

+ Gym for  
the skin

**AN INSIDER'S GUIDE  
TO FABULOUS SKIN**

**E N R I C H**

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DERMATOLOGY

COSMETIC CLINIC

(03) 9500 9500  
872 HIGH ST, ARMADALE

[ENRICHCLINIC.COM.AU](http://ENRICHCLINIC.COM.AU)

# + Everything you need to know about skin rejuvenation treatments

Diving into cosmetic skin treatments can be confusing, but it doesn't need to be. Here we lay out your options and what you can expect from each treatment.

Skin rejuvenation has come a long way over the years from just dermal fillers and anti wrinkle injections. Although they can still play a vital part of most facial rejuvenation plans it is important not to just rely on filler alone as that can lead to possible over filling.

Good facial rejuvenation should take into account a client's skin clarity, skin texture, facial volume, skin tone and firmness. Lasers and skin treatments can now provide reliable results for improved collagen production and remodelling, that now effectively delivers firmer, tighter and skin lift to create a natural and fresh appearance.

Our vast collection of cosmetic tools have come a long way in technology to deliver better results with minimal 'downtime' and inconvenience to give clients the fresh and natural appearance they desire.

Each treatment is a character in the story, and in this eBook we'll introduce you to each to help you on your way to more beautiful skin.

# + What does 'skin rejuvenation' really mean?



Skin rejuvenation is a loose umbrella term for boosting the performance of your skin in key ways to improve its appearance. This means different things to different people. For some, it may be reducing visible signs of ageing, and for others it may mean reducing the prominence of acne scarring. The tools we use therefore depend on what your skin goals are, with the aim being to rejuvenate the appearance of the skin. That is, freshen up.

The visible signs of ageing on the face and neck include brown spots, fine lines, wrinkles, deep grooves, sagging skin, a loss of facial fat, and unwanted facial fat a la the double chin. Our approach to each of these concerns is usually multifaceted, including using preventative measures.

Fine lines and wrinkles may be treated with resurfacing treatments using lasers or with micro drops of dermal filler to create a stronger frame and plumpness to lines and wrinkles.

For some who want minimal 'downtime' chemical peels can still play apart. Resurfacing treatments remove the top layers of dull skin, taking the fine lines with them, while softening deeper wrinkles. The depth of treatment varies depending on your skin, but we can treat all types of facial lines, big or small. Pigmentation and other discolouration can be corrected using these resurfacing treatments.

Deep grooves and a loss of fat in the face may be treated with dermal fillers used to place depleting bone structure which occurs over time or volume loss of collagen or fat. Fillers are great to plump the area out to remove the resultant shadows cast.

Sagging skin is tightened using several different high-tech methods, but the overall goal is to stimulate collagen production and create a tightening effect to existing collagen and lax skin. These treatments work more deeply underneath the skin, offering robust tightening of the SMAS ( a fibrous layer that covers the muscles deep in the face) We can improve skin tone and texture using chemical peels, laser or other wave-based treatments, platelet-rich plasma or dermal filler injections.



# + Let's talk lasers

## OUR FAVOURITE LASERS

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### THE GENESIS

Genesis is great for balancing out redness, minimizing pore size by increasing collagen renewal to the treated areas and improving red based scars. The laser gently heats up the dermis (the layer of skin underneath the outer layer, the epidermis), which shrinks the blood vessels that cause redness, pinkness and flushing.

The Genesis is excellent for working in conjunction with the Excel laser – the 'gold class' in vascular laser technology. Together or alone, the Genesis treats blood-vessel conditions such as rosacea, while also boosting collagen production, tightening skin, and encouraging a more youthful complexion. Two to four treatments usually provides excellent results.

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### ABLATIVE & FRACTIONAL CO2 LASER

The CO2 laser is a heavyweight in the laser world, most famous for its work on scarring. Acne scars are common for this treatment, usually presenting as little hollows or dents in the skin – the classic pockmark! Scar tissue is 'shorter' and usually discoloured either red or white and often creates shadows and little valleys over time where scarring occurs.

The Fractional CO2 laser penetrates deeper than the ablative CO2 and are perfect for treating in combination as they both produce a far stronger skin foundation, and greater collagen renewal and remodelling. The cascade of events starts with the laser producing tiny columns of thermal heat injury which travels deep within the dermis of scarred skin. The body responds by repairing and renewing the tissue with increased collagen production and remodelling. Scar hollows slowly become less deep and fill out as the new collagen growth appears, creating a smoother appearance.

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### THE IPL LASER

Intense pulsed light (IPL) lasers are a solid option for sun damaged skin resulting in brown spots, pigmentation and open blood vessels. It is important to clarify exacting what your brown spots are prior to treatment for best results – brown spots vary from simple sun spots (lentigines) and seborrheic keratosis, while others may be melasma or worse still melanomas.

Once the appropriate brown spots are treated they turn bronzed then flake off after a few days to weeks. IPL is used for overall skin rejuvenation and improving your complexion.



## OUR FAVOURITE LASERS

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### FRAXEL – 1927 & 1550

The Fraxel can be used to reduce fine lines and wrinkles, repair sun damage, and remove skin pigmentation (freckles, brown spots) across the entire face, neck and chest. As Dr Michael Rich says, the Fraxel 'cleans the dirty wall'. There is some downtime required after Fraxel treatments (about 5-7 days). Initially your skin will turn red, then a little bronzed and then about day 5 it will slowly start to shed off leaving it slightly red but clearer. The redness settles reasonably quickly.

The Fraxel offers two fractional settings (1550 and 1927) which makes it effectively like two different machines suitable for different skin needs.

Fraxel has the ability to treat lesser or greater percentages of skin which varies downtime, but is also beneficial for patients whose skin type maybe more high risk with other lasers.

The Fraxel was previously used as a skin rejuvenation treatment, however has been superseded by other treatments and now is our go-to for both full-face and chest rejuvenation from sun damage and pigmentation removal.

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### THE EXCEL V

We use the Excel V largely for blood-vessel conditions, spider veins, redness, flushing and other vascular skin problems, often on the chest, face and neck.

The Excel has two wavelengths, both targeting different levels of blood vessels within the skin. We can tailor Excel treatments for skin types, which improves safety and results.

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### PIQO 4 PICOSECOND LASER

The PIQO 4 - picosecond laser is one of the very latest technologies for around the world and is used extensively in the clinic and has untapped potential. This laser is one of the most advanced in Australia, using very short (picosecond), high-energy pulses to the various targeted areas of skin. We use the PiQO 4 to remove tattoos, treat pigmentation (melasma) and scarring, including acne scars. It is also great for skin rejuvenation when clarity and firmness is our clients aim as it has the latest fractional 1064 and 532 wavelengths.

The PiQO4 laser uses four different wavelengths, instead of just one or two, and provides unmatched settings for all skin types and skin issues.

We have all these lasers and more at ENRICH! We love our laser collection.



# + Skin rejuvenation treatments – your options

## THINGS TO REMEMBER ABOUT OUR 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 after 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'll know exactly what you're signing up for before your treatment – no surprises!
- + You are in the best hands at ENRICH with our experienced cosmetic doctors and nurses

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### CHINA DOLL FACIAL

- + Non-invasive
- + No discomfort or downtime
- + Instant skin refresher and deep cleanser
- + Improves skin texture and tone
- + PiQ0 laser combined with deep-acting, intensifying carbon serum
- + Best results with monthly treatments

The China Doll treatment is a unique beautifying treatment that works instantly to freshen skin while also tightening and smoothing skin over time via collagen production. ENRICH uses the state-of-the-art PiQ0 laser, which has superior results over carbon lasers.

The very effective PiQ04 laser is used in many of our treatments at ENRICH, including removing spots and blemishes. These laser treatments are performed under doctor supervision, with an array of settings to suit any skin type.

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### DERMAL FILLERS

- + Instantly fill in hollows, wrinkles, grooves or lips
- + Excellent anti-ageing tool
- + Injections under the skin
- + Minor discomfort, minimal downtime
- + Increases your natural collagen production and skin health
- + Lasts for 4-18 months depending on area treated, repeat treatments required

The main dermal filler injections we use at ENRICH consist of a substance naturally found in the skin, which can be dissolved if there are ever any issues. The liquid is injected strategically into particular points in the facial area by one of our experienced doctors.

Dermal filler can instantly improve the appearance of the face by plumping and smoothing out areas that are lacking volume, or are showing signs of ageing.



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## ANTI-WRINKLE INJECTIONS

- + Muscle-relaxant injected strategically into muscles in the face
- + Prevents worsening of wrinkles and grooves
- + Especially effective for forehead, between the eyebrows, around the eyes
- + Helps prevent the development of wrinkles and lines
- + No downtime, minor discomfort with injections
- + Repeat treatments required after about four months, ongoing
- + Can change the way you age

Anti-wrinkle injections are a popular way to interrupt the formation of a wrinkle, particularly forehead or brow wrinkles, a dimply chin, or taut neck muscles. Contracting facial muscles cause skin to bend and fold, forming a line, crease or wrinkle with normal facial movement. With precise injections in or around tiny facial muscles, we can interrupt an already-forming wrinkle, or prevent the formation of new wrinkles, all without disrupting your ability to express yourself fully.

