

# Trust doctors to make you look at your beautiful best

Move over beauty parlours, qualified doctors are doing a much better job

Sujata Reddy, Vashi

The first that comes to mind when you think of a cosmetic dermatologist or a cosmetic surgeon is 'too expensive'. It is the cost factor that intimidates people most of the time and drives them to beauty parlours.

The myth, however, is fast fading, due to sheer word of mouth publicity and increase in awareness, leading beauty and money conscious people to opt for a doctor's opinion over the beauticians.

Cosmetic dermatologist Dr Jaishree Sharad offers beauty related services that start from Rs 500 onwards. A skin polishing session will cost Rs 500 per sitting where as different varieties of peels range in between Rs 500-Rs 600. "The basic difference between a dermatologist and a beautician is that the former has scientific knowledge", says Jaishree. "Normally, in a parlour, one tends to tell the beautician what treatment they want and the beautician promptly goes ahead with that. Such a thing does not happen Jaishree.

Jaishree, who practices at her skin clinic at sector 10, Vashi asserts on the need for proper consultation prior to any treatment. "Before deciding upon any line of treatment, I would have to assess the skin, grade it and check for hormonal imbalances. Only then do we give clean ups using sterile instruments", says Jaishree.

Plastic and cosmetic surgeon Dr Vinod Vij, who practices at his clinic at Nirmaan Vyapar Kendra, sector 17, Vashi offers advanced services like laser facials, skin polishing and permanent hair removal as well. "A laser facial takes around 20-25 minutes and gives visible results in one sitting itself. Heat waves are shot from the machine on the skin. The heat stimulates the collagen tissue formation and makes way for new ones", explains Vij. A laser facial has to be one at least once a month for three months for best results. After that you can go for it once a year, says Vij who also offers advanced skin polishing for Rs 1200 per sitting. "The pricing of skin polishing treatments depend on



Dr Jaishree Sharad does the skin polishing routine with one of her clients —Umesh Pawar.DNA

the quality of crystals used in the machine", explains Vij.

The treatment costs around Rs 3000 per sitting and the best part is that one does not need to supplement this treatment with visits to the parlour, informs Vij. "If you calculate, this proves to be relatively inexpensive as compared to regular visits to the parlour", adds Vij.

"The results for skin polishing are gradual. They will be seen with two or three days of the treatment. If skin polishing is followed by a recommended mask, the glow will be immediate", informs Jaishree who adds that the process is not recommended for anyone and everyone. "There have been many instances when people just walk and ask for a skin polishing sitting and after accessing their skin I tell them they don't need it", says the experienced doctor who also facilitates for laser hair removal - a good alternative to waxing, removal of moles, scarring, pigmentation and the like. "I have so many instances where in people visit some shanty parlors, entrust them selves to inexperienced people and come to me after

## Handling with care

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contracting some infection, scarring or pigmentation", says Jaishree.

People often attribute various skin infections due to lack of hygiene at beauty parlours. The hygiene factor is taken care of at skin clinics. While Jaishree uses only sterile instruments, Vij cleans his equipment with disinfectants. Both of them also use disposable heads for each sitting of skin polishing.