

+ Spring & Summer

1 + 1 EQUALS 3

SKIN BASICS

TOP 5 LUNCHTIME TREATMENTS

ENRICH

DERMATOLOGY

COSMETIC CLINIC

(03) 9500 9500
872 HIGH ST, ARMADALE

ENRICHCLINIC.COM.AU

Spring & Summer

Yay, Spring, or should we say “Sprummer”, as these two seasons flow into one this 2021!

Still, it’s time to move out of the Winter woollies and have some “Spring” in your step. As the season changes and hope for a more “normal” life seems to be on the horizon, we all deserve to be kind to ourselves.

We want to say thank you to our fantastic team and patients for their support, trust and care over this unusual period. We have delivered some of our essential dermatology services during this time, and we appreciate everyone’s patience. As we get back to offering our cosmetic and other skin treatments, we look forward to seeing our patients again and delivering some feel-good moments.

This combined Spring /Summer issue has lunchtime treatments, some skin basics and an inspiring story about an extraordinary woman whose debilitating burns led to her research, her treatment and how it led her to knock on our door.

Of course, we have packaged up some faves for you, and they will be available throughout the Summer to help you get your skin health back on track.

The ENRICH team



SUMMER HOURS

Monday – Thursday 8.30 – 4.30 pm

Saturday / Sunday Currently Closed

Please note these hours could vary and increase in the future. Please refer to the website for regular updates

1+1 Equals 3

Combining skin treatments may seem like double the effort, but it could offer triple the benefit. There is no single best treatment when it comes to your skin. Often a few excellent procedures combine that offer, together, even better results than you'd see with just one treatment alone.



If you are concerned about signs of ageing (wrinkles, blemishes, brown spots or sallow cheeks), you aren't going to find one single best treatment. A laser may work well on your skin tone, while an antiwrinkle injection may be useful to stave off a deep wrinkle.

Age and sunspots are treated with a laser, chemical peel, or light-based treatment, while sallow cheeks plump up well with dermal filler injections.

One of our favourite anti-ageing strategies is the use of dermal fillers with muscle relaxant antiwrinkle injections. The results can be outstanding after just one appointment when you combine treatments. It's the 1 + 1 = 3 effect!

Finding treatments that complement one another is key to getting the 1 + 1 = 3 effect. We love combining treatments because the results are often much more effective!

Treatments that work well in combination.

Antiwrinkle injections (dermal filler, muscle relaxants), lasers, intense pulsed light (IPL), microdermabrasion, chemical peels and high-quality skincare products can all be used together in various combinations for outstanding cosmetic outcomes.

We use these combos frequently at ENRICH Clinic, where Dr Michael Rich is a great proponent of the multi-treatment approach. The treatments can often be performed in one appointment but may be scheduled over several appointments where necessary.

A break between treatments may be necessary, so your skin can do its thing

Some procedures are, by necessity, performed away from others. For example, a robust collagen-boosting treatment requires at least a month, if not more, to reach its maximum potential. There's not much point in doing more collagen-boosting treatments over the top. Your skin is already maxing itself out. However, this doesn't mean you can't do dermal fillers, antiwrinkle injections or even a pampering, hydro-active facial.

CLASSIC TREATMENT COMBOS

- + Laser + Radiofrequency
- + Dermal fillers + Antiwrinkle injections
- + Acne medication + Topical acne or acne scarring treatments
- + Fat removal + skin tightening
- + Peels & Diodes
- + Ultraformer (HIFU) + Lasers
- + Threadlift + Chin liposuction
- + Juliet + Thermi Va (intimate treatment)
- + Pigo + Genesis (rejuvenation)
- + The Secret (skin needling) + Glow Gun (rejuvenation)
- + The Secret + PRP (acne scars)
- + The Secret + Dermal fillers
- + Skin resurfacing + Genesis

Other treatments require a break due to the way they function in the skin. For example, any injections need time to settle before other skin treatments go over the top. This timing is in place because the injection liquid can migrate, which you don't want you want the liquid to stay where it was injected.

Swelling from some treatments may impede the effect of others, so a break for healing may be helpful for the best outcomes for some combined treatments. You don't have to have them done in the same appointment for the combination treatment effect to come into play.

What is the best cosmetic treatment combination?

The best cosmetic treatment combination for you depends on your skin concerns, skin type and age. Talk to your cosmetic dermatologist or doctor to see what their thoughts are.



Skin basics for men and women

There are some critical differences in skin between the sexes that need to be taken into account when developing a skincare regime; for example, men's skin tends to be thicker than women's. Many men prefer a hands-off, minimalist approach to skincare, so a simple regime works well.



Women are more open to skincare treatments and are significant “researchers” regarding what can benefit their skin health. They are also more prone to care for their facial skin given make up is often applied and removed regularly.

When developing a skin health regime, we need a few fundamentals under our belt to inform choices. The goals of any skin health regime are to keep skin clean and supple, free from blemishes and breakouts.

HOW TO IDENTIFY YOUR SKIN TYPE

A dermatologist can help determine what products and treatments will suit your skin, but you first need to establish your skin type. A cosmetic doctor or dermatologist can help you with that too!

1. Sensitive

Sensitive skin might burn or sting readily, redden or blotch easily, and may react badly to products.

2. Normal

Normal skin is not overly sensitive and is clear from obvious problems like pimples or dryness.

3. Dry

Dry means flaking, itching or rough skin, where you can either see or feel the skin's surface is not hydrated or suffering oiliness.

4. Oily

Oily skin is greasy and shiny, with some areas usually worse than others, such as the forehead or around the nostrils.

5. Combination

Combination skin is dry in some areas while oily in others.

WEAR SUNSCREEN, BUT NOT JUST ANY SUNSCREEN

Protecting your skin from the sun, especially the face, is vital for retaining healthy and more youthful-looking skin as you age. Sunscreen prevents the DNA damage caused by UV rays, helping stave off wrinkles, fine lines, freckles and sunspots. Your sunscreen purchase, especially for the face, should be 50+ UV protection.

When asked what the most important anti-aging treatment is, Dr Rich always answers, “sunscreen 50+”. Sunscreen should be part of your daily morning routine – clean face, moisturise, then sunscreen! Simple.

Additionally, ensure you don't avoid all sun on your body since we develop Vitamin D as the UV rays cause a chemical reaction in our skin. Sunscreen blocks this process, so people who get no UV ray-skin action can be Vitamin D deficient. Vitamin D is critical for our immune system and bones, so get your levels checked at your annual check up and supplement as advised.

KNOW YOUR PRODUCT

It certainly makes good sense to read labels and discuss the products on your skin with your skin health expert. There are vitamins such as Vitamin C and niacinamide (Vitamin B3) powerhouses for helping with pigment and fine lines. Vitamin E can nourish the skin, but some super acne-prone skin can cause a breakout.

AHA plant-derived alpha-hydroxy acids can help resurface the skin and reduce skin congestion. Glycolic acids can help with dead skin build-up. Note, however gentle; any acid can

cause a reaction on the sensitive skin, so matching the need to the treatment area is important. There are many Vitamin helpers for your skin health; the trick is the formulation, combination and matching the product to your skin type.

LASER MAGIC

At ENRICH Clinic, we are big fans of the laser. Our clinic boasts over twenty different lasers, which allows us to cater for all skin types. These lasers can go deep or just on the surface. They can “clean up” your skin by removing aging pigment, “plump” your skin by promoting collagen renewals, reduce redness by treating blood vessels, help with scarring, smooth fine lines, and so much more. They are the go-to toolbox for skin renewal.

LASERS VS A TRADITIONAL “FACIAL”

Traditional facials are quite lovely and relaxing, but they are not an excellent vehicle for cleaning the skin. Ever had a breakout after a facial? Let's think about that. A traditional facial consists of layers of different products placed on the skin left for a certain amount of time to sit on the top epidermal layer and allowed to seep into the pores. Some of these products could be quite oily and left on the skin for too long can cause a breakout. The glycolic peel, which can sometimes be a part of a facial process, is a beneficial skin cleaning treatment. However, you then place an oily or mud-like formulation over the skin after giving it a peel; it could be break out city.

Lasers clean the skin. They remove the debris that sits on the tops of the skin. Some of the lasers go deeper and can remove the pigment under the first layer of skin. Dr Michael Rich calls this “cleaning the dirty wall” Think freckles are cute? They can be when you are in your 20's, but they could be more like “age spots” when you are in your later years. Removing the pigment from your face can take years off your visual age.

MORE ON GLYCOLIC PEELS

Peels are one of the staple treatments at ENRICH Clinic. Our website lists all the different types of peels, but we will just focus on the glycolic ones here. These little miracle quick fixes can take just half an hour to do and are often combined with a diode which is light therapy that brightens, encourages the skin to heal and improves collagen regeneration. A once a month peel can significantly increase your skin's look and feel.

LASERS AND PEELS FOR ALL

Lasers and peels are fantastic skin health treatments for both male and female skin. Deeper treatments might be required for thicker skin to achieve results, less invasive procedures for the newbies, and it's important to remember that any treatment depends on your skin type. Having a skin health plan is essential for keeping you on track and ensuring your skin is well looked after. You have a dental plan, so why not a plan for the largest organ the body has.

SEE YOUR DERMATOLOGIST FOR ANTI-AGEING AND SKIN HEALTH

At ENRICH Clinic in Melbourne, our focus is on ensuring you have beautiful, healthy skin. We're also specialist cosmetic dermatologists who can work with you to achieve your anti-ageing skin goals. That might be reducing a double chin, softening some wrinkles, clearing pigment or plumping skin. No matter your anti-ageing and skin health goals, our team of dermatologists, cosmetic doctors and specialty nurses have got you covered.

+ Top 5 Lunchtime

If you're looking for a treatment done well within an hour, here are our favourites, performed by our talented, well-trained and experienced cosmetic nurses and doctors. We have our top five walk-in walk-out treatments that leave you with a fresher complexion as a once-off or as part of a more extensive beauty regime.

#1 Glycolic Peel

Chemical peels have a relatively low cost and regularly undertaken can have a high impact on your skin. One of our favourite lunchtime peels, a glycolic peel, dissolves the topmost layer of dry, dull skin cells, revealing fresh skin underneath. Your practitioner tailors the peel strength of the Peel to your skin type and condition. For a quick brighten and freshen with no downtime, a glycolic peel is perfect.

Peels can be used across several areas, from the face and neck to the backs of your hands, reducing the appearance of pigmentation, fine lines and, over time, increasing collagen production to strengthen the skin.

Why we love a lunchtime peel

- + Improve skin texture and tone
- + Reduce pigmentation like melasma and age spots
- + Improve the appearance of mild scarring and sun damage
- + Improve the appearance of fine lines around eyes and mouth
- + Clear out blackheads or whiteheads
- + Reduce the incidence of ingrown hairs
- + Reduce the impact of acne breakouts
- + Reduce dry, scaly skin
- + Reduce pore size
- + Face and neck treatment is just \$50

At ENRICH Clinic, we prefer more frequent peels across the year than one extensive treatment, so regular refreshers are best for great results. In saying that, if you just want to pop in for a quick treat and refresh your skin, you'll still walk out with lovely looking and feeling skin.

Amp up your Peel

PRICE: Between \$55 - \$150 depending on the area and peel type

#2 China Doll Facial

Looking for a bit of drama that ends well for once? The China Doll Facial is a laser treatment with a smoke-and-mirrors twist that works for real.

We smooth your skin over with a special carbon serum, then when it's had time to draw out the contents of your pores, we do several passes with the laser. The heat from the laser bursts the carbon, vaporising dirt and pore-blocking oil and dead skin cells, with a burst of smoke and a crackle. Don't worry; it doesn't hurt!

We use the power of the laser and the carbon serum to create an extra unique clarifying skin experience.

Why we love the China Doll facial

- + Non-invasive
- + No downtime
- + Ideal for newbies to cosmetic treatments
- + Great for before an 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
- + Increases thickness of the dermal barrier
- + Stimulates collagen and elastin

PRICE: \$250 per treatment

me treatments

#3 Genesis laser facial

The Genesis laser is one of our favourite lunchtime specials, leaving you with smoother skin and evening out your complexion without downtime. Our advanced Genesis laser helps soften fine lines and wrinkles, reduce the impact of sun damage, visible pores and other skin concerns such as redness.

Just one visit will provide differences in the skin, so whether you want a series of treatments or just the one pick-me-up, the Genesis is an excellent choice for a low-stakes lunchtime quickie.

The results of the Genesis laser appear after 3-5 days post-treatment and then develop across the coming weeks as collagen production increases. We recommend a series of about five treatments for best results, about a month apart.

Why we love the Genesis laser facial

- + No downtime treatment
- + Pain-free
- + Warm and soothing treatment
- + Smooths complexion
- + Visible improvements to skin after treatment
- + Stimulates collagen and elastin production over time
- + Advanced skin treatment
- + Reduces the appearance of fine lines and wrinkles
- + Improves pigmented areas
- + Plump and smooth skin

PRICE: \$215 per treatment

#4 Antiwrinkle injections

One of our most popular treatments are antiwrinkle injections, which reduce muscle movements that contribute to the scrunching of skin. When two muscles pull the skin together, a crease forms, resulting in a wrinkle developing over time.

The point of antiwrinkle injections can be both a preventative and a treatment, and when combined with dermal filler, can soften wrinkles, sometimes significantly. If you have a wrinkle developing that bothers you, for example, forehead wrinkles or a frown line, antiwrinkle injections can gently reduce the impact on the skin over time.

Any doctor will tell you that an ounce of prevention is worth a pound of cure no matter the problem. Preventing skin from forming wrinkles remains one of our most effective anti-aging solutions.

Why do we love antiwrinkle injections

- + Prevent future wrinkles
- + Soften existing wrinkles and fine lines
- + Look more rested
- + Balance out features (lift a heavy brow, soften the jaw, slim the face, correct a gummy smile, improve the look of thin lips)
- + Temporary treatment - lasts 3-4 months
- + Get a confidence boost

PRICE: Patient needs dependant

#5 The HydroActive Facial

The Hydrofacial has been a global hit, a medical-grade hydrating dermabrasion machine that takes your skin on a three-part journey: cleansing, exfoliating, then intