



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:** £25, 30-minute session using photos sent in advance. The fee is redeemable against treatments booked within three months (excluding skincare products).

## 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: .....	£230
Package of 3 sessions: .....	£625
Full face, neck or Décolleté .....	£250

#### 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: ..... £160

# 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: Smooths 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: Smooths 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:.....	£165
Two areas: .....	£215
Three areas:.....	£240
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: .....	£495
3ml: .....	£625
Temples:.....	£400
Tear through: .....	£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:

TSK, Juvederm Volite, Sunekos:..... £190  
Seventy Hyal: ..... £165

# PROFHILO

**Bioremodeling:** Profhilo stimulates the production of collagen and elastin, improving skin quality, texture, and hydration. It provides a natural lift and reduces the appearance of fine lines and wrinkles.

**Price per syringe:**

Profhilo:..... £270

# 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

# 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.

## EMLIFT

EMlift, which stands for Electromagnetic Lift, is an innovative cosmetic procedure that aims to rejuvenate the skin and boost collagen production without surgery. This treatment targets various skin issues, including fine lines, wrinkles, sagging skin, and acne scars. Emlift utilises electromagnetic energy to provide controlled thermal energy to the deeper layers of the skin, promoting collagen and elastin production. This sets Emlift apart from traditional treatments, making it an effective solution for achieving youthful and healthy-looking skin.

### Key benefits:

- Remarkable outcomes for facial lifting and anti-ageing
- Convenient
- Complete facial treatment in just 20 minutes
- Optimum results achieved with as little as three to four sessions
- Simultaneous targeting of both muscles and skin
- Completely non-invasive with no downtime required

Although results can be seen after a single treatment, a course of three is typically recommended for optimal results. An annual maintenance treatment is also recommended to maintain the results achieved.

Price per session:..... £190

## 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.



## FAT DISSOLVING

Fat-dissolving treatments, using Aqualyx, offers a non-surgical solution for reducing stubborn fat deposits and achieving body contouring goals. With minimal downtime and gradual, natural-looking results, it is an attractive option for individuals seeking to enhance their body shape without undergoing invasive surgery.

### Mechanism of Action:

- Aqualyx contains deoxycholic acid, a bile acid that naturally occurs in the body and helps to break down dietary fat
- Once injected, Aqualyx disrupts the fat cell membranes, causing the fat cells to become unstable and eventually dissolve
- The body then metabolises and eliminates the dissolved fat cells through natural processes

Pricing:

Chin and jawline: .....	£75
Small areas: .....	£140
Two small body areas or one large area: .....	£180

## 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 GetHarley 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.

## HYDRAFACIAL

A HydraFacial is a non-invasive, multi-step facial treatment that combines cleansing, exfoliation, extraction, hydration, and antioxidant protection in a single session. It uses a patented Vortex-Fusion delivery system to provide these benefits, making it a popular choice for improving skin health and appearance. The treatment is suitable for all skin types and can address various skin concerns, including fine lines, wrinkles, acne, hyperpigmentation, and dehydration.

### Our Signature Hydrafacial includes:

- Double Cleanse
- Dermaplaning (optional - not suitable for all skin types)
- Facial lymphatic drainage
- A further cleanse and a light chemical peel
- Painless extractions
- A targeted and potent booster serum
- LED light therapy
- Hydration and finishing products

Signature Hydrafacial:.....	£130
Express Hydrafacial: .....	£85
Back Hydrafacial: .....	£150

## 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

### **Dermaplane Facial**

Dermaplaning is a non-invasive exfoliating procedure that involves gently scraping the skin's surface with a sterile surgical scalpel to remove dead skin cells and fine vellus hair, resulting in a smoother and brighter complexion.

Standard treatment: ..... £40

Deluxe including Neostrata chemical peel: ..... £85

### **Cryotherapy with CryoPen**

Cryotherapy is a treatment that uses cold temperatures to destroy abnormal skin tissue. For skin tags, warts and benign skin lesions the benefits include an effective removal process minimal invasive low risk infection quick procedure with minimal scarring. Therapy is generally safe and effective for skin conditions offering a convenient and relatively painless option for removal.

Price:

Removal of 1 skin lesion: ..... £60

Removal of 2-4 lesions <3mm each: ..... £120

Removal of 2-4 lesions >3mm: ..... £165

Removal of 5 or more lesions: ..... from £240