

Cliniche®

Dr B Kubricka

treatments

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 mimic lines. The treatment works by 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 for:

- Furrowed eyebrows (lines between the eyebrows)
- Forehead lines/frown lines (horizontal lines)
- Crow's feet
- Dimpling on the chin
- Hooded eyes (eyebrow lowering)
- Jowls
- Broad jaw
- Hyperhidrosis
- Platysma lines (bands/folds around the neck)

Botulinum Toxin can also be used 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 injections can be seen soon after treatment, although it may take up to fourteen days to reach its full benefit. Good results may be obtained after a single injection session, however a top up appointment, if required, can be organised 2-3 weeks afterwards and forms part of the original treatment. Results 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.

Baby BOTOX® is a variation of botulinum use designed to achieve a subtle and natural result. Smaller amounts of product are injected all over the face or chosen area allowing for movement after treatment, giving natural results. As there is less product injected treatment lasts for a shorter period of time, usually 2 - 3 months.

Botox may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 15 - 30 minutes

How often: every 3 - 6 months

Downtime: 30 minutes

Post treatment: red bumps at the injection site, pin point bleeding, mild headache, tenderness

Topical anaesthesia: usually not required

Exercise: No exercise until the next day

(Make-up can be applied 30 minutes after treatment)

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Dermal Fillers

Injectable facial fillers are used to smooth away deep facial lines that you can see even when your face is at rest 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. Injectable fillers can be used to target specific areas, filling in those lines and creases, restoring a smoother, more youthful-looking appearance.

There are different brands of product available in clinic such as Juvederm, Restylane, Teosyal and Emervel. Dr Kubicka uses only the best available products the choice of which would be discussed during consultation.

Dependent on the depth of injection eg. deep for loss of volume replacement and very superficial for fine lines, this will determine the product used.

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:

- Nasolabial Lines (lines from the nose to corners of the sides of the mouth)
- Smile lines (lines around the lips/smokers lines)
- Facial creases
- Hand rejuvenation
- Neck rejuvenation
- Chest/Decolletage

They can also add fullness and definition:

- to the lips, in order to create a fuller look or hydrate the lips
- to tear troughs to correct loss of volume and improve appearance of dark circles
- to augment the cheeks and give a higher or fuller cheekbone
- to the chin, to lengthen the face

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:

- *Facial volume* 9 - 12 months
- *Lines, wrinkles and folds:* follow-up treatment after 6 - 9 months
- *Lips:* follow-up treatment after about 4 - 6 months

Over time the results from subsequent treatments tend to last longer as the skin become better hydrated.

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 or blunt cannula to minimise bruising.

Dermal Fillers may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 minutes

How often: every 6 - 12 months

Downtime: 2 hours

Post treatment: dependent on the sensitivity of the area treated the following can occur - swelling, redness, bruising

Topical anaesthetic: Yes, to be applied 15 - 30 minutes prior to procedure

Exercise: can be taken the next day after treatment

(Make-up can be applied 30 minutes after treatment)

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Sculptra®

Sculptra® is a longer lasting more gradual form of dermal filler that works by replenishing your own facial collagen which restores volume in the face that has been lost over time.

Collagen is the protein your body produces to give your skin a firm and youthful appearance, but from an early age (25 years) 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, temples
- Cheekbones - to add definition
- Jowls - to lift up saggy jowls

Poly-L-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.

Sculptra is injected with a blunt needle called a cannula to avoid bruising or damaging vessels.

Patients can normally return to work immediately after treatment.

To start, a course of treatments is required and the number of treatments required will depend on age and skin condition. Directly after treatment the fullness is visible due to initial swelling and water content of the product, therefore, you will see a reduction in a couple of days. Collagen stimulation is a slow and gradual process so the first real results can be noticed four to six weeks after the first treatment. Please note that in some patients a difference may not be noticeable for more than 6 weeks. Results of Sculptra® fillers are long-lasting but need maintenance.

Sculptra® may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 minutes

Course of treatment: 3 treatments, once every 6 weeks

Maintenance single session 6 - 12 months

Downtime: 2 hours

Post treatment: swelling, numbness due to anaesthetic, the chance of mild bruising

Aftercare: Facial massage after treatment is very important and is required to stimulate the collagen.

Massage must be carried out for 5 minutes, twice a day for 10 days and then once a day thereafter for 30 days.

Topical anaesthesia: cream applied 30 minutes before treatment

Exercise: next day

(Make-up can be applied 30 minutes after treatment)

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Mesotherapy

The treatment introduces microscopic doses of homeopathic medications, traditional pharmaceuticals, vitamins, hyaluronic acid, antioxidants, growth factors, flavonoids, mineral and amino acids to treat a variety of conditions.

All medications are selected for the specific condition being treated. A wide variety of problems can be treated with Mesotherapy as 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 – microscopic quantities of carefully chosen ingredients act beneath the skin to replenish it with the minerals, vitamins and amino acids, stimulating the production of new collagen, leaving the skin nourished and hydrated.

- **Cellulite** - medications are injected into the subcutaneous fat. Mesotherapy can eliminate cellulite on the legs, buttocks arms and stomach, breaking down the orange-peel appearance of skin and producing a smooth contour by improving circulation, tightening skin and reducing fat tissue.

- **Face/Body Contouring** - micro-injections containing therapeutic ingredients are injected into the subcutaneous tissues. A highly effective treatment for reducing fat encapsulated in patches around the jaw-line, chin, abdomen, hips or knees.

- **Dark Circles/Puffy Eyes** - used around the eyes to combat dark circles/bags and lines. Small injections of flavonoids, vitamins, amino acids and antioxidants improve lymphatic drainage and circulation reducing puffiness and darkness.

- **Hair Loss** - enhances the skins' natural healing abilities and promotes increased blood flow to the scalp enabling better nutrient delivery to hair follicles. carry nutrients to the hair follicles.

Treatment is made surprisingly comfortable by using a specially designed mesotherapy gun. It is designed to quickly administer multiple injections with a very small needle.

Conventional injections especially to the area around the eyes can result in swelling, bruising or lumpiness post treatment.

Mesotherapy may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 minutes

Course of treatments: 3 - 10 dependent on area and concern

How often: can be every week, normally every 2 - 4 weeks

Maintenance: every few months

Downtime: 30 minutes

Post treatment: redness, swelling, mild chance of bruising (dependent on area treated)

Topical anaesthesia: Cream applied 30 minutes before procedure

Exercise: No exercise for 24 hours

In case of treatment to the hair, no washing the hair for 12 hours

(Make-up can be applied 30 minutes after treatment)

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Dermaroller/DermaStamp

Dermaroller/DermaStamp (pen)

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. A specialist serum or chemical peel is applied, which penetrates 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 both the face AND body. A topical anaesthetic is applied to the area prior to treatment to numb the skin making the process far more comfortable.

A Dermastamp is a smaller and more precise version of Dermaroller allowing treatment in hard to reach areas such as around the eyes and nose, scars and lines.

Skin conditions that respond well to micro-needling include:

- Wrinkles / lines / crow's feet / skin laxity
- Scars / acne scars
- 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.

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

Dermaroller/Dermastamp may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 60 minutes

Number of treatments: 3 - 6 dependent on area and concern

How often: every 2 - 4 weeks

Downtime: 24 hours

Post treatment: redness, swelling, peeling

Maintenance: single session once every 3 - 6 months

Topical anaesthesia: cream applied 30 minutes before procedure

Exercise: No exercise for 2 - 3 hours after treatment

(Make-up should not be applied for 24 hours)

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Chemical Peels

Chemical skin peels are an 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.

Dependent on the problem and your requirement we can use different peeling substances at different depths:

Product:	Depth:
• Lactic	Superficial
• Mandelic	Superficial
• Salicyc	Superficial
• Glycolic	Superficial
• Retin A	Superficial
• TCA	Medium/Deep

The choice of peel and depth is discussed on consultation.

Treatment reduces the visible signs of ageing on more mature skin, including the appearance of fine lines and also reduces discolouration and blemishes creating a more radiant appearance.

Facial peels can also be of great benefit for younger skin, treating acne by reducing oiliness, congestion or scarring.

Peels are particularly recommended for:

- Ageing skin – fine lines and wrinkles
- Acne scarring - shallow scars
- Sun damage,
- Rough texture
- Acne (comedones, papules and cysts)
- Rosacea
- 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.

Chemical Peels may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 minutes

Number of treatments: 3 - 6 dependent on area and concern

How often: dependent on depth of peel (discussed on consultation)

Downtime: minimal peeling (superficial) peeling 3 - 5 days (medium - deep)

Post treatment: from none (superficial) to redness, swelling, irritation
(Make-up should not be applied for 24 hours)

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Acnelan

Acnelan is a combination of intensive professional method at the clinic and home treatment, with a complete line of products to assure an effective, comfortable and fast control of possible acne sequels.

This simple, safe but effective treatment is used to combat the factors which trigger the pathology and mainly consists of salicylic acid, sodium leparilate, mandelic acid and shikimic acid. This combination of acids offers deep cleansing and an integral renewal of acne-prone skin.

Acnelan offers a multifunctional control of acne-prone and seborrhoeic skins by:

- Clearing the pilosebaceous canal
- Slowing sebum production
- Controlling bacterial proliferation
- Reduces epidermal runor and tumefaction
- Softens post-acne hyperpigmentation

Acnelan is a medical treatment which is complimented by Acnelan's home use products optimising results. It is imperative that treatment at the clinic and at home is maintained.

Facial peels in all their forms can also be of great benefit for younger skin (pre 18's), treating acne by reducing oiliness, congestion or scarring.

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

Chemical Peels may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 minutes

Number of treatments: 3 - 6 dependent on area and concern

How often: dependent on depth of peel (discussed on consultation)

Downtime: minimal peeling (superficial) peeling 3 - 5 days (medium - deep)

Post treatment: from none (superficial) to redness, swelling, irritation

(Make-up should not be applied for 24 hours)

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Dermamelan

Hyperpigmentation is a condition where the skin produces excessive amounts of pigment (melanin) in a particular area, causing the skin to darken. This is usually a noticeable 'patch' or 'area' of darker colour which patients find quite unpleasant. People with naturally darker skin tones (e.g. those of Asian, Mediterranean, or African descent) are especially prone to hyperpigmentation.

Hyperpigmentation can be caused by a number of issues. Common contributing factors include:

- sun damage
- skin injuries or inflammation
- acne
- ageing process
- a range of medical conditions or diseases

The first and most important treatment is to prevent hyperpigmentation from occurring. This means wearing a high factor mineral-based sunscreen year round. By blocking the sun's UVA and UVB rays, the melanocytes producing pigment are not stimulated into producing the pigmentation, which should help to stop the problem from getting worse.

For those who want to improve the appearance of hyperpigmentation please ask for treatment options.

Dermamelan is a skin treatment regime which was specifically developed to treat hyperpigmentation by a plastic surgeon specialising in the skin disorder. The product contains a series of active ingredients which work to prevent an essential enzyme involved in forming pigment. It is a depigmentation agent which is applied in clinic as a mask and can be used on a number of different types of hyperpigmentation:

- Melasma – patchy, dark pigmentation of the skin
- Chloasma – patchy brown facial discoloration (this often occurs with hormonal changes such as pregnancy, menopause or contraception)
- Lentigo – small pigmented spots
- Post-inflammatory
- Sun damage

As well as improving hyperpigmentation patients, in most cases, can observe other skin benefits like:

- reduced pore size
- improvement to oiliness
- reduced sun damage
- nicer skin texture

clinicbe offers Dermamelan as a sophisticated programme of treatment, designed by Dr Barbara Kubicka for optimum results:

- 2 Dermamelan mask peels in clinic in the space of 2 weeks
- Home treatment
- 3 follow up appointments

A Dermamelan may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 minutes

Number of treatments: single or double mask application depends on consultation

How often: discussed on consultation

Downtime: peeling 3 - 10 days

Post treatment: redness, swelling and irritation

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IPL(The exquisite facial)

IPL (The exquisite facial)

The treatment works by combining Chemical Peels with IPL.

Chemical Peels will help to remove the outer layers of dead skin cells through deep exfoliation; revealing a new, fresher complexion. The combination of acids applied can also provide many anti-aging benefits by stimulating the natural healing processes within the skin. Removing the superficial layers helps to prepare the skin for better penetration of acidic solutions and helps to accelerate the effects of IPL.

The IPL device works by giving off a range of light-waves that are tuned to target haemoglobin and melanin. The light-beam passes through the skin and is absorbed by either the haemoglobin or melanin, which results in the obliteration of the tiny vessels and the melanin pigment which metabolises are absorbed by the body. Treatment results in less visible redness pigmentation.

The benefits of Chemical Peels and IPL are achieved with little discomfort and minimal risk.

Chemical Peels and IPL are effective on a wide range of problems on the face and body, and so patients can be of any age or gender.

Chemical Peels are most commonly used to treat;

- fine lines and wrinkles
- age spots, freckles and dark spots
- acne
- mild scars
- dull looking skin
- dehydrated, dry skin
- rosacea

IPL is most commonly used for;

- lightening and removing sun spots, age spots, brown blotches on the face, neck, chest, hands and other areas of the body
- lightening and reducing redness, rosacea, dilated blood vessels and broken capillaries on the face, neck and chest
- helping to control flushing
- it also can improve skin texture and pore size through collagen stimulation

You can expect to see a gradual clearing with each treatment but it is common for your response to be slightly different each time. The more sun damage or redness you have, the more treatments you will require.

Exposure to the sun and other environmental conditions can cause your skin problems to return; having this treatment every few months will maintain and prolong the effects.

Treatment time: 60 minutes

Number of treatments: 3 - 5 dependent on area and concern

How often: 2 - 4 weeks

Downtime: none to 12 hours

Post treatment: from none to redness, swelling, irritation

Maintenance: single treatment every few months

(Make-up should not be applied for 24 hours)

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IPL

The IPL device works by giving off a range of light-waves that are tuned to target haemoglobin and melanin. The light-beam passes through the skin and is absorbed by either the haemoglobin or melanin, which results in the obliteration of the tiny vessels and the destruction of melanin pigment which metabolites are absorbed by the body. Treatment results in less visible redness and pigmentation.

IPL is effective on a wide range of problems on the face and body, and so patients can be of any age or gender.

