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Dr Barbara Kubicka





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## **clinicbe® Founder, Director and Doctor**

Dr Kubicka has practiced Aesthetic Medicine for a number of years, working with top companies including Harrods, Allergan, Remington and Restylane.

In 2012, she established “clinicbe”, her own revolutionary clinic in the heart of Belgravia. clinicbe was conceived to offer patients and clients a broad range of health and lifestyle therapies in addition to cosmetic and medical skincare treatments.

### **DR BARBARA KUBICKA, COSMETIC TREATMENTS**

Dr Kubicka personally offers cosmetic and medical skincare treatments. She is renowned for beautiful results with a delicate touch.

Treatments include botox, fillers, peels and Dermaroller®.

### **DR BARBARA KUBICKA, MEDICAL SKIN TREATMENTS**

Hyperhidrosis, Hyperpigmentation and thread veins.

### **QUALIFICATIONS**

Dr Kubicka completed her medical qualifications at Warsaw Medical University before going on to take a two-year post-graduate course in Aesthetic Medicine at the world-renowned College de International de Medicine Esthetique in Paris. She also spent 2 years working for NHS hospitals as a trainee with Imperial College London in various fields including Breast Surgery, A&E and Endocrinology.

### **PROFESSIONAL MEMBERSHIPS**

Barbara is a full member of:

British College of Aesthetic Medicine (MBCAM) (formerly known as the British Association of Cosmetic Doctors (BACD)  
Independent Doctors Federation (IDF)

British Medical Laser Association (BMLA)

Syndicate National des Mediciens Esthetiques (SNME)

Aesthetic Medicine Section of the Polish Medical Society

General Medical Council GMC Registration Number 6165336

She also sits on the board of Restylane Advisors, working closely with the Company on product developments and industry matters.

# introduction

I am delighted to welcome you to my Aesthetic Medicine Practice.

Here my patients find that I am absolutely dedicated to giving the best possible service. These are not easy words. While I'm passionate about medicine, have studied the latest techniques and even pioneered my own new treatments; this is driven by my love of art and appreciation of aesthetics. Studying and Practising Aesthetic Medicine has allowed me to combine the two, by working on the anatomical structure that defines appearance.

In my practice, I have seen how improving people's appearance can enhance their self-esteem. Beauty is a very subjective value, but charm and confidence are recognised and admired by everyone. My vision is to use my skills to bring out the best in my clients throughout.

Many of my clients are looking to maintain a fresher, younger, and brighter appearance to their skin to hold back the signs of ageing.

I work with a number of treatments that can be used to combat natural age related changes, which are exacerbated by sun damage, diet and smoking. Peels, fillers, Dermaroller and muscle relaxing injections can all be used to help give you a more youthful, healthier and natural look and feel to your skin.

However, I also treat problems such as thread veins, hyperpigmentation and hyperhidrosis (excess sweating) as well as active acne and acne scarring. For these patients, there is a quite specific medical issue which is affecting back their appearance and often their confidence too. Modern medicine gives us tools with which to tackle these irritating issues and give our patients a new burst of confidence.

Whatever your requirements, appointments are entirely confidential and you can be assured of discretion throughout.

I look forward to welcoming you to our new clinic soon.



Dr Barbara Kubicka MD CIME/ICAM/BACD

## Muscle Relaxing Injections

Botulinum Toxin, more commonly known as BOTOX® is a prescription only medication that has been used for over 20 years.

Ageing is associated with the development of wrinkles and furrows on the face. These lines develop over time as a result of weakened dermal collagen and facial muscle action on the skin. Ageing effects are exacerbated by the sun and smoking.

BOTOX® works in a targeted way to relax the tiny dynamic muscles that cause lines caused by facial muscle activity. The treatment works by “freezing” or relaxing the muscle, so that muscle activity is inhibited and lines appear smoother. It also restricts further muscle activity, thereby slowing the appearance of further lines.

BOTOX® treatment is used primarily to treat facial lines caused by the action of the muscles that have no significant function, for example:

- Furrowed eyebrows
- Forehead lines/frown lines
- Crow’s feet
- Dimpling on the chin
- Lines in the neck and around the mouth

Botulinum Toxin can be used as well to treat more medical conditions like bruxism, cluster headaches and migraines. It is a common treatment in masseter muscle hypertrophy which leads to the widening of the jaw-line, especially amongst the Asian population.

The effect of the injection can be seen immediately, although it may take up to 21 days to reach its full benefit. Good results may be obtained after a single injection session and normally last between three to six months.

Some patients with very powerful muscles may not see a complete relaxation of the targeted area after the first treatment, but subsequent injections will further weaken them so the benefit is cumulative.

Dr Barbara sees BOTOX® as an art form, creating beautiful results and gently turning back the clock for her patients.

# skin rejuvenation

## Dermal Fillers

Injectable facial fillers are used to smooth away deep facial lines that you can see even when your face is still or to replace lost volume in the face.

The latest generation of dermal fillers are made using Hyaluronic Acid (HA), which is a naturally occurring polysaccharide (sugar) in the skin which helps to add volume and hydration. Levels of Hyaluronic Acid in the skin tend to deplete with age. Use of injectable fillers can be used to target specific areas, filling in those lines and creases, restoring a smoother, more youthful-looking appearance.

Many modern fillers also contain a local anaesthetic, making the injections surprisingly comfortable even in delicate areas such as the lips.

Fillers are ideal for areas such as:

- Laughter lines
- Smile lines
- Marionette lines" (from the nose to the mouth)
- Crow's feet
- Facial creases

They can also add fullness and definition:

- to the lips, in order to create a pretty pout and full
- to augment the cheeks and give a higher or fuller cheekbone

Treatment with dermal filler is not permanent as the product is bio-degradable, so treatment will need to be "topped up" regularly to maintain the benefit:

- *Lines, wrinkles and folds:* follow-up treatment after 6-12 months
- *Lips:* follow-up treatment after about 4-6 months

A session takes about 30 minutes and no pre-testing is needed. During treatment the gel is injected into the skin in tiny amounts using a very thin needle. The gel then gives natural volume and smoothes the wrinkles.

# skin rejuvenation

## Sculptra®

Sculptra® is a longer lasting more gradual form of dermal filler that works to replenish your own facial collagen where, over time, volume in the face has been lost.

Collagen is the substance your body produces to give your skin a firm and youthful appearance, but from an early age the amount you produce slows down and facial volume is lost. Sculptra® can redress the balance by stimulating collagen production again.

This treatment can be used to gradually and subtly smooth out lines, wrinkles and folds, as well as tackling loss of facial volume which can happen with the natural ageing process or dramatic weight loss.

Sculptra® can be used to treat:

- Deeper wrinkles, lines or folds
- Hollow areas e.g. gaunt cheeks
- Cheekbones - to add definition
- Jowls - to build out saggy jowls

Poly-Lactic acid, the main ingredient of Sculptra® has been used medically for over 25 years in the treatment and repair of facial scars and contour defects.

### Treatment with Sculptra®

A local anaesthetic cream is used so that treatment is painless. An ice pack may be used immediately after treatment to calm any swelling.

Patients can normally return to work immediately after treatment. Following an average of three treatments most patients will see a noticeable difference in approximately six weeks. Please note that in some patients further treatment may be required and a difference may not be noticeable for more than 6 weeks. Results of Sculptra fillers are particularly long-lasting and can be expected to last around 2 years.

# skin rejuvenation

## Mesotherapy

Mesotherapy is a widely used treatment which involves multiple injections of tiny quantities of carefully chosen medications directly into the subcutaneous fat beneath the skin where they can act powerfully from within.

The treatment introduces microscopic doses of homeopathic medications, traditional pharmaceuticals, vitamins, mineral and amino acids to treat a variety of conditions.

All medications are selected for the specific condition being treated. The wide variety of problems that can be treated with mesotherapy is possible because each treatment is formulated to meet each patient's unique condition.

Mesotherapy treatments can be used on the face or body and include:

- **Skin rejuvenation/tightening** - the use of microscopic quantities of carefully chosen ingredients acts beneath the skin to replenish it with the minerals, vitamins and amino acids that we lose as we age
- **Cellulite** - medications are injected into the skin and the fat. Mesotherapy can eliminate cellulite on the legs and buttocks, breaking down the orange-peel appearance of skin and producing a smooth contour
- **Face/Body Contouring** - micro-injections of therapeutic ingredients into the skin and/or the underlying supportive tissues are highly effective in treating fat encapsulated in patches around the jaw-line, chin, abdomen, hips or knees.
- **Brightening the eyes** - Mesotherapy is used around the eyes to combat dark circles/bags and lines. A new bright eyetreatment, which is a combination treatment, helps to rejuvenate the eyes making them look less tired and younger in appearance.
- **Hair Loss** - enhances the skins' natural healing abilities and promotes increased blood flow to carry nutrients to the hair follicles

Treatment is made surprisingly comfortable by using a very small needle to administer multiple injections. Mesotherapy is completely safe and all patients return to work the same day.



# skin rejuvenation

## Dermaroller

Dermaroller Therapy is a natural skin rejuvenation treatment which involves the use of a barrel like roller made up of tiny micro-needles.

The Dermaroller is rolled across the skin to create thousands of miniscule pin-pricks into the dermis. Then specialist skincare products are applied, which penetrate deep into the skin.

This process encourages the production of new collagen and elastin, so that the skin regenerates itself from within. After the treatment, skin will gradually look fresher, brighter, younger and healthier as the treatment takes effect.

The Dermaroller is effective on a wide variety of skin conditions on the face AND on the body. In sensitive areas, a topical anaesthetic is applied to the area prior to treatment to numb the skin making the process far more comfortable.

Skin conditions that respond well to micro-needling include:

- Wrinkles / lines / crow's feet / skin laxity
- Scars / acne scars
- Hyperpigmentation / uneven pigmentation
- Stretch marks
- Hair loss

Results are outstanding and healing and recovery is very fast, as the healthy epidermis is left intact.

The Dermaroller can be used on its own or alongside other non-surgical treatments such as chemical peels.

Dr Barbara Kubicka only uses professional grade genuine titanium Dermaroller for best results.

# skin rejuvenation

## Chemical Peels

Chemical skin peels are a deep exfoliation procedure, which remove the top layer of skin to reveal fresher, brighter complexion.

This simple, safe but effective treatment is used to improve the condition of the skin and the overall complexion.

Treatment reduces the visible signs of aging on more mature skin, including the appearance of fine lines and also reduces discolouration and blemishes for a more radiant look to the skin.

Facial peels can also be of great benefit in younger skin or treating acne for a healthy, glowing complexion.

Peels are particularly recommended for

- Ageing skin - fine lines and wrinkles
- Sun damage
- Rough texture
- Acne (comedones, papules, cysts, shallow scars)
- Rosacea or ruddiness
- Hyperpigmentation

Chemical skin peels are normally performed as a course of treatments for best results. This will be discussed during consultation. Treatment programmes may also include home care products and a pre-course skin preparation programme is essential prior to any peel procedure.

Peels may be combined with other treatments such as BOTOX® or fillers. The timing of any combination of treatments will be agreed upon before the course of peels commences.

# skin rejuvenation

## PDT Photorejuvenation

PDT "Photodynamic Therapy" has revolutionised the way we think about skincare, bringing a whole new approach to anti-ageing and treatment of a variety of skin conditions.

Photodynamic therapy combines a topical "photo-sensitizer" medication with a special light source to treat a variety of skin disorders and has recently emerged as a highly effective treatment.

The development was invented to boost the results of IPL by applying a light sensitizing agent. This "pre-treatment" makes the skin more sensitive to the IPL treatment. With PDT, there is a more dramatic reduction in pigmentation, texture irregularities, redness/uneven skin tone, and visible veins.

Photodynamic therapy may be recommended to treat a range of skin conditions, including:

- Sun damage
- Sun spots/brown spots
- moderate-to-severe acne
- Wrinkles
- Spider veins/thread veins/visible blood vessels
- Rosacea/hyperpigmentation
- Enlarged sebaceous glands
- Psoriasis

First, your skin will be thoroughly cleansed before the photosensitizing drug is applied and left to penetrate the skin.

Then the skin is treated with pulses of narrow-wavelength beam of light or IPL laser.

This is a highly precise therapy which only targets the tissue in and near the treatment area. Depending on the condition, your skin type and your response to the treatment, a course of 2 or 3 therapies is usually recommended for best results.

## Eyedealise

“Eyedealise” is a brand new specialist treatment especially designed and created by Dr Barbara Kubicka to tackle the difficult eye area.

The cosmetic treatment is completely unique to her practice.

“Eyedealise” was created in response to patients requesting rejuvenation and brightening around the eye area.

Improving the appearance of the eye area can be challenging. However, recognising the delicate tissues and complex anatomy of the eye area, Dr Barbara was keen to create treatment programme to tackle the signs of tiredness and ageing, including:

- Bags under eyes
- Dark circles
- Crow’s feet
- Deep tear troughs
- Loose skin around the eyes
- Excess fat below the eyes

Treatment involves a selected combination of dermatology therapies, including BOTOX®, fillers and Mesotherapy; which are carefully and skilfully combined to tackle the signs of ageing.

