

## Treatments We Insure

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- [Botulinum Toxin Type A](#)

**Brands:** Botox / Vistabel | Xeomin | Dysport | Neurobloc

Botulinum toxin type A is a naturally occurring protein produced by the bacterium clostridium botulinum. It can be used to treat all wrinkles which are the result of normal facial movement. When it is injected into a specific muscle it blocks the signal from the nerve to the muscle in the face. This means that the nerve ending cannot tell the muscle to move, hence there will be less wrinkling of the skin in the areas treated.

The upper third of the face is the main area for treatment, commonly for the reduction in crow's feet around the eyes, frown lines and wrinkles on the forehead. It can also be used to reposition or lift the eyebrows by a few millimetres and to lessen so-called "bunny lines" (lines along the top of the nose caused when some people smile.) Experienced practitioners can also use the toxin to treat wrinkles and overactive muscles around the mouth, jaw, chin and neck.

- [Chemical Peels](#)

**Products:** All Chemical Peels. Not available for Phenol Lip & Eye

**Brands:** Agera Rx | Amelan | Compositum | CosMedix Chirally Correct | Dermaceutic | Green Peel | Innovation Concept Peel (ICP) | Jan Marini | Jessner's Solution | LA Peel | Mandel | MD Forte | Mene & Moy | Neostrata | Obagi Blue Peel | Skinceuticals Gel Peel | Skintech

The use of chemical peels dates back over 3,500 years to the ancient Egyptians. The procedure known as chemical peeling (chemexfoliation) involves the application of a chemical solution such as glycolic acid, salicylic acid, lactic acid, mandelic acid, trichloroacetic acid (TCA) and others to the surface of the skin to produce the careful removal of its outer layers. The amount of skin removed will depend on the type of chemical used, the strength of this product and how long it is left on the skin.

Chemical peels are usually described according to how deep they work, with superficial peels removing the epidermal layers, medium depth peels removing both the epidermal layers and upper dermal layers, and deep peels extending deeper into the lower dermal layer of the skin.

- [Dermal Fillers](#)

**Brands:** Aquamid | Artecoll | Atlèan | Belotero Basic/Soft (Esthelis Basic/Soft) | Bio-Alcamid | Bioinblue | Cristal | CRM | Cymetra | Dermalive | Dermadeep | Evolence | Evoltion | Hyaluderm | Hyaluronica | Hydracell (Grade 1/2/3, Softline/Softline Max) | Hylaform (Fineline/Plus) | Isogel (Class 1/2/3) | Jolidermis(18/24/24+) | Juvéderm (18/24/24HV/30/30HV) | Juvéderm ULTRA

(2/3/4) | Laresse | Macrolane VRF | Matridur/Matridex | Outline | Perfectha Derm Deep | Prevelle | Princess | Puragen | Radiesse | Ravenesse | Reavenesse Ultra | Regen LAB | Restylane (Touch/Lipp/Perlane/SubQ) | Restylane Lidocaine | Reviderm Intra | Sculptra (New-Fill) | Surgiderm (18/24XP/30/30XP/Surgilips) | Teosyal (Global Action/Touch-up/Deep Lines, Kiss, Ultra Deep) | Varioderm | Visagel | Voluma | X-HA3 | Zyderm/Zyplast

- [Other Related Products: Dental Blocks](#)

Dermal fillers are made of various kinds of natural and man-made or synthetic materials that have been developed over the years for injection into the skin. They tend to be broadly classified as being either non-permanent (resorbable) or permanent (non-resorbable) in their effect. Filler products are widely used to increase the size and volume of lips, fill out lines around the eyes, forehead, mouth and nasolabial area, reduce the appearance of scarring, as well as to add volume to the cheeks and chin or reshape the nose.

Collagen was the first dermal filler product approved. However, the leading dermal fillers used by most UK practitioners are hyaluronic acid based products. Other non-permanent fillers to be developed include ones using poly-L-lactic acid and calcium hydroxylapatite. Permanent fillers are not widely used due to increased risks and difficulty in reversing results but can give a longer lasting effect, or even a permanent effect.

- [Mesotherapy \(Injection\)](#)

**Brands:** Mesotherapy Skin Rejuvenation | Cellulite & Localised Fat Reduction | Hair Treatment

Mesotherapy is a medical technique devised in the 1950s by a Frenchman called Dr Michel Pistor. It was first used to treat such conditions as rheumatism, sports injuries, and for the improvement of blood circulation. It has now been used successfully by some practitioners for the treatment of cosmetic conditions, including skin rejuvenation and rehydration, localised fat reduction, and also as a treatment for cellulite.

