

ADDICTED



Learning to age gracefully: My consultation with ICLS Dermatology and Plastic Surgery

“She looks amazing!”

“Like she’s just come back from vacation!”

“I wonder what she’s had done....”

“Have YOU had anything done?”

The older I get, I find myself having many conversations like this one. It’s a topic that comes up with more and frequency. I’m talking about that “next level self-care”; cosmetic medicine.

Cosmetic, or aesthetic medicine can be simply understood as the level past skincare, and what you can do around taking care of your face and body at home. Aesthetic medicine can include less invasive methods of cosmetic enhancements from Botox (to reduce muscle movement and prevent wrinkles) to fillers (used to replace lost fat and volume in the face), to use of technology like lasers, skin tightening, and radiofrequencies. It can also refer to surgical procedures like facelifts, breast augmentation and liposuction. No matter what level one may take it to, cosmetic medicine is something more and more people of all ages and life stages are embracing as part of their personal care priorities.

The increasing regularity of these discussions between myself and my 30 and 40 something girlfriends made me realize that aging is not only something we’re all experiencing in our own different ways, but its mitigation is something we’re all incredibly curious about as well. It’s not unlike our teen years, when we were all comparing notes around our budding skincare and cosmetic curiosities. But now that we’re older, wiser, with more discernment and disposable income, we’re undergoing a new set of physical changes, and we’re just as curious about the tools we can use as we were in our youth. So I’m taking this opportunity to ask those questions loudly and proudly, and seek out some answers to share with my probing peers. And it couldn’t be timelier.

I turned 40 in 2020. The marking of that decade, while auspicious, was also something I dreaded. It was my “scary” age, and while I’ve never been afraid of aging, I never thought about how seeing the signs of it right on my face would affect me. It’s also been a year of staring at myself in my telephone and computer screens, every photo, every selfie, every meeting a reminder that my face, while still mine, was changing, right before my eyes.

I knew I wasn’t the only one scrutinizing every inch of my appearance in every screen or surface. I also knew someone in my network who could help me figure out what my options were. I was directed to **ICLS Dermatology and Plastic Surgery**. Based in Oakville, Ontario, and founded by Drs Julie Khanna and Dr. Sheetal Sapra, ICLS has been helping people look and feel their best for 25 years now, which was beyond reassuring to me as I embark on this new self care journey.