

HOW TO FEEL GOOD IN YOUR OWN SKIN

Expert says treatments over botox and fillers

BY **LARISSA NOLAN**

CELEBRITY skin expert Eavanna Breen looks after the faces of stars like Thalia Heffernan, Erica Cody and Glenda Gilson.

So she has to be on top of the cutting-edge treatments available to keep complexions youthful and glowing.

Eavanna, 51, says we don't need "tweakments" like botox or fillers, which can give an unnatural look.

Instead, the clinic owner insists the most modern skin treatments are enough to keep skin looking as good as it can be.

So as we pass the halfway mark of 2024, what are the best skin treatments so far this year?

Eavanna said: "2024 is shaping up to be an exciting year for skincare.

"My top five treatment selects of the year so far are leading the way with innovative technologies and impressive results."

Here are Eavanna Breen's top five.

1. Lyma Pro Laser – as used by Kate Hudson, Gwyneth Paltrow.

The Lyma Pro Laser is revolutionising the skincare industry with its non-invasive approach to anti-aging.

Utilising low-level laser therapy, this treatment stimulates collagen production and repairs damaged skin cells.

2. Polynucleotides – as used by Jennifer Aniston

Polynucleotides are a game-changer in the field of skin

regeneration.

These naturally occurring molecules are essential for cell repair and tissue regeneration. They encourage the production of elastin and collagen.

3. RF Microneedling – as used by Amanda Holden

Microneedling combines the benefits of microneedling and radiofrequency energy to provide a comprehensive skin treatment.

4. BBL and Moxi – as used by Kim Kardashian
BroadBand Light (BBL) therapy combined with Moxi laser treatment is tops for skin rejuvenation.

5. The Power Facial – as used by Glenda Gilson

The Eavanna Breen power facial is a signature treatment offered exclusively at her renowned skin clinic.

■ For more information, visit eavannabreen.ie

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CLIENTS Erica Cody and Glenda Gilson



LASER THERAPY
Eavanna Breen