IPL is most commonly used for;

- lightening and removing sun spots, age spots, brown blotches on the face, neck, chest, hands and other areas of the body
- lightening and reducing redness, rosacea, dilated blood vessels and broken capillaries on the face, neck and chest
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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 Mesotherapy injections. Cellulite responds very well to Mesotherapy treatment, however, this is dependent on the severity. 3 - 10 sessions are recommended.

A course of 10 - 15 treatments is normally recommended for best results. Treatment can be combined with lymphatic drainage and skin tightening such as Dermalroller, radio frequency and chemical peels.

Another option is iLipo - a combination of laser, vacuum massage and radio frequency.

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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% 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 shade. 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 or 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: Dermalroller, radio frequency, fillers and chemical peels.

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

Treatment time: 60 minutes

Number of treatments: 6 - 12

How often: every 2 - 4 weeks

Downtime: none - 1 day

Post treatment: redness, swelling, peeling, small chance of bruising

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Hands and Neck

Areas of the body highly prone to showing signs of ageing such as loose crepe like skin are the hands, neck and décolletage. This can be exacerbated with patients that have lost a lot of weight, leaving excess neck skin, or those who have worked outside or in activities or professions that expose their hands to harsh 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®
- Fillers - volume loss, veiny hands
- PRP (Platelet Rich Plasma)
- Skin boosters - loss of skin elasticity
- Chemical peel - sun damage

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

Treatment time: 30 - 60 minutes

Number of treatments: 3 - 6

How often: every 2 - 4 weeks

Downtime: none - 1 day

Post treatment: dependent on treatment - from none to redness (Dermaroller), bruising and lumpiness (skinboosters)

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 if left untreated the appearance may become worse.

However, even after the acne has gone, it can leave serious scarring, pigmentation, indentations and hypertrophic scars. This can be distressing as it usually affects a visible area such as the face, chest or back.

Serious acne can leave its mark for life in terms of scarring. Even years after the acne has cleared, therapies to improve the condition of the skin 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 re-balance it and improve the complexion. Treatment may include Dermaroller, chemical peels microdermabrasion and PRP therapy.

In addition, deeper scars can be 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.

Treatment time: 60 minutes

Number of treatments: 6 - 12

How often: every 2 - 4 weeks

Downtime: none - 1 day

Post treatment: dependent on treatment - from none to redness, peeling, small chance of bruising

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Hyperhidrosis

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

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 arm pits, palms, face or feet. This 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. In particular treatment for excessive sweating in the armpits gives excellent results. Small injections made under the surface of the skin temporarily block the connection between the nerves and the sweat glands, thereby "drying up" the condition in a matter of days.

Botulinum toxin blocks the connection between the nerves and the sweat glands reducing the amount of sweat produced in response to central nerve stimulation. Treatment doesn't stop the basic sweating necessary for elimination of toxin from the system.

A series of injections into both armpits takes around 15 - 30 minutes and will stop excessive sweating for around 3 - 9 months, providing relief for the sufferer. The treatment will then need to be repeated, but with each successive treatment, the results can last even longer.

The effect of the injection can be noticed soon after treatment, although it may take up to fourteen days to reach its full benefit. Good results may be obtained after one treatment session, however a top up appointment , if required, can be organised 2-3 weeks afterwards and forms part of the original treatment.

Treatment is not painful as a very small needle is used for injection.

Treatment time: 15 minutes

Number of treatments: 1

Treatable areas: Underarms, palms, soles, face and chest

How often: 3 - 9 months

Downtime: none

Post treatment: mild tenderness, bruising

Topical anaesthesia: None required

Exercise: next day

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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 vein 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 heavy exercise. Heat exposure should also be avoided two weeks post treatment.

Treatment time: 30 minutes

Number of treatments: 3 - 6 dependent on the extent of the concern

How often: at least 4 - 6 week intervals

Downtime: 2 weeks

Post treatment: bruising and tenderness

Topical anaesthesia: None required

Exercise: none for two weeks post treatment

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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.

The most stubborn and difficult to treat is melasma hyperpigmentation connected with hormonal changes like pregnancy or the contraceptive pill.

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:

- Dermamelan
- Chemical peel
- Microdermabrasion
- Obagi products

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.

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PRP - Platelet Rich Plasma

PRP - Platelet Rich Plasma

Platelet Rich Plasma (PRP) therapy 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, 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 skin rejuvenation with no risk of allergic reaction or rejection.

PRP therapy revitalises 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

- Skin rejuvenation - lines and wrinkles, skin laxity
- Acne scarring
- Hair loss

PRP rejuvenation therapy is based on solid science and is safely prepared and applied by an experienced and trained cosmetic doctor; plastic surgeon or aesthetic nurse.

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 it's own platelets. Results will continue to improve for 4 - 6 weeks as the skin heals and rejuvenates from within.

Procedure

The procedure is made up of the following steps:

- Taking blood
- Preparation of the blood by placing the sample in a centrifuge
- Application of a topical anaesthetic if required
- Application of treatment

Methods of application

The method used will be discussed with you during consultation as it will be dependent on downtime and the outcome may vary.

- Mesogun
- Dermaroller
- Single injections

PRP may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 60 minutes

Number of treatments: 3 - 6

How often: 4 week intervals

Downtime: none - mild redness (slight swelling for treatment around the eyes and lips)

Post treatment: from none (Mesogun), redness and skin swelling (Dermaroller) with possible bruising (injection technique).

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The MesoBe treatment uses a new, virtually pain free delivery method and combines the multiple injection approach of mesotherapy along with the active ingredients of wrinkle-relaxants.

Mesotherapy

Dr Barbara Kubicka is well known for her use of mesotherapy, a treatment which administers many, tiny injections into the mid layer of the skin delivering carefully chosen nutrients or moisture-trapping hyaluronic acid.

The mesotherapy process of multiple injections allows a broad treatment area for a generalised effect which is natural-looking, rather than over-targeting a specific area which can draw attention to the treatment itself rather than a good result.

Mesotherapy also stimulates skin tightening and delivers a soft and natural freshening of the skin.

Botox Injections

Most commonly, these are administered using a syringe into a few key points in the treatment area, such as the forehead, crows' feet, laughter lines or nose to mouth lines. This traditional approach means that just a few injections can be used to freeze the nerves causing fine dynamic facial lines so that movement is diminished and lines smoothed away.

However, delivering anti-wrinkle injections using the mesotherapy approach uses miniscule quantities of the active ingredient, taking the 'light anti-wrinkle treatment' concept a step further. The 'secret' to the treatment is in the gentle spread of delivery for a subtle and gentle yet comprehensive treatment.

Pain-Free Treatment Delivery

Treatment is made surprisingly comfortable by using a specially designed mesotherapy gun. It is designed to quickly administer multiple injections with a very small needle.

Mesobe may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 minutes

Number of treatments: 1 - 3

How often: every 4 weeks

Downtime: 1 - 12 hours

Post treatment: redness, tenderness, pin point bleeding

Topical anaesthesia: None required

Maintenance: Every 3 - 6 months following a single treatment

iLipo Xcell

i-LipoXcell is the very latest laser lipolysis technology, offering fat reduction, cellulite smoothing and body shaping treatments that work effectively without surgery.

The technology combines four technologies:

- intelligent body fat analysis and measurement
- laser diode fat reduction
- Infra red vacuum massage
- Radio frequency skin tightening

The clinically-proven dual-wave length low level laser technology works in harmony with radio frequency treatment and vacuum massage for cellulite to achieve visible and measurable results without the need for surgery.

