



# Alluring Autumn

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FABULOUS FRAXEL  
THE POWER OF PEELS  
GOT TO HAND IT TO IPL

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E N R I C H

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# Alluring Autumn

Moving out of summer is always filled with a little sadness, but autumn is often a time to Marie Kondo the wardrobe and do things that “give you joy”.

At ENRICH, we think autumn is a great time to review and refresh your skin. The harsh summer sun could have done a little more damage than you thought, even though you covered up. Now you’re getting back into a routine, it’s the perfect time to schedule in and explore some of the treatments with a little more downtime.

We have a fantastic selection of lasers and a wonderful, experienced team to go with it.

In this issue, we talk about the fabulous Fraxel for the face and IPL for the hands. Both with a bit of downtime, but often very effective. We also talk about our range of fabulous peels, from the softer glycolic to the more powerful TCA peels. Many of our team have had these treatments themselves and are very happy to discuss them in detail.

Of course, the back page has all our packages tailored to autumn season. We look forward to seeing you at ENRICH soon!

## The ENRICH team



## OUR FAVOURITE AUTUMN TREATMENTS

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

### THE FRAXEL 1927 &/OR 1500

- Targets: Sun damage, skin texture, pigmentation, rejuvenation, skin tone, texture, collagen production.
- Cost: Full Face - \$750 - \$925 per treatment
- Downtime: 7-14 days
- Frequency: Patient dependant
- Top Tip: Fraxel frequency depends on patients' needs and skin quality. Have a read of our Fraxel article in this newsletter. This treatment is not for the first time cosmetic patient.

### THE SECRET – RF MICRO-NEEDLING

- Targets: Wrinkle reduction, skin tightening and plumping, pore size refinement, collagen production and scars.
- Cost: Full Face - \$520 per treatment
- Downtime: 3-7 days
- Frequency: The initial recommended treatment is 1 treatment every month for 3 months.
- Top tip: There are Secret Packages available for acne scarring and rejuvenation.

### THE SKIN GLOW (VITAL INJECTOR)

- Targets: Plumps, smooths and adds small amounts of volume over an area of skin to improve the skin's framework whilst also stimulating collagen. Also helpful for scarring.
- Cost: Face from \$700 per treatment, patient dependent
- Downtime: 2-8 days
- Frequency: Patient dependant
- Top Tip: Packages available all year around with this treatment which can combine peels and China Doll facials into the mix to increase treatment results. We offer complimentary Excel treatment the day after if required to combat some of the bruising. This treatment is not for the first time cosmetic patient.



# + Fabulous Fraxel

Autumn is the perfect time to start the ball rolling on those downtime treatments. One of our favourites is The Fraxel.

This power packed fractional laser will give you some downtime but it is a very effective tool for face, neck and chest, sun damage and pigmentation. Skin resurfacing is the process whereby the topmost layers of skin are removed, taking with them sun damage, pigmentation and wrinkles. Resurfacing to this degree comes with some downtime, as the skin needs to peel, then heal, to ultimately revealing a fully refreshed complexion.

The Fraxel laser is a dual wavelength laser housing both the 1550 and 1927nm in the one machine. The Fraxel 1927 is renowned as 'gold class' technology for skin types 1-3 for sun damage, improving skin texture and pigmentation within the epidermis (top layer). The 1550nm goes deeper, targeting the dermis, the layer that houses and produces collagen.

The Fraxel's unique fractional laser works by creating little columns of heat that penetrate the skin surface and tissue stimulating the deeper cells to trigger regeneration. This depth is why you'll have 7-10 days of downtime. Your treated areas are going to be red, peeling, scaly and with some possible swelling as the process of 'out with the old, in with the new' occurs.

## FAST FACTS ABOUT FRAXEL LASER SKIN RESURFACING

- Your skin must be free from infections, severe breakouts or open wounds before treatments
- No retinoids a week before treatment
- Total treatment time including numbing cream is about 90 minutes (60 minutes numbing, 30 minutes for laser treatments plus Diode)
- Feels like a prickling sensation and sun burn, can be mildly uncomfortable
- Downtime expected anywhere up to 7 days
- This is a deep laser treatment.  
Not recommended for newbies.
- Leave skin alone to heal - no picking!
- No make up for first 3 days after the treatment.  
Mineral make up only for a week after that.
- For pigmentation/sun damage, you may need 1-3 treatments 3-6 months apart
- Cost depends on areas treated
- No surgery, no injections
- Fraxel perform by our experienced nursing staff
- Treatment evolves, so you gradually look younger without a dramatic change.

## RESULTS

Often results improve over months as new collagen is produced and the skin rejuvenates.

A week after the procedure the skin should feel softer after the peeling has stopped and the new skin is revealed. In some cases only one treatment is required but some patients may require more for optimal results. It is all dependent on the patient's skin damage and requirements.

# + The Power of Peels

Peels have been a traditional go to treatment for skin conditions for many years now. They go in and out of “fashion” but with dermatologists and doctors they are often seen as an effective treatment that can be performed regularly, making up a part of a patient's skin maintenance program. They are quick, effective and often with no downtime, and there is a strong body of evidence that say they work in improving the skin over time. Peels are not just for the face, they can improve the appearance and texture of the neck, chest and even in some cases hands.

Peels improve the overall texture of the skin. The intensity and type of treatment is dependent on the patient's skin goals, skin type and extent of skin damage. Some peels have little or no downtime, whilst others can be applied for deeper treatment with more extensive downtime.

At ENRICH we are strong advocates of regular peels and we keep our prices reasonable so our patients can have frequently. What can cost between \$100-\$150 at a beauticians and spas, is only \$65 for a glycolic face and neck peel followed by a diode at ENRICH.

Peels also play a big part in our 1+1=3 mantra. That is two treatments combined either with another type of treatment or frequency, can have compounded result of 3.

Here's a quick snap shot of some of the peels available.

## GLYCOLIC

### - FRUIT ACID AHA (ALPHA HYDROXY ACID)

Glycolic peels are an inexpensive way to achieve a smoother, clearer complexion across the body and face. These peels are mild but can provide a quick skin booster. Expect improved tone and texture. Glycolic peels are suitable for any skin type.

## MEDIPEEL

A Medipeel is a combination of a glycolic peel and a lactic acid peel to enhance results. Great for a deeper peel than either peel on its own. You can look forward to a more even facial skin tone, smoother texture, that feels more hydrated. A Medipeel usually has little or no down time or redness, however you may experience a minor shedding of skin on day 4 post the peel

## PCA PEELS

PCA Skin chemical peels are primarily used for hyperpigmentation and require a doctor's consultation prior to treatment. Skin cell turnover rate is increased, providing a fresh complexion by removing pigmented and dead skin cells.

PCA peels contain bleaching agents, which make them excellent when pigmentation is a core concern. When pigmentation is a result of inflammation, sun damage or scarring, a PCA peel may be most suitable.

Expect skin to be red and a little flaky, as PCA peels are stronger than other peels. We recommend regular peels for best effect for pigment-related issues

## JESSNER PEEL

Jessner peels are primarily used for acne and are initiated by a doctor's consultation prior to treatment. The peel affects the upper layer of the dermis in a controlled application of various acids. Each acid dissolves certain substances very effectively, so the combination of acids means a solid peel.

A Jessner peel is left on the skin as the solution is self-neutralising. It's important to leave the skin undisturbed with oil or water for about 6-8 hours to get the full benefit.

There is little downtime with a Jessner peel.

## RETIN-A

Retin-A (tretinoin) is most commonly used to treat of sun damaged skin and is available in number of strength mixtures by prescription. Retin-A peel is administered by a doctor and causes the skin to dry out, resulting in peeling and flaking across the first two weeks or so, and is used in conjunction with other topical prescription creams. Make up can be worn after 24-48 hrs.

## SALICYLIC ACID

Salicylic acid is often used for darker skin types. The peel gently exfoliates by breaking down the bonds that connect skin cells. Salicylic acid peels are useful for most skin types and offer brighter, softer, smoother skin. You can expect improvements in texture, reduced pore size, and an overall clarified complexion. When suffering from acne and blackheads, a salicylic peel can unblock pores and offer a drying effect for oily skin. This peel is also initiated by a doctor.

## TCA PEEL AT 20%

A TCA peel is a mixture of trichloroacetic acid, designed to improve the texture, tone and clarity of skin. We use TCA 20 per cent peels to remove dead skin cells and increase cell turnover, as an anti-ageing, pigmentation and scarring treatment.

TCA peels are performed by our cosmetic doctors as there can be moderate to significant downtime with this type of peel. The doctor will discuss this with you prior to your procedure.

## LED OR DIODE TREATMENT WITH PEEL

LED and diode treatments are light-based procedures that stimulate cells to function at a higher level. These light treatments also improve skin healing, so are especially useful after almost any cosmetic treatment. We often end a cosmetic treatment with a diode or LED treatment where you get to relax and enjoy the warmth of the lights with your eyes closed.

LED and diode treatments take about 15 minutes to complete, with plenty of scientific evidence of their efficacy. We recommend regular LED or diode treatments to keep skin healthy and boost cell function.

## SIDE EFFECTS?

As with any treatment they can be side effects and these range from slight to possibly more dramatic. They can include

- + Sun sensitivity
- + Infection (don't put make up on straight after a peel!)
- + Burning sensation to skin ( which should dissipate in a few hours depending on type )
- + Post peel breakouts

There is also a risk of hyperpigmentation in some skin types with the deeper or stronger peels, which is why a doctor consult is imperative before starting on any first time peel treatment.

