

As we age, the repeated use of our underlying facial muscles and a decrease in the skin's natural elasticity results in permanent creases or wrinkles. This can cause the face to appear older and may not reflect the inner youthful spirit. If you are unhappy with these facial wrinkles, creases or folds, then Botox®, Azzalure® (types of Botulinum toxin), Teosyal® dermal filler and volumiser may be for you. Such safe, highly effective and long lasting treatments aim to give you a softer more youthful appearance, so that you can look the age you feel.

## Botulinum toxin

Botox® and Azzalure® are diluted forms of Botulinum toxin. When given as small painless injections into the facial muscles it will block the signal from the nerve to the muscles causing it to relax. This relaxation of the underlying muscle will result in a softening and sometimes even a total elimination of facial lines.

## Where can I have Botox® and Azzalure®?

Treatment is most effective in the upper third of the face, to treat lines around the eyes (crow's feet), horizontal forehead lines and the vertical frown lines above the bridge of the nose. This treatment is also used as an extremely efficient treatment in the under arm area and will stop excessive perspiration (hyperhidrosis).

## Can I have Botox® and Azzalure®?

You should not undergo treatment if you are pregnant or breast feeding, or if you suffer from a neuro-muscular disease such as myasthenia gravis or multiple sclerosis. Patients taking Aspirin or blood thinning medication will be more prone to bruising at the injection site.

## How long does treatment last?

Successful therapy is signalled by muscle weakness that begins between two and ten days after injection. The main effect will be visible after seven days. This muscle weakness will last for up to four months for most people. To achieve the best result we inject to a level which does not cause complete freezing of the muscles but just relaxes them, giving a more youthful look to the overlying skin.

## Can treatment help prevent wrinkles?

Yes, Botulinum toxin has a preventative effect when used repeatedly and will reduce the onset of wrinkles forming in the long term. This is partly due to the re-education of the facial muscles not to make expressions which result in wrinkling of the skin.

## How often is re-injection needed?

Re-injection is suggested every three-four months to keep the muscles relaxed and allow any wrinkles to completely smooth out. Once the area is smooth, patients are instructed to return for therapy only when they notice a return of muscle activity, which may not occur for as long as one year later.

# Facial Aesthetics

What unexpected benefits can come from my therapy?

Tension headaches and migraine for some patients have disappeared. This occurs in patients using the muscles of the forehead and brow during periods of stress and tension. When these muscles are relaxed during this treatment, the headaches can improve.

How painful are the injections?

The smallest needles are used and the injections are virtually painless. Anaesthetic cream can be used prior to injection if desired. It is not advised to use Aspirin, as this can increase the chance of bruising.

What should be expected after treatment?

This is a remarkably safe treatment for wrinkles. Complications have been minor and only temporary. Small bruises may occur at the injection site and a brief pain or headache may follow. You may not notice any change in muscle activity until the tenth day after injection. The results are not immediate.

Could there be complications?

As with any sort of injection, there can be some bruising and minor swelling, although this is not severe and resolves within a few days. Very rarely the toxin reaches the upper eyelid muscle and this can result in a slight drooping. This is the most significant complication and occurs in less than 1% of all injections. The likelihood of this complication is reduced by proper placement and accurate dosage, as well as the patient keeping upright for 3-4 hours after injection. Special eye drops are available to reduce the drooping if it occurs.

After receiving my treatment, how can I help it to be more effective?

Do not massage the area of the injection. Do not lie down – keep upright for about three-four hours. Using the muscles intentionally will help to localise the toxin to the selected muscle.

What are the alternatives?

Filling agents such as Teosyal® may help to eliminate deeper expression lines.

What happens if I stop the treatment?

Lines will gradually return to their pre-treatment appearance. However with repeated treatments over approximately 18 months, a change in the activity of these muscles can reduce lines more permanently.

# Facial Aesthetics

## Teosyal® What is Teosyal®?

Teosyal® is a biodegradable, non-animal based hyaluronic acid gel. During treatment the clear gel is injected into the skin in tiny amounts with a very thin needle. The gel gives natural volume to smooth out wrinkles.

## Where can I be treated?

Teosyal® is ideally suited for treatment of the lips and can increase fullness if desired, or can be used to reduce wrinkles around the mouth and lips. Smile lines from the nose to lip can also be treated.

## Is treatment painful?

For wrinkle treatment, no pain relief is necessary. Local anaesthetic is offered for treatment around the mouth and lips.

## How long will it last?

Treatment usually lasts for nine months. It is not permanent. How long a treatment lasts is variable and depends on your lifestyle and muscle activity. Most patients choose to have a follow up treatment between six to twelve months after the initial procedure.

## Are there any potential complications?

After injection, some common injection-related reactions may occur such as swelling, redness, pain, itching and tenderness. These resolve spontaneously within one to two days after injection in the skin and within a week after injection to the lips. You may initially feel some tenderness in the area treated but this will soften over subsequent weeks. Other types of reaction are rare.

## Micro-Needling

Environ Medical Roll CIT represents a revolutionary approach by which normal and natural collagen production is stimulated to smoothen and tighten the skin without causing any permanent damage. Needling causes microscopic breaks in the blood vessels immediately below the surface layers of the skin. This stimulates healing factors which in turn stimulate the production of collagen, elastin and growth factors which lead to a younger, fresher skin.

## Advanced Nutrition Programme

The cornerstone of health and ageless ageing is your nutrition. However research shows that even those who consider their diet as well-balanced fall a long way short of what is now proven to be optimal nutrition. If your aim is to be youthful, full of energy and have healthy skin, hair and nails it is essential to take supplements of 50 or so minerals, vitamins, essential fats and other key nutrients.

## Environ Cosmeceutics

Environ offers a fresh approach to skincare that addresses many of the problems which concern those with less than perfect complexions as well as helping those who want to maintain healthy, youthful skin. Environ draws on cutting edge technology combined with proven botanicals and scientific principles to create skincare ranges that normalise and protect the skin. The ranges cater for the different needs and problems for people of all ages (Environ's leading sunscreen protection is an absolute must against harsh UVA and UVB rays penetrating the ozone hole over Cornwall). Environ products are formulated to rejuvenate the skin by replenishing depleted Vitamin A, quenching free radicals with Vitamins C, E and Beta Carotene, all of which help neutralise the effects of radiation, pollution, smoking and stress. Environ products penetrate deeply, moisturising, smoothing and working to promote healthy cell renewal and denser collagen formation giving a fresh, radiant complexion.

## Botox®

One area	£200
Two areas	£270
Three areas	£320

## Teosyal® Dermal Fillers

from £200

subject to  
consultation.

- Lip Contour and Volume
- Crow's Feet, Frowns and Brow Lines
- Fine, Medium and Deep Wrinkles
- Naso – Labial Folds
- Decolletage
- Hands
- Remodelling Upper Cheeks
- Redefining Facial Contours –  
Noses, Jaw Lines and Chins

Acne Treatments	£85
Skin Peels	£85
Luxury Galvanic and Serum Facial	£125
Micro-Needling Treatments x 6	£950