

Not quite ready for injectables?

We are now really excited and proud to offer ZO skincare. ZO is an innovative company founded by world renowned dermatologist Dr Zein Obagi. ZO provides a comprehensive range of solutions that will restore skin to a healthy state. All products have been developed to improve the function of the skin with the added advantage of preventing ageing.

How do these products differ to over-the-counter products?

Most over the counter products change the appearance of the skin without modifying it. Traditional treatments address skin surface and symptoms without improving cellular function or overall skin condition. These products sit on the skin, they do not penetrate deep into the skin. ZO products are able to pass through the epidermis and act deep within the dermis.

The ZO journey

Every patient will receive a full skincare consultation with diagnosis. An individual treatment plan will be formulated but most patients will begin their skincare journey using the 'fundamental 5'. This is at least 5 products to prepare the skin before starting active treatment:

1. Cleanse- to normalise skin and remove surface debris.
2. Exfoliate- for epidermal renewal, to increase circulation and increase product penetration.
3. Tone- this controls sebum, restores pH and enhances product penetration.
4. We call these 3 steps Get Skin Ready (GSR)
5. Daily power defense- this product helps with DNA repair, is anti-ageing and restores the skin barrier.
6. Sun protection- all ZO sun protection products protect from UVA/UVB, high-energy visible (HEV) and infra-red (IR). They also support healthy skin functions.

We recommend using the fundamental 5 for 6 weeks as this is how long it takes for the skin to go through a full cycle. After 6 weeks it may then be necessary to introduce more products depending on diagnosis and results wanted.

What is a skin cycle?

A skin cycle is the process where a new skin cell is formed at the deepest layer of the epidermis and works it's way up to the surface of the skin. At this point the skin cell has matured and ultimately flakes off.

A skin cycle can vary with each individual and is affected by such factors as age, hormones, skin condition/health and stress. On average a skin cycle is 5-6 weeks. At the age of 19-21, the process can take 14-21 days compared to a middle-aged adult where it is estimated to be 28 days. As we grow older, this skin cycle slows to about 45-60 days in our 40's and 50's. It can further slow to about 60-90 days in our 50's and 60's.

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ZO SKIN HEALTH PRODUCT INFORMATION



Why is there no moisturiser?

Moisturisers sit on the skin's surface and do not penetrate the deeper layers. This stops the cells functioning properly and can actually lead to dull and dry skin.

We use functional hydrators instead (for example daily power defense) which increase cell function, restore elasticity and promote DNA repair.

What can ZO products help with?

Ageing, acne, rosacea, redness, pigmentation. They are also suitable to use to prevent ageing.

Can I expect any skin reactions?

Some products cause short-lived anticipated reactions. This is necessary for skin repair. Reactions can be controlled by using additional products or using less of the product. The less anticipated reaction, the slower the repair.

Normal reactions to expect (depending upon program strength):

Redness

Dryness

Flaking/peeling

Burning/stinging

Each treatment plan is unique to the individual, some patients will want fewer reactions but slower repair and will be placed on a mild programme, others will be willing to accept any reactions for quicker results. This will all be discussed in clinic.

When can I expect to see results?

Skin health restoration requires commitment. The best results will generally be seen after 3 skin cycles which is roughly 18 weeks.

Phase 1 - repair

(0-6 weeks if on an aggressive programme, 8-12 weeks if moderate, 12-20 weeks if mild)

This is where the skin is repairing and anticipated reactions seen.

Phase 2 - improvement (6 weeks)

Your skin will start to feel more comfortable during this period. It is becoming stronger and more tolerant. Any redness will be fading and skin improvement will be apparent.

Phase 3 - completion (12-18 weeks)

Healthy skin! Skin reactions stop once healthy skin layers have replaced all the damaged ones.