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## Hybrid lifting homologous therapy (HLH therapy) a new step in natural face lift

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Traditionally, the only way to improve the signs of aging and in general the ptosis of the face contour due to aging was the surgical lifting. The famous facelift. Based on the basic principles of face anatomy and surgical lifting, the HLH THERAPY (Hybrid Lifting Homologous) appeared. An alternative natural lifting treatment, where in a natural and autologous way, without changing the shape of the face or the characteristics we manage to go back in time and give a younger look. It is a bloodless treatment that gives the same results as surgical lifting, both in duration and appearance, but without the risk of distortion of characteristic or undesirable side effects. HLH Therapy uses both, the Plasma exeresis technique using the PLEXR® microsurgical device and the autologous threads treatment using the needle shaping technique and the machine Vibrance. Briefly during the treatment we have the simultaneous expansion of the thickness of the elastic fibers, reducing their length, changing their direction from vertical to horizontal (through Needle Shaping), while at the same time with the plasma exeresis techniques and the machine Plexr® we have sublimation of excess of skin. This parallel application of these two separate therapies (autologous threads and sublimation with the use of Plasma Exeresis) is the synthesis of the HLH methodology. We can say that it is the next step in soft surgery applications. The results are impressive, with only few days of recovery and no anesthetic use. The treatment was first inspired by surgeon ophthalmologist Sotiris Tsioumas and was first developed by him after six years research and experience.

### Biography

Dr. Tsioumas is a surgeon Ophthalmologist and graduate of the Medical School of the University of Modena in Italy. He is a master in Aesthetic Medicine, having completed his specialization at the "Agios Savvas" Oncology hospital, and his areas of specification include toxins, fillers, mesotherapy, peels, threads, tumour removal and painless, bloodless and suture-free blepharoplasty with Plexr. Dr Tsioumas is also a lecturer at the University of Camerino and President of S.A.M.N.A.S (Society Aesthetic Medicine Non Ablative Surgery). Moreover his persistent research and devotion on Aesthetic Medicine made him write his first book "Manual of Aesthetic Medicine" that was translated in three languages.

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