

VISAGE OCTOBER NEWSLETTER

We just wanted to drop you a quick email to let you know about these unique offers we have that will run for the rest of the October/September month:

2 X SMALL AREAS OF LASER HAIR REMOVAL £49

1 MICRO £29.99

MICRONEEDLING FACIAL £95

3 AREAS OF BOTOX £220

3 AREAS OF BOTOX AND 1ML FILLER £450

VAMPIRE FACIAL 1 SESSION £250

VAMPIRE FACIAL 3 SESSIONS £700

LOOKING TO LOSE WEIGHT THE CORRECT WAY!

Dealing with weight gain can be frustrating, tiresome, and depressing. I have come across many clients who have lost their spark because of their battle with weight gain.

So why do you feel low when you are struggling with weight issues? The answer depends on the individual. This could be due to root causes, such as hormonal imbalances, stress, trauma, social media expectations, illness, etc.

We need to remember we are all built differently and there is no such thing as a 'perfect size'.

Your 'perfect size' should be based on your levels of energy and happiness.

To help address weight issues, I carry out a personalised Nutritional and Herbal Consultation in which I get to uncover, assess and understand what foods you are consuming and the reasons behind them. Maybe there is an underlying hormonal imbalance or nutritional deficiency which is contributing to your sugar cravings?

With the correct recommended blood work and after undergoing a thorough medical consultation, I can underpin the potential causes of your weight gain and provide the herbal medication to help promote weight loss the correct way!

Herbal medicine can help to assist metabolism, balance blood sugar levels, regulate mood, address stress levels- which are all contributing factors to weight gain.

The herbs which we prescribe in the clinic are medical grade herbs in a form of a tincture and are only allowed to be administered by a licensed and qualified medical herbalist.

So, what are the steps involved in this process?

1. Come in to see us for a full medical nutritional/herbal consultation (1hr) £120 (Bring blood test results, medication)
2. A diet plan is presented 2-3 days post consultation + herbal medicine £64
3. Follow up 2-3 weeks to access your results (weigh in + advice) £20 (15-20 minutes)



SOCIAL MEDIA AND APPS FOR DIETING

We all look at social media for advice and ideas on how we can improve our health and lose our weight. There are plenty of apps and websites that are asking for all your information and computer-generated plan is presented. You start a journey with them but it's very hard to maintain as there are no personal consultations, no consideration of personal mental health, sometimes considering illnesses and medication like antibiotics in the past that may alter the gut flora and the microbiome that can affect correct digestion and nutrient intake. That is why sometimes these apps and diets are not correctly personally advised. That's why we suggest a 1:1 nutritional consultation can be more accurate in achieving your goals, as the targeted diet will be to your own needs.



RESTORING THE YOUTH TO YOUR SKIN: POLYNUCLEOTIDES

What is Polynucleotide (PN) Skin injection?

PN are fragmented DNA that when injected into the skin, draws water to the molecules and signals to your body to improve perfusion with vessels and then fibroblasts are stimulated to create more of your own collagen, elastin and hyaluronic acid. You will also notice a reduction in the inflammation of the skin. PNs optimise the extracellular environment and stimulate tissue

reconstruction and repair. This translates into fresher, revitalised and tighter skin.

What can Polynucleotides treat, and what results can you see?

The most exciting area Polynucleotides can be used is under the eyes. The tear trough, dark circles under the eyes and sagging skin can be really improved. It also helps with lumpy or sunken scars, acne scarring, hyperpigmentation, melasma, rosacea, inflamed skin, general signs of facial ageing, eyebrow and scalp hair loss. It's also great for treating a wrinkly neck, décolleté, inner arms, thighs, and knees. The skin will have reduced pigmentation, improved skin quality, thickness and hydration. This takes a few months to become fully evident.

It is also a very good treatment for hair restoration and prevention of hair loss.

Who can be treated by Polynucleotides?

This treatment is suitable for everyone who would like to refresh the skin and rejuvenate the whole treated area. As it is highly purified particles of DNA allergic reactions are not likely therefore can be safely injected into those who have allergies, even seafood allergies.

How long does a treatment take?

The actual injections will take around 30 minutes. However, 1 hour is allowed to prepare you for the procedure.

Are the injections painful?

Treatment is generally pain-free as the needles are exceptionally thin, but we can use a numbing cream if required. Cannula (a blunt tipped needle) is often used and as this delivers products under the skin with just one needle hole so is generally well tolerated.

How many sessions will you need?

At least 2 sessions 21 days apart. Some people may need 4 sessions. It depends on the degree of ageing your tissue has and your ability to create quality tissue when stimulated. It is so important to have a healthy diet, reduce smoking, reduce drinking alcohol and have a nutritious diet so you create good quality skin.

When will I see a difference?

Your skin quality will improve gradually as the tissues regenerate. Most notice a difference after 2-4 weeks, but things will continue to improve as this is a regenerative treatment. Full results can be expected about 3 months later.

How long will my results last?

For the best results repeat your treatment after 6-9 months. Even though you are banking collagen you will continue to age and so lose it again.
How much does it cost?

As a new service, the introductory price is £250 per session or £600 for 3 sessions. Prepaid courses may work out cheaper per session.
What is the difference between fillers and Polynucleotides?

Dermal fillers simply add volume to the skin. They are “inert” volumisers in the tissues and the results are immediate. Fillers can stay in the tissues from anywhere between 6 months to years later, some remnants are there even up to 12 years later. Some people aren't suitable for filler in the tear troughs if their skin is loose as HA draws in water and will create puffiness over time.

Polynucleotides are different, in that they stimulate regeneration at the cellular level so it takes time to be seen visually and studies show volumes can be equivocal to HA fillers. It's also true that polynucleotides stimulate your own skin and will show improved texture and appearance minimising pores and roughness. Combinations of PN and dermal fillers may be recommended for an overall holistic regeneration.

What is the difference between skinboosters and the Polynucleotides?

It's easy to be confused about the differences between these. It's true both create dewy looking skin, however skin boosters are hyaluronic acid and amino acids. These work to add a soft volume and hydration effect.

However, they do not have the same type of regeneration action.

Polynucleotides work to boost fibroblast production, induces tissue repair processes, reduces inflammatory process, regulates melanogenesis and promotes hydration in the skin. This means, yes, you will get dewy skin but also a build up of your own collagen that will last for years. However in both cases your skin will continue to age, so the aesthetic benefits will not last for years.

What is the difference between Prophilos and polynucleotide?

Both Prophilos and PN will give radiance and glow to the skin. Prophilos is a mixture of hyaluronic acids that stimulate collagen whilst it is present in the skin for 28 days. The aesthetic benefits are there for around 4-6 months. There is some emerging evidence there may be a stimulation of good facial fat in that time.

In contrast Plenhyage has no artificial hyaluronic acid and it stimulates your skin to produce collagen, elastin and it's own HA resulting biorevitalisation of the skin.

Are there any problems or complications with Polynucleotides?

PN is an injectable treatment so expect to have some bruising and possibly some stinging at the injection sites. If needles are used there can be little bumps for 48 hours after treatment so it may be best to avoid work until they settle.

These very pure DNA particles in a water solution have very little chance of creating an allergic reaction or delayed reactions like nodules or biofilms.