Eyedealise is a popular treatment with professionals, who need to appear alert and refreshed. However, it is equally popular with tired mothers!

The results are natural-looking. The treatment is a very valid alternative to surgery, with a much shorter recovery time and much lower risks.

## Cellulite

Cellulite is surprisingly common - it is thought to occur in 80-90% of adult females.

It is not a medical condition and is completely harmless. However, its appearance can be cosmetically unsatisfactory and many women seek to reduce it.

Cellulite is characterised by “dimpling” of the fatty areas, commonly seen on the buttocks, flanks and thighs. It occurs when the structure of fat changes beneath the skin and within the connective tissues; so that the appearance of the skin is less smooth.

Women try many treatments for cellulite, including diet, exercise, cream and massage; but the condition can be very hard to shift, especially where it is hormonal or hereditary.

Dr Barbara Kubicka offers a very effective cellulite treatment using the mesotherapy injections. Cellulite responds very well to mesotherapy treatment.

A course of 10 - 15 treatments is normally recommended for best results. Treatment can be combined with lymphatic drainage and skin tightening such as Dermaroller.

## Stretch Marks

Stretch marks are actually a form of scarring, leaving ridges on the skin. They are not a health risk in themselves, but can be very unsightly and therefore distressing for the sufferer.

They are caused by damage to the dermis and are often as a result of the skin being stretched e.g. through pregnancy or weight gain, which pulls and stretches the skin beyond its elasticity. Experts say that 75% and 90% of women develop stretch marks to some degree during pregnancy.

Stretch marks first appear as reddish or purple lines, but tend to gradually fade to a lighter range. The affected areas appear empty and are soft to the touch.

Stretch marks can appear anywhere on the body, but are most likely to appear in places where larger amounts of fat are stored, e.g.: abdomen, breasts, upper arms, back, thighs, hips, buttocks.

## Scars

Whether the result of surgery or trauma, scars are unfortunately permanent. While they will normally get less red and prominent with time, they will never completely disappear and an awkward or prominent scar can be really embarrassing for the patient.

## Stretch Mark and Scar Treatment

Dr Barbara Kubicka works closely with a number of patients offering bespoke stretch mark and scar treatment. Depending on the site, size and scale of problem, a number of treatments may be offered or combined to treat the condition, e.g.:

Dermaroller®  
Fillers  
Chemical Peels

Treatment is highly effective without the cost and safety risk of surgery.

## Hands and Neck

While most anti-ageing practitioners concentrate on rejuvenating the face, Dr Barbara Kubicka understands that the face is not the only area to be considered.

In fact, it can be other areas of the body, such as the hands, neck or décolletage which show ageing more, with loose, crepey skin. This can be exacerbated with patients that have lost a lot of weight, leaving saggy neck skin, or those who have worked outside or in activities or professions that expose their hands to the elements.

Dr Barbara Kubicka offers unique combinations of treatment to rejuvenate the appearance of hands, neck and décolletage for her patients.

The exact course of treatment will depend on the patient and what he/she is trying to achieve, but options may include:

- Dermaroller®
- Mesotherapy
- Fillers
- Laser
- Photo rejuvenation therapy
- PRP (Platelet Rich Plasma)

The goal is to revitalise the appearance and texture of the skin for a softer, smoother appearance.

## Neck and Jawline

While botox and fillers are quite widely and effectively used to reduce the appearance of facial lines and wrinkles; very often it is the neck and jaw-line that give away signs of ageing.

With age, the jaw-line can start to become less sharp and distinct and even take on a loose or saggy appearance. The neck can also give away the years as skin starts to hang looser and deep folds and creases can appear, so that on close inspection, necks that look as much as 20 years older than people's faces.

Creams and serums can moisturise and soften the skin, but do little to tighten it up again. Many even contemplate surgery.

The revolutionary "Neck and Jaw-line Programme" combines a number of carefully chosen complementary non-surgical treatment options.

- 2 sessions of "Sculptra" deep injectable fillers
- 3 sessions of Dermaroller micro-needling treatment which works deep within the skin, boosting the production of collagen for a long-lasting and entirely natural rejuvenation effect
- Professional NeoStrata® chemical peel to exfoliate the surface layer of skin, revealing brighter, fresher, newer skin beneath and promoting the body's own production of new skin cells
- NeoStrata® home neck care product to complement, continue and extend the treatment programme

The result is to lift and smooth tired neck skin, while also working to tighten and redefine the jaw-line.

