

Utilising ARES AK and AO as a multi-factorial approach

BY AGNES KUZNIAK



Patient 1 before treatment.



Patient after two weeks of treatment with ARES®.

The Advanced Regenerative Esthetic Solutions (ARES®) line from CMed Aesthetics positions itself as “the most innovative mesotherapy line”. Mesotherapy is a minimally invasive cosmetic treatment that involves injecting small amounts of vitamins, enzymes, hormones, and other substances into the middle layer of the skin (the mesoderm).

ARES® AK is designed to treat fatigued skin and various forms of tissue scarring. It includes hyaluronic acid in both high and low molecular weights, along with succinic acid and a blend of 14 natural amino acids. This formulation supports skin revitalisation and can help improve skin firmness, elasticity, and the formation of new blood vessels.

ARES® AO is an anti-ageing and antioxidant treatment tailored for skin affected by photoageing and chronological ageing, as well as skin lacking radiance. Its antioxidant composition contains potent active ingredients that neutralise free radicals, reduce inflammation, and stimulate surface blood flow. Curcumin aids in collagen production and enhances fibroblast and vascular density. Ferulic acid works to block enzymes that generate free radicals and boosts the activity of enzymes that neutralise them. It protects key skin structures like keratinocytes, fibroblasts, collagen, and elastin, while also inhibiting melanin production, encouraging blood vessel formation, and speeding up

wound healing. Safranal helps suppress inflammation markers such as interleukin, providing significant anti-inflammatory effects.

Presentation

The patient shown in the figures is a 44-year-old female, who came to the clinic with a number of concerns: rosacea, inflammation, sensitised skin, dehydration (because of diet), but also the use of too many inappropriate cosmetics on the skin, which led to sensitivity, and further dehydration and inflammation. We aimed to reduce the inflammation and redness and improve skin elasticity and strengthening of capillaries. We also wanted to improve the skin barrier condition. It was decided to treat her with the ARES® line.

Procedure

The skin was prepared with cleaning and disinfection.

The first treatment was performed with a combination of microneedling 0.5mm with the 1NEED pen (Campomats) with ARES® AK, and ARES® AO applied topically to complete the treatment. The treatment was performed full-face with greater focus on the rosacea areas as this was deemed the most suitable protocol for that patient's skin needs and desired outcomes.

After 14 days, we repeated the same treatment, and then had a follow-up appointment two weeks after the second

treatment. The patient's skin required this period for inflammation to subside. Auric serum and cream was used to rebuild the skin barrier and prepare for the next treatment. Two-to-eight-week gaps between treatments are recommended depending on the depth of the treatment, condition and individual healing time.

Patient feedback

The patient was satisfied with the result after the first session. The skin improvement was visible, and the feeling was great, both for texture and for the rosacea. After the second treatment, the result had improved again, and we decided to start a maintenance plan with periodic checks.

AUTHOR



Agnes Kuzniak,

Dr Yakout Clinic London; Aesthderm LTD Accredited Training Provider, London; CMed Aesthetics S.r.l. Italy, Global Clinical Trainer.

Declaration of competing interests: Agnes Kuzniak is a trainer for CMed Aesthetics.