

Mesotherapy fillers

Mesotherapy fillers are enhanced hyaluronic acid and various vitamins minerals and antioxidants that work excellently at hydrating and rejuvenate the skin dermis and improving the skin tone and elasticity. The treatment of mesotherapy can be a part of soft needling facial or a specific treatment and can be specific treatment in concentrating on fine lines and wrinkles especially under eyes and upper lip fine lines. it is recommended to do a course of 3 treatments of 30 days apart from each treatment.

For more information please call reception



Visage Dermalological individual prescriptive creams

In Visage Dermalological Clinic we offer private tailored formulas mixed specifically for each individual skin concern.

Lots of creams in the market can be very expensive and we should ask ourselves why? maybe in that specific cream, there is a secret knowledge of secret magic formula that nobody else knows about ? or is there another financial element that doesn't have anything to do with the cream properties.

the cost of the ingredients of the cream is not very expensive every cream is made of two factors

1. Base emulsion that will hold and will carry the active ingredients and that will be the majority of the cream. and that will have to be able to hold the active ingredients.
2. Active ingredients in small mergers that will define the purpose of the cream

Does it mean that if the face cream is expensive it will be more effective?

Not necessary .we can formulate very effective cream with the correct and effective ingredients we will be able to formulate an effective treatment cream

The key is to know about active ingredient available to us and how to treat different skin conditions knowledge is the main key in knowing to treat various skin conditions

As we know every individual skin is different and have different requirement every individual have different age and lifestyle that requires different ingredient and formulas that will be specific to the client needs

With the right knowledge of effective ingredients with the right measures we are able to create the correct treatment for the individual. In Visage Dermalogical clinic we will have an initial consultation with the diagnostic plan to formulate the correct cream to the individual client needs

For more information please call to book an appointment for your free initial consultation



How to fight puffiness

What we tend to refer to as 'puffiness' is known to doctors as 'oedema', which comes from the Greek word meaning swelling. Oedema occurs when fluids that should be in our lymph system, move into the tissues around it. While this can happen in theory in any part of our body including our face, most often it affects our arms and legs, which can begin to feel heavy and look swollen as a result.

We tend to notice these increases in 'puffiness' when our clothes begin to feel tight and unexpectedly uncomfortable or perhaps when we press our skin and realize that the pressure has left a dent. Skin near areas of oedema can also often feel taught and warm and we may find that our joints feel stiffer and harder to move.

The good news is that most puffiness is a mild and temporary problem triggered by water retention caused, pre-menstrual hormonal changes or after sitting or standing for long periods. It can also happen after insect bites, burns or allergic reactions.

It is important, however, to point out that oedema can also be a symptom of more serious disease including complications during pregnancy like raised blood pressure as well as heart or liver issues, varicose veins, deep vein thrombosis and lung disorders. All of which mean that checking in with your doctor is an important step to take if you notice unusual puffiness springing from nowhere.

Once you have the all-clear and underlying health complaints have been ruled out, then it is well worth trying these tips to help get on top of puffiness.

Roll back salt:

When we eat a lot of salt, we retain fluid, to the point where we may hang on to up to 1.5 litres more than usual. In the UK we are encouraged to eat no more than 6g of salt a day, but the average intakes are still some way above this. Experts say that bringing our intakes right down to 3g daily could help our bodies to release up to a litre and a half of excess fluids, with swollen ankles and legs and arms, wrists and fingers benefitting as a result. A bowl of porridge for breakfast, fruit mid-morning, a baked potato with light tuna mayonnaise and salad at lunch, plain almonds mid-afternoon and homemade tomato sauce with pasta and vegetables for dinner bring you in at the 3g mark. It's not easy to achieve every day, but every little reduction helps and turning our back on processed foods is the first place to start.



Upping fruit and vegetables:

Both are rich in the nutrient potassium, a mineral that is present in all our body tissues and plays a vital role helping to keep fluid volumes normal. Increasing the amount of potassium in our diet by making sure we include at least five vegetables and fruits a day while decreasing the amount of salt we consume, can help to both lower blood pressure and help our body to release excess water.

Strengthen blood vessels:

Vitamin C is vital for helping to keep our skin and the walls of our blood vessels in good health. It is found naturally in berries and citrus fruits; kiwi's and tomatoes, dark green vegetables and peppers to mention a few. Meanwhile, the super nutrient 'Quercetin' is present in everything from apples and onions to grapes and tea. It too, is crucial for helping to keep the walls of blood vessels in good shape, especially the tiny ones known as capillaries. Not only this, Quercetin, helps to dampen down inflammation throughout our bodies. Both of these roles help our bodies blood flow and keeping body fluids in the right place.

PMS water retention:

Research reveals oedema to be a common complaint with many women complaining of puffiness around two days before menstruating. In this phase of the menstrual cycle, progesterone is the main hormone present and is likely to be the culprit for triggering salt and water retention in the arms, legs and breast region. It also causes the walls of veins to 'sag' so that blood flow is slower than normal, which again, makes water retention more likely. Keeping up advice on salt reduction is important and research suggests that for some women, magnesium supplementation may help to reduce fluid retention too but check with your doctor before taking. Meanwhile, manual lymphatic drainage, a specialist form of massage can often provide relief for PMS related puffiness as may meditation, yoga and breathing exercises.

Regular activity:

Keeping active stimulates blood flow and improves circulation, which can help to reduce fluid build-up throughout your body, especially in your legs and feet. This does not mean heavy workout sessions. Walking, moving regularly and gentle cycling and dancing all count and the good news is that as well as helping tackle puffiness, they give you're a natural mood lift too.

The organic pharmacy offers a brilliant liver and kidney tincture to help and nourish the liver in the detox period we also strongly recommend taking it with the detox kit and use it for the first 10 days of the diet and repeat it 3 times a year

Liver & Kidney Drops

£16.00



10 Day Detox Kit

£99.95 Our 10 Day Detox is a complete programme designed to help gradually and gently cleanse and replenish the body with essential nutrients. Suitable for Vegans, Gluten Free, Lactose Free



