't seen each other for eight years. She said to me 'You look younger now than you did eight years ago!'. I told her I've been going to my 'skin lady' regularly for Eye & Forehead Treatments. She said 'Whatever you have been doing, keep doing it!'. I just wanted to share this with you Liz. Thank you." I find this so satisfying.

**KM: So what treatments do you offer clients?**

**LB:** At the Natural Beauty Anti-Aging Skin Care Clinic we have more than 20 specific treatments that I use to profile an exact treatment set for a particular client's needs. Add to that well over 100 high quality anti-aging products from Germany, and you can see we are able to treat exactly what our clients require. We offer everything from non-surgical facelifts, eye and forehead treatments, lip and mouth, jowel, collagen, treatments for lines and wrinkles, and so many more. However, we don't expect our new clients to know anything about these treatments, and so I educate them as I analyse their needs and treat them.

**KM: You certainly are enthusiastic about your work.**

**LB:** Oh I am! I'm passionate about my purpose. I'm focused on helping women of all ages look their absolute natural best. Being a boomer myself, I have experienced the issues all of us ladies go through as time moves on. To know that I can substantially arrest the skin aging

mechanisms excites me so much. It makes one's work a delight! And our web site 'endorsements' page oozes with the happiness of our clients. It's a two-way thing.

**KM: You have a wall of certificates. How do you find the time to keep learning?**

**LB:** I'd like to say I'm superwoman. But that wouldn't be true. I really believe in life-long learning. I owe it to my ladies to be right up-to-date with the latest news and techniques. That's why I devote a substantial amount of time to study, research and conferences.

**KM: How does your clinic differ from a spa?**

**LB:** Spas are wonderful for relaxing in and feeling good. That's been their purpose since Roman times. We are a clinic. That's not to say we are like a doctor's office, far from it. We are spa-like in our setting and ambiance. Our clients are treated to a no-charge, one-hour consultation where we examine their skin completely, seeing what is beneath and within the layers and showing them what is developing in their skin. We analyse what their skin is like and what it needs. And then recommend various courses of action, without pressure.

**KM: Your clients tell me that you wouldn't know how to apply pressure if you tried!**

**LB:** (Laughs). I like to simply explain my client's options and let them make their decisions in their own way; I guess that's the way I like to be treated. And I recommend they check out our 11-point clinic selection checklist on our web site!

**KM: Liz, thank you so much for taking time out from your busy practice.**

**LB:** You're very welcome, KT.

*Liz Beavis may be reached for a relaxed, in-depth, one-hour, no-charge consultation at the Natural Beauty Anti-Aging Skin Care Clinic in Orangeville, at 519.216.SKIN (7546), or by email through their excellent web site at [www.NaturalBeautyAnti-AgingSkinCareClinic.ca](http://www.NaturalBeautyAnti-AgingSkinCareClinic.ca)*