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REGENERATIVE AND ANTI-AGEING MEDICAL EXPERTS

We are proud to introduce our tailor made programmes for your specific regenerative, anti-ageing and aesthetic needs. Regenerative aesthetics is a new way of practising aesthetics, whereby long-standing views and treatment protocols are being replaced by new tissue manipulation techniques aimed at recapturing the youthful tissue functions underlying fine aesthetic appearance. Our medical aesthetic specialists are well equipped with the necessary skills and devoted into restoring your youthful look by implementing the latest techniques and products in the regenerative medicine field.

It is of utmost importance to distinct the chronological and biological age of our body, mind and aesthetic appearance. Our body and most specifically our skin, are proven to be affected by internal and external factors. Our lifestyle, nutritional routine and living environment (pollution) are the prime factors that determine the way we look and feel.

At Aestha Clinic we are determined to keep age at bay and help you maintain your youthful appearance the natural way! Our tailor-made programmes are designed with having YOU in mind as an individual. We take into account all the internal and external factors affecting your look before designing a programme for you! At the initial consultation one of our highly qualified and experienced doctors will assess your look and lifestyle before suggesting a treatment plan implementing our regenerative medical protocols, keeping in mind your budget and availability as well as your expectations and timeline.
Ageing Prevention in Your 20’s
Ageing Prevention in Your 20's

1. MEDICAL SKINCARE INTRODUCTION: ZO SKIN HEALTH SOLUTIONS
The skin is your most valuable asset, look after it well! Whatever you have oily, dry or mixed skin, we will find the best solution for you!

Recommended: A minimum facial wash (selected in accordance with your skin type). Complexion Renewal Pads, Daily Power Defence (iconic cream) and the Zo Medical Smart Tone!

2. FACIALS WITH A FOCUS ON COLLAGEN INDUCTION
That skin firmness and tone will not last forever! At a young age, the collagen, hyaluronic acid and elastogen make our skin firm, bouncy and healthy looking. In our 20's we start losing the concentration of hyaluronic acid approx. 5-10% every year.

Recommended: Derma Pen session with Vitamin C induction. Your skin will look healthy and plumped, glowing with radiance, following this customised facial. For that extra collagen boost we incorporate LED light treatment, chosen with your skin type in mind.

3. PLASMOTHERAPY, ALSO KNOWN AS THE "VAMPIRE FACIAL"
The growth factors kick-start collagen production and skin becomes firmer, smoother, more evenly textured and fine wrinkles and lines begin to disappear. Natural results proven to be very beneficial in the prevention of first signs of ageing especially around the eye area.

Recommended: annual course of 3 sessions.
4. BOOST OF HYDRATION WITH SKIN MOISTURIZERS

Have you ever heard of injectable moisturisers? Oh, yes, they exist! In your 20’s, depending on your lifestyle and genetics you start losing hyaluronic acid content in your skin. Here’s the solution - boost it up just before your annual summer holidays with a session or two individually selected hyaluronic acid products of the highest quality. All products are designed to give extra hydration to your skin on a deeper level. The result is naturally glowing, plumped up skin with the extra benefit of age prevention.

Recommended: one or two sessions before Summer Holidays and Winter festive season parties.

5. MYOMODULATION FOR LIPS AND FACIAL CONTOUR

We all know a touch of lip gloss volumizing our lips makes us feel like a Goddess! Our doctors would recommend to start with high quality small amounts of hyaluronic acid to maintain aelasticity and hydrations. All these are designed to give your lips naturally looking fullness prevent ageing and dehydration. They are soft fillers of the highest quality on the market, which will give you the dream smile. Rightly placed product will reduce the tension in lip muscles to prevent any signs of downwars turned lip corners and maintain you beautiful smile! Myomodulation is essential for V Shape Face Contour too. In your 20’s the skin is plump and facial contour rounded, giving you the “baby face” look. Our face starts to “shape up” and look moredefined with age as a result of fat pads loss and the natural ageing process starting to occur. Light rightly placed hyaluronic acid will delay the fat pad sliding and reduce muscle wasting by providing hydration and volume support.