It involves the introduction of a specially prepared mixture of vitamins, amino acids, and medications or simply hyaluronic acid, placed just millimetres under the skin (into the mesoderm) using multiple injections with a very fine needle, (sometimes mounted on a gun shaped device)

- [Mesotherapy \(No-Needle\)](#)

**Brands:** Eporex System

No-needle mesotherapy treatments seek to achieve the same aim as injection mesotherapy, but look at ways to encourage the penetration of active ingredients, when applied topically to the skin, through the protective barrier layers of the skin's surface using mild electrical currents to assist the transportation of the substance between the skin cells. This pain-free option is therefore said to provide a viable mesotherapy alternative for needle phobics.

- [Sclerotherapy/Microsclerotherapy](#)

Sclerotherapy treatment was originally developed in the 1920s for the treatment of varicose veins and was then refined for the treatment for thread veins; this is what we now call microsclerotherapy. It is mostly used for leg and other thread veins on the body but is rarely used on the face, where laser or IPL treatments are often favoured, owing to the small possibility of scarring that can occur with microsclerotherapy. Microsclerotherapy is the technique of injecting thread veins with a substance known as a sclerosant, a solution called sodium tetradecyl sulphate that causes swelling in the vein's wall. If the vein is small enough, the swelling will destroy the vein over several weeks, making it much less noticeable or even invisible.

- [Microdermabrasion](#)

Microdermabrasion is a mild skin rejuvenation technique employed to help improve the texture and appearance of the skin. It involves a stream of fine micro-particles, using crystals of aluminium salts, sodium bicarbonate, or sodium chloride being blasted across the face. Movement of these crystals under pressure loosens and partially removes the outermost epidermal layer of the skin in a kind of "sandpapering" effect. It helps improve the appearance of the skin and the circulation and generally gives the skin a healthy glow. Once the outer layer of skin has been removed, the layers of skin beneath increase their production of new skin cells to renew the surface layer.

- [Electrolysis](#)

Electrolysis has become a widely available treatment in many beauty salons and clinics for the permanent removal of unwanted hair, for both men and women, through the means of a probe or needle inserted into the hair follicle and the application of an electrical current. The aim of electrolysis is to damage the base of the growing hair in order to cut off the blood supply and nutrition to the hair, preventing any new growth from developing. There are three different methods available on the market.

The Galvanic method works by using a direct current (DC) of electricity. When the needle is inserted, the electricity coming down the needle causes the salt and water in the skin around the probe to be chemically altered. Salt, water and

electricity combine to produce a small amount of sodium hydroxide. If enough is produced, this solution can damage the cells that cause hair growth.

The Thermolysis method, also known as Diathermy or Short Wave, works by using an alternating current (AC) of electricity. This electricity causes the water molecules in the skin around the needle to vibrate, which creates heat. If enough heat is produced, it can damage the cells that cause hair growth.

The Blend Method combines both the Short Wave and Galvanic procedures. Sodium hydroxide is created and is then heated by the electricity. This heat, plus the chemical solution, then destroys the hair tissue.

Properly used, all the methods described above are capable of the same result.

- [Laser/IPL/LHE/LED](#)

**Products:** All CE marked Laser Equipment

Since the early 1990s, lasers and light based devices have become the high tech equivalent of dermabrasion or chemical peels for skin resurfacing, they have been proven as an effective method of removing unwanted hair and tattoos, and of treating pigmentation or vascular problems within the skin. The use of different types of light based devices by cosmetic clinics has increased significantly in recent years and is now aimed at offering maximum treatment results with minimum recovery time. The technology started with Ablative Lasers and more recently saw the arrival of Non-Ablative Lasers, Fractional Lasers, Intense Pulsed Light (IPL), Light Heat Energy (LHE) and Light Emitting Diode (LED) systems.

### **Ablative Lasers**

There are two main types of ablative laser - Carbon Dioxide (CO<sub>2</sub>) and Erbium:YAG lasers. These ablative or skin resurfacing lasers briefly direct an intense burst of laser energy onto the surface of the skin. This energy heats water within the surface layers of the skin, causing both the water and the tissue of the skin to turn to vapour. Every time the laser passes over the skin, some of the outermost layers are removed. The skin then heals over a period of time, as new layers of collagen are produced.