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## THE GLOW GUN

- + Plumps, smooths and tightens skin
- + Improves texture and tone
- + Uses dermal filler to add volume to skin
- + Stimulates collagen production
- + 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

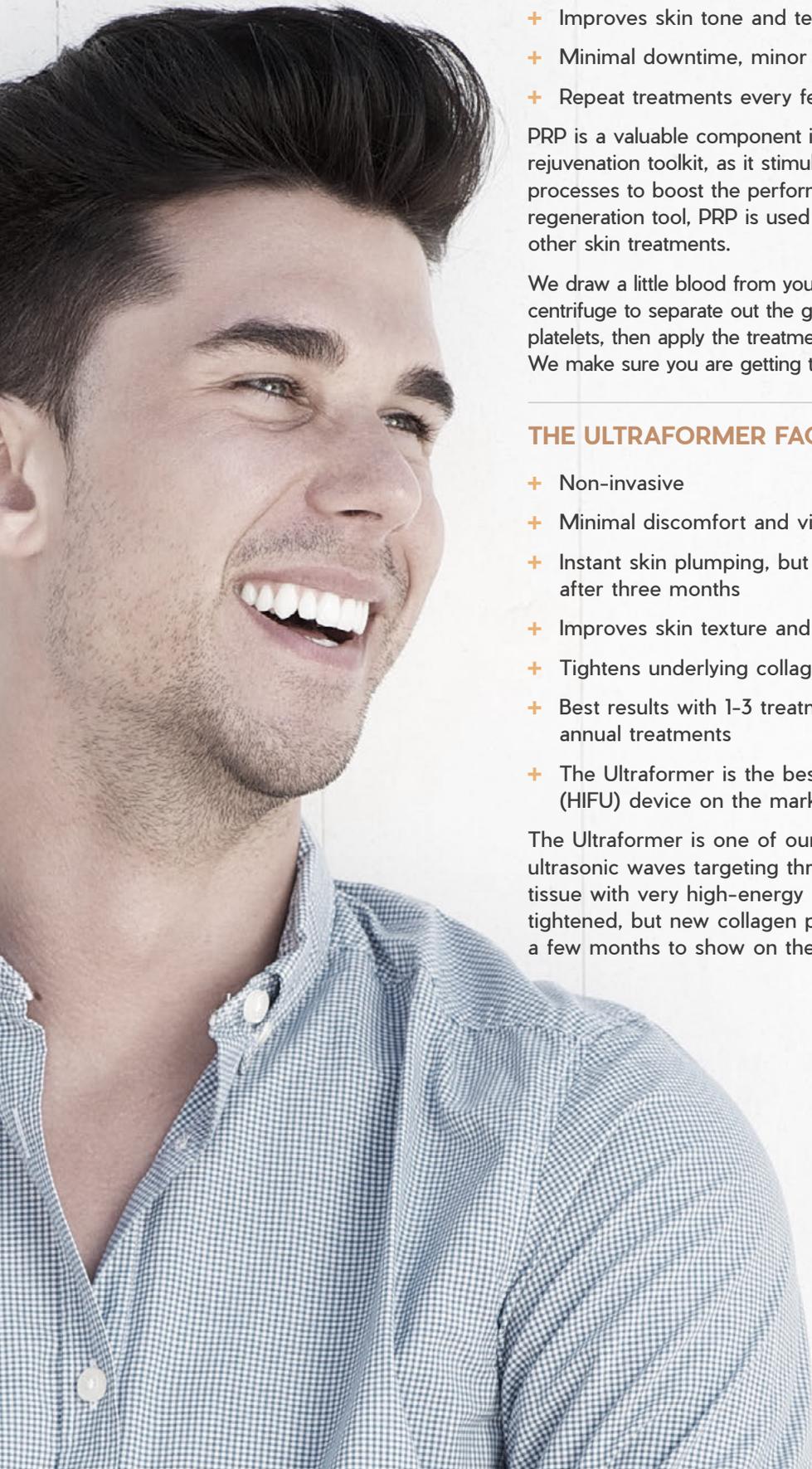
The Glow Gun is a device that injects a tiny amount of an acidic substance naturally found in the skin. This substance is used in dermal fillers, promoting facial volume by absorbing up to a thousand times its weight in water, while also stimulating collagen production. This means a tiny droplet packs a punch.

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## CHEMICAL PEELS

- + Non-invasive skin resurfacing treatment
- + Comfortable treatment, no/minimal downtime
- + Reduces fine lines and softens wrinkles
- + Clears off top layer of dull, dry skin revealing fresh new skin
- + Series of treatments required for best results

Chemical peels are just as popular as ever, despite the new age of high-tech resurfacing devices available. Great for a newbie to cosmetic treatments. Work your way up to deeper peels at each appointment for a dewy, fresh complexion.



