



# Sensational Summer

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**TRUSCULPT – THE  
NEXT EVOLUTION IN  
BODY SCULPTING**

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**DERMAL FILLERS**  
what's the story.

**E N R I C H**

DERMATOLOGY

COSMETIC CLINIC

(03) 9500 9500  
872 HIGH ST, ARMADALE

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



# Welcome to Summer

2020 was an interesting year, to say the least, for everybody. We hope all our patients managed to stay safe and healthy throughout this challenging year. Here at ENRICH, we know that the best way we can help our patients is to continue to deliver our service with trademark care whilst being mindful of the trials and issues the past year has bought.

We are primed for 2021 to give us more joy. With the onset of beautiful summer days and the chance to move about and get on with our lives again, this indeed becomes possible.

In this Summer issue, we have some new treatments to talk about, some fantastic packages, and a new dermatologist for you to meet.

Enjoy this wonderful summer season and don't forget your 50+ sunscreen... Everyday©

## The ENRICH team



## ENRICH CLINIC WELCOMES DR CHARLES XIE

Joining the ENRICH team in February is dermatologist and a fellow of Australasian College of Dermatologists, Dr Charles Xie.

A consultant dermatologist at the Northern Hospital, Dr Xie has trained in most of the prominent Melbourne hospitals and skin clinics including the Skin Health Institute, St Vincent's Hospital, Alfred Hospital, Royal Melbourne Hospital, Austin Hospital, Monash Health, Royal Children's Hospital, Royal Women's Hospital, Peter MacCallum Cancer Centre, Box Hill Hospital and Western Hospital.

Growing up in Melbourne, Dr Xie, studied medicine at the University of Melbourne. Prior to his dermatology training, he undertook Masters Research in diagnosis and prognosis of melanoma, publishing in multiple dermatology journals and presenting at several national and international conferences. He was awarded the Adrian Johnson Memorial Prize for the best registrar paper in the Australasian Journal of Dermatology, as well as various other awards and scholarships for his research.

Dr Xie is passionate about skin health and committed to providing the best care for his patients. He has special interests in skin cancer diagnosis and management, paediatric skin conditions, eczema and psoriasis. He can also consult in Mandarin.

**Join us in welcoming Dr Charles Xie to the team. His list is filling quickly so call to book on 9500 9500 now.**

## SUMMER HOURS

Monday – Thursday  
8.30am – 4.30pm

Saturday / Sunday  
– Currently Closed

Please note these hours could vary and increase in the future.

Please refer to the website or Google for regular updates

# + Skincare update!

Our ENRICH range, formulated by Dr Michael Rich has expanded this year to include our new ENRICH Glycolic Skin Solution – a must for Acne-prone skin, adult or adolescence. Dr Rich has taken time to develop this product to ensure it meets the ENRICH standard and combines his dermatological skill with his product knowledge of different skincare regimes.

The combination of Glycolic Acid (Plant-derived Alpha Hydroxy Acid (AHA)), Probiotic Peptide & amino acid helps to resurface the skin reducing congestion, enlarged pores, pimples & bacteria. Aids collagen & elastin stimulus reduces pigment & provides vital nourishment. L-Carnitine – Amino Acid – Increases skin cell turnover and D-Panthenol – Vitamin B5 adds nourishment that restores hydration levels, with skin-soothing & Anti-inflammatory properties.

Its application is simple: it comes in a spray pack and is applied morning and night to affected areas.

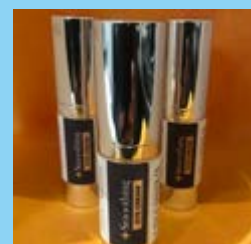


## THE ENRICH RANGE

ENRICH Vitamin C day & night creams contain niacinamide (vitamin B3) and Vitamin C (Ascorbic Palmitate). These are incredible little vitamins with antioxidant properties and can help with pigment, fine lines and wrinkles and boosts the skin's moisture barrier. These two creams also contain Vitamin E oil. The night cream has the antioxidant green tea to help prevent cell damage and works with the natural substances in your skin to help visibly improve the appearance of large pores uneven skin tone.



ENRICH eye cream – New to the range in 2020; this lightweight cream is full of peptides, natural moisturising factors, lipids, cellular energy boosters & antioxidants which support cells and can have an anti-aging & antiwrinkle effect. It also contains Hyaluronic Acid, which can assist with plumping surface tissue and alleviate dry, thinning skin. With a silky feel, this product only requires a small pea-size amount per application, and you can even use it on your lips!



