



+ Awesome Autumn

**10 QUESTIONS YOU
SHOULD ASK YOUR
COSMETIC DOCTOR**

A very intimate issue
with Dr Sandy Fieldhouse

ENRICH

DERMATOLOGY

COSMETIC CLINIC

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Awesome Autumn!

With the beautiful Autumn colours, comes the departure of the warmer climate and thoughts turn to more indoor activities. It's also the perfect time to think about trying that treatment you put off over summer as it had a little bit of downtime.

At ENRICH we are lucky to have an amazing team of dermatologists, cosmetic doctors and specialty nurses as well as state of the art technology. Do you know that at ENRICH, we have over 15 lasers in the clinic alone? The advantage of this is that we can always find the best laser suited to you, your skin and the treatment you choose.

Thought of trying The Secret? This amazing skin needling treatment delivers both needling and heat to the skin and has been one of our favourite success stories. Want to remove that pesky pigment? Well the full face Fraxel treatment is just the go. Yes, both of these have a little bit of downtime but your skin will reap the benefit. Many of our team have had The Secret and the Fraxel and are more than happy to chat to you about these little gems.

So, this Autumn, it's not just about Netflix, GOT and MAFS catch up - it's time to treat your skin!

The ENRICH Team



OUR FAVOURITE AUTUMNAL TREATMENTS

Whilst we move into the cooler seasons, it's a perfect time to think about the treatments that give you a little downtime.

ANTI-WRINKLE INJECTIONS

Targets: Fine lines around the facial area

Cost: from \$204

Downtime: Nil - takes up to 7 days to see effect

Frequency: 9-12 months

FRAXEL 1927

Targets: Skin rejuvenation, collagen, pigmentation

Cost: Full Face - \$925 per treatment

Downtime: 5-7 days

Frequency: Patient dependent

ERBIUM LASER MICRODERMABRASION

Targets: Skin rejuvenation, collagen

Cost: \$280 per treatment

Downtime: 1-2 days - light marks

Frequency: Patient dependent

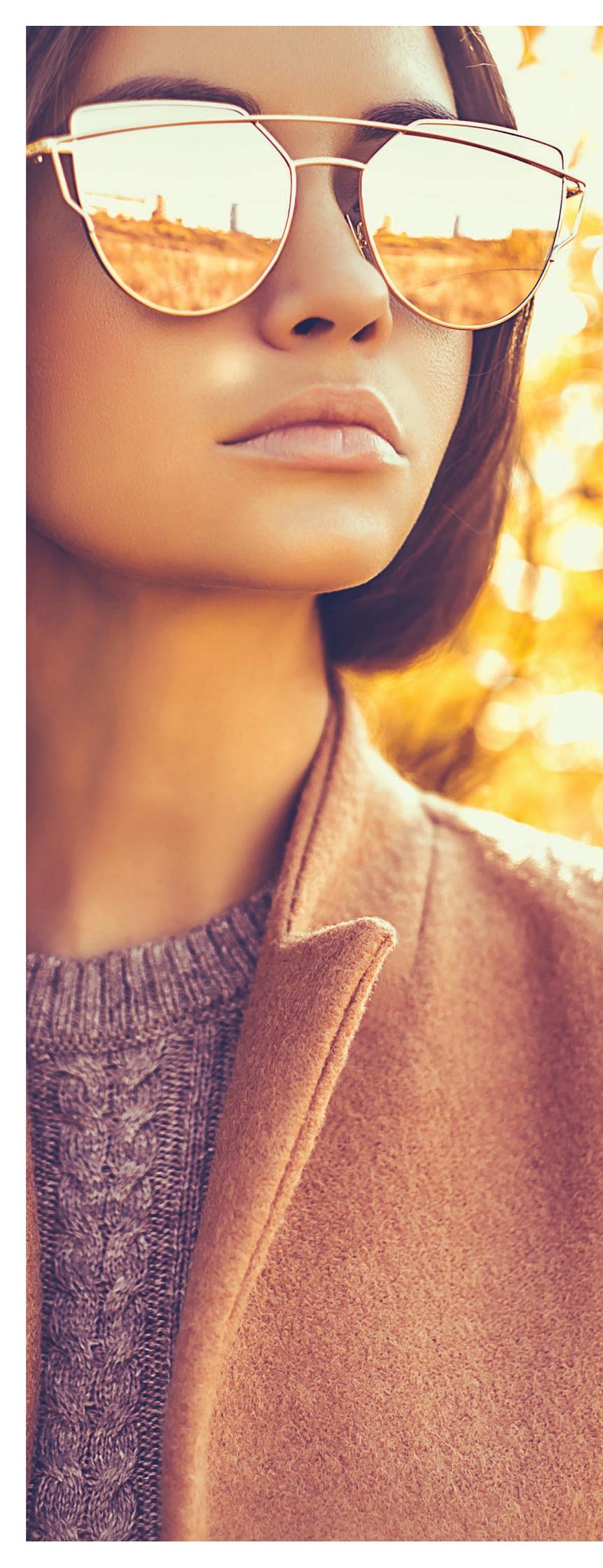
THE SECRET

Targets: Wrinkle reduction, skin tightening, reduction of enlarged pores, scars, collagen

Cost: Full Face - \$650 per treatment

Downtime: 3-7 days

Frequency: Patient dependent



The Glow Gun

WHAT IS THE GLOW GUN?

