



Journey of discovery

Aesthetic Nurse **Julie Scott** shares her skincare journey and her love affair with skin

To begin sharing my journey in skin health, I must first mention my background and my discovery of my passion for skincare. My growing interest in the topic originated when I qualified as a plastic surgery nurse and nurse prescriber, after which I started my work as a plastic and reconstructive nurse in several NHS hospitals, going on to become the clinical nurse specialist for a renowned group of London plastic surgeons.

Employed in such a field as plastic and reconstructive surgery, I frequently found myself working with skin cancer

sufferers and various forms of skin damage. As a result, I became hugely aware of the importance of skin health.

Since then, I have worked hard to build my clinic, Facial Aesthetics, to what it is today – treating and preventing dermatological skin conditions with optimum skin health at its core. Skin health is my passion. It's fundamental to my job. Aesthetic procedures are wonderful, but even more wonderful on a fabulous canvas. Therefore, I view skin health as the absolute foundation of what I do. After all, you wouldn't put a beautiful painting in a shabby, old frame.

A HOLISTIC APPROACH

I believe a more holistic approach to skincare is the way to ensure that my patients receive the best treatment and, consequently, the best results they can. Our skin is our outermost line of defence and so it is natural that it should bear the scars of life's battles, whether it be stress, time or exposure. We should also be aware that skin evolves and changes and that what it needs at one time may be very different to what it needs at another, or even just at a different time of year.

That is why, at Facial Aesthetics, we pride ourselves on developing a steady and long-lasting relationship with our patients, to get to know them and their skin so that we can be confident that we are optimising their routine every step of the way.

Everyone who comes to our clinic has a Visia Skin Analysis during one of their first consultations. This allows us to look closely at the skin and assess its needs and any areas of concern, by taking photos and evaluating the skin in a number of categories such as texture, wrinkles, pores, porphyrins and UV spots. This analysis is repeated throughout treatment so that patients can see the progress, even the invisible progress, that their skin is making, and so that we can best advise them on the next step of their skin journey.

Education is also a key part of my job – using my knowledge and experience to teach the importance of maintaining healthy skin. I aim to educate my clients on the restorative benefits of good skincare to help spread the message of learning to protect your skin to best help it in the long term. Since prevention is always preferable to a cure.



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PRODUCT CHOICES

When it comes to the 'how' with skin health and achieving that fresh canvas for all other skin treatments, I find it helpful to go back to the basics. To do this, I help my patients build a strong daily skincare routine, using products that I know and trust, and for this I use ZO Medical and ZO Skin Health.

As far as reliability and suitability go, ZO really is the all-round package. With such a wide range of products it is incredibly versatile, you can create a routine unique to each patient's needs and, what's more, see consistent, positive results.

I have been a personal user of the ZO brand for a number of years and am a total advocate of the therapeutic restorative action of the programme. I am excited by the results that I achieve and the changes that I make to my patient's self-esteem. In terms of my hero products, I look to the essentials of any solid skincare routine, the cleansing and the oil control, to get the skin fresh and ready for the day. For this, I love the Exfoliating Cleanser, to rid surface oil and help unclog pores to leave the skin feeling clean. Next up is the prevention and protection, where you can't go wrong with Daily Power Defense. I liken this to a "brick wall" to my patients, it is a powerful antioxidant and the master at restoring barrier function. It also helps support the skins natural DNA and repair process defending against future damage.

Finally, I love the Growth Factor Serum, a lightweight gel which works to reduce the appearance of fine lines and wrinkles, and to improve skin's elasticity and firmness by restoring hydration to boost skin rejuvenation. I could go on. ZO has products for a wide number of conditions such as acne, rosacea, or ageing skin, which is vital for me, working with each of my patients with their individual needs and concerns.

The journey to skin health is not always an easy one and I genuinely appreciate and value the trust and confidence my patients have in knowing that I will help them look the best they possibly can. After 25 years in the field what I do know for certain is that it's never too late to start your journey. **AM**



Julie Scott has more than 25 years' experience in the fields of plastic surgery and skin rejuvenation. She is a member of the BACN and RGN having qualified as a plastic surgery nurse and nurse prescriber. Since 2003, Scott has been the clinical director of Facial Aesthetics, providing wide ranging therapeutic techniques for skin aging and dermatological skin conditions for clients across Essex. Having worked with a number of leading surgeons she is excited to have been trained and chosen to be an ambassador for the ZO Skin Health brand, as she has a passion for promoting skin health for her patients. She believes in prevention and maintenance to achieve maximum skin health. Registered General Nurse (RGN), Independent Nurse Prescriber (NIP), Member of BACN, Member of the ZO Skin Faculty, Advanced Botox and Fillers