

THE
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SKIN TREATMENTS MENU

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THE SKIN

The skin is the largest organ in the body. It acts as the first defence against disease and infection, and it protects your internal organs from injuries.

The importance of keeping your skin healthy can't be overemphasized. It's the body's first defence against disease and infection, and it protects your internal organs from injuries. It is, in fact, the largest organ in the body. The skin helps regulate body temperature and prevents excess fluid loss, and it also helps your body remove excess water and salt.

Skin conditions can affect anyone—young and old, men and women. Acne, psoriasis, and eczema are just a few examples of common skin disorders. The good news is that there are a few simple ways to keep skin healthy, and there also are now many options available to treat skin conditions, if treatment is necessary.

THE STRUCTURE OF SKIN

To understand how to keep your skin healthy, it may help to learn about your skin's structure. Skin is composed of three layers:

- The epidermis (the outermost layer of skin—about the thickness of a piece of paper)
- The dermis (the middle layer)
- The subcutaneous layer (the deepest layer).

The thickness of the dermis varies depending on the location. For example, eyelid dermis is quite thin, but back dermis is about half an inch thick.

THE STRATUM CORNEUM

The stratum corneum or outer layer of the epidermis is the layer of skin that can be seen and felt. Proteins known as keratin, a fatty, waterproof envelope, and flat, closely packed dead cells make up the stratum corneum. This layer is the barrier between your body and the outside world.

SQUAMOUS CELL LAYER

The squamous cell layer produces keratin for the stratum corneum and also transports water.

BASAL CELL LAYER

The basal cell layer is the lowest layer of the epidermis. This is where the skin cells are reproduced and give rise to the more superficial layers of the epidermis. The most common form of skin cancer, basal cell carcinoma, arises from this cell layer. Melanocytes, which produce melanin, or skin pigment, sit along this layer among these cells. Melanoma, one of the three most common forms of skin cancer, originates from these pigment-producing cells.

It takes about one month for skin cells to move from the basal cell layer to the top of the stratum corneum and slough off.

The dermis is the middle layer of skin. It is a diverse combination of blood vessels, nerves, hair follicles and sebaceous (or oil) glands. The proteins collagen and elastin are found in the dermis. They provide support and elasticity to the skin. The sun's rays can break down these proteins and, eventually, the skin begins to wrinkle and sag.

The subcutaneous layer, or subcutis, is a layer of fatty tissue that provides nourishment to the dermis and upper layers of skin. It also conserves body heat and cushions internal organs against trauma. Blood vessels, nerves, sweat glands and deeper hair follicles extend from the dermis into the fat (hypodermis).



SUN EXPOSURE

KEY TO LOOKING YOUR BEST?

LIMIT SUN EXPOSURE

Facial skin typically looks its best during a your 20s. As you age, your skin becomes thinner and often drier. Thinning skin is a result of a breakdown of collagen and elastin fibres.

As it ages, skin loses elasticity especially if it has been exposed to excessive sunlight and becomes more fragile and drier. However, there are several dietary and lifestyle changes that you can make to help keep your skin healthy and young-looking.

Because exposure to the sun causes most of the skin changes associated with aging, protecting the skin from the sun is the single most important skin care practice you can adopt. Significant exposure to the sun will wrinkle and dry the skin.

Uneven pigmentation from freckles to small or large brown spots is another side effect of frequent sunning. Melasma, commonly associated with pregnancy, is brought out by the sun and produces large brown patches on the forehead and cheeks.

The most serious consequence of sun exposure is skin cancer. Skin cancer is the most common type of cancer, making up nearly half of all diagnosed cases of cancer, according to the American Cancer Society (ACS).

DID YOU KNOW?

Most sun damage occurs prior to the age of 18, but skin cancer can take up to 20 or more years to develop; children who experience just a few serious sunburns are believed to have an increased risk of developing skin cancer later in life.

SKIN CONDITIONS

Primary care physicians are able to evaluate many skin conditions. They may be the first health care professionals you discuss your skin problems with. However, dermatologists are physicians with extensive training in skin care and skin disorders. Skin conditions can be difficult to diagnose because there are so many skin problems and symptoms may be similar. Consultation with a dermatologist is recommended to get an accurate diagnosis and treatment plan. It may be the more cost-effective means of diagnosing and treating skin disease.

ACNE

This aggravating condition may be mild with small blackheads and whiteheads; moderate, with some inflammation, pustules (closed pus-containing pockets) and red pimples; or severe, with large cysts or nodules. Severe acne can result in permanent scarring. Contrary to popular belief, greasy foods and dirt do not cause acne. Acne is caused by genetic influences—if your parents had acne, you are more likely to develop it. Hormones, specifically male hormones called androgens, of which testosterone is the best known, also play a major role in acne's development.

Acne is a build-up of oil, microorganisms, and dead skin cells in the hair follicles under the skin. When the hair follicle ruptures, the rupture triggers an "acne cascade," which inflames surrounding tissue. Androgens are a major influence on acne because they stimulate the hormone-sensitive sebaceous glands, which produce sebum. That's why you don't see acne before puberty. In women, birth control pills can either aggravate or improve acne. This probably depends on your response to progestin—one of the hormones used in many birth control pills. Greasy hair and skin products, perspiration, headbands and other things that can plug up pores make acne worse. Stress may trigger acne flare-ups. Squeezing pimples can make acne worse and more likely to leave scars.

HIVES

Called urticaria, hives are an allergic reaction. It's rarely clear what triggers hives. They can be stress related. These pink, itchy swellings are caused by the release of histamine and other chemicals in the skin. Eggs, chocolate, seafood, nuts, milk and medications are occasional triggers of hives for some people, as are exposure to cold temperatures or infections. Individual hive lesions generally fade in 24 hours or less. When hives develop in the throat, breathing can become difficult and may be life threatening, and immediate treatment is required.

ROSACEA

According to the National Rosacea Society, more than 16 million Americans have rosacea, but most of them don't know it. It is most common in fair-skinned women between ages 30 and 50, although it can occur in all races. Rosacea can present itself in different ways. It may appear as pink or red flushing or dilated blood vessels alone or with pus-filled bumps or deeper red bumps. It can also cause skin thickening and enlargement, usually around the nose. Rosacea may worsen with exposure to certain factors such as hot or cold temperatures, sunlight, alcohol, spicy foods, stress and heavy exercise. Chronic use of topical steroids on the face may lead to steroid rosacea. The cause of rosacea is unknown.

ECZEMA

An estimated 15 million people in the United States have some form of eczema. Also known as atopic dermatitis, this condition causes an itchy, red, cracked, scaly rash that can occur anywhere on the body, but most commonly on the arms and the backs of the knees, as well as on the hands, feet, face and neck. It is hereditary and often occurs in individuals who suffer asthma or hay fever. Dry skin, certain soaps and bathing too frequently worsen the condition; moisturizers and humid air may improve it. Adults may get a form called nummular eczema, which tends to be scaly, coin-shaped spots on the arms and legs.

PSORIASIS

A chronic disease affecting up to 7.5 million Americans, psoriasis causes the skin to become inflamed with red, thickened areas that become covered with flaky, silvery scales. The condition is not contagious, and the ultimate cause is not known, although it is thought to be an immunologic genetic disorder. Because of this immune stimulation, the uppermost layer of skin cells multiplies at an accelerated rate. A normal epidermis is replenished about every 28 days, but psoriasis causes the skin cells to multiply so quickly that it replenishes every two to four days. This new skin grows so fast the cells don't have a chance to slough normally. Psoriasis typically appears on elbows, knees and scalp, but it can also arise on your lower back, buttocks, palms, soles and genital region. Psoriasis can occur in areas of trauma such as severe sunburns or surgical scars. Psoriasis may be associated with a specific type of arthritis, known as psoriatic arthritis. Lesions can be triggered by stress, infection, climate changes and medications. There is no cure for this condition, but treatments can reduce skin inflammation

TREATMENTS

FOR SKIN HEALTH

The English Beauty Aesthetics have several different treatments that can help your skin health, our skin care expert Registered Nurse Hayley is here to offer you free no obligation skin consultations & together you will devise a successful treatment plan.

TREATMENTS WE OFFER

- Acne treatments & Scaring
- Skin rejuvenation
- Skin boosters
- Prophilu
- HydraFacial
- Micro needling
- PRP treatments
- Led light therapy
- Skin peels
- Skin tightening
- Pigmentation treatment
- Black head removal
- Dermaplaning
- Rosacea treatment





PROFILO®

WHAT IS PROFHILO?

The first of its kind, Profhilo® is a revolutionary 'beneath the skin' hyaluronic acid moisturising treatment, made with the patented NAHYCO® technology. This results in a unique hyaluronic acid injectable gel, which has a prolonged stimulating activity on the dermal cells. When injected into skin, Profhilo® stimulates the skin cell receptors to counteract skin laxity and improve and restore firmness of the skin.

One of the highest concentrations of hyaluronic acid on the market, Profhilo® not only boosts and hydrates the skin, but also remodels ageing and sagging tissue. The most common areas of treatment include the face and neck and can also be used for the décolletage, hands, arms, knees and abdomen area where it would effectively treat skin laxity. The treatment is suitable for men and women as well as offering skin benefits for patients of all ages.

HOW DOES PROFHILO® WORK?

Ultra-pure hyaluronic acid is precisely injected into the area being treated. Unlike wrinkle reducing and dermal filler treatments, Profhilo® stimulates collagen and elastin, attracting water in the deeper layers of the skin.

As a stabilised product, the activity on dermal cells will last longer than that of a non-stabilised gel. During this time the stimulation of four different types of collagen and elastin takes place by slow release of hyaluronic acid. The stimulation results in significant tissue improvement.

Therefore we cannot say that Profhilo® is a skin booster as it also has a significant tightening / lifting effect on the tissue.

HYDRAFACIAL

BENEFITS OF HYDRAFACIAL

HydraFacial is so popular as it offers instant, noticeable results with no downtime or irritation. The HydraFacial treatment works to detoxify skin, remove dead skin cells and extract impurities, as well as hydrating and nourishing skin to smooth away fine lines and wrinkles, target open pores, reduce sun damage, correct problematic skin and instantly rejuvenate dull complexions. The HydraFacial treatment is soothing, refreshing, non-irritating and gives instant results.

HYDRAFACIAL HAS A 97% 'WORTH IT' RATING

Rated on real self, Leading healthcare marketplace

One of the highest out of all the aesthetic treatments on the market, so you can see for yourself how popular it is with clients all over the world, including at The English Beauty Aesthetics. HydraFacial also has a celebrity following, with stars like Kate Winslet, Gwyneth Paltrow, Eva Mendes, Denise van Outen and model Suki Waterhouse all listing HydraFacial's as a must in their skincare routine. The HydraFacial is a medical-grade facial treatment that can be tailored completely to you and your skin's needs. Treatment includes cleansing and exfoliating of the skin, the extraction of impurities and hydration of skin. Using revolutionary vortex technology, HydraFacial deeply cleanses and exfoliates the skin, as well as effectively administering including a choice of several different serums and other skin boosting ingredients.

The philosophy of HydraFacial is to help promote skin health, and it helps create a foundation for radiant, healthy skin, leaving you feeling confident and like your best self. Skin issues can occur any time in your life, from common issues with acne in adolescence and early adulthood to the loss of skin elasticity and the appearance of wrinkles as we get older, as well as the effects of sun damage and impurities that can affect people of any age. HydraFacial helps combat problematic skin at any age by promoting this philosophy of maintaining skin health, as well as through its versatile and customisable treatment options. HydraFacial is an incredibly gentle and effective treatment that is suitable for a wide variety of skin types, even sensitive skin. It's fast becoming one of the most popular facial treatments available, with a HydraFacial treatment being performed somewhere in the world every 15 seconds! HydraFacial's popularity stems from its simple, gentle and relaxing experience, but most of all the beautiful results it's given to millions of clients in 72 countries.





MICRO NEEDLING

WHAT IS MICRO NEEDLING?

Micro needling (also known as skin needling or collagen induction therapy) is a type of treatment that uses small needles to cause tiny punctures in the skin. These small contact points encourage the body to create a wound healing response and renew the skin cells. As your skin repairs, the production of collagen and elastin is triggered to give an almost immediate plumping effect. It can also help tackle other skin damage such as scarring, dark marks, sun damage and ageing.

BENEFITS OF MICRO NEEDLING

Micro needling is most commonly used to treat the following skin conditions:



DULL SKIN: Rejuvenate tired and dull skin and combat the initial signs of ageing.



WRINKLES: Fine lines and wrinkles on the face can be visibly reduced, as micro needling triggers collagen production.



SCARRING: Scars from acne and Chicken Pox can be improved and an uneven texture can be smoothed out with micro needling.



PIGMENTATION: Can help to fade dark patches such as pigmentation due to sun damage or ageing.

Micro needling is a great treatment for you if you have darker skin because it doesn't involve peels or lasers, which can cause pigmentation issues. Treatments can be performed on the body as well as the face.



MESOTHERAPY

WHAT IS MESOTHERAPY?

This treatment involves injections of vitamins and other ingredients are used to rejuvenate, nourish and tighten the skin, as well as removing excess fat. Fine needles deliver a series of injections into the middle layer of the skin; mesotherapy corrects underlying issues such as poor circulation and inflammation which causes skin damage.

WHAT IS IT USED TO TREAT?

Mesotherapy treatment removes fat in areas such as the stomach, thighs, buttocks, ribs, legs, arms, and face, reduces cellulite, fades wrinkles and lines, tightens loose skin, recontours the body, lightens pigmented skin, and any other skin-related concerns and conditions such as alopecia which causes hair loss.

WHAT RESULTS CAN I EXPECT FROM MESO-THERAPY?

Mesotherapy is extremely effective in the treatment of pigmentation and rejuvenation. You can see results from just one treatment, but a course up to 3-4 treatments is recommended for best results!

PRP TREATMENT

PLATELET RICH PLASMA

Platelet Rich Plasma (PRP) therapy, also known as The Vampire Facelift®, harnesses the body's own healing powers to stimulate new tissue growth, giving your skin a healthy, more youthful appearance.

A small amount of the patients own blood is taken and the plasma is then separated out from the rest of the blood, by means of a centrifuge to create the platelet rich plasma. This plasma is then injected into the area of concern where the platelets release their growth factors. PRP improves skin texture and tone and regenerates collagen, helping reduce wrinkles and lines, tackle blemishes, improve scarring and restore a healthy, youthful glow

WHAT AREAS CAN BE TREATED WITH PRP?

Commonly treated areas include around the eyes, the jaw line, cheeks forehead, nasolabial lines, marionette lines and neck.

HOW DOES PRP WORK?

When the PRP is re-injected into the skin, growth factors are released by the platelets. This promotes healing and stimulates collagen production. Collagen, found naturally in the body, is the foundation of a youthful appearance. During the aging process less collagen is produced resulting in decreased volume, lines and wrinkles.

Through stimulating collagen production, PRP helps to promote even skin tone, reduced scarring, improved skin texture resulting in healthy, resilient, hydrated skin.



WHAT IS PLASMA?

Plasma is the clear liquid part of the blood remaining once all other cellular components are removed. Plasma carries out many functions in the body including fighting diseases, healing and hydration. During PRP treatment the plasma is used to suspend a high concentration of your own platelets.

WHAT ARE PLATELETS?

Platelets are small cells in the blood that contain a high number of growth factors which help to heal injured tissue or damaged skin. Platelets are required for blood clotting.

WHAT ARE THE BENEFITS OF PRP?



Improves skin texture and tone



Regenerates collagen which helps reduce wrinkles and lines



Improve skin texture around the delicate eye area



Tackles blemishes

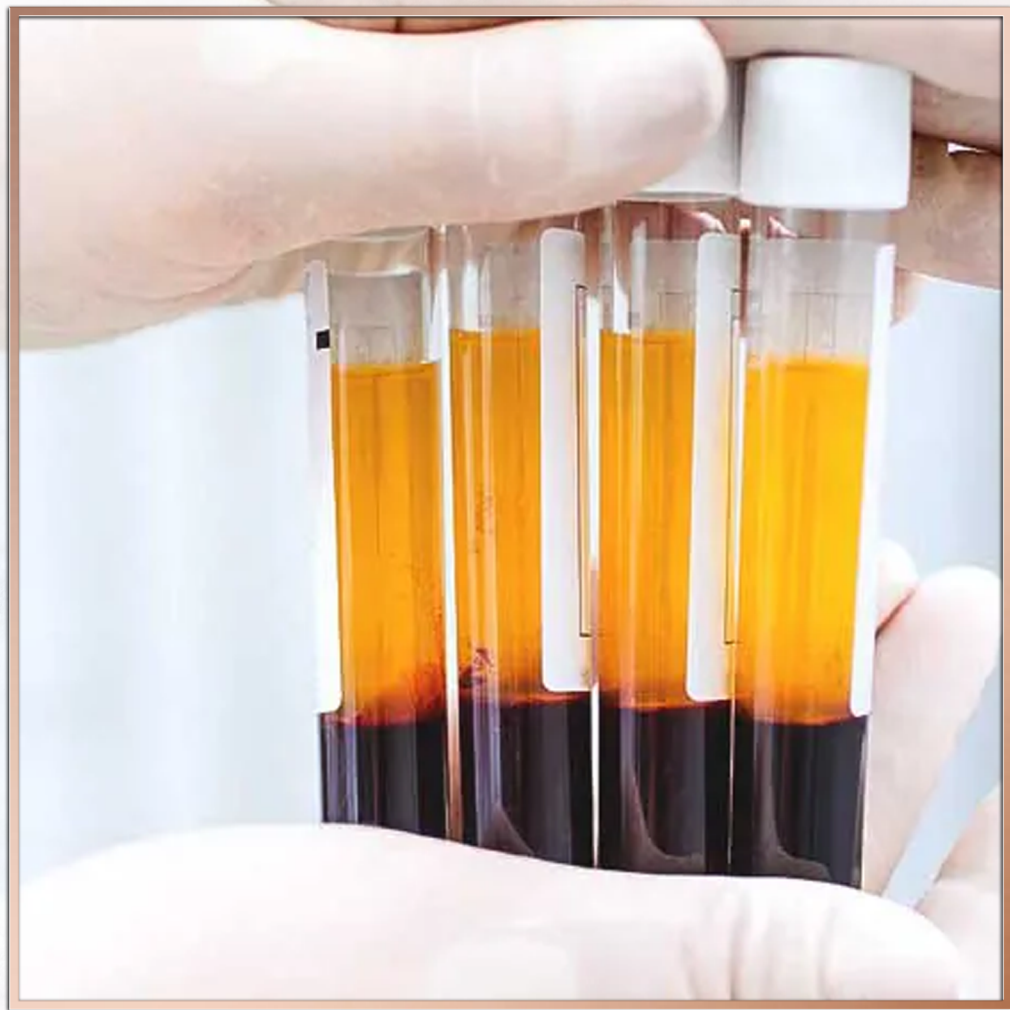


Improve scarring



Restores a healthy glow.





WHAT DOES PRP THERAPY INVOLVE?

BEFORE

During the consultation the Nurse will discuss your specific concerns and expectations and explain to you any risks that come with the treatment. After a consultation with the Nurse a light numbing cream will be applied to the injection site, for 30 minutes for added comfort.

During this time a small 10ml sample of your blood will be drawn from your arm. This will be spun in a centrifuge to separate the platelets from the whole blood cells, creating your own Platelet Rich Plasma.

DURING

Once the numbing cream has taken effect your own platelet rich plasma is re-injected using a very fine, sterile needle. Multiple injections are required to give an over-all improvement to the area of concern.

AFTER

Some bruising, swelling and redness are common immediately following the procedure. Most side effects should resolve within a few days and most people feel confident enough to return to work the next day. The results of PRP therapy are gradually visible beginning several weeks after your first treatment, as collagen production increases.

HOW LONG DOES PRP THERAPY LAST?

Following a full course of treatment (3 treatments at 4-6 week intervals) the results of PRP therapy can be expected to last up to 18 months. A one-off treatment, can be expected to last for several months.

CAN EVERYBODY HAVE PRP?

Unfortunately not. Patients with abnormal platelet function, clotting disorders and chronic liver disease are not suitable for PRP therapy. Please remember to disclose your relevant medical history with your Nurse during your consultation.

SKIN PEELS

WHAT ARE SKIN PEELS?

They harness the power of naturally occurring acids and active ingredients to deeply exfoliate and brighten the skin. The treatment stimulates new cell growth and collagen production, helping to reveal fresher, clearer, brighter skin.

At The English Beauty Aesthetics, we offer a variety of industry-leading skin peels, that exfoliate dead skin cells and encourages new ones to grow, revealing the softer, smoother skin beneath.

HOW DO SKIN PEELS & CHEMICAL PEELS WORK?

Peels are designed to exfoliate your skin and encourage it to renew itself by creating fresh new skin cells. They also stimulate the skin's natural collagen production to help reduce the appearance of fine lines and wrinkles.











Skin peel treatments use acids and enzymes to exfoliate away layers of the skin to reveal fresher, clearer, more youthful looking skin beneath the surface.

The powerful blend of ingredients in skin peels work to reduce the appearance of open pores, remove dead skin cells, target blemishes, acne and pigmentation, and visibly smooth fine lines and wrinkles. The procedure is used all over the world to treat skin conditions such as fine line and wrinkles, acne, hyper-pigmentation and sun damage – the results can be life-transforming.





WHAT RESULTS SHOULD I EXPECT FROM A SKIN PEEL?

-  Rejuvenated, brighter skin
-  Dull skin revived
-  Removal of dead skin cells
-  Even skin texture and tone
-  Reduced appearance of fine lines and wrinkles
-  Smoother, softer skin
-  Eliminated pigmentation and reduced effects of sun damage
-  Reduction of inflammation and breakouts caused by acne
-  Hydrated and nourished skin
-  Stimulated collagen production for plump and youthful looking skin

To achieve maximum results, our skin experts will recommend a course of skin peels depending on your skin type, tone and condition.

PCA PEEL LIST

PCA SKIN PERFECTING PEEL (MOST POPULAR)

Lightens, Tightens and Brightens Skin.

Perfecting Peel is a unique peeling option suitable for all clients, targeting ageing, discoloured, breakout prone and sensitive skin. Gentle AHA formula will improve skin texture and fine lines, whilst helping to promote an even skin tone.

Combined with excellent home care (PCA aftercare pack), skin is stronger, healthier and brighter.

Downtime:

7-10 days downtime (peeling) 4-week intervals, 3-5 peels recommended for best results, alongside PCA home aftercare.

DEEP PORE PEEL (ACNE AND BREAKOUTS)

Minimise and control acne breakouts and black/whiteheads

Clear pores, smooths skin & reduce sebum (spot causing bacteria) production with this gentle but effective pore detoxifying treatment. Delivers instant results as well as long-term skin clarifying benefits.

Downtime:

7-10 days downtime (peeling) 4-week intervals, 3-5 peels recommended for best results, alongside PCA home aftercare.

**ADVANCED ENZYMATIC PEEL
(HYPERPIGMENTATION AND DISCOLOURATION)**

Improve skin surface texture

The gentle enzymatic and alpha-hydroxy acid solution will improve surface texture and fine lines, while helping to promote even skin tone. A complexion brightening treatment, also an excellent treatment option for sensitive skin. A brilliant treatment for lighter, tighter and brighter skin.

Downtime:

7-10 days downtime (peeling) 4 weekly intervals, 3-5 peels recommended for best results, alongside PCA home aftercare.

**SKIN REJUVENATING RETINOL PEEL
(IDEAL FOR GENTLE INTRODUCTION TO PEELS)**

*Gentle chemical peel which smooths, brightens, and
promotes a clear complexion*

An antibacterial treatment choice which helps to reduce breakouts and inflammation, the added retinol boost increases cellular turnover and reduces discolouration. The results, a tighter and more even skin tone.

Downtime:

2-4 days downtime. Recommended 3-6 treatments for best results, 2-3 weeks apart.



ILLUMINATING FACIAL
(IDEAL FOR SPECIAL OCCASIONS TO BOOST SKIN,
WEDDINGS, WEEKEND AWAY, PARTIES ETC).

*Antioxidant therapy which corrects and prevents free radical damage
(damage caused by everyday environmental factors)*

This treatment stimulates cutaneous oxygenation and circulation by drawing oxygen to the skins surface. Rejuvenates sluggish, stressed skin and results in a healthy, radiant complexion. Great as a one-off illuminating treatment or as a course of treatments where it can help reduce the prevalence of breakouts and even out the skin tone.

Downtime:

No downtime. One off treatment or course of 3-6 treatments, 2-3 weeks apart to treat more compromised skin. (Safe for pregnancy and breastfeeding)

PLEASE NOTE:

All peel treatments contraindicated in pregnancy and breastfeeding, if active cold sores present, aggravated skin, patients taking Roaccutane & psoriasis to the face or décolletage area.

GLOWING SKIN, IS ALWAYS IN.

#THEENGLISHBEAUTY

Book your free no obligation SKIN consultation with
Nurse Hayley today!

We are looking forward to starting you on one of our amazing skin
journeys, which will leave you feeling fresh & rejuvenated & most
importantly boost your confidence to create the best version of you!

THE
English
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MEDICAL AESTHETICS CLINIC



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