The "Neck and Jaw-line Programme" is exclusive to Dr Barbara Kubicka.

## Acne

Acne is the most common skin condition, affecting 80% of people at some point in their life. It is caused by the body's immune system creating an inflammatory response to bacteria that lives in the skin called P.acnes.

Lustre Pure Light is a brand new system developed by leading dermatologists and tested by healthcare professionals. This technology has been clinically proven to treat spots and acne while also being gentle on skin.

The Lustre Pure Light technology harnesses the safe, natural blue part of the light spectrum to eliminate spot-causing bacteria, while also being gentle on skin. Blue light has been used by dermatologists for many years to treat acne. Scientists have found that visible blue light at a wavelength of 420 nm does not cause damage to the skin but is effective in killing P. acnes, the bacteria which causes acne.

The Lustre Pure Light can be used on its own. However, it is recommended to be used alongside treatments designed to reduce the oiliness of the skin through intense exfoliation, such as chemical peels. It can also be used alongside Dermaroller micro-needling which improves the skin condition and/or medication.

This is a medically supervised acne treatment and is available at Dr Barbara Kubicka's clinic in Belgravia, London.

## Acne Scarring

Acne is a skin disease which is commonly associated with puberty and adolescence, although it can continue well into adulthood.

It is relatively common, yet its effects can be quite traumatic for the sufferer, as it is usually very visible.

Acne is characterised by oily, scaly red skin with spots and pimples and is usually seen on the face, chest or back. It can become inflamed and the appearance will be even worse.

However, even after the acne has gone, it can leave serious scarring and poor skin condition, all the more distressing as it is usually in a visible area e.g. face, chest, back.

Serious acne can leave its mark for life in terms of scarring. Even years after the acne has cleared up, therapies to improve the condition of the skin as outlined above are very helpful in improving the skin's quality and appearance.

Therapies to improve the skin condition can be very effective, working from within the skin to rebalance it and improve the complexion. Treatment may include Dermaroller, chemical peels or Mesotherapy.

In addition, deeper scars can be very effectively treated with dermal fillers, which gently plump out the depressed areas to leave smoother-looking skin.

As a fully qualified Doctor and Aesthetic Medicine Physician, Dr Barbara Kubicka fully understands the condition and the most appropriate treatments.

## Hyperhidrosis

Sweating is a natural and necessary function to control body temperature. However, hyperhidrosis is a condition where the level of sweating is excessive, causing embarrassment. hyperhidrosis can happen at any time without the usual triggers of heat, anxiety or strenuous activity.

Heavy perspiration can affect different parts of the body like the armpits, palms, face or feet is not only uncomfortable but also unsightly, leading to confidence problems and restricted choices in what to wear and how to behave. It can be especially troublesome for professionals, where obvious sweating can be misinterpreted as a sign of pressure or stress. This condition affects a surprising number of people, both women and men, in all walks of life.

Anti-perspirant sprays and lotions can be frustratingly ineffective for true hyperhidrosis, more aggressive medications can have unpleasant side effects. However, injections of Botulinum Toxin have an excellent success rate.

Hyperhidrosis can be quickly and effectively treated using BOTOX® in the area affected. However treatment for sweating in the armpits gives excellent results. Small injections made under the surface of the skin stop the nerves that control the sweat glands from working, thereby “drying up” the condition in a matter of days.

A series of injections into both armpits takes around half an hour and will stop excessive sweating for around 6 months, providing relief for the sufferer. The treatment will then need to be renewed, but with each successive treatment, the results can last even longer.

## Microsclerotherapy

Microsclerotherapy is a technique used to treat thread veins or “spider veins”.

Thread veins can be found very near the surface of the skin and are red, blue or purple in colour and can be up to 5mm in diameter. Medically, thread veins are considered to be quite harmless.

However, they can be an aesthetic problem, especially if they are on a part of the body that is visible, such as the face or legs; causing distress and self-consciousness to the sufferer.

Microsclerotherapy thread vein treatment involves using a very fine needle to inject a “sclerosant” solution into the area causing swelling in the vein's wall. This causes it to perish and, over a course of treatments, disappear completely. There is minimal discomfort during treatment due to the technique used and the very small needle size.

