

Advances in Facial Rejuvenation: an Evolving Paradigm

Dr. Caroline Tosoni MD, owner of Synergy Spa and Advanced Medical Aesthetics, recognizes that cosmetic medicine is a continuously evolving field. She believes continuous education and exploration is absolutely critical to giving clients only the most effective treatments and attendance at international, national and local medical cosmetic conferences provides her with the most up-to-date information available. Facial aesthetics and rejuvenation is changing rapidly due in large part, to product enhancement and development, improved procedure techniques and a better understanding of the aging process. Optimal outcomes in facial aesthetics require an in-depth knowledge of facial aging and anatomy and even the most advanced physicians are running to stay current.

"One of the most important changes in facial rejuvenation has been a shift from a limited, two-dimensional focus on hyper-dynamic facial lines to an increased understanding of the three-dimensional aspects of facial aging, including loss of volume", says Dr. Tosoni. "We must appreciate that rejuvenation is a three-dimensional process involving muscle control, volume restoration, and contouring and that a thorough knowledge of properties and techniques specific to each product and technology are critical to achieving optimal results." Dr. Tosoni understands the phenomenon of global skin rejuvenation, where several modalities must be used in combination to achieve the best natural looking result, and she has the expertise and technology to offer it. People are now looking for minimally invasive yet highly effective and safe options to mitigate the signs of aging. "My clients do not want to look 20 years younger; they want to look the best they can for their current age: refreshed, relaxed and rejuvenated."

Dr. Tosoni continues to perform all her consults,

treatments and injections herself and always with goal of only the best results possible without jeopardizing safety. She offers, Botox cosmetic, Botox hiperhidrosis, Dermal Filler treatments, IPL skin rejuvenation, vein sclerotherapy, Blue Light therapy, laser hair removal, glycolic acid peels and is very excited about her new Fraxel restore laser for skin resurfacing.

After having researched the fractionated laser equipment for over a year she decided on the undisputed gold standard in the field. The technology behind the Fraxel restore treatment is as revolutionary as the results it can deliver. It incites the body's own healing process, stimulating collagen and replacing damaged skin with fresh, healthy skin. The treatment is indicated for wrinkles around the eyes, mild to moderate resurfacing, sun and age spot, melasma or pregnancy mask, and acne scars. The results are phenomenal. In the immediate phase after the treatment, the skin looks brighter, feels softer and pigment begins to fade. In the following 3 to 6 months, as deeper layers of the skin continue to heal and remodel, wrinkles and fine lines plump and acne scars disappear.

Dr. Tosoni, originally from Montreal, first obtained a BA in Psychology at McGill University and then completed a Masters in Neuropsychology at the University of Montreal. She then pursued her medical degree at McMaster University and completed her Post-Graduate Medical residency at the University of Ottawa in 1998. She first opened her medical practice in Orleans in 1998 where she now lives with her husband and four children. Since 2000, she has focused her medical practice to non-surgical Advanced Medical Aesthetics. Since launching her Medical Aesthetic practice she has

become a trusted source of information and treatment for both men and women in Orleans and the surrounding area. She is recognized as a leader in the industry and is one of only 3 physicians in Ottawa listed by faceinstitute.ca, an independent group of Canadian physicians and surgeons dedicated to only the highest standards of effectiveness and safety. Being one of the top 100 Botox and Dermal Filler injectors in Canada she is invited to attend advanced training and education with those of similar skill. She has been called on to provide her expert opinion on various medical aesthetic news topics and treatments by CFRA and the Ottawa Citizen and guested on A-Channel Mornings and Rogers TV.

 **synergy**
medical aesthetics