We also have a range of prescription creams developed by Dr Michael Rich for the more dermatological severe issues and can be discussed at your next appointment with our doctors or dermatologist.

## QUICK FIX & LUNCHTIME TREATS

You can't ever undervalue regular skin fitness, its gym for the skin. A regular skin treatment regime is like any other fitness plan, if consistent, will give you results, and skin fitness doesn't mean you have to spend hours at a time at a clinic. These in and out treatments, keep your skin in good shape and can be performed quickly!

### CHINA DOLL CARBON FACIAL \$250

- + Ideal for newbies to cosmetic treatments
- + Great for before a big event or big night out – won't leave marks on your face, just beautiful skin
- + Improves skin texture and tone
- + Reduces oiliness
- + Reduces the appearance of large pores
- + Removes blackheads and deeply cleanses pores
- + Removes dead skin and impurities
- + Stimulates collagen and elastin
- + No downtime

### GENESIS \$215

- + Helps reduce redness
- + Can provide skin smoothing,
- + Helps reduce large pores,
- + Softens fine lines
- + Rejuvenates the skin
- + No downtime

### HYDRO ACTIVE FACIAL \$200

- + Works on all skin types
- + Can assist with minimising congested pores, fine lines, and wrinkles
- + Acts as a collagen-booster and cleanser.
- + Cleanses and clarifies
- + Helps with skin rejuvenation
- + No downtime

