## AESTHETICIAN: SKIN TREATMENTS

HYDRAFACIAL MD® From £250

Treats: lacklustre skin, enlarged pores, acne, pigmentation

acne, pigmentation

Results:

are seen within 1-2 days

Pain: none

Social downtime:

up to 24 hours (potential redness)

Social downtime:

up to 24 hours (potential redness)

Recommended course:

2-4 treatments, 2 weeks apart

AQUAGOLD® FINE TOUCH
HYDRAFACIAL MD® Fro

Treats: loss of radiance, uneven skin texture, facial flushing / rosacea,

texture, facial flushing / rosacea,
lacklustre skin

Results:

From £800

Pain: mild

Social downtime:

up to 24 hours (potential redness)

Recommended course:

1-3 treatments, 1 month apart

are seen within 1-2 weeks

CHEMICAL PEELS From £200

Treats: wrinkles, acne, acne scars,

hyperpigmentation, melasma,

age spots, sun damage

Results:
results are seen in 1-2 weeks
Pain: mild to moderate
Social downtime:

depends on the type of peel; from 0-7 days

Recommended course: customized to skin

concerns & downtime

From **£400** 

from £400

From £800

wrinkles, skin laxity, skin crepiness, acne scarring, hyperpigmentation and

sun damage

Social downtime:

MICRONEEDLING

Results:

Results:

Treats:

MESOTHERAPY

within 48-72 hours with continued effect Pain:

mild (topical anesthetic can be applied)

up to 24 hours (potential to bruise)

Recommended course:

3-5 treatments, 1 month apart

Treats: acne scarring, fine lines & wrinkles,

skin texture, crepey skin, pigmentation

within 1 week with continued effect

Pain:

mild (topical anesthetic can be applied)

Social downtime:

up to 48 hours (potential to bruise)

Recommended course:

PRP: PLATELET

RICH PLASMA

3-5 treatments, 1 month apart

Treats: crepey decolletage, aged eyes, wrinkles, deep set

tear troughs and for hand rejuvenation

Results:

are seen in 2 weeks

and continue for 3-6 months

Pain:

mild to moderate (topical numbing

cream is used before treatment)

Social downtime:

up to 24 hours (potential for bruising)

Recommended course:

three treatments, 1-3 months apart

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# DR. MARYAM ZAMANI AESTHETICIAN: LASER TREATMENTS

Treats: rosacea, photodamage, age spots, broken veins & capillaries, sun damage, facial telangectasia Results: are seen within 1 weeks with results lasting 12-24 months

Pain: mild- moderate (topical anesethetic may be applied) Social downtime: up to 24 hours

Recommended course: 2-4 treatments,

4 weeks apart with top ups biannually

Treats: wrinkles, sun damage, enlarged

rejuvenation, fine lines & wrinkles, melasma

Pain: mild to moderate (topical anesthetic is

applied for 30 minutes prior to treatment)

Recommended course: 1- 3 treatments

Treats: rosacea, photodamage, age spots,

Recommended course: 3-5 treatments, 4

broken veins & capillaries, sun damage

are seen within 1 weeks with

results lasting 12-24 months

LASER GENESIS

Treats:

Results:

none to mild

Social downtime: none

Recommended course:

LED LIGHT THERAPY

acne, broken veins & capillaries,

hyperpigmentation, rosacea,

age spots and sun damage

continued improvement

Social downtime: none

Recommended course:

3-5 treatments, 1 weeks apart

loose skin around the eyes, face, neck,

decolletage and body as well as acne

and fine lines & wrinkles

applied prior to treatment)

pinpoint scabs can appear)

1-3 treatments, 3-5 weeks apart

wrinkles, broken veins & capillaries,

age spots, sun damage, cherry red

spots and capillary hemangiomas

Results: are seen in 24-48 hours

Social downtime: none

Recommended course:

1-4 treatments, 4 weeks apart

Treats: wrinkling, loss of volume, skin

Results: results peak at 3-6 months

Social downtime: none (potential for

Recommended course: every 1-2 years

tightening, jowling, neck bands, crepey

decolletage, nose to mouth lines and heavy

Recommended course:

Social downtime:

ND:YAG LASER

Treats:

Pain: mild

ULTHERAPY

Pain: moderate

brows

swelling)

scarring, festoons, uneven skin texture,

Results: results are seen in 1-2 weeks with

Pain: moderate (topical numbing cream is

continued improvement for 3-6 months

3-7 days (local skin redness, swelling,

Results: within 24 hours with

3-5 treatments, 4 weeks apart

Pain:

Treats:

Pain: none

MORPHEUS8

Treats:

Social downtime: up to 24 hours

weeks apart with top ups biannually

rosacea, uneven texture, skin laxity,

within 24 hours with results lasting 2 weeks

pigmentation and acne scarring

pores, uneven texture, skin laxity,

pigmentation, acne scarring, hand

HALO™ LASER

Results:

IPL

Results:

2-5 days with results

lasting months to years.

Social downtime: none

From £2000 (face)

From £400 (face)

From £800

From £70

From £2000

From £500

From £800

BBL™ (BROADBAND LIGHT) From £600

DOCTOR: INJECTABLES

BELKYRA™

From £850 per vial (2 – 3 vials per session)

Treats:

double chin (not suitable for very large double chins or a lot of sagging skin) Results:

are generally 3 months after last injection Pain: mild- moderate

Social downtime: 2-5 days (potential for

bruising and swelling)

Recommended course: 2-6 treatments

every 6-8 weeks

DERMAL FILLERS

HA fillers:

Radiesse:

From £850 per syringe

From £950 per syringe

wrinkles, volume loss, tear troughs, hands,

Treats:

ear lobes, jowling, lip enhancement, non surgical nose reshaping, chin augmentation, eyebrow lift

Results: are seen within 1-2 weeks with

results lasting 6-18 months

Pain: mild- moderate

Social downtime: 24-72 hours (potential for bruising)

NEUROTOXIN /

BOTULINUM TOXIN

From **£350** 

dynamic facial lines, gummy smiles, rosacea, teeth grinding, headaches, masseter

Treats:

hypertropy, neck bands, hyperhidrosis (excessive sweating in the armpits, hairline, hands, feet, groin) and menopausal sweats. Results:

2 weeks and last 3-6 months

are seen within

Pain: mild Social downtime: up to 24 hours

(potential for bruising)

Treats:

SCULPTRA

volume loss in the face and buttocks; can

From £850

also be used to improve texture above the knees and elbows,

acne scarring Results: are seen within 2-3 months with results lasting 18-24 months

Pain: mild- moderate Social downtime: 24-72 hours

(potential for bruising)

Treats:

SKIN BOOSTERS

fine lines & wrinkles, smokers lines, crepey

From £500

skin, neck, chest, hands, crows feet, pigmentation

Results: are seen in 2-3 weeks

Pain: mild to moderate (topical numbing

cream can be used before treatment)

Social downtime: 1 day

Recommended course: prophilio: 2 treatments, one month apart, volite: one

treatment every 6 months, revive: 3

treatments, one month apart

DOCTOR: SKIN TREATMENTS

# HYDRAFACIAL MD®

AQUAGOLD® FINE TOUCH

Treats:

From £800

loss of radiance, uneven skin texture, facial

flushing / rosacea,

lacklustre skin Results: are seen within 1-2 weeks

Pain: mild

Social downtime:

up to 24 hours (potential redness) Recommended course:

Treats:

CHEMICAL PEELS From **£200** 

1-3 treatments, 1 month apart

wrinkles, acne, acne scars, hyperpigmentation, melasma,

Results: results are seen in 1-2 weeks Pain: mild to moderate

age spots, sun damage

Social downtime: depends on the type of peel; from 0-7 days

concerns & downtime

From **£400** 

from £400

From £800

From £7500

Recommended course: customized to skin

MESOTHERAPY Treats:

and sun damage Results:

mild (topical anesthetic can be applied)

wrinkles, skin laxity, skin crepiness, acne

scarring, hyperpigmentation

within 48-72 hours with continued effect Pain:

Social downtime:

up to 24 hours (potential to bruise)

Recommended course: 3-5 treatments, 1 month apart

Treats:

Results:

MICRONEEDLING

texture, crepey skin, pigmentation

within 1 week with continued effect

acne scarring, fine lines & wrinkles, skin

Pain:

Social downtime: up to 48 hours (potential to bruise)

mild (topical anesthetic can be applied)

Recommended course: 3-5 treatments, 1 month apart

PRP: PLATELET

RICH PLASMA

crepey decolletage, aged eyes, wrinkles, deep set tear troughs and for

Treats:

hand rejuvenation

and continue for 3-6 months

Results: are seen in 2 weeks

cream is used before treatment)

up to 24 hours (potential for bruising) Recommended course:

Social downtime:

three treatments, 1-3 months apart

Pain: mild to moderate (topical numbing

Treats:

UVENCE

wrinkles, volume loss, tear trough, aged

eyes, lip treatment, skin tightening, turkey

neck, decolletage, hand rejuvenation and

chin Results: results are seen in 2-3 weeks

Social downtime: 24-72 hours (potential to

Pain: mild to moderate (topical numbing cream is used before treatment)

bruise)

DOCTOR: LASER TREATMENTS

## Treats:

BBL™ (BROADBAND LIGHT) From £600

rosacea, photodamage, age spots, broken veins & capillaries, sun damage,facial telangectasia Results: are seen within 1 weeks with

results lasting 12-24 months

Pain: mild- moderate (topical anesethetic

may be applied) Social downtime: up to 24 hours

Recommended course: 2-4 treatments, 4 weeks apart with top ups biannually

#### BLUE LIGHT THERAPY From **£300**

active acnes, acne scarring, red macules

Treats:

and irregular pigmentation Results:

improvement

Pain: mild Social downtime: up to 24 hours

are seen within 1 week with continued

Recommended course: 6 treatments, 1 week apart

From **£450** CLEARLIFT

wrinkles, improves skin elasticity,

hyperpigmentation, age spots, sunspots,

Treats:

melasma, crepey skin, jowling Results: are seen within 1-2 weeks and lasts 6 weeks

Pain: none to mild Social downtime: none

Recommended course: 6 treatments, 2

CO2 LASER

weeks apart

Treats: moderate photoageing, hyperpigmentation,

Non-ablative from £3000

ablative from £3500

From £2000 (face)

continued improvement over 3-6 months

lines and wrinkles, stretch marks

Pain: mild to moderate (numbing cream is

Results: are seen within 1-2 weeks with

Recommended course: 1-3 treatments, 3-6

Social downtime: 1-2 weeks

applied prior to treatment)

HALO™ LASER

Treats:

months apart

uneven texture, skin laxity, pigmentation, acne scarring, hand rejuvenation, fine lines

wrinkles, sun damage, enlarged pores,

Pain: mild to moderate (topical anesthetic is

Results: 2-5 days with results lasting

Social downtime: none

Recommended course: 1- 3 treatments

applied for 30 minutes prior to treatment)

& wrinkles, melasma

months to years.

From £2000

wrinkles, skin tightening, crepey

Treats:

decolletage, acne scarring, hyperpigmentation, stretch marks, acne

Results: are seen within 1-2 weeks with results lasting 12-24 months

scarring, sun spots, uneven skin texture

Pain: mild-moderate (topical anesethetic may be applied)

Recommended course: 3-5 treatments, 4-6 weeks apart

Social downtime: up to one week

DOCTOR: LASER TREATMENTS cont.

From £600  $\mathsf{IPL}$ 

Treats: rosacea, photodamage, age spots, broken veins & capillaries, sun damage Results: are seen within 1 weeks with

Recommended course: 3-5 treatments, 4

From £800

From £70

From £20

From £500

From £1000

From **£800** 

results lasting 12-24 months

LASER GENESIS

Pain: none to mild

Social downtime: none

Recommended course:

LED LIGHT THERAPY

acne, broken veins & capillaries,

Results: within 24 hours with

continued improvement

Social downtime: none

Recommended course:

3-5 treatments, 1 weeks apart

loose skin around the eyes, face, neck,

decolletage and body as well as acne

results are seen in 1-2 weeks with

applied prior to treatment)

pinpoint scabs can appear)

1-3 treatments, 3-5 weeks apart

Recommended course:

Social downtime:

ND:YAG LASER

capillary hemangiomas

Social downtime: none

Recommended course:

1-4 treatments, 4 weeks apart

acne scarring and turkey neck

Results: are seen in 2-3 weeks

cream is used before treatment)

Social downtime: 7-10 days

8 weeks apart

ULTHERAPY

Treats:

Results:

swelling)

Pain: moderate

Treats:

Pain: mild

PLEXR

Treats:

continued improvement for 3-6 months

3-7 days (local skin redness, swelling,

wrinkles, broken veins & capillaries, age

spots, sun damage, cherry red spots and

ageing eyes, wrinkles, stretch marks, scars,

Pain: mild to moderate (topical numbing

Recommended course: 1-2 treatments,

wrinkling, loss of volume, skin tightening,

jowling, neck bands, crepey decolletage,

nose to mouth lines and heavy brows

Social downtime: none (potential for

Recommended course: every 1-2 years

results peak at 3-6 months

Results: are seen in 24-48 hours

Pain: moderate (topical numbing cream is

scarring, festoons, uneven skin texture, and

hyperpigmentation, rosacea, age spots and

3-5 treatments, 4 weeks apart

Treats:

Results:

Treats:

sun damage

Pain: none

MORPHEUS8

fine lines & wrinkles

Treats:

Results:

Social downtime: up to 24 hours

weeks apart with top ups biannually

rosacea, uneven texture, skin laxity,

within 24 hours with results lasting 2 weeks

pigmentation and acne scarring

#### DOCTOR: THREAD LIFT & COMBINATION TREATMENTS

#### PDO THREADS

From £1500

Treats:

sagging skin, fine lines & wrinkles

Results: initial improvement seen within 2

weeks, results peak at 3-6 months

Pain: mild

Social downtime: up to one week (potential

for swelling and bruising)

Recommended course: every 6-12 months

#### GLOW REHAB

From £2400

#### Treats:

fine lines, wrinkles, uneven skin tone, sagging, lacklustre skin

Results: are visible within 1 weeks with

results lasting up to 6 months

Pain: mild- moderate

Social downtime: 24-72 hours (potential for

bruising)

### TRI-BROW LIFT

From **£2500** 

#### Treats:

ageing eyes, hallow eyes, sagging eyes, tired-looking eyes and uneven skin around the eyes

### Results:

improve for 6 months Pain: mild to moderate (topical numbing

are seen in 1-3 weeks and will continue to

cream is used before treatment) Social downtime:

#### 24 hours (potential for bruising)

#### EYE BRIGHT

TRIPLE BOOST

Treats:

From £2000

and crepey skin texture

sagging, uneven skin tone

Results: are seen in 1-3 weeks

Pain: mild to moderate (topical numbing

cream is used before treatment)

Social downtime:

24-48 hours (potential for bruising)

### DERMATOLOGY/SURGICAL TREATMENTS

BLEPHAROPLASTY

Upper eyelid blepharoplasty from £9,700 Lower eyelid blepharoplasty from £9,700

Treats:

ageing eyes, hooded eyelids, under eye puffiness and excess skin Results: are seen within 1 month with

continued improvement over 3-6 months

Social downtime: 1-2 weeks

Pain: mild

Results:

From £100

From £400

From £400

From £600

Pain: mild

Social downtime:

MOLE MAPPING

PATCH TESTING

within 1-3 weeks

CRYOTHERAPY

none but lesions become darker

end of 1 week Pain: none

Results:

Social downtime:

back for 1 week

none, please note patches will placed on

Results: within 1-4 weeks

PHOTODYNAMIC THERAPY From £1400

Social downtime: 3-5 days

SCLEROTHERAPY

Pain: mild

Results:

Pain: mild pain and burning sensation Social downtime:

results within 3-6 weeks

minimal, can return to normal activity post treatment. Mild bruising resolves within 1-2 weeks.

Skin biopsy

SKIN BIOPSY AND EXCISION

(per lesion) from £425 plus histology fee

Skin excision

(per lesion) from £700 plus histology fee

Shave excision

(per lesion) from £700 plus histology fee Punch biopsy

£600 plus histology fee

(per lesion)

Curettage and cautery

(per lesion) from £700 plus histology fee