Treatment offers a fast, pain-free and more economical way to achieve inch loss and body contouring with no damage to the surrounding skin, blood vessels or nerves.

i-LipoXcell low-level lasers work to target the particular areas of excess fat build up and stimulate the body's natural fat-burning mechanisms.

- the i-LipoXcell assesses and measures body composition, which is recorded and monitored throughout a course of treatments
- laser treatment pads are placed on specific areas of the body
- the i-LipoXcell lasers trigger a chemical signal in the fat cells that breaks down stored triglycerides into free fatty acids and glycerol which can be released through pores in the cell membranes
- fatty acids and glycerol are transported around the body to the tissues that will use them during metabolism to create energy – for best results an exercise session is often recommended straight after treatment to completely metabolise and expel the fatty acids.

i-Lipo Xcell laser treatment exploits the body's own natural response mechanisms to achieve results similar to liposuction. Results depend on the individual and how much excess fat there is. However, the manufacturers have shown that in 4 weeks it is possible to lose up to 24 cm off the waistline.

It is a safe and painless process.

iLipo may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 60 - 90 minutes

Number of treatments: minimum 8 sessions

How often: twice a week

Downtime: none

Post treatment: drink 2L of water and exercise for 30 minutes as soon after treatment as possible

Maintenance: Once a month a single treatment is recommended

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Aqualyx® is used to 'dissolve' stubborn pockets of fat which remain resistant to diet or exercise. The fat reduction injections work to break down the fatty deposits for a smoother and leaner profile.

The Aqualyx® treatment is suitable for tackling areas around the face or on the body, wherever fat gathers. For example, areas that might be treated include:

- tummy, 'muffin top', stomach or abdomen
- hips or 'saddle bags'
- thighs – including inner thigh area
- knees
- buttocks
- 'bingo wings' – upper arms
- inner thighs
- double chin
- fat cheeks

Aqualyx® is based on a formulation containing deoxycholic acid. This is a secondary bile acid which the body naturally produces to liquify the fat in the gut.

Aqualyx® injections liquefy the fat cells, destroying them permanently and releasing lipids which are then expelled by the body through the lymphatic system.

This is not a weight loss treatment or an alternative to diet and exercise; but Aqualyx® injections are very helpful in refining body shape by tackling those areas that are stubborn.

The human body is designed to store fat in certain areas as an 'emergency ration'. Fat cells in the deep subcutaneous tissue are difficult to diminish. Aqualyx® literally reduces the amount of fat cells in those areas most resistant to toning.

A course of 3-5 treatments on the body and 1 - 3 on the face is usually advised for the best results. Each treatment session takes around an hour to complete.

Very often there will be some localised swelling and reddening during this process. There is a risk of bruising for a few days. The post treatment inflammation is very important as the fibroblasts are stimulated producing collagen and elastin. This causes skin tightening so that you are not left with excess skin after the fat reduction.

Aqualyx® may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 60 minutes

Number of treatments: 3 - 5 body, 1 - 3 face

How often: 6 week intervals

Downtime: 7 - 10 days

Post treatment: swelling, redness, bruising and tenderness, sometimes numbness to the treated area for a few weeks and itchiness

Topical anaesthesia: cream applied for 30 minutes

Silhouette Soft - Thread Lift

SILHOUETTE SOFT® is a technological innovation that offers women a simple yet effective facial rejuvenation without the need for surgery.

When asked about the signs of facial ageing, women usually cite the loss of skin tone causing sagging of facial contours and the appearance of wrinkles, fine lines and creases. This is caused by the loss of collagen in the skin and also the loss of fat, leading to hollows on the sides and a heaviness on the chin and lower cheeks.

Silhouette Soft is the only product on the aesthetic market combining two key rejuvenation actions to tackle these problems:

- Immediate lifting effect
- Gradual regeneration from within by stimulation of collagen and elastin production.

This delivers a comprehensive, effective yet natural looking rejuvenation.

Areas that can be treated:

- Eyebrow lift
- Nasolabial folds
- Marionette lines
- Jowls
- Jaw line
- Neck
- Double chin
- Stomach
- Knees
- Thighs
- Arms

Benefits of Silhouette Soft®:

- Redefined facial structure
- Restored volume
- Reduction in lines and wrinkles
- Immediately visible results with a natural lifting effect
- Stimulates production of natural collagen for progressive benefits
- Flabbiness in the mandible area, neck, malar area and droopy eyebrows can be improved
- Results that last up to 18 months

The SILHOUETTE SOFT® procedure is done using special bidirectional absorbable thread cones. The cones themselves are made of polylactic acid (or PLA) - a natural substance that has been used for many years in various pharmaceutical and medical applications such as suture threads (internal, dissolvable sutures - also known as stitches).

The sutures are carefully inserted about 3-5mm below the surface of the skin using a fine needle and are held in place using the absorbable cones, which are situated according to the area being treated. Once in place, the sutures are compressed and massaged to create the lifting effect.

Silhouette Soft® may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 75 minutes

Number of treatments: 1, best results visible in 2 - 4 weeks

How often: every 12 - 18 months

Downtime: up to 1 week

Post treatment: swelling, mild bruising, tenderness, puckering and folding in the place of the lift

Anaesthesia: application of topical cream, local anaesthetic injection

Exercise: avoid for 1 week post treatment, gentle exercise during the second week is safe

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PDO Threads - Thread Lift

A PDO thread lift is the very latest non-invasive procedure which offers a soft and natural looking result. The PDO thread lift is designed for effective facial rejuvenation without surgery, which means less downtime at a comparatively lower cost with lower risk and minimal aftercare following treatment.

The procedure helps to reverse the key effects of ageing such as wrinkles, loose skin, deep creases, folds and poor skin texture. It can improve the profile of the face, raise cheeks or eyebrows, help to prevent eye bags and it can also minimise the appearance of laughter lines, lift sagging neck skin, raise the smile and angle of the mouth and even tackle smokers lines. The wide range of procedures is possible due to the different sizes and shapes of the threads.

The non-invasive procedure yields incredible rejuvenation results and is practically painless. It leaves no scar or cuts at all.

PDO stands for polydioxanone which refers to the material used to make the threads that are inserted in the lifting procedure. The PDO threads offer a number of specific benefits:

- threads have no cones, thus no damage to the tissue
- excellent safety record – the same dissolvable threads have been used as surgical sutures for decades.
- ultra-fine threads are naturally broken down within the body over 6-8 months, although the results naturally 'wear off' after around 12 months
- transparent material invisible within the skin
- due to very fine stitches there is little to no risk of a puffy facial appearance when treating lower parts of the face

The principle behind PDO thread lifting is not simply about pulling the skin into a different position, but rather to stimulate the body's natural reaction to a 'foreign body' – which is to produce collagen and improve blood circulation, contracting the tissue as the treatment does not add volume.

As with any cosmetic treatment, there might be some temporary swelling, redness or bruising. This usually subsides within a couple of days.

Results take around 4-6 weeks to fully develop, however some results are seen immediately. We will arrange a review 2 weeks after treatment to check on the progress. A further review after 3 months can be arranged where before and after photographs will be compared and a further treatment will be provided if necessary.

PDO threads may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 15 - 60 minutes

Number of treatments: single or multiple when different areas are treated (different applications)

How Often: every 6 - 12 months

Downtime: none - five days

Post treatment: swelling, mild bruising and tenderness

Anaesthesia: application of cream and local anaesthetic injections for cogs (lifting threads)

Exercise: depending on the type of threads and the area they are used you may need to abstain from exercise for 12 hours up to a few days.

(Make-up can be applied 30 minutes after treatment)

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Silk Peel Dermalfusion

The benefits of regular exfoliation are known to improve the condition of the skin. Microdermabrasion takes the effects of exfoliation one step further by using a safe yet effective mechanical system for exfoliating the skin, whisking away the top layer of dead skin cells and cleaning pores to reveal fresh, clear, new skin beneath.

The benefits are not just short term, as the process of exfoliation stimulates cells renewal which we all know slows down with ageing. The treatment speeds up the cell turnover process so the skin continues to improve after the initial microdermabrasion session.

After microdermabrasion treatment, soothing and therapeutic creams are applied. These can penetrate the skin more deeply after the treatment and are therefore more effective.

Microdermabrasion is a very flexible treatment which can be used to treat a wide range of problems and conditions, as it is directed at improving the health of the skin from within.

Microdermabrasion is suitable for women or men and can effectively treat:

- Fine lines and wrinkles
- Age spots, freckles, pigmentation and sun damage
- Certain kinds of acne (non-inflamed)
- Enlarged pores
- Mild scars including acne scarring
- Lacklustre, tired-looking skin
- Flakey and/or dry skin
- Acne scarring
- Stretch marks

It can be used on the body as well as the face – for example, improving the delicate and exposed skin on the hands.

High-Tech Microdermabrasion Technology

The microdermabrasion machine in use at clinicbe is different to the harsher crystal dermabrasion systems commonly used at other clinics. Our machine uses a non invasive exfoliation method with medical grade diamonds plus an infusion of a dermatological solutions selected for patients on an individual basis. The treatment is also adjustable with varying grades of intensity according to the individual's requirements.

This has a series of benefits for the skin:

- Suction device stimulates microcirculation
- Microdermabrasion gently suctions the skin to place it in contact with the diamonds which exfoliate the skin through abrasion
- Leaves the skin a healthy colour after treatment
- Dermatological solutions (Lumisyl Infusion, Skin Hydrating, Skin clarifying, Vitamin C hydrating) bring more nutritional substances to nourish the skin.

Silk Peel Dermalfusion may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 60 minutes

Number of treatments: 3 - 6

How Often: intense - every week, normal - every 2 weeks, maintenance once a month

Downtime: 1 - 4 hours

Post treatment: a glowing and more radiant complexion may be immediately observed. A very small possibility of redness, dryness or irritation. Sun screen is recommended.

(Make-up not to be applied for 2 hours)

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Advanced Electrolysis

Advanced Electrolysis skin tags and broken capillaries

Electrolysis is a simple yet highly effective skin treatment for dealing with a variety of skin concerns such as unwanted lesions, blemishes or broken capillaries.

More commonly associated with hair removal, electrolysis has been around for over 100 years. It offers a surprisingly wide range of applications for tackling skin issues and consistently delivers excellent results.

A press release by the British Institute & Association of Electrolysis explains:

In fear of incurring high private dermatology costs, pain and scarring, those suffering from unsightly blemishes and bumps often make do with cover-up cosmetics or skincare products that offer only limited results.

Many people are unaware that for just a few seconds of mild discomfort – no anaesthetic required – a raft of unwanted bumps and blemishes can be immediately, safely and permanently removed – often with life-changing results.

Electrolysis is effective on a range of skin conditions including:

- broken capillaries, spider veins and thread veins
- Blemishes and skin lesions
- skin tags, milia and blood spots
- warts, verrucae and seborrhoeic warts

The treatment process is known as cauterisation, which involves the local application of electrical current via a tiny probe or needle, this heats the area to cauterise or destroy the blemish.

Results can be rapidly visible after treating red veins and skin tags, which may disappear almost immediately.

Advanced electrolysis may be combined with other treatments. The timing of any combination of treatments will be agreed upon during consultation.

Treatment time: 30 - 60 minutes

Number of treatments: 1 - 3

How Often: every 4 weeks (same area)

Downtime: 1 - 6 hours

Post treatment: redness, tenderness, scabbing

Anaesthesia: anaesthesia not possible due to the influence on the capillaries, topical can be used for other lesions

Sun exposure: none for up to 2 - 4 weeks post treatment. Daily application of sunscreen is recommended.

(Make-up can be applied a few hours after treatment)

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ELLANSÉ™ is a unique and innovative range of dermal filler products which offer natural, bio-stimulating and longer-lasting results for patients.

The ELLANSÉ™ Range introduces a new era of safe and innovative solutions for facial beauty treatments for clients seeking anti-ageing treatment, combining compelling benefits: immediate correction of wrinkles and folds stimulating the generation of the body's own natural collagen for beautiful, fresh and longer-lasting results. Collagen is one of the important support structures found naturally in our skin, helping to maintain the appropriate tightness, elasticity and suppleness.

As the years pass, the natural collagen levels within the skin deplete, leading to lines, wrinkles, folds and facial laxity. ELLANSÉ™ is designed to utilise the body's natural response mechanisms to stimulate the generation of new collagen in a process known as neocollagenesis – restoring a fresh, youthful look.

The ELLANSÉ™ range has 4 different versions which allow doctors and patients to customise their treatment in terms of how long the results will last.

ELLANSÉ™-S (1 year)

ELLANSÉ™-M (2 years)

ELLANSÉ™-L (3 years)

ELLANSÉ™-E (4 years)

ELLANSÉ™ is a synthetic dermal filler composed of totally smooth polycaprolactone (PCL) microspheres suspended in a water-based carboxymethylcellulose (CMC) gel-carrier. ELLANSÉ™ is a safe and clinically proven treatment and is completely biodegradable to CO_2 and H_2O .

What areas can ELLANSE treat?

- Lateral Brow Lift
- Cheek volumisation and augmentation
- Submalar Augmentation
- Nasolabial Folds
- Pre-jowl Sulcus
- Chin Augmentation
- Mental Crease
- Marionette Lines
- Oral Commissures
- Peri-oral Lines PERI - ELLANSÉ™
- Nose Reshaping
- Temporal Volumisation
- Hands

Treatment time: 30 minutes

How often: every 12 - 18 months. 18 - 24 months, 24 - 36 months, 36 - 48 months depending on product used

Downtime: 2 hours

Post treatment: dependent on the sensitivity of the area treated the following can occur - swelling, redness, bruising

Topical anaesthetic: Yes, to be applied 15 - 30 minutes prior to procedure

Exercise: can be taken the next day after treatment

(Make-up can be applied 30 minutes after treatment)

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IV Infusion Therapy

Dr John Myers, a physician from Baltimore pioneered the use of IV vitamins and minerals as part of the overall treatment of various medical problems since the 1950s. After the demise of Dr Myers in 1984 Dr Alan Gaby took over the care of Dr Myers patients using a modified version of the IV regime. Tens of thousands of patients with various medical conditions responded to treatment with the Myer's cocktail.

Administering nutrients intravenously can achieve serum concentrations not possible with oral or in some cases intra muscular administration.

The body's production of skin, muscle and bone is an every day occurrence; with rich red blood transporting nutrients and oxygen to the outer most parts of the body. It sends nerve signals along miles of brain and body pathways and formulates chemical messengers that shoot from one organ to another and to do all this our body needs some raw materials including at least 30 vitamins, minerals and amino acids which can not be manufactured by itself in sufficient amounts.

Introducing nutrients intravenously directly into the circulation ensures that your cells can easily obtain the nutrients needed to repair, heal, function and maintain optimal health. When nutrients are delivered intravenously (via a small cannula into the vein) the digestive system is bypassed and 100% nutrient absorption is achieved.

Standard IV therapies available:

- Myers Ultimate/ Classic
- Immunity
- Athletes/Sports
- Anti-ageing
- Energy Booster
- Stress and Anxiety
- Diet and Detox

IV Infusion Therapy may be combined with other clinic offerings such as Oligoscan; for an accurate reading of mineral deficiencies in the body for a more bespoke IV infusion therapy treatment.

Treatment time: 60 minutes

How often: every 4 weeks, Diet and Detox on a weekly basis

Downtime: none

Post treatment: possible bruising at intravenous injection site, mild nausea, headache, dizziness

Topical anaesthetic: none

Exercise: can be taken an hour after treatment

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Oligoscan

OligoScan is a brand new way of carrying out detailed health checks to assess a person's health using an advanced process known as 'spectrophotometry'.

The test measures:

Pure Assimilation

Mineral deficiencies (due to diet and food choices)

Accumulation of heavy metals in the body

Anti-oxidant levels

Acidity levels

As spectrometry checks the cellular levels, the test gives the most direct and immediate information possible on a patient's health. It is significantly faster and more accurate than assessing urine or blood samples. The human body keeps the blood levels balanced for much longer than cellular, therefore the deficiency is first seen in the cells rather than in the blood itself. That's why OligoScan can highlight issues that a normal blood test cannot.

Benefits of OligoScan:

- No injections or blood taking
- Pain-free
- Instant results
- More precise than a standard blood test
- Includes a consultation with our Therapist and interpretation of the scan results

The method used by the OligoScan to obtain results on the amount of trace elements in tissues is the starting point to work out any appropriate treatments. The most common use of this data is to look at what supplements would benefit the patient in order to boost their health, vitality and immunity.

Where the test identifies concerns about heavy metal toxicity or anti-oxidant levels, this can be very helpful in understanding symptoms that a patient might have been experiencing, such as tiredness, insomnia or poor metabolism. Understanding an advanced blood test allows the doctor unusual visibility of what could be influencing a person's health and enables them to prescribe the appropriate treatment, supplement or lifestyle changes.

It is highly recommended to carry out OligoScan spectrophotometry testing in advance of any IV Infusion treatments (minerals or nutrients administered through an intravenous drip) – a treatment which is increasingly popular.

The OligoScan measures intracellularly for extremely accurate and precise results. After entering the necessary patient's data the Oligoscan is gently pressed on four points of the hand palm. The light beam will determine the intensity of the electromagnetic signals of 34 elements, after which the intelligent software calculates the results and delivers a comprehensive report.

Treatment time: 30 minutes

How often: every 3 months

Downtime: none

Post treatment: no effects



Plasma Shower

Plasma Shower removes the bacteria and helps absorb essential products by the skin tissue. A strong low-temperature atmospheric plasma on the surface of the skin sterilises the skin and the ionised radicals stimulate the skin treatment process such as skin regeneration, anti-bacteria defence, TDDS (Transdermal Drug Delivery System), skin whitening and collagen generation.

The Plasma Shower treatment is non-invasive, pain free and there is usually no down time.

During the treatment, the skin may feel a warm sensation and where there are active clusters of acne the feeling may be amplified. There is also the smell of Ozone which is harmless. The tips of active acne pustules may be dislodged during the treatment, this is normal.

The effects of the Plasma Shower treatment can usually be seen within a week after the treatment.

As part of your consultation your practitioner will discuss alternative treatment options, including acceptance of your present condition, in order to ensure that you receive the best treatment for your individual needs and concerns.

Multiple Plasma Shower treatment sessions are required to obtain optimal results.

Common side effects after treatment include: slight redness which is transient, weeping acne pustules.

Uncommon Side Effects include: blister, hypo/hyper pigmentation (light or dark patches on the skin), usually this is temporary but in rare cases can be permanent, herpes simplex (cold sores) - if you do suffer from cold sores treatment can trigger an outbreak

This treatment is suitable for all skin types.

Treatment time: 60 minutes can be combined with other treatments to enhance results

Number of treatments: 2 - 6 dependent on area and concern

How often: 1 - 4 weeks intervals

(Make-up should not be applied for 24 hours)

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MiCool A

MiCool A (cryolipolysis)

Excess subcutaneous fat causes not only cosmetic issues, but also substantial systemic health problems. Cryolipolysis has been reported to provide non-invasive fat reduction that significantly reduces subcutaneous fat cells with controlled, localized cooling.

MiCool A is a non-invasive selective cryolipolysis device and was approved by the Ministry of Food and Drug Safety (MFDS) of the Korean government in 2013.

It is the cooling of subcutaneous fat cells, which induces lipolysis, the breaking down of the fat cells, without damaging any of the surrounding tissues or the skin. Cryolipolysis works to reduce fat in specific areas of the body and is most commonly used on the stomach, back, hips and thighs. Cryolipolysis is not a permanent solution to fat loss; whilst it can reduce fat cells that are already present, it cannot prevent remaining fat cells from increasing in size so individuals will have to maintain their fat loss either through a combination of diet and exercise or further cryolipolysis procedures. There is hardly any recovery time or any side effects associated with cryolipolysis. Following the procedure, the fat breaks down over a period of two to four months, resulting in fat loss that appears entirely natural.

Cryolipolysis works on the basis that fat cells are more vulnerable to energy extraction – in this case, cooling. That means that cryolipolysis will break down the fat cells, but not the surrounding tissues.

Once cooled, the fat cells then undergo apoptosis, which is controlled cell death. When apoptosis happens, the fat cell wall breaks down causing lipids (fats) from the cells to be released.

These lipids are transported by your lymphatic drainage system to be processed and eliminated through the body in the same way that fat from your food is eliminated. This process is very gradual, meaning that there is no danger of your lymphatic system being overloaded.

You may start to see changes as quickly as a week following your treatment, but will experience the most signs of change between one and three months after treatment. Your body is still flushing fat cells out via your metabolism and will continue doing so for up to four to six months following treatment.

Additional treatments on the same area can be performed four weeks after the initial procedure to achieve greater fat reduction.

During the procedure one or two non-invasive cooling panels are applied to the skin, covered with gel pads, on the area of fat that you wish to treat where the fat tissue is vacuumed into the hand pieces. This will feel like a firm pull, with pressure, for most it will not be painful.

During one session, you can have multiple cycles (eg. stomach and legs) without danger of side effects.

The fat cells will then be cooled for around one hour, depending on your personal needs. At first, the area that is being treated will feel very, very cold, however this will quickly subside.

Treatment time: 90 minutes plus 60 min for each additional area

Number of treatments: 3 - 6

How Often: discuss with the therapist

Post treatment: There aren't many side effects associated with cryolipolysis because it is non-invasive, there are no open wounds and therefore there is no risk of infection. Some patients may experience redness, numbness, soreness, bruising, tingling, swelling or some discomfort in the treated area – this is simply due to how the tissue is drawn up into cooling hands during the procedure. Any side effects such as those mentioned are temporary and will disappear within a few hours or days.

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Derma Stamp/Pen/Roller (Acne)

The derma roller (or derma stamp) works by causing a 'mini-trauma' to the skin, activating the skin's healing process. New collagen and elastin is produced, stimulating new skin cells that will fill out any pitted scars or indentations. At the same time, scar tissue is 'tricked' into dividing and is gradually broken down.

After a few treatments, scar tissue starts to contract and hyperpigmentation begins to fade. The derma roller also thickens the skin, which simultaneously makes scars less visible. With time and continued treatments, most scar tissue is removed and replaced with smooth, healthy skin.

Using a derma roller also creates channels through which products can penetrate to deeper skin layers and therefore work much more effectively than they would normally. Combining derma roller treatment with the right products can dramatically speed up the repair process.

Best results with treating acne scars are achieved when using derma stamp+ Growth Factor/C-profs alternate with stamp+ TCA peel.

Recovery Serum (growth factor- a naturally occurring substance capable of stimulating cellular growth, proliferation, healing, and cellular differentiation)- enhances the skin's natural process of regeneration and repair. It stimulates collagen production, healthy circulation, antioxidant activity, and cellular renewal. With regular use, fine lines and wrinkles will be diminished, and skin will look and feel softer and firmer. The soothing formula helps relieve irritation from bruising after cosmetic procedures, reduces the appearance of broken capillaries, and greatly decreases post-procedure redness. It is excellent for use after clinical skin procedures to shorten downtime, speed healing, and improve end results. This nourishing serum also helps to diminish the appearance of rosacea, soothe skin traumas associated with first-degree burns, and reduce post-procedural discomfort associated with chemical peels, surgery, and laser treatments. The pure, clean-smelling Recovery Serum will not clog pores, leave a greasy feel, or irritate sensitive skin.

TCA (chemical peel- Trichloroacetic acid) -is highly efficient treatments against slight to moderate photoaging, actinic and sebhorreic keratosis, pigmentary dischromia, acne and acneic scars, lack of facial luminosity and recovery of skin texture and general skin tone. The trichloroacetic acid action mechanism is the chemical coagulation of skin proteins and is neutralised by plexo dermis serum. Acid penetration is progressive and descends freely through the different dermis layers. Exfoliation capacity varies with concentration. After healing, the treated area re-epithelises and the new skin is firmer and more elastic.

Vitamin C serum is the secret weapon in scar removal. Our bodies need Vitamin C to produce collagen and using vitamin C serum in conjunction with a derma roller/derma stamp combines collagen production with new skin cell generation. Vitamin C also fights hyperpigmentation by preventing melanin production. This is beneficial when treating acne scars, as it helps to fade the marks left behind by acne and/or acne scars

Silkpeel Dermal Infusion

Silk Peel Dermal Infusion (Acne)

Silkpeel Dermal -Infusion or hydrodermabrasion is a skin treatment that combine non-invasive exfoliation with the infusion of skin-specific topical solutions to improve and revitalize the skin.

This advanced form of microdermabrasion is unique because its do not use crystals like traditional microdermabrasion but the tips with medical grade diamonds which could be choose for different level of exfoliation as well as pushing active products (salicylic acid, hyaluronic acid, vit C, lumixyl-lightening product) into the skin.

This safe and painless treatment can improve non-inflammatory type of acne as well as post acne scars and pigmentation by:

- Removing excess of dead skin cells by diamond abrasion will speed up cell turn over (Leaving skin soft, visibly improves appearance of scarring and open pores)
- Unlock the pores and vacuumed out excess sebum
- Infusion of clarifying solution will control bacterial proliferation and help minimise the pores.
- Vit C and Lumixyl dermal solution will help reduce post acne pigmentation/ irritation, and hydrating solution can be used to provide healthier, fresher looking skin.
- Suction device also stimulates microcirculation which will provide the nutrients that skin needs for rejuvenation

Silkpeel treatment last about 30 min. Skin post treatment will look glowing and radiant. There is a small possibility of redness, dryness or irritation.

This treatment may also be combine with facial which would include steam, extraction, specific mask, face massage and specific serum application. Combine treatment will last about 1 hour in total.

For the best results, home maintenance care would be recommended by Doctor/ Therapist.

A minimum of 3-6 sessions should be perform in weekly/ fortnightly intervals depends of skin condition and sensitivity.

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IPL

IPL (Acne)

Acne vulgaris is a chronic inflammatory disorder of the pilosebaceous unit affecting more than 85% of adolescents and often persisting into later adulthood.

IPL treatment may offer improvements in inflammatory acne and acne scarring, with more limited benefit for noninflammatory (comedonal) acne.

IPL (400–1200 nm) devices employ flash lamps and bandpass filters to produce polychromatic incoherent high-intensity pulsed light of determined wavelength spectrum, fluence, and pulse duration. Absorption of red and blue light can activate porphyrins that reduce *P. acnes* growth. In addition, endogenous chromophores in the skin absorb broad spectrum light delivered by IPL to achieve damage of blood vessels supplying sebaceous glands, thus reducing sebaceous gland size and/or function. IPL may also exert an anti-inflammatory effect through down regulation of tumor necrosis factor alpha and up regulation of transforming growth factor-beta1

IPL can also be used for:

- lightening and removing post inflammatory pigmentation
- lightening and reducing redness, rosacea, dilated blood vessels and broken capillaries on the face, neck and chest – as post-inflammation residue of acne
- helping to control flushing
- improving skin texture and pore size through collagen stimulation
- reducing inflammatory response of skin

You can expect to see a gradual clearing with each treatment but it is common for your response to be slightly different each time.

Treatment time: 30min or 60 minutes (if combined with a peel or facial)

Number of treatments: 3 - 6 dependent on area and concern

How often: 2 - weeks

Downtime: none to 12 hours

Post treatment: from none to redness, swelling, irritation

Maintenance: single treatment every few months

(Make-up should not be applied for 24 hours)

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Chemical Peels

Chemical Peels (Acne)

When topical acne medications do not provide satisfactory results, a clearer, healthy-looking complexion may be achieved with a chemical peel for acne or acne scars.

An acne chemical peel is performed by applying a chemical solution to the skin. The solution dissolves the epidermal skin layer and peel over a period of several days. As the treated skin comes off, fresh new skin replaces it. This exfoliation caused by the acne skin peel eliminates or reduces the appearance of acne blemishes and scars.

Acne chemical peel treatments provide benefits in addition to acne treatment — they can improve the skin's pigmentation and make the skin smoother.

Peels (different acids) have got different additional effects:

Lactic-softens contours, reduces solar damage, improves texture, skin tone/aspect and generally activates collagen and elastin formation.

Glycolic-anti-aging treatment to reduce wrinkles or expression lines as well as nourish and hydrate, reduce pore size

Mandelic-exfoliating peel for oily acne prone skin with antiseborrheic properties for reduced oil production

Melanostop-formulated to treat most forms of hyperpigmentation including sun damage, age spots/liver spots and post-inflammatory.

Modified Jessner-treatment of photo-aging, dehydration, congestion and mild pigmented blemishes.

Salicylic- is a sebo-regulator, containing antiseptic, bacteriostatic and fungicidal properties. Ideal for combating whiteheads, exfoliates both in pores and skin surface.