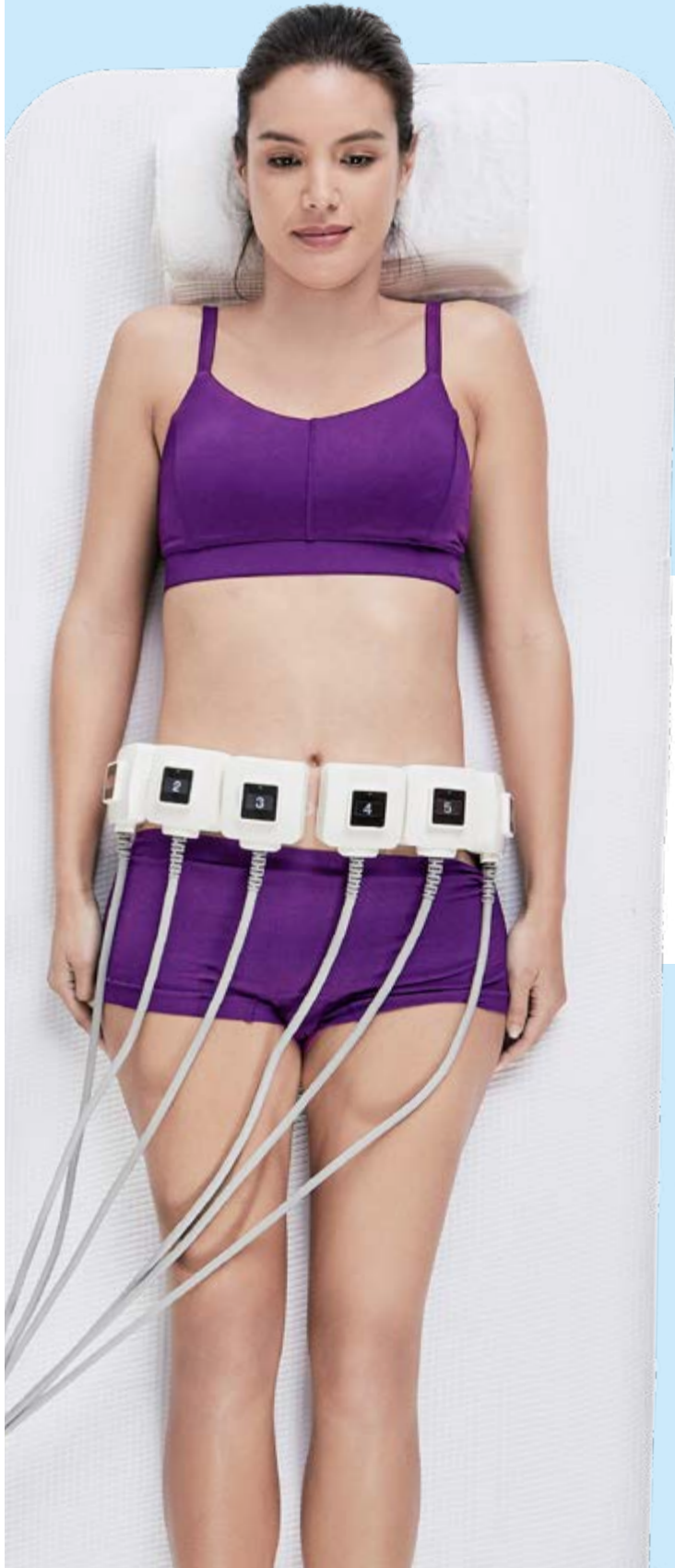
### GLYCOLIC PEEL STARTS AT \$50

- + In and out in under half an hour for a simple peel, this is a monthly must for beautiful skin.
- + Good for treating discolouration and texture issues
- + Exfoliates and softens skin
- + Removes dead skin cells
- + No downtime however occasionally redness for a short period post peel

### ANTIWRINKLE INJECTIONS AREA DEPENDANT

- + Antiwrinkle injections are part of a long term anti-ageing strategy and require repeat injections every four or so months.
- + Reduces wrinkles and lines on the face including Laugh lines, Crow's Feet, Forehead and Frown lines
- + Can also help with a light "browlift" and "smile lift."

# + TruSculpt – The next in body



At ENRICH Clinic we are always looking for the next best, well researched, advanced treatment available for all our patients. TruSculpt® iD, the latest non-invasive body contouring, spot-fat reduction and skin tightening, is our new favourite and we're very excited to welcome the truSculpt® iD to our state-of-the-art family of cosmetic technology. We think you'll love it as much as us!

## WHY WE LOVE TRUSCULPT ID

- + Walk-in walk-out treatments – no downtime, no recovery
- + Short treatment time – 15 minutes
- + Relaxing like a hot stone massage, no pain, no needles
- + Can eliminate up to 24 per cent of fat in treated areas
- + Tightens skin and removes fat in one easy treatment
- + Safe and effective
- + Suitable for all skin types

## HOW TRUSCULPT ID WORKS

TruSculpt® iD uses radiofrequency technology to target unwanted fat, smoothing contours for a more streamlined body shape. The treatment works well on small pockets of fat, for example, across the stomach or along the flanks, back and hips, and to remove small fat rolls.

The device uses thermal energy to target fat. The fat cells are 'melted', absorbed by your body, then eliminated as waste. The temperature of fat in the treatment area is over 45°C, while skin temperature stays several degrees more relaxed, so treatments are always comfortable and pleasant.

The truSculpt treatment is a clinically proven method to treat the entire fat layer from skin to muscle, with permanent fat cells' removal. That's right - the fat cells are gone forever!

# at evolution sculpting.

## HOW DO TRUSCULPT TREATMENTS FEEL?

Treatments are very relaxing, with just the handpiece used on your body – no needles, no pain, just gentle, effective fat removal and skin tightening. After your treatments, there are no special care instructions – do everything as usual, and the fat will melt away over the coming 12 weeks.

## WHEN WILL I SEE RESULTS?

The results take 12 weeks to be fully revealed, as we are using the power of your body's natural waste elimination systems to do the work for you. We gently destroy the fat cell, and your body sorts the rest out naturally.

The truSculpt treatment can be a one-off, but you can come back anytime for top-ups or treatments in other areas if you like what you see. Like any procedure multiple treatments will multiply the effect and in this instance the sculpt and shape you can achieve.

## WHERE CAN I GET TREATED?

The most popular treatment areas include the tummy, thighs (inner, outer, backs), back, flanks (sides), arms and neck.

Six handpieces used concurrently to keep treatment times short, though some areas only need one handpiece, such as the neck.

We use the truSculpt for those hard-to-reach fatty deposits that don't respond to diet and exercise, but we also use the truSculpt for its effective skin-tightening capabilities. We often combine the truSculpt with liposuction, with the two treatments working together for the ultimate in body contouring.

## COST OF TRUSCULPT TREATMENTS

We determine the cost by the number of handpieces used, with a maximum of six handpieces available. Each handpiece used in a session costs \$295 for one treatment.

## WHAT TO DO NEXT

Not sure what to ask for? Book in for a consultation where we'll talk over your goals, assess you and make

 SKINCEUTICALS  
ADVANCED PROFESSIONAL SKINCARE

**NOW AVAILABLE  
AT ENRICH CLINIC**

At ENRICH Clinic, we have developed a skincare regime using SkinCeuticals and the ENRICH range to give your skin type a complete solution.

