



THE COSMETIC PHYSICIAN

DR TERESA CATTIN

*President of the New Zealand College
of Appearance Medicine*

My main ageing concerns

I'm happy to have lines on my face that convey character but prefer to soften those that are prematurely ageing. Ageing is a complex process involving changes to bone, fat, muscle and skin – it is not just about developing lines.

MY BEST BEAUTY ASSET

My career choice – as a cosmetic physician I know which are the most effective non-surgical cosmetic treatments.

MY ULTIMATE ANTI-AGEING SECRET

Definitely Botox. In experienced hands nothing else can give you a naturally fresher look.

MY EVERYDAY SKINCARE REGIMEN

I use my own skincare brand, FaceWorks. I don't have time for a complicated skin care regimen; FaceWorks is simple to use and contains ingredients clinically proven to have an effect on the skin.

Treatments I swear by

I love Botox and Juvederm for the subtle and natural-looking results I can give to my patients.

MY ANTI-AGEING BEAUTY ADVICE

Sunblock is the most potent anti-ageing treatment available, it must be used every single day and block both UVA and UVB.