## FIRST TIMERS AND REGULARS REJOICE!

At ENRICH Clinic we love our soft skin glycolic peels and often suggest this as a first treatment for cosmetic newbies. First timers have to see a doctor to check skin suitability but from there on it's just a matter of scheduling! We have many patients who come in on a regular basis for these and they're in and out in under 30 mins. This is certainly a great skin pep up.

So, don't be fooled, when performed frequently, the humble peel can really pack a skin boosting punch in a short amount of time. Perfect for those who are time poor and skin aware!



## PEEL AND TIGHTEN COMBO

Amp up glycolic your peel! One of our favourite ways to give you great results is to combine complementary treatments, boosting the effect. Our peel and tighten combo is a glycolic peel plus non ablative Erbium laser skin tightening treatment. Followed by a relaxing diode treatment to top it off.

Approximately 45 min - 1 hour  
1 hour treatment time and \$150.

# + Gotta hand it to IPL



Intense pulsed light (IPL) is a common technology with a long running, versatile treatment history at ENRICH clinic. IPL is not a laser, but more like a flashlight with a range of light spectrums from 500nm to 1200nm. This covers light from the blue spectrum, through amber, and red, up to infrared.

With the advance of laser technology and its treatment application, IPL use has become more specific in its application or often used in combination with other treatments. IPL machines have also changed over time too, and are now much stronger and more effective than when they were first released.

Most recently, we have found that IPL has been a very effective treatment for the hands.

Used on the hands, IPL can remove age spots, improve skin quality and rejuvenate the skin. It may take a couple of treatments, but our recent results have been very positive. Hands are often neglected but their appearance is a key indicator of ageing. A simple, fast IPL treatment can often help to improve hand appearance.

## THE PROCESS

First off, best to have a consult with one of our experienced cosmetic nurses. They will have a look at your hands and see if you are suitable for IPL and suggest the best way forward. The cost of a consult is only \$50 and can be used on any treatment going forward. In some cases the treatment can be performed on the day of the consult if suitability is confirmed.

The IPL treatment itself can take anywhere from 30 mins to an hour.

## HOW IT WORKS

The machine produces a light, with the wavelengths adjustable. A gel applied to the skin acts as a frequency booster, and light is applied through the skin via a guide or crystal. The treatment acts in a way that causes heat damage to specific cells – the brown or red ones helping to make the skin clearer and fresher. Pigmentation absorbs the 515nm light which then bronzes and then naturally ‘rubs off’ to remove the brown spots after a few weeks. This process can take a few weeks post treatment to occur. Redness is usually from sun damage and can be improved with regular

IPL treatment over time that helps less the colour and also improve the skin quality.

Tanned skin cannot be treated, since it contains melanin, and will be burnt. IPL is also limited to Skin types 1-3 because of this factor.

## DOES IT HURT?

We won’t kid you, there is often a bit of stinging post treatment but this should dissipate within a few hours. We suggest aloe vera if required and we send you home with a sample of a cream that can aid in healing and moisturising.

## PIGMENT HAS MEMORY

Post treatment, especially on the hands, it is very important to wear 50+ sunscreen every day. Pigment has memory and if subjected to UV rays and strong sunlight and can reappear. It’s always tricky on the hands but the trick is to use an SPF 50+ as a hand cream, even keep some in your hand bag to reapply during the day. Watch that drivers side hand and arm, it’s always a favourite spot for the pigment and sun to have its way!

## FILL ‘ER UP!

Adding a filler treatment post IPL can also aid in improving the appearance of the hands. Filler helps to “plump up” the skin and rehydrate and often only 1 or 2 mls per hand is required to improve appearance.

## HOW ARE WE PRICED?

### IPL hand treatment costs

Hands alone	\$180 per treatment
Forearms & Hands	\$380 per treatment
Full arms and hands	\$550 per treatment

\*treatment prices are for IPL only and do not include filler cost

# + Liposuction

Liposuction is one of the most personal decisions and treatments you can ever undertake. It is also one of the most exciting, satisfying and possibly a little scary choices you will make. Once made, the experience should be as seamless and stress free as possible and we are here to help with all of that.

It's important to remember, liposuction is not an effective method for weight loss. Instead, it is better suited to shaping and sculpting specific areas of the body. The most weight loss you can lose from a liposuction procedure is approximately 1-2 kilos.

Dr Michael Rich has been at the forefront of the industry locally, and more broadly in Australia, being one of the first to perform tumescent liposuction, over 30 years ago. The tumescent technique is now widely regarded as the gold standard in liposuction and with Dr Rich's experience you are in the best of hands.

As we move into the cooler months, we find this to be the better time for our patients to have their liposuction procedure. Apart from the fact the beach going and summer wardrobe aspect is not high on the agenda, it is also a lot easier to wear the compression garment in the

cooler weather. Tumescent liposuction is performed via tiny 1.5mm holes that leave minimal marks. Dr Rich uses micro cannulas to suction the fat as they cause less trauma to the surrounding blood vessels and tissue, and importantly gives smoother results. You can however be subject to bruising and some swelling post procedure, sometimes for a few days to weeks, so comfortable clothing, with your compression garment underneath, is often a good option.

First step in a liposuction journey at ENRICH is to book a consult with one of our nurses. They will talk you through the procedure and all that goes with a liposuction. Dr Rich will also drop in for a quick chat, to discuss your suitability and answer any questions you may have. This consult only costs \$50 and is redeemable on any clinic treatment going forward.

We find there are always more questions after a patient leaves a consult so feel free to call the clinic and we will answer whatever you need answered. Educating yourself in any cosmetic procedure is one of the best ways to get the most out of it and to be involved, after all it's your body!

Not ready for a consult? Our website has an eBook called "Liposuction Confidential" and gives a great overview of the procedure and the nature of fat. We also have a webinar online dedicated to Liposuction where Dr Rich and Head Speciality Nurse Helen Solonsch talk all things Lipo. It's worth checking out!

Here's a few recent results that give you an indication on what could be achieved.

CHIN  
LIPOSUCTION

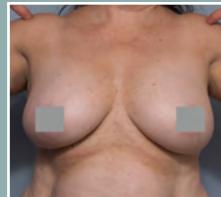


BEFORE



AFTER (8 WEEKS)

TUMMY, WAIST,  
HIPS,  
BREAST AND BACK

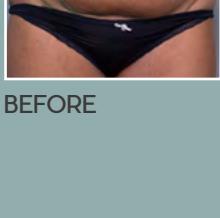


BEFORE

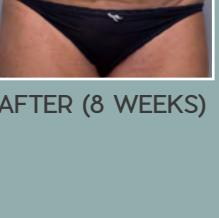


AFTER (8 WEEKS)

TUMMY WAIST  
AND HIPS



BEFORE



AFTER (8 WEEKS)



## AUTUMN PACKAGES

### ULTRA-SECRET PACKAGE

This skin boosting combo takes our 1+1=3 mantra & creates a treatment you can have all in 1 day with very minimal downtime.

- 1 x Secret - Face
  - 1 x Ultra former treatment - Neck
  - 1 x Defocussed Erbium
- \$1485 (SAVE \$280)**

\* All three treatments on the same day

### AUTUMN PIGMENT TREATMENT

Autumn is a great time to fix that tricky pigmentation & refresh the face with this combination and spot face laser treatment.

- 1 x Pigment spot Laser treatment (up to 5 spots)
  - 1 x China doll Facial (two weeks after spot treatment)
- \$420 (SAVE \$140)**

\* Includes complimentary doctors consultation required prior to laser spot treatment.

### FRAXEL SPECIAL

This 'not for newbies' skin resurfacing treatment helps to reduce facial pigmentation (freckles, sun damage) and improves skin tone & texture. With a downtime of 5-10 days it's a seasonal fave.

- 1 x Fraxel 1927 Face Treatment plus post treatment diode
  - 1 x Glycolic peel, face & neck, plus defocused Erbium (15 mins plus diode (3 weeks after treatment))
- \$835 (SAVE \$250)**

\*\*\* NOT suitable for MELASMA

\*\* Includes complimentary doctors consultation required prior to treatment.

### 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 skin reviving facial, a light laser rejuvenation, or even a gentle glycolic peel. 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 (stimulates collagen)
- + 30 mins Genesis laser treatment (treats redness)

#### 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 June 1st, 2020

### 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!

- 1 x Juliet
  - 1 x Thermi Va
- \$1000 (SAVE \$280)**

\* Treatments 4-weeks apart. Includes complimentary doctors consultation required prior to treatment.

### PEEL AND TIGHTEN

Try our new treatment with a little bit of Autumn joy 3 treatments with a saving of \$100.

- 3 x Glycolic peel, face & neck, plus defocused Erbium (15 mins)
- plus diode (two to four weeks apart)

**\$350 (SAVE \$100)**

\* If patient has a reaction to peel, Erbium cannot not be performed.

### AUTUMN RETREAT

Treat your facial redness and rejuvenate this Autumn.

- 1 x Excel Vascular Laser face treatment
- 2 x Genesis laser treatments

Each allowed by a rejuvenating light treatment from Diode

**\$840 (SAVE \$250)**

Complimentary doctor consultation required prior to laser treatments.