**BOOK IN FOR A CONSULTATION TODAY.**



### GENTLE CLEANSER

Provides gentle yet effective cleansing, leaves skin feeling soft and hydrated



### D LHA CLEANSER

Designed for aging skin prone to breakouts, LHA Cleanser decongests and refines the appearance of pores, minimises blemishes, and brightens the skin



### C E FERULIC SERUM

An award-winning vitamin C combination antioxidant serum can deliver advanced environmental protection against atmospheric skin aging, it enhances skin radiance and brightens the complexion.



### GLYCOLIC 10 RENEW OVERNIGHT

This skin-refining treatment exfoliates with minimal irritation, promote skin clarity and brightness it can improve the appearance of fine lines, & promotes a more youthful-looking, radiant complexion



### NECK, CHEST & HAND REPAIR

A lightweight, daily-use treatment, exfoliates & helps improve visible signs of age-related and environmentally-induced skin damage. Brightens the skin and reduce the appearance of discolouration.

**READ MORE HERE**  
[enrichclinic.com.au/products](http://enrichclinic.com.au/products)

# + Dermal Fillers

## - What's the story



## HOW IT STARTED

In the 19th century, doctors combined German chemist Karl von Reichenbach's invention of paraffin wax with Irish surgeon Francis Rynd's hollow-tipped hypodermic needle and started to inject patients. They managed to soften wrinkles and boost breasts until the wax's unpredictability and its refusal to stay put caused numerous complications. Still, clinicians persisted. There were failed experiments with petroleum jelly, silicone (we all know how that went) and various other animal collagens. In 1981 bovine collagen was approved as a suitable filler to use more widely in the US.

## HOW IT'S GOING

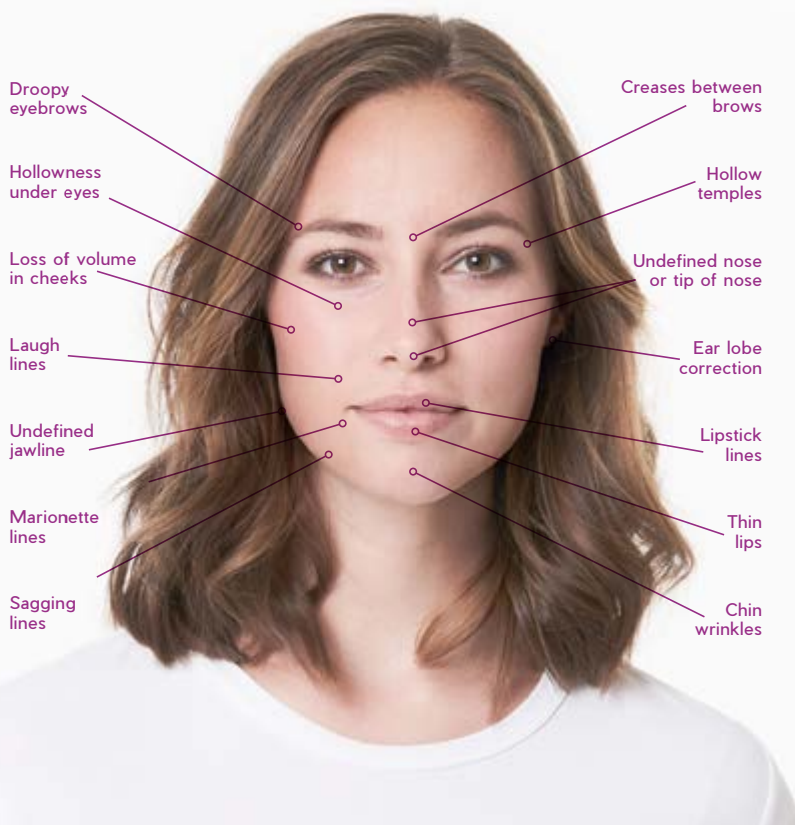
We have come a long way from then with most regularly used fillers consisting of hyaluronic acid – a naturally found substance in the body and can be dissolved in clinic if needs be.

Your doctor is also key to a good filler experience. The overfilled chipmunk cheek is taking a back seat to the more natural, carefully placed filler that creates a youthful appearance. A true art form and can only be achieved by an experienced professional.