Microsclerotherapy is a relatively simple non surgical treatment which only takes 30-40 minutes for an average treatment session. Treatment and assessment over several weeks can make thread veins much less noticeable or in some cases invisible. The number of treatments required depends on how many areas need to be treated and the extent of the veins.

Post treatment advice includes supportive tights and a two week rest from exercise. Heat exposure should also be avoided during this time.

## Warts and Veruccas

Warts and verrucas are both caused by a virus which is very easily spread either through direct contact or indirect (e.g. at the swimming pool).

Although the condition will usually clear up on its own, this can take months or years. In the meantime, the presence of warts and verrucas can be particularly unpleasant.

They can cause discomfort and, where visible, be embarrassing (e.g. a crop of warts on the fingers).

There are over the counter remedies available, but quite often they are ineffective in completely clearing the condition, especially where the warts and verrucas have become well established.

### Cryotherapy – Freezing

Dr Barbara Kubicka offers cryotherapy wart and verruca removal. This involves freezing the area.

As a professional treatment, this is a fast and effective way to blitz the wart virus once and for all.

## Hyperpigmentation

Hyperpigmentation is a condition where the skin becomes darker in certain areas due to an increase in melanin. It can be caused by sun-damage, acne, inflammation or other skin injuries. It also becomes more common with age, as the body is less able to regulate production of melanin.

While Hyperpigmentation may be medically of little concern, it often appears in very prominent areas such as the face, chest, hands or arms. Here, a dark patch or red area becomes very obvious and can be very difficult to hide with clothing or make-up.

Treatment for Hyperpigmentation will depend on the nature of the discolouration. However, Dr Barbara Kubicka offers a number of treatment options which may be used alone or in combination for best results. These may include:

- Chemical peel - for deep exfoliation and skin conditioning
- Dermaroller - boosting the skin's own healing mechanisms
- Mesotherapy - micro injections of active ingredients deep into the skin
- Obagi

It is important to receive professional advice before embarking on any treatment. As with all our treatments, a private consultation with Dr Barbara Kubicka is recommended in the first instance for a full professional diagnosis, medical examination and discussion of the treatment options.

## PRP - Platelet Rich Plasma

Platelet Rich Plasma (PRP) skin rejuvenation therapy is one of the latest, autologous anti-aging, skin rejuvenation procedures available; offering a natural approach to improving the overall texture and tone of your skin naturally, by using your body's own resources.

Platelet rich plasma contains high levels of tissue growth and regeneration factors which are vital to cell growth and rejuvenation. By using and refining the patient's own unique tissue, Dr Kubicka can harness their own growth factors and healing properties to promote natural rejuvenation and skin improvement with no risk of allergic reaction or rejection.

PRP works to revitalise the skin by improving blood supply and stimulating collagen formation, the result of which improve and increase over time. PRP skin rejuvenation therapy can actually last longer than chemical treatments.

### Aesthetic uses of plasma therapy

- Reduces wrinkles and lines
- Tackles blemishes
- Improves acne scars
- Promotes more even skin tone and texture
- Generally improves the overall condition of the skin

PRP rejuvenation therapy is based on solid science and works well when prepared and applied by an experienced and trained cosmetic doctor; plastic surgeon or aesthetic clinician.

The entire procedure will generally take between 20 minutes to one hour, depending on the area being treated. Results are not instant, as the results of PRP are based on the body's natural response to its own platelets. Results will continue to improve for 4 - 6 weeks as the skin heals and rejuvenates from within. The full effects last around a year, longer than most dermal filler treatments.



# consultation

## Your Consultation

Every patient is different, with unique anatomy, expectations and concerns.

A private consultation with Dr Barbara Kubicka is the first step to ascertain your concerns and what you are trying to achieve.

You will be asked to complete a medical history questionnaire and you will also have time to read through any materials that are relevant to the treatment or combination of treatments agreed upon.

Only then can we establish which treatment would work best for you in relation to the changes that you think you may want to make or problems that you feel need addressing.

It's also an opportunity to ask all the questions that you may have regarding the treatment options to ensure you are fully informed before going ahead.

It is time well spent, allowing you to get to know your Practitioner and for Dr Barbara Kubicka to get to know you.

Treatment can often take place directly following your consultation or you are welcome to take time to go away and think about it and make an alternative date for treatment. The cost of your consultation will be deducted from your treatment costs whether you have treatment on the day or when you return at a later date.