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## PLATELET-RICH PLASMA (PRP)

- + SAFE - PRP is your own growth hormone extracted from your blood
- + Growth factors stimulate collagen production
- + Improves appearance of fine lines, wrinkles, scarring
- + Improves skin tone and texture
- + Minimal downtime, minor discomfort with injections
- + Repeat treatments every few months required for best results

PRP is a valuable component in our anti-ageing and skin rejuvenation toolkit, as it stimulates the body's own healing processes to boost the performance of skin cells. A true skin regeneration tool, PRP is used on its own or in conjunction with other skin treatments.

We draw a little blood from your arm, spin it in our advanced centrifuge to separate out the goodness (platelets), activate the platelets, then apply the treatment. The process is safe and effective. We make sure you are getting the most out of your platelets.

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## THE ULTRAFORMER FACIAL

- + Non-invasive
- + Minimal discomfort and virtually no downtime
- + Instant skin plumping, but best skin tightening results seen after three months
- + Improves skin texture and tone
- + Tightens underlying collagen and muscle
- + Best results with 1-3 treatments, and then six-monthly or annual treatments
- + The Ultraformer is the best high-intensity focused ultrasound (HIFU) device on the market

The Ultraformer is one of our favourite anti-ageing devices, with ultrasonic waves targeting three different layers of deeper facial tissue with very high-energy pulses. Collagen is immediately tightened, but new collagen production is stimulated which takes a few months to show on the face.



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## THE SECRET MICRO-NEEDLING DEVICE

- + Tiny needles with radiofrequency (RF) penetrate deep layers of skin
- + Used to soften fine lines, wrinkles, acne scars and improve skin tone and texture
- + Boosts collagen, tightens skin
- + Minimal discomfort, no downtime
- + Repeat treatments as needed for best results

Tiny needles are inserted into the skin to a specific depth, with the perfectly-calibrated radiofrequency waves penetrating the deeper layers of tissue to stimulate collagen production and trigger the regeneration process of the skin. Micro-needling is an effective method of improving the tone and texture of skin, while acting as an anti-ageing tool.

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## THE PORTRAIT PLASMA DEVICE

- + Deep resurfacing skin treatment
- + Softens or reduces fine lines, wrinkles, pigmentation, blemishes, scarring
- + Boosts sagging skin
- + 7-10 days of downtime
- + Excellent for rejuvenating the eye area
- + Improvements continue for up to a year
- + One-time treatment with follow-up if necessary
- + Ours is one of only two Portraits in Australia

The Portrait device is a unique, very powerful skin resurfacing device that is capable of some small miracles with ageing or blemished skin. This treatment is not for the faint of heart or beginners to cosmetic treatments, as it removes the full top layer of skin off the face.

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## AT ENRICH WE HAVE TWO TYPES OF THREAD LIFTS

### 1. THE SUTURE LIFT

A skin-tightening and lifting procedure that uses medical-grade dissolvable sutures (thread used for stitches) used to tighten the skin to the jawline and mid face providing a visible anti-ageing lift to the jowls, chin, cheeks and jaw.

### 2. SILHOUETTE THREADS

A non-surgical procedure using an absorbable thread to lift and rejuvenate the facial skin. Components of the Silhouette Soft Thread Lift actively work to stimulate collagen production which, over time, works to increase the volume and restore the shape of the face in a natural way.

Threads provide immediate skin lift and trigger production of collagen, providing a longer-lasting tightening effect. This is a very minor procedure with very little downtime, and excellent non-surgical facelifting results.



## NOT SURE WHAT TO DO?

Book in for a \$50 consultation and we'll examine your skin and run you through your options in person.

As you can see, there are plenty of options to get your skin to a beautiful place and keep it that way. At ENRICH, we can tailor a personalised treatment plan suited to your skin, lifestyle and budget. You'll also know exactly what you're signing up for before your treatment – no surprises!

Come in for a consultation to see how we can help you achieve your skin goals.

### ENRICH CLINIC

We change lives for the better

## THE ENRICH DIFFERENCE

At ENRICH, one plus one equals three, meaning two combined treatments or two sessions of one treatment can give you three times the results.

- + We have over 15 different lasers for any skin problem
- + We are a cosmetic dermatology clinic, which means your skin always comes first
- + Our trained, experienced doctors perform all injectable treatments
- + We have state-of-the-art equipment, so you know you are always getting the very best and latest treatments
- + Our expert, specialist doctors and nurses are here for you and your skin, and we take pride in sharing our knowledge and experience with our patients
- + You'll learn a lot in your consult and be provided with all the very best treatment and most effective options

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