Fillers are also enhancing more than just cheeks and lips with some specific types used on the back of hands to fill and reduce the wrinkles caused by sun exposure or just plain genetics. There have even been fillers tested and used on knees and other areas of the body that requires a little “plumping.”

There is no doubt that dermal fillers and their friend antiwrinkle injections are well and indeed seen now as “normal” treatment for skin care, and there is no doubt the technology will only get better. Combined with laser treatments for pigmentation and rejuvenation (thank you Australian sun) these two clever injectables can reduce wrinkles, smooth skin, fill out lines and just make you feel very positive about your skin health.

## WHERE CAN I HAVE FILLER AND WHAT FOR?



## BEWARE OF CHEAP IMITATIONS

It's true, the skincare and cosmetic industry has taken off astoundingly, even more so in the past few years and has certainly moved into the mainstream appeal and normalcy. Beauty specialists have always been around, but now the terminology they use has changed from beauty to more “dermatological” and “skin rejuvenation”. With all of this shift, this has come a surge in “shopping centre” beauticians offering cut-price services in the rejuvenating skin area.

Whilst people going for regular skin checks and looking after their skin is undoubtedly a societal bonus, engaging in a cheap, unprofessional treatment can cause more harm than good.

*Going to a professional dermatologist or cosmetic practitioner should be a no brainer as to the best way to look after the most visual and extensive organ of the body – your skin.*

It is crucial to make sure you know what your treatment consists of and who is doing the treatment. Always ask questions. What are their qualifications? How long have they been performing this treatment? Are they a beautician or medical staff? What is the treatment efficacy? How many treatments do I have to have before I see a result?

In Australia, injectable treatments must be supervised by a doctor by law. At ENRICH Clinic, our injectable treatments (dermal fillers and anti-wrinkle injections) are performed only by our doctors. Our tattoo removals and other lasers treatments are performed by both nurse specialists or a doctor, depending on the complexity and treatment type. We have three highly qualified experienced dermatologists in the clinic that can diagnose and treat many of your skin issues.

Why do we feel it's important to talk to this? Recently we have had an escalation of cases that we have had to try our best to help, which have previously been treated by non-medical personal.

Lasers and injectables can be invasive treatments, and things can go wrong. Skin types, other medications, heritage, prior treatment types, age, sex all come into play. Having a medically trained professional attend to your skin health needs certainly helps to mitigate risks in any of these procedures, and they are trained to deal with medical emergencies.

*We are super passionate about skin and its care. We urge everyone to be mindful of treatment options, risks and choices when dealing with their skin health.*

Cheap and cheerful can quickly change to expensive and unhappy.



# SUMMER PACKAGES

## ENRICH LUNCHTIME TREATMENT

Rejuvenate and refresh with some of our favourite lunchtime treatments packed up to cover your summer

- 2 x Genesis – 30 min treatment for redness and sun damage
- 1 x China Doll – 45 min treatment
- 1 x Peel & Diode

**\$575 (SAVE \$180)**

## TRUSCULPT SUMMER INTRODUCTORY

Buy 3, 4 or 5 handpieces and get the next free.

**THAT'S A DISCOUNT OF \$295**

on any 4 – 6 handpiece treatment.

## CLEAN AND CLEANSE

Combine Hydro Active facial with regular peels and your skin will be super fresh this summer.

- 2 x HydroActive Facials
- 4 x Peel & Diodes

**\$495 (SAVE \$165)**

## SUMMER REFRESH

Combine our anti-wrinkle injections with our Erbium laser dermabrasion and your skin will be smooth and fresh

- 4 x Antiwrinkle Injections
- 1 x Erbium Microdermabrasion (1 week after injections)

**\$530 (SAVE \$198)**

## SECRET SKIN STIMULATE

Stimulate collagen, refresh, clean, rejuvenate and tighten your skin – summer skin regime sorted!

- 2 x Secret – Full face
- 1 x Erbium Microdermabrasion
- 1 x Peel & Diode

**\$1,125 (SAVE \$310)**

\*Erbium 2 weeks after each Secret treatment, Peel 1 week after Erbium

## PIGMENT SPOT REMOVAL

Remove those sun or age spots on you face, hands or anywhere using the Piqo laser

**15% off\*** Piqo spot removal treatments

**1 - 5 SPOTS NORMALLY \$310 – NOW \$263**

**6 OR MORE NORMALLY \$500 – NOW \$425**

\*prepaid

**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.

Summer packages must be booked by 1/4/2021 to be valid.