The Glow Gun is a device that injects a small amount of hyaluronic acid, a substance naturally found in the skin, via a nine needle gun.

Hyaluronic acid is used in dermal fillers, promoting facial volume by absorbing up to a thousand times its weight in water, while also stimulating collagen production. This means a tiny droplet packs a punch.

The hyaluronic acid is deposited just under the skin evenly and can be used over a large section of the face. Often, only 1 -2 mls filler (hyaluronic acid) is required for this treatment. Dermal Fillers applied via syringe direct to particular areas are wonderful for "filling" in specific areas to restore volume. The Glow Gun is more about an even spread of the filler and has a more general smoothing effect.

WHY DO WE LOVE THE GLOW GUN?

- + Plumps, smooths and tightens skin
- + Improves texture and tone
- + Uses dermal filler to add volume to skin
- + Stimulates collagen production via the needling
- + Filler amount adjusted individually, depending on need
- + Low to moderate downtime - bruising can last for a week
- + Repeat treatments over time will provide best results

DOES IT HURT?

Yes, there is some mild discomfort. It is nine tiny needles penetrating the top layer of your skin, via a gun, multiple times. There is also downtime with some bruising occurring over approximately 7 days - patient depending. The results are well worth it however, this treatment would not be for the cosmetic treatment virgin.

10 QUESTIONS YOU SHOULD ASK YOUR COSMETIC DOCTOR

With cosmetic procedures becoming part of everyday life, there is no substitute for safety and information. It's important to choose a well credentialed practitioner that you can trust and ask as many questions as you can.

1

HOW MANY PROCEDURES LIKE THIS HAVE YOU PERFORMED?

It's important that your practitioner has experience and for you to understand if the procedure is relatively new or a tried and tested treatment.

2

CAN YOU SHOW ME BEFORE AND AFTER PHOTOS?

Having a clear indication of what can be achieved is paramount. Visual is always best and helps you to manage your expectations.

3

WHAT DO YOU NEED TO KNOW ABOUT MY FAMILY MEDICAL HISTORY?

Extremely important, especially when undergoing an invasive procedure, so that you can discuss any risks associated with the treatment.

4

HOW IS THE PROCEDURE PERFORMED?

Have your practitioner talk you through the procedure from start to finish and if there is anything you don't understand - ask again.

5

WHAT ARE THE RISKS ASSOCIATED WITH THIS PROCEDURE?

There is always some risk involved in a procedure so be informed before you make your decision. Also ask about minor risks such as pain, bruising and swelling.

6

WHAT IS THE RECOVERY LIKE?

It's important to understand if you need help getting home, what medications you might need, what your mobility will be like, what steps you should take to minimise your discomfort and what downtime you may have.

7

HOW LONG BEFORE I SEE RESULTS?

Many procedures have a compounding or long-term effect. But often the final result doesn't show through until months after. Ask about follow up appointments, discuss the progress you can expect and when you should see a final result.

8

WHAT IS THE DOWNTIME?

Procedures can range from no downtime to a week or so of downtime. Downtime is the time that you and your treatment area may need in order to recover.

9

WHAT IS THE COST?

Get a quote in writing. This will ensure there are no "hidden extras". Remember the cheapest isn't always the better.

10

WHAT'S THE DIFFERENCE?

Compare your options not only by price but, most importantly by the difference in treatment. Ask as many questions and you need to understand what your practitioner is offering. The devil is always in the detail.



1 + 1 = 3

This is one of the most important mantras' at ENRICH.

1 plus 1 equals 3, means two combined treatments or two sessions of one treatment can give you three times the results. In fact, research has shown, that combining or alternating lasers and other treatments give a far greater result than just one type of treatment. In some cases, we even combined special ingredients such as carbon serum and botanicals to amplify results with lasers or treatments such as the Hydro Active facial.

It is also, one of the reasons we highly recommend a cosmetic treatment plan when you come to visit us. Looking after your skin should be an ongoing ritual. As the biggest organ in the body, it plays a huge importance in your wellbeing.

First a foremost it should always include a daily dose of 50+ on your face and hands (any exposed skin for that matter) pre any cosmetic application.

Secondly, are treatments that promote collagen and "clean the dirty wall" as Dr Rich says. At ENRICH we have over 15 lasers and can treat any skin problem, remove pigment and improve skin texture. We also have devices that gently contour and tighten the skin, such as the Ultraformer.

SOME OF OUR KEY 1+1 = 3 PARTNER TREATMENTS ARE:

- + China Doll facials and glycolic peels
- + Anti-Wrinkle injections and dermal fillers
- + Juliet and Thermi Va
- + Erbium Laser Microdermabrasion and China Doll facials
- + Ultra former and antiwrinkle injections
- + Glow Gun and Excel laser treatments

THINGS TO REMEMBER ABOUT FACIAL TREATMENTS

- + Some treatments take time to produce visible results. Some treatments offer instant results, great for special occasions - ask us
- + Collagen takes time to be produced, so results can start to appear a month or two after collagen-stimulating treatments
- + Heating collagen tightens it immediately - instant results
- + The skin may require a little healing time after treatments
- + Deeper treatments may come with downtime, but more dramatic results
- + We aim for the least downtime with state-of-the-art, targeted technology
- + You are in the best hands at ENRICH with our experienced cosmetic doctors and nurses

INTERVIEW

Dr.
SANDY
FIELDHOUSE



+ DR SANDY FIELDHOUSE TALKS

A very intimate issue

Dr Sandy Fieldhouse wants women to know they have options when it comes to intimate issues and she has become quite the expert at ENRICH Clinic. She enjoys the connection with people and is thrilled when she is able to solve patient issues.



“Vaginal and intimate issues can range from simple to severe and the treatments have a similar range. There are the simple solutions such as pelvic floor exercises and local creams to surgery options to treat more severe cases. Each patient must be assessed for their individual needs” says Dr Fieldhouse

“There are not a lot of treatments for mild to moderate symptoms” she says “So women tend to just “live with it” which in my opinion they shouldn’t have to.”

“Being embarrassed about a simple issue such as mild incontinence or how your vagina may have changed post birth or menopause, is something we can often address.”

“At ENRICH, we focus on treatment around issues such as laxity, dryness and mild to moderate urinary incontinence, which are a genuine concern for a lot of women”

“We are not trying to create a “designer vagina”, but rather specifically address concerns a patient may have.” says Dr Fieldhouse “The idea that there is a perfect vagina is just ridiculous and frankly, there is no such thing. I think that people don’t realise there is a wide variety of normal. Everyone is unique. A vagina can almost be like a fingerprint, unique to every woman in some way.”

A vagina is a very personal and individual area to treat and at ENRICH, our treatment approach recognises that and tailor treatment accordingly.

“Every woman has the right to feel beautiful, enjoy sex, love and feel comfortable with her vagina.”

- Dr Fieldhouse

“We use lasers to help with the mild to moderate symptoms in the vaginal area. We don’t change the appearance of the genitals, however you do see a bit of contraction, depending on what treatment and how many treatments the patient undertakes. As with anything, we can’t guarantee a perfect result as everyone is unique and people react differently to each treatment type. Of course, if a gynaecological issue arises or we know our lasers are not the treatment for you, we can also refer you to a gynaecologist or a specialist to discuss other options.”

SO, WHAT DO WE DO AT ENRICH ?

At ENRICH we have two types of treatments that we use for the vagina - the Juliet and the Thermi Va. Both work with the generation of heat (thermal energy). One treatment is performed by our doctors and one is performed by our nurses.

THE JULIET

What’s new about the Juliet is that this type of laser can now treat the vagina with a state-of-the-art hand piece. Using a round motion and gradually working the way down the vaginal canal,

this laser can be very specifically guided around the canal to treat thoroughly.

The Juliet laser is a similar size to a speculum, so the feeling is relative to having a pap smear without the smearing part. Instead, there is a small window where the laser sends its energy through to the treatment area.

Juliet laser uses light to ablate and heat the tissue inside the vagina. This process aids in the gentle remodelling of the canal walls by stimulating collagen production, tightening and rejuvenating vaginal tissue.

ENRICH Clinic doctors perform the Juliet and a local anaesthetic cream is put on the outside of the vagina. No local anaesthetic is required for the inside.

THE THERMI VA

Thermi Va also uses heat and addresses similar vaginal issues. The Thermi Va uses a radio frequency heat, which focusses electromagnetic waves on specific areas.

Thermi Va’s hand piece is thinner than the Juliet, with a small plate where the heat comes out. The motion for this is more of a constant in / out motion, heating the tissue inside the vaginal canal.

Our ENRICH Clinic nurses perform the Thermi Va. Patients don’t usually require any pain relief with this treatment.

Each of these treatments alone show patient benefits, however, we recommend a combination. At Enrich Clinic we always say 1+1= 3. A combination of two treatments will often give you a compounding effect and usually a better result. These treatments need to be performed 4 weeks apart to allow recovery of the tissue.

HOW ABOUT DOWNTIME?