Azelaic-treating acne in all different manifestations, particularly *Propionibacterium acnes*.

TCA-highly efficient treatments against slight to moderate photoaging, wrinkles, actinic and seborrheic keratosis, pigmentary discoloration, acne and acne scars, lack of facial luminosity and recovery of skin texture and general skin tone.

The best candidates for acne chemical peel treatments are people with superficial/medium acne or acne scars. Individuals with severe or very active acne may not be good candidates for acne chemical peels.

Acne scars are the result of the body's inflammatory response to acne lesions. There are several different types of scar left by acne, and each affected person has a different and unique facial "topography." Acne scar treatment must therefore be implemented on a case-by-case basis. Although no single treatment is best for everyone, an acne chemical peel may provide effective treatment for some patients. A deep TCA peel may be able to resurface the treated skin enough to eliminate the appearance of acne scars. With the TCA chemical peels, more than one treatment may be necessary.

The extent of recovery necessary after an acne skin peel depends on the type of chemical peel used — AHA, BHA, TCA. Patients commonly experience some temporary side effects such as redness, dryness, and flaking or scaling after chemical peel for acne, but these side effects are usually mild and do not prevent patients from returning to regular daily activities after treatment.

A TCA acne skin peel can have the same side effects as lighter peels + significant swelling (depending on the strength of TCA used). A mild pain medication may be necessary after a strong TCA chemical peel for acne scars, and the skin may form a temporary crust or scab on the treated area. The swelling and discomfort of a TCA chemical peel subside within about a week, and after about 10 days the skin is healed enough that the patient can return to normal activities.

Chemical peel treatment may be combined with IPL, derma stamp/pen (scars), or facial to enhance the results.

Most suitable peel will be chosen during initial consultation depends on skin condition and sensitivity and could be reviewed before each session.

Treatment time: 30 minutes

Number of treatments: 3-6 dependent on area and concern

How often: dependent on depth of peel (discussed on consultation)

Downtime: minimal peeling (superficial), peeling 3-5 days (medium - deep)

Post treatment: from none (superficial) to redness, swelling, irritation, skin peeling

(Make-up should not be applied for 24 hours)

Acnelan

Acnelan (Acne)

Acnelan is an innovative solution for the treatment of acne-prone and seborathic skin of face and body. It combines an intensive professional treatment at the clinic (peel mask) with a simple to use home maintenance program.

A cross-cutting and simultaneous approach address the various factors triggering the disease (epidermal hyperkeratination, androgen excess, increased sebum production, bacterial hyperproliferation, chronic inflammation and residual hyperpigmentation) , providing effectively controlling the symptoms of acne and alleviating its sequelae, such as:

- Keratolytic clearing of pilosebaceous channel
- Inhibition of 5- α reductase involved in androgen synthesis
- Decrease in production of sebum
- Control of bacterial proliferation
- Reduction of redness and skin tumefaction
- Softening post acne hyperpigmentation

Acnelan treatment takes less than 30 min and involve of application of professional peel mask.

During the session, you may experience some mild tingling and burning/warmth sensation which will subside after 3-4 min when neutralising solution will be applied to the treated area. Some mild to moderate erythema may be present after the session but usually it settles between few hours to 1 day post treatment.

For the best results a total of 3 sessions with the interval of 15 to 21 days between sessions according to the Doctor/Therapist criteria and based on the sensitivity of the skin to treat and its capacity to recover is recommended.

For skin with more rebellious acne it is recommended to perform 3 additional sessions. The best results are achieved when using with home maintenance program recommended by Doctor/therapist

Plasma BT

Plasma treatment works by triggering a contraction of the skin fibres to bring about a tightening, lifting and remodelling effect. Plasma BT uses plasma energy to achieve this. The principle involves the ionisation of gases contained in the air to create a miniature "arc" of energy which can be used to treat specific areas of concern without damaging the surrounding areas or applying any unwanted heat. Plasma treatment is much less invasive than laser or diathermy.

The advantage of Plasma is that it offers an alternative to surgery, which itself can be highly invasive, have associated risks and may involve prolonged downtime. There is minimal downtime and risk of complication associated with Plasma treatment.

The depth of the treatment will determine the recovery time as well as the risks. The treatment of deeper wrinkles and scars may produce more discomfort and prolong downtime, but during consultation Doctor can manage this effectively for you if necessary.

Immediately following treatment, the skin may feel tight and a throbbing, burning sensation may be felt. Sunburn-like redness can be seen immediately after treatment and the small 'dots' from the treatment will be visible. The skin will feel hot and your practitioner may ask you to use a cooling fan. Swelling, discolouration and flaking can be expected in the days post-treatment. Once the redness has subsided after 1-2 days the skin will appear darker. This is old skin and will quickly be replaced by 'new' pink skin.

The full effects of the treatment will be seen at around 6-8 weeks following treatment. It will take this long for the new collagen formation and remodelling to be complete. Sometimes numerous sessions are necessary. The results are permanent and should last 3-5 years.

Common side effects (lasting up to 2 weeks) after treatment include: redness, swelling, burning sensation (like sunburn), tenderness, skin discolouration (temporary), crusting/scabbing of the skin, itching, skin flaking, skin sensitivity and increased sensitivity to sunlight.

Uncommon Side Effects include: blister, hypo/hyper pigmentation (light or dark patches on the skin), usually this is temporary but in rare cases can be permanent, infection - it is important to follow the aftercare instructions provided to prevent infection from occurring herpes simplex (cold sores) - if you do suffer from cold sores treatment can trigger an outbreak, blistering, scarring, demarcation lines, permanent scarring.

Treatment time: 60 minutes (30 min emla + 30 min treatment), can be combined with PRP to enhance results and recovery time

Number of treatments: 2 - 6 dependent on area and concern

How often: 4 - 6 weeks intervals

(Make-up should not be applied for 24 hours)

The ME LINE range is the first pigmentation removal system in the world that works on specific types of pigmentation. It can be used to treat most skin types, including pale skins, darker skins, sensitive and acne-prone skin.

What can be treated with ME LINE?

ME LINE can significantly improve hyperpigmentation, acne-prone skin and melano-hematic pigmentation.

How does ME LINE work?

ME LINE is made up of various depigmenting active ingredients which act at different points to break down existing pigmentation and inhibit the production of new melanin. The acids present in ME LINE are tranexamic acid, mandelic acid and kojic acid. Mandelic acid causes the skin to peel and is a melanin synthesis inhibitor, kojic acid inhibits tyrosinase, which is an enzyme that produces melanin. ME LINE also contains retinoids which exfoliate and disperse melanin granules, resulting in their elimination. The results of the treatment are maintained and increased through use of ME LINE HOME, which also contains some of the active ingredients found in the treatment.

What does a treatment with ME LINE involve?

The skin is cleansed and then prepped with 2-3 layers of ME LINE PREP 00. This is then removed and the ME LINE 01 PRO mask is applied in a thick layer. A second layer may be applied to any areas of hyperpigmentation. The mask is left on for up to 4 hours, depending on severity of the pigmentation. The mask is removed and the practitioner may recommend that the patient uses the ME LINE home care products to enhance and maintain the results.

Treatment time: 30 minutes

Number of treatments: 1-3 mask application depends on consultation

How often: discussed on consultation

Downtime: peeling 3 - 7 days

Post treatment: redness, peeling, swelling and irritation