

Skincare specialist evens the odds on aging process

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By [Kelly Gadzala](#)

Habibah Surani moved to Canada from Malaysia four years ago because she wanted her three teenage children to have a good education.

Now her kids are in great schools, she says, and she'll frequently donate gift certificates from her new Bayview and Eglinton Aves. area business, The Surani Clinic, to neighbouring schools for their fundraising efforts.

A medical doctor and general practitioner in Malaysia for 20 years, Surani also had an anti-aging and weight-loss clinic in her practice back home. She decided to specialize in medical aesthetics in Canada, she says.

"It was close to my heart, making people look good," Surani says.

Medical aesthetics is a higher level of skin care that's to be distinguished from regular aesthetic treatments like facials, she says.

Using non-surgical means, Surani says she can treat brown spots, sagging and redness that are results of aging.

"In the last five years, things have changed so much," she says, adding if you wanted to treat aging skin in the past, your options were getting a regular facial or plastic surgery.

The technology is so sophisticated today that lasers can treat many of the skin problems associated with aging, she says.

One of Surani's most popular treatments is skin tightening. Surgery can reduce sagging by 90 percent, she says, but the treatment she uses involving lasers with infrared heat that help produce collagen can reduce it by 40-50 percent.

The results aren't permanent, though. The skin just keeps on aging.

"Skin care is like going to the gym," Surani says. "Maintenance is just as important."

The machinery at The Surani Clinic is Health Canada approved, she says.

For skittish clients, Surani will test lasers on other parts of skin, like the arm, before using it on the face.

As for herself, Surani says she has the skin treatments she performs on patients done on herself.

When her colleagues aren't available to help, she'll perform them on herself standing in front of a mirror.

"I put on my goggles and away I go."



TOOLS OF THE TRADE: Dr. Habibah Surani demonstrates one of the many functions of the Vibraderm machine used in skin exfoliation.

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