### **Non-Ablative Lasers**

These lasers have lower energy levels than ablative lasers. Non-ablative lasers try to cause damage within the dermal layer of the skin but without removing or damaging the outer epidermal layers, therefore lessening the recovery period after the treatment. It is thought that the laser's heat in the dermal layers causes collagen to be produced which helps reduce the appearance of lines and wrinkles. In the case of hair removal, pigment contained in the hair shaft can be targeted by the laser as can the hair follicle with a single specific wavelength of light generated by the laser. This energy heats up the base of the hair follicle, which causes damage to the cells that produce hair growth; with enough damage this will prevent the hair from growing any further.

### **Fractional Lasers**

Unlike with traditional ablative and non-ablative lasers which use a process of selective photothermolysis, where the whole of the selected target area is damaged; fractional lasers (which can be both ablative and non-ablative fractional) use fractional photothermolysis which seeks to only damage certain zones within the selected target area, (producing tiny dot, or pixel-like treated areas on the skin), leaving the other zones within it perfectly intact; hence only causing fractional damage through the heat of the light source. This allows the skin to heal much faster than if the whole area was treated, as the "healthy" untreated tissue surrounding the treated zones helps to fill in the damaged area with new cells. Such lasers are most commonly used for skin resurfacing treatments to treat photodamage such as wrinkles, pigmentation, as well as for treating acne scarring and melasma.

### **Intense Pulsed Light (IPL)**

Intense Pulsed Light (IPL) systems use flashes of light producing hundreds of wavelengths in each burst of light that work in a similar way to non-ablative lasers by causing heat damage to dermal tissues without disruption or removal of the outer epidermal layers of the skin. Certain filters are used that target these flashes of light into particular wavelengths so that they can work in as precise a way as non-ablative lasers.

### **Light, Heat Energy (LHE)**

Light, Heat Energy (LHE) devices are essentially IPL devices. They work by delivering carefully controlled bursts of low-level light and heat that can be used for photorejuvenation and hair removal.

### **Light Emitting Diodes (LEDs)**

Light Emitting Diodes (LEDs) emit red light that has been shown to stimulate collagen and improve the appearance of the skin or blue light that can be used to treat active acne.

### **Laser Skin Resurfacing**

### **Laser/IPL Hair Removal**

### **Laser/IPL Skin Rejuvenation**

### **Laser Tattoo Removal**

### **Laser Treatment for Pigmented/Vascular Problems**

### **Light Treatment for Active Acne**

### **Fractional Laser Skin Resurfacing**

- [Laser Skin Tightening](#)

**Brands:** Titan (Cutera) | Rexon-Age

Infrared Laser Skin Tightening, currently available in the UK mainly using the Titan™ device, is the latest, minimally invasive way to tighten skin and reverse the signs of ageing. The procedure uses a broadband spectrum of infrared light which heats up the water content in the skin, causing the surrounding collagen to contract and tighten, and for the body's own natural healing process to start producing new collagen to further tighten the overall appearance of the skin over several months.

- [Radiofrequency \(Facial Tightening & Cellulite/Fat Reduction\)](#)

**Brands:** Accent | Omnilux | Thermage | Refirme (Syneron) | Regen tripolar | VelasMOOTH & Velashape (Syneron) | Aluma (Lumenis)

Radiofrequency (RF) energy is able to penetrate deep into the skin and affect the deeper dermis and subcutaneous layers causing tissue tightening and improvements to the underlying tissue structure for facial rejuvenation, heating of fat cells and increased blood circulation for body contouring, fat and cellulite reduction treatments.

RF energy is generally delivered in two ways:

Monopolar or unipolar refers to a device having one pole or electrode. The current from the generating machine flows through the body and meets maximum resistance in the area around the tip of the handpiece, where tissue heating in the subdermal layers then occurs. A grounding or return pad may also be used to provide a low resistance path for the current to flow back to the generating machine, to complete the electrical circuit. Examples include Thermage®.

Biopolar refers to a device having two poles. The current from the generating machine flows only through the tissue which is between the two electrodes on the handpiece; these electrodes start and complete the electrical circuit. Hence no current flows through the rest of the body so no grounding or return pad is needed. Examples include Accent®.

Increasingly innovation is producing devices that utilise RF energy in combination with other modalities, such as laser light and vacuum suction, which are themselves enhanced by the addition of RF, producing machines able to treat more successfully a wider variety of aesthetic requirements. Examples include VelasMOOTH® & Velashape®, Aluma®.