This is minimal. Patients can get three to five days of slight discharge. With the Juliet treatment, patients are required to refrain from sex for up to a week, however with the Thermi Va treatment usually, there is no issue with post treatment intimacy.

Dr Fieldhouse continues “The majority of our patients have seen improvements. We typically recommend anywhere between 2- 4 treatments and we have had some great results. These laser treatments are not permanent, and treatment should be repeated every 9- 12 months.

“That chance to help people, is what I most enjoy and there is a great satisfaction for me in improving these symptoms for women and giving them back their confidence.”

Dr Fieldhouse is a GP and a cosmetic physician with over 16 years’ experience in the cosmetic field. Dr Fieldhouse is at ENRICH Clinic - Monday, Wednesday and Friday.

Both Dr Sandy Fieldhouse and Dr Anthony Rixon specialise in our intimate program at ENRICH Clinic.



AUTUMN PACKAGES

FOR YOUR EYES ONLY PACKAGE

Love this package so much we decided to repeat it for this season.

- 1 x Ultraformer Eyes Only treatment
- 1 x Thermismooth Eyes Only treatment*

\$600 (SAVE \$190)

*2 weeks after Ultraformer treatment

BEAUTIFUL SKIN PACKAGE

- 2 x Erbium Laser Microdermabrasion
- 2 x Peels (Face neck and Chest)
- 1 x China Doll Facial

Each followed by healing light session from Diode. Treatments need to be at least two weeks apart.

\$750 (SAVE \$250)

*A complimentary doctor consultation is required prior to laser treatment

SMOOTH FOREHEAD PACKAGE

Combining a dermal filler with an antiwrinkle injection can increase the dermal fillers life. This special package specialty is for you to test out this theory and at almost 30% off regular price it's a win win. The trick is, there is only 20 of these packages available.

- 1 ml or rejuvenation dermal filler
- 20 units of antiwrinkle injectable

\$720 (SAVE \$310)

*A complimentary doctor consultation is required prior to either of these treatments for first time injectable patients

GLAM GLOW GUN PACKAGE

- Lower Face coverage with 1 syringe of filler in Glow Gun.
- 1 x LED diode + post procedure mask
- 1x Excel Treatment (day after treatment for bruising)
- 1 x China Doll + diode (2 weeks after Glow Gun treatment)

\$850 (SAVE \$235)

Prepaid

SIMPLY INTIMATE PACKAGE

Following our 1 + 1 = 3 mantra, this package is perfect for those with mild symptoms or those who need a follow up treatment.

1 x Juliet

1 x Thermi Va

\$1024 (SAVE \$256)

Treatments 4 - 6 weeks apart. Includes a required doctor's consultation

ENRICH STARTER PACK

Perfect for an introduction to two of our signature quick fixes and buy now book later!

- 1 x Voucher for a China Doll Facial and Diode
- 1 x Voucher for a Glycolic Peel (face, neck and chest)
- 1 x 25ml ENRICH Vitamin C Day Cream
- All in one of our ENRICH Cosmetic Bags

\$285 (SAVE \$100)

* Vouchers valid until December 2019

WELLNESS WEDNESDAY - JUST FOR YOU

Recently had a cosmetic treatment at ENRICH?

ENRICH invites you to our Wellness Wednesday program. It's our way of giving back to you! Come in and choose from our menu of Wellness complimentary treatments to promote you feeling good. This could include a facial, a gentle laser rejuvenation, a massage or even having your brows done. Thirty minutes of pure indulgence from us to you.

ENRICH Wellness Treatment Menu:

Choose from any of these treatments for your Wednesday Wellness experience:

- 30 min mini Hydroactive facial
- Glycolic Peel & Diode Light Treatment
- 30 mins light PIQO treatment (redness)
- 30 mins Genesis laser treatment (Stimulates collagen)

Terms & Conditions:

This offer is available if you have had the following treatments at ENRICH.

Anti-wrinkle injections (\$400 or over spend), Dermal Filler, Laser, Ultraformer II, The Secret, Sclerotherapy, Liposuction, Fraxel 1927, Intimate Program or any ENRICH personalised packages. Ask your doctor or nurse if you qualify.

*Facial offer does not include China Doll

Wellness Wednesday bookings must be redeemed within a month following treatment and are valid for one wellness treatment per patient, every three months.

Booking is essential, and availability is based on 'first come first served' basis.

Terms & Conditions

Our packages indicate if a doctor consultation is required prior to treatment. Treatment packages are designed to give our clients the best combination of treatments for a specific purpose or outcome. Packages cannot be used in conjunction with any other promotional offer. Packages that require prepayment have this indicated. Packages will often have a value add or product reduction, highlighted in package copy, as part of the package. Packages are redesigned each season to suit the needs of our clients.

Autumn packages must be booked by July 31st, 2019 to be valid.