



THE COSMETOLOGY Nurse

Medical Aesthetics & Skin Clinic

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Aesthetics & Skin Care Clinic

NURSE CONSULTATION

A consultation is an opportunity to discuss your goals and identify suitable treatments experiencing the power of our cutting-edge Observ Skin Analysis Machine, we offer bespoke expert guidance within your budget.

We highly recommend a consultation prior to any treatment. New patients requesting Botox or a prescription medication require face-to-face medical assessment.

In-Person Consultation: £25, 30-minute face-to-face session. The consultation fee is redeemable against treatments booked within three months (excluding skincare products).

Video Consultation: 30-minute session using photos sent in advance.

REGENERATIVE, RESTORATIVE AND COSMETIC MEDICINE

Regenerative and restorative medicine focuses on enhancing the body's natural ability to heal and rejuvenate, resulting in a range of cosmetic and therapeutic benefits:

REGENERATIVE MEDICINE

POLYNUCLEOTIDES

Tissue Repair: Polynucleotides, derived from salmon or trout DNA, stimulate cellular repair processes. They enhance skin quality by promoting the production of fibroblasts, which are crucial for collagen and elastin synthesis.

Skin Rejuvenation: These treatments improve skin elasticity, hydration, and texture, reducing signs of aging such as fine lines, wrinkles, and sagging skin.

Enhanced Healing: Polynucleotides accelerate the healing process in damaged or aging skin, making it look more youthful and vibrant.

Polynucleotide Treatments and Pricing:

Under-eye hollows (tear trough) and eye areas:	from £210
Package of 3 sessions:	£625
Full face, neck or Décolleté	from £230

EXOSOMES

Cellular Communication: Exosomes are small vesicles that facilitate communication between cells, promoting the transfer of proteins, lipids, and genetic material to support cellular repair and regeneration.

Skin Rejuvenation: Exosome therapy enhances skin quality, reducing fine lines, wrinkles, and improving texture and tone.

Anti-Inflammatory Effects: Exosomes have potent anti-inflammatory properties, aiding in the healing of damaged tissue and reducing inflammation.

Exosome treatment and pricing:

Delivered using micro-needling to the skin:	£250
Package of 3 sessions:	£650

MICRONEEDLING

Microneedling, also known as collagen induction therapy, is a minimally invasive cosmetic procedure that involves using fine needles to create hundreds of tiny, controlled punctures in the skin's surface. These micro-injuries trigger the body's natural wound healing process, stimulating collagen and elastin production, which are key components of healthy, youthful skin. The clinic offers two types of microneedling treatment: DPM8 pen and Dermaforce with radio frequency.

Benefits of Microneedling using the DPM8 pen:

1. Reduces Wrinkles and Fine Lines: Promotes collagen and elastin production, which helps smooth out wrinkles and fine lines.
2. Improves Skin Texture and Tone: Enhances skin texture and evens out skin tone, resulting in a smoother, more radiant complexion.
3. Minimizes Scars: Effective for reducing the appearance of acne scars, surgical scars, and other types of scarring.
4. Shrinks Pores: Can help reduce the size of enlarged pores by improving skin elasticity.
5. Enhances Absorption of Topical Products: Increases the absorption and effectiveness of skincare products applied after the procedure.
6. Addresses Stretch Marks: Can improve the appearance of stretch marks by promoting new skin growth.

Price with DPM8 pen: £140 per session

Microneedling with RF (Radiofrequency), also known as RF microneedling, is an advanced cosmetic procedure that combines traditional microneedling with the application of radiofrequency energy. This combination enhances the benefits of microneedling by providing deeper and more effective skin rejuvenation.

Benefits of RF Microneedling:

1. Enhanced Collagen Production: The addition of RF energy significantly boosts collagen and elastin production, leading to firmer, more youthful skin.
2. Skin Tightening: The heat generated by RF energy helps tighten the skin, reducing sagging and improving overall skin elasticity.
3. Improves Skin Texture and Tone: Addresses fine lines, wrinkles, and uneven skin tone more effectively than traditional microneedling.
4. Minimises Scars and Stretch Marks: More effective in treating acne scars, surgical scars, and stretch marks due to the deeper penetration and enhanced collagen stimulation.
5. Reduces Pore Size: Helps shrink enlarged pores, giving the skin a smoother appearance.
6. Minimally Invasive with Low Downtime: Despite its enhanced effects, RF microneedling is minimally invasive and typically involves minimal downtime.

Price with Dermaforce machine with Radio Frequency: £180

Package x3 £500

Package x6 £980

RESTORATIVE MEDICINE:

BOTULINUM TOXIN TYPE A - BOTOX INJECTIONS

What is Botulinum Toxin Type A?

Botox, or Botulinum Toxin Type A, offers a range of benefits, both cosmetic and medical:

COSMETIC BENEFITS:

1. Reduction of Fine Lines and Wrinkles:

- Crow's Feet: Smoothes wrinkles around the eyes
- Frown Lines: Reduces vertical lines between the eyebrows
- Forehead Lines: Minimises horizontal lines across the forehead
- Bunny Lines: Diminishes lines on the nose
- Upper Lip Lines: Softens vertical lines above the lips

2. Facial Contouring:

- Jaw Slimming: Helps slim the jawline by reducing the size of the masseter muscles
- Neck Band Softening: Eases the appearance of neck bands and provides a subtle jawline lift
- Lifts Jowls: Reduces the 'pull down' action of the muscle
- Dimpled Chin: Smoothes the texture of a dimpled chin

3. Smile Enhancements:

- Gummy Smile Reduction: Reduces the visibility of gums when smiling
- Sad Lines: reduces the pull-down action of the corners of the mouth
- Lip Flip: gently relaxes the top lip to allow more pink lip to show

4. Sweat Reduction:

- Underarm Sweating: Significantly decreases excessive underarm sweating.

Medical Benefits:

1. Chronic Migraines: Reduces the frequency and severity of migraines.
2. Cerebral Palsy: Eases muscle stiffness and spasms.
3. Teeth Grinding (Bruxism): Relieves jaw tension and reduces teeth grinding.
4. Excessive Sweating (Hyperhidrosis): Manages excessive sweating in areas such as the underarms, hands, and feet.

How Botox Works:

Botox works by temporarily blocking nerve signals to muscles, causing them to relax. This results in a smoother appearance of the skin and alleviation of certain medical conditions. The effects typically last 8 to 12 weeks, and regular treatments can maintain the desired results.

Follow-Up Care:

A follow-up review is scheduled within 14-28 days post-treatment to assess results and make any necessary adjustments, ensuring optimal outcomes.

Botox is a versatile treatment that can significantly enhance both appearance and quality of life through its various applications.

Pricing:

One area:.....	from £150
Two areas:	from £198
Three areas:.....	from £225
Additional areas:.....	£25
Neck band softening/jawline lift:.....	£345
Underarm sweating reduction:.....	£330
Teeth grinding/jaw slimming:.....	£198

DERMAL FILLERS

What are Dermal Fillers?

Dermal fillers provide a variety of aesthetic enhancements and improvements:

Cosmetic Benefits:

1. Volume Restoration and Enhancement:

- Cheeks: Adds volume and lift to sunken cheeks
- Lips: Enhances lip shape, volume, and hydration for a fuller appearance
- Jawline and Chin: Defines and contours the jawline and chin for a more sculpted look

2. Smoothing Lines and Wrinkles:

- Nasolabial Folds: Fills in deep lines running from the nose to the mouth
- Marionette Lines: Smooths lines from the corners of the mouth to the chin
- Perioral Lines: Reduces fine vertical lines around the lips

3. Facial Contouring:

- Nose Reshaping: Non-surgical rhinoplasty to straighten and define the nose
- Tear Troughs: Fills hollows under the eyes
- Temples: Restores volume to hollow temples

4. Skin Hydration and Texture Improvement:

- Overall Skin Quality: Enhances skin hydration, smoothness, and elasticity due to the water-binding properties of hyaluronic acid

Medical Benefits:

1. Scar Treatment: Improves the appearance of certain types of scars by filling and smoothing the skin.
2. Hand Rejuvenation: Restores volume to aging hands, reducing the appearance of veins and tendons.
3. Ear lobe restoration: to reshape and support ear jewellery.

How Dermal Fillers Work:

Dermal fillers typically contain hyaluronic acid (HA), a naturally occurring substance in the skin that retains moisture and provides volume. When injected, HA fillers act like a sponge, absorbing water and adding volume to the treated areas. This results in a more youthful and refreshed appearance.

Duration of Results:

The effects of dermal fillers are immediate, and results can last from 6 months to 2 years, depending on the type of filler and the area treated. Regular maintenance sessions can help sustain the desired look.

Pricing:

0.5ml:	£165
1ml:	£250
2ml:	£480
3ml:	£670
Temples:.....	£400
Tear trough:	£385

DERMAL FILLER (HYALURONIC ACID) DISSOLVING:

Dermal filler dissolving offers a way to correct or remove unwanted filler results:

Cosmetic Benefits:

1. Correction of Overfilled Areas:

- Restores Natural Appearance: Removes excess filler to bring back a more natural facial contour
- Fixes Asymmetry: Corrects any uneven or asymmetrical results from previous filler injections

2. Resolution of Complications:

- Lumps and Bumps: Smoothes out any irregularities or nodules caused by filler
- Migration Issues: Addresses fillers that have moved from the original injection site to unwanted areas

3. Preparation for New Treatments:

- Clean Slate: Provides a fresh start before new filler injections or other cosmetic procedures, ensuring better and more predictable results

4. Relief from Discomfort:

- Eases Pressure or Pain: Reduces any discomfort associated with overfilled areas or complications like lumps

How Dermal Filler Dissolving Works:

The procedure uses an enzyme called hyaluronidase to break down hyaluronic acid-based fillers.

Hyaluronidase rapidly breaks the bonds holding the HA molecules together, allowing the body to absorb and eliminate the filler.

Duration and Process:

- Fast-Acting: Results are often seen within 24 to 48 hours, though it can take up to a week for complete dissolution
- Multiple Sessions: In rare cases, more than one session may be needed to fully dissolve stubborn fillers

Price: from £90 per session (30 minutes)

Ideal Candidates for Filler Dissolving:

- Individuals unhappy with their current filler results
- Those experiencing complications from filler treatments
- Anyone preparing for new cosmetic procedures who wants to remove old fillers

Follow-Up Care:

After dissolving the filler, a follow-up consultation is recommended to discuss further treatment options and ensure the best possible aesthetic outcome.

SKIN BOOSTERS

Enhanced Hydration: Skin boosters use hyaluronic acid to deeply hydrate the skin, improving its texture and elasticity.

Skin Firmness: These treatments stimulate collagen production, enhancing skin firmness and reducing fine lines and wrinkles.

Price per syringe:

Juvederm Volite:	£170
Teoxane Redensity	£170
Jalupro	£170
Seventy Hyal:	£150

PROFHILO

Profhilo is an award-winning bio-remodelling treatment designed to deeply hydrate, tighten, and rejuvenate the skin from within. Unlike traditional skin boosters that mainly target hydration, Profhilo uses one of the highest concentrations of pure hyaluronic acid available, released slowly to stimulate four different types of collagen and elastin. The result? Firmer, smoother, and more youthful-looking skin with a natural radiance.

Why it's different:

- Dual-action: Combines deep hydration with skin-tightening and lifting effects.
- Unique formulation: Patented NAHYCO® technology delivers hyaluronic acid in a way that triggers skin remodelling, not just moisture replenishment.
- Minimal downtime: Quick treatment, no heavy swelling or bruising for most clients.

Key ingredient:

- High-purity hyaluronic acid (two molecular weights for lasting hydration and collagen stimulation).

Versatile treatment areas:

Face, neck, décolletage, hands, and other areas of skin laxity.

For best results, a two-session course, 4 weeks apart is recommended, with maintenance every 6–9 months.

Profhilo maintenance.....	£250
Profhilo first session (x2 treatment, 4 weeks apart).....	£470

HARMONYCA

Harmony CA and traditional fillers share some similarities but also have distinct differences, particularly in their composition, application, and benefits.

Composition and Mechanism

- **Harmony CA:** This product is formulated with calcium hydroxylapatite (CaHA), which stimulates collagen production over time. It provides immediate volume and continues to improve skin texture and elasticity as it encourages natural collagen growth
- **Traditional Fillers:** These are often composed of hyaluronic acid (HA) designed to add immediate volume and hydration to the skin. HA fillers work by attracting water to the injected area, providing instant plumpness and smoothness

Longevity

- **Harmony CA:** The collagen-stimulating properties can lead to longer-lasting results, sometimes up to 18 months or more, depending on the individual's skin and the area treated
- **Traditional Fillers:** HA fillers typically last 6 to 12 months, after which the body gradually absorbs the HA, and the effects diminish

Application and Benefits

- **Harmony CA:** Ideal for patients looking for both immediate and long-term improvements. It is particularly effective for deeper wrinkles and facial contouring due to its ability to stimulate collagen
- **Traditional Fillers:** Best for immediate correction of fine lines, wrinkles, and adding volume to lips and cheeks. They provide quick, short-term results and are highly versatile for various facial areas

Texture and Results

- **Harmony CA:** Generally provides a firmer, more structured result due to the collagen stimulation and the nature of CaHA. It is often used for deeper injections and structural support
- **Traditional Fillers:** Offer a softer, more hydrated look, making them suitable for surface-level treatments and areas requiring subtle enhancements

Cost

- **Harmony CA:** May be more expensive upfront due to its longer-lasting effects and the dual benefit of immediate and long-term results.
- **Traditional Fillers:** Typically less expensive per session but may require more frequent treatments to maintain results.

In summary, Harmony CA offers a unique approach by combining immediate volumisation with long-term collagen stimulation, making it suitable for those looking for enduring structural improvements. Traditional fillers provide quick, versatile, and reversible results, ideal for more superficial and temporary corrections.

Price per treatment (2.5mls): £700

SCULPTRA®

Sculptra is a unique bio-stimulating injectable made from poly-L-lactic acid (PLLA), a biocompatible and biodegradable polymer that works beneath the surface to gradually rebuild your skin’s natural collagen over time. Unlike traditional fillers, Sculptra stimulates long-lasting collagen production, offering a subtle and natural lift, improved skin structure, and enhanced elasticity.

Ideal for restoring volume in areas such as the cheeks, temples, and jawline, as well as softening smile lines and folds, Sculptra provides a harmonious, youthful transformation without the “overfilled” look.

A typical treatment course involves 3 sessions spaced over several months. Most clients experience mild, short-lived swelling or bruising with minimal downtime. Results develop gradually over time and can last up to 2 years, making it a popular choice for those seeking natural, long-lasting rejuvenation.

Sculpture 3ml session	£600
Sculpture x 3, 3ml sessions	£1650

COMBINING REGENERATIVE AND RESTORATIVE TREATMENTS

Combining regenerative and restorative treatments with Skincare and nutritional health provides a multifaceted approach. This strategy enhances immediate results, promotes long-term skin health, and ensures natural-looking, balanced outcomes. By addressing both the surface and structural aspects of the skin, this combination offers a comprehensive solution for aging and other skin concerns, leading to improved confidence and satisfaction.

DERMALUX

Dermalux Triwave MD is an award winning, medically certified LED phototherapy treatment delivering clinically proven light wavelengths to transform the skin without pain or downtime.

From the first treatment, TriWave MD energises skin cells to restore vitality and calm irritation. A treatment course is recommended for powerful visible and lasting results.

Phototherapy like photosynthesis converts light energy in the same way our bodies use nutrients from food. This then supercharges cell function and accelerates our rejuvenation and repair processes.

Dermalux delivers clinically proven Blue, Red and Near Infrared wavelengths to boost collagen production, destroy acne causing bacteria, reduce inflammation, accelerate healing and relieve pain.

Price per session:

10 minute add on session: £20

20 minute full session: £40

For block bookings of 5 or more sessions, discounts available on request.

SKIN CARE WITH SUPPORT FROM A MEDICAL CLINIC

Skin care provided by a medical clinic involves professional treatments and products designed to improve and maintain skin health and appearance. These treatments are administered by healthcare professionals who specialise in skin care. The services offered can range from basic skincare routines to advanced procedures targeting specific skin conditions or concerns.

The skin is the body's largest organ and plays a crucial role in protecting against environmental factors and infections.

- Healthy skin reflects overall well-being and can enhance self-confidence and quality of life.

The Cosmetology Nurse has partnered with Obagi and Skinbetter Science to provide expert support with the latest researched skin care products delivering results all whilst under a professional eye.

Your consultation and treatment plan will include this service complimentary to ensure you have access to a 360 approach to your skin health.

CHEMICAL PEELS

Chemical peels are a popular cosmetic treatment designed to improve the skin's appearance by applying a chemical solution that exfoliates the outer layers of the skin. This process helps remove dead skin cells, unclog pores, and stimulate the production of new skin cells, resulting in a smoother, more radiant complexion. At our clinic, we offer two advanced chemical peel systems: the Neostrata Chemical Peel and the Obagi Radiance Blue Peel. Both treatments are tailored to meet individual skin needs, ensuring effective and safe outcomes for a refreshed and revitalised appearance.

OBAGI Blue Radiance Chemical Peel

The Obagi Radiance Blue Peel features a blend of salicylic acid and other exfoliating ingredients to target deeper skin concerns such as hyperpigmentation, acne scars, and fine lines, providing a more intense and transformative result.

Price: £88

Recommended: 3-6 peels for optimal results.

Neostrata Chemical Peel

The Neostrata system utilises alpha hydroxy acids (AHAs) and polyhydroxy acids (PHAs) to gently exfoliate and rejuvenate the skin, making it suitable for all skin types, including sensitive skin.

Price £66

Recommended: 3-6 peels for optimal results

Jalupro Glow Peel

Unlike standard skin peels, the Jalupro Glow Peel combines an advanced acid blend with Jalupro's signature amino acid cluster. This unique fusion not only resurfaces and brightens the skin but also nourishes at a deeper level, stimulating collagen production and boosting overall skin health.

Benefits:

- Brightens and evens skin tone
- Smooths texture and refines pores
- Reduces fine lines and pigmentation
- Protects with antioxidants while promoting skin regeneration

Treatment Plan:

For optimal results, it's recommended every 2-3 weeks, with a course of 3-4 sessions.

Downtime:

Minimal - you may experience mild redness or flaking for 1-3 days, but most clients return to normal activities immediately.

Special Offer:

Book a course of 4 sessions for just £180 and reveal your most radiant skin yet.

Price £50 per session/£180 for 4 sessions

DISCOVER OUR TREATMENTS ON THE PATIENT PERFECT APP!

Managing your skincare and aesthetic treatments with The Cosmetology Nurse has never been easier.

Download the Patient Perfect app to:

- Book and pay for your treatments quickly and securely
- Save towards your favourite treatments in advance with easy payment plans
- Access exclusive membership offers and special discounts
- Earn rewards every time you book or leave a Google review
- Stay up to date with clinic news, events, and new treatments

Plus, enjoy a special discount just for downloading the app!

Get started today by downloading Patient Perfect from the App Store or Google Play, your smoother, more radiant skin journey is just a tap away.