### **RF for Facial Rejuvenation**

### **RF for Fat & Cellulite Reduction**

- [Laser Lipolysis \(with and without aspiration\)](#)

**Brands:** Smartlipo (Deka) | Osyris Pharaon (Sigmacon) | CoolTouch CoolLipo| Fotona XP2 System| Vaser Liposelection

Laser Lipolysis is the latest, minimally invasive way of removing small, stubborn, localised fat deposits such as those found in saddlebags, love handles and double chins with significantly reduced risks compared to those associated with traditional procedures such as liposuction. Laser Lipolysis was originally launched and marketed in the UK using the Smartlipo® laser, which still remains the most widely used, although you will also find more and more devices from differing manufacturers now available since the market has grown. The procedure is performed by introducing a fine fibre-optic probe, via a cannula, under the skin which delivers low-level laser energy - this selectively breaks up fat cells transforming them into an oily substance that is either absorbed and eliminated by the body over the following weeks or aspirated. In addition, the laser energy helps to stimulate collagen production in the skin resulting in skin tightening in the area treated.

- [Micro-Pigmentation \(Semi-Permanent Make-up\)](#)

Micropigmentation is the technique by which minute particles of coloured pigment are mechanically placed below the surface of the skin, similar to tattooing. This treatment can be used to correct scarred or discoloured skin following accident, surgery or disease or merely as a cosmetic enhancement for your skin. The most frequently requested procedures are permanent colour to the eyebrows, top and bottom eyeliner shading, lip liner and full lips/lip blend, beauty spot and freckle treatments.

- [Facial Thread Lifts](#)

Facial thread lifting is a minimally invasive procedure which involves gently elevating different parts of the face using special threads inserted through small punctures in the skin. There are two main types of threads or sutures used: free floating cogged or barbed threads and suspension or smooth threads. Free floating cogged or barbed threads do not need to be suspended in order to hold the lift; they are actually self-supporting via the small hooks or barbs present along the thread. In order to achieve a lift with a smooth thread it does need to be anchored to a stable structure of the face or scalp, i.e. it needs to be suspended. The procedure is best suited to patients with mild to moderate sagging of facial tissues. If there is a significant amount of sagging skin, a traditional mid-face/full-face or brow lift may be recommended as it also removes excess skin.

- [Minor Surgery](#)

Minor surgery includes the removal of skin tags, warts and moles using scalpel and radiosurgical techniques.

- [Teeth Whitening](#)

- [Body Contouring/Weight Loss Lipolysis](#)

**Brands:** Lipostabil | Lipo-Dissolve | Essentiale

- [Autologous Cell Therapy](#)

**Brands:** Recell | Regen Lab

Autologous Cell Therapy is the transplantation of human cells, taken from the same individual, to replace or repair damaged tissue and/or cells. It is therefore, in effect, a type of organ transplant. The procedure involves the introduction (by injection or direct placement) of cells extracted from (and often then cultivated to produce a larger sample) and transplanted back into the same patient.

In the case of Autologous Cell Therapy for the cosmetic repair of skin defects, such as wrinkles, scars, burns, pigmentation problems etc., the relevant cells are fibroblasts, those which produce collagen, the building blocks of the skin.

- [Micro-current Treatment](#)

**Brands:** CACI | Rexion-Age

Micro-current treatment has been available in the UK for cosmetic purposes since the early 1990s with the introduction of the CACI (Computer Aided Cosmetology Instrument) system which became known as the original "non-surgical face-lift". Tiny micro-currents of electricity (literally measuring only millionths of an amp) are used to stimulate facial or other muscles in the body. Treatment claims include the reduction of wrinkles, an improvement in the overall shape of the face, a better complexion and improvements in the appearance of stretch marks and scar tissue.

- [Carboxytherapy](#)

Carboxytherapy is one of the very latest procedures being marketed in the UK for the treatment of fat deposits and cellulite. It uses a technique similar to that of mesotherapy, in that it gradually administers controlled amounts of sterile carbon dioxide via microinjections under the skin.

Carboxytherapy claims to work in two ways. Firstly, the carbon dioxide mechanically kills the fat cells. Secondly, it also has a vasodilatory effect; wider vessels mean a stronger blood flow to the area, which means more oxygen is delivered. The increase in oxygen is important because it eliminates the built up fluid from between the cells. The desired result is therefore fewer fat cells and firmer subcutaneous tissue.

- [Pain Relief Cream and Injections](#)

- [Oxygen Therapy](#)

- [Mole/Skin Tag/Cyst Removal](#)

- [General Beauty Treatments](#)

- [Skin Analysis Machine \(Beau Visage\)](#)

- [Medical Needling](#)

**Brands:** Derma Roller | Microneedle Therapy | Roll-Cit