Recommended: an honest discussion with one of our aesthetic specialists.
Ageing Prevention in Your 20's

Consultation with an Aestha Clinic Skin Care Specialist
You will receive a Cleanser (45mls), Exfoliating Polish (16.2g), Daily Power Defence (30mls)

Individually selected and customised Facial
Includes: Derma Pen session with custom selected fluids and LED light session

‘Vampire Facial’ Test Session
Growth Factor Bolus for skin cell rejuvenation

Injectable Skin Moisturizer for Fine Lines
Boost the skin’s hydration and give it that extra glow!

A magic touch of Lips with individually selected products
Only natural luscious volume and contour

Total Package Price: £900
Let's Stop The Time!

Medical Aesthetic Treatments

For Your Early 30's
Aesthetic treatments for your early 30's

1. MEDICAL SKIN CARE: ADD RETINOL
   Retinol or Vitamin A thickens and stimulates the dermis which is where the collagen, elastin and blood vessels reside. This makes it an essential component of an effective anti-ageing skin care regimen.
   **Recommended:** if you are after brighter appearance, tighter skin, and looking to diminish the appearance of sun damage and fine lines, this is for you!

2. COLLAGEN BOOST WITH eTWO SUBLIME FACIALS
   Sublime Skin Contouring by Syneron treatment will reverse the signs of ageing without downtime and will provide an overall more youthful appearance. The Sublime combines laser light energy and radiofrequency energy to stimulate the production of new collagen.
   **Recommended:** for eyes, brow lines, cheeks, jawline and neck.

3. CONSIDERING A TRIAL OF MUSCLE RELAXANTS?
   When do you start using neuro-modulators? A very frequent question we get by clients. Our advice is to consider muscle relaxants when you first start developing static lines (i.e. lines that do not disappear when you are not making any expressions i.e. frowning). Annual session of muscle relaxants will allow your skin cells to repair the lines and disrupt the neuro-connections that make us frown in the first place.
   **Recommended:** once or twice a year will make a huge difference and teach those muscles to relax a bit.
4. VOLUMETRIC FACE ASSESSMENT: “CONTOUR AND DEFINE”

In our 30’s we start to notice tiny dispositions of our fat pads, especially in the mid cheek area. Variety of techniques and treatment options are used not to ‘change’ the shape of your face but for repositioning of tissues. The treatment aims to prevent first signs of ageing and gravitational changes.

Recommended: Volumetric assessment and individually designed treatment plan by our regenerative aesthetic specialist.

5. METABOLISM BOOSTERS

Vitamin boost via IV drips is a good way to accelerate your metabolism and replenish vitamin and mineral reserves in your body. We highly recommend to trial one of our carefully selected combinations with Q10, collagen and Glutathione to not only boost your metabolism but also reinvigorate the skin and body’s anti-ageing reserves!

Recommended: IV drip (or series of drips) before body and mind challenging events as well as in times of reduced immune system resilience.
How Do We Boost Collagen Reserves?

**SUBLIME SKIN CONTOURING**

The Sublime Skin Contouring treatment uses the combination of laser light energy and radiofrequency energy to deeply heat layers of the skin while protecting the surface of the skin simultaneously. Medium to deep heating of the skin activates fibroblasts (deep skin cells) signalling new collagen to form and existing collagen to tighten, which will occur over a 4-6 month period.

**The expected benefits:**

- Reduce fine lines
- Improve facial contouring
- Smoother and more even complexion
- Improved overall Skin Quality with no downtime

The treatments are done in series where your skin shows gradual and cumulative results with each treatment. It is safe for most skin types.
Natural Collagen Stimulation for the Face

CONTOUR AND DEFINE WITH ELLANSE

Ageing skin can lose its structural proteins (collagen and elastin), which causes it to begin to sag and become lax, therefore contributing to a tired and aged look. Ellansé works differently and naturally. Thanks to its unique properties, it does not only correct wrinkles and folds but also stimulates your own collagen production and really treats the underlying causes of facial ageing. The effects are gradual and long-lasting, giving you a natural youthful appearance.

HOW LONG DOES ELLANSE LAST?

You will get natural looking and immediate results that last from 1 to 4 years depending on which Ellansé option your physician recommends to you. The correction is maintained for the duration of the option.
Your 30’s “Let’s Stop the Time”

Retinol Introduction and Skin Care Consultation
An educated choice between different retinol products for your bespoke skin programme


Collagen Boost with Sublime Skin Contouring
A combination of Radiofrequency and Advanced Laser Light Energy


Muscle Relaxant Trial
Neuro-modulators session tailored to your needs


Volumetric assessment “Contour & Define” Programme
Consultation with Regenerative Aesthetic Specialist to identify your specific needs and achieve the best natural version of yourself


Metabolism Boosters
Our unique selection of IV vitamin drips which includes Glutathione, Vit C, Collagen and Q10 to boost metabolism and clean your body from free radical damage

Total Package Price: from £550
(‘additional charges will apply for the “Define and Contour” programme)
Hitting the mid 30’s?
Hitting the mid 30’s?

1. **ADVANCED ANTI-AGEING SKINCARE**
   Uniquely designed to help reduce the appearance of early or significant signs of environmental and chronological ageing. They use potent ingredients, such as growth factors, anti-oxidants, vitamins and retinol to improve and strengthen the skin’s appearance and to protect against future damage.
   **Recommended:** Level 2 or 3 anti-ageing package.

2. **AQUAGOLD MICRO-CHANNELLING SUPER FACIAL**
   The luxury 24-carat Gold facial treatment delivers unique blend of hyaluronic acid and nano-peptides. The combined effect of Gold micro-channelling system with active ingredients can achieve long lasting results. Your fine lines, enlarged pores, pigmented spots will see significant improvement.
   **Recommended:** one every few months (depending on your skin’s condition)

3. **FIBRIN MATRIX PLASMA (IPRF) IS NOT A CHOICE BUT A NECESSITY**
   Plasma Rich Fibrin, sounds like PRP but is a completely different treatment! It has 10 times higher concentrations of growth factors with platelets and stem cells! Your very own natural MOT concentrate for young skin.
   **Recommended:** minimum of 3 treatments as an annual maintenance
4. “COLLAGEN STIMULATORS” FOR SKIN LAXITY AND CONTOUR IRREGULARITIES

Ellanse and Radiesse are well known “Collagen Stimulators”. They are an injectable treatment which stimulates your natural skin resources to boost collagen and elastin production. The injected carrier is metabolised over a few months period during which the new collagen appears, leaving your skin tighter, stronger and firmer and without any signs of aesthetician intervention!

*Recommendation*: for jawline or cheek area to strengthen the skin and prevent sagginess.

5. THE SPECIAL FOCUS ON YOUR NECK AND UNDEREYE AREA

Those delicate areas are so difficult to treat. The skin is extremely thin and once the elasticity is lost, getting it back is a long (and painful) process. Our practitioners will offer their expert advice and design a unique programme targeting your individual needs whatever it might be—pigmentation, fine lines or puffiness.

*Recommendation*: a session of hydrating hyaluronic acid with added vitamins and long lasting hyaluronic acid combined with energy devices.
AquaGold Micro-Channelling Treatment

A patented gold-plated hair-fine needle system to painlessly deliver custom solutions into the skin at an ideal 600 micron depth. AquaGold is a customized vial mixed with everything you need to solve those skin shortcomings. You will require a consultation with your aesthetic clinician to prescribe you customised treatment cocktail of ingredients tailored to your skin concerns and your chronological skin age.

Unique blends and long lasting effects:

- *Shrink pores with micro-Tox*
- *Smooth, tighter and firmer skin with dermal micro-hyaluronic gel*
- *Improve superficial acne scarring with micro-hyaluronic gel*
- *Anti-Age effect with serums containing growth factors*
- *Brighten skin with nano technology pigment reducers*

Where can you use infusion micro-channelling?

- *Face*
- *Neck*
- *Décollete*
- *Back of hands*

AquaGold micro-channelling technology is designed as a preventative treatment for first signs of ageing or to glam up for special event or weddings. AquaGold will leave your skin hydrated, clarified, refined, rejuvenated and you will regain a beautiful healthy glow.
Hitting the mid 30’s

Customised anti-ageing skin care
A unique combination of advanced skin care programmes according to your skin’s needs

X

AQUAGOLD micro-channelling SUPER facial
A consultation and skin assessment to select the unique blend of vitamins, minerals, neuro-modulators, hyaluronic acid combo delivered via 24 carat gold micro-channels

X

Fibrin Matrix (iPRF)
A taster session of iPRF to boost your skin stem cells

X

Collagen stimulators consultation
Meet our Regenerative Medicine Specialist to identify your specific ageing concerns

X

Those captivating eyes...
Customised treatment of injectable skin moisturizers and energy devices to brighten and tighten your under-eye area.

Total Price: from £900
(‘additional charges will apply for unique blend of AquaGold & Collagen Stimulator package)
For Your 40’s

And anytime afterwards...
For Your 40’th Birthday

1. ZO SKIN HEALTH SKINCARE: REGULAR RETINOL USE WITH REGULAR 3 STEP PEELS
   As effective as the medical skin care can be at this point we are looking for more aggressive regimens to boost those underlying dermal cells. For their activation, we need basic components such as retinol to stimulate the renewal. Used as an addition to a couple of retinol based peels!
   **Recommended:** 3 x 3 step peels to boost those cells and wipe out the imperfections.

2. SUBLATIVE RESURFACING WITH eTWO
   This innovative RF modality not only resurfaces your skin, but also tightens the pores, improves fine lines and generates collagen and elastogen in the deeper layers of the skin. After only one session you will see and feel the difference – brighter, more even appearance, firmer and toned up skin!
   **Recommended:** 2-3 sessions every 6 months

3. SKIN TIGHTENING AND COLLAGEN INDUCTION WITH SCULPTRA!
   Poly-L-lactic acid, known as liquid threads, was one of the first products used as a facial volumizer and has an amazing track record up to date. It gives a very natural volume effect primarily by inducing collagen and thickening the dermal skin layers. The effects are not noticeable immediately post treatment as they gradually appear over the first few weeks. Before knowing it you suddenly start to get these “You look so refreshed” comments! Sculptra is also a very cost effective alternative as results last up to 2 years!
   **Recommended:** 2-3 sessions annually
4. ‘MATRIX LIFT’ - TAILORED TO YOUR UNIQUE NEEDS: FIBRIN MATRIX WITH LONG-LASTING HYALURONIC ACID

Your skin, muscle and even bone atrophy make it especially challenging to restore certain areas. We offer the first of their kind tailor-made solutions of natural “fillers”, made exclusively in Aestha clinic using your own fibrin matrix, growth factors and hyaluronic acid. We individually calculate and mix the concentrations of both components according to your age and skin quality in a specific areas. This technique is our unique way to ensure your youthful appearance, natural and long-lasting results!

**Recommended:** once per annum.
For your 40’s and anytime later

3 STEP Peel with Retinol
Peel-to-reveal your new brighter and tighter skin

X

Subliative Resurfacing
A session of fractional resurfacing to improve skin texture and firmness

X

SCULPTRA Collagen Induction
A taster session of skin tightening using poly-L-lactic acid (known as liquid threads)

X

Signature ‘Matrix Lift’
A consultation with an Advanced Aesthetic Practitioner to identify your specific product needs and recommend a session for completely natural face lift package

Total Price: from £900
(additional charges will apply for Matrix Face Lift package)
A Single Day Skin Boot Camp
A Single Day Skin Boot Camp

**Skin Detox: Cleanse, Extraction and Reinvigorating Oxygen Boost with LED**

*Our Signature Facial will take off all that debris of your skin allowing a fresh glow and look. The Medical facial incorporates a thorough deep cleanse with steam, lymphatic massage and ULTRASONIC device extraction finished by the blue clay mask.*

**Energy Boost: Collagen Boost with Sublime Facial Contouring**

*The combined bi-polar radiofrequency and light energies of Sublime technology precisely heat the dermal tissue, stimulating collagen production within the target treatment area. Fine wrinkles are reduced, facial contours improved and overall skin quality reveals a much smoother and even complexion.*

**Recovery Mode: Skin Moisturisers with Anti-oxidant Fix**

*From your mid 20’s, depending on your lifestyle and genetics you start losing hyaluronic acid content. Here’s the solution - boost it up with uniquely designed skin moisturizers and unique 52 vitamin and mineral complex to give deep hydration to the skin on an inner level. The result is naturally glowing, plumped up skin with the extra benefit of preventing the aging process.*

**Stem Cell Awakening: Fibrin Matrix (iPRF)**

*Plasma Rich Fibrin, sounds like plasmotherapy (PRP) but is a very different game player. PRF extract has 10 times higher concentrations of growth factors with platelets and stem Cells than your own skin! Your very own natural MOT concentrate for youthful skin.*

**Package Cost: £750**

*Any additional treatments may be offered with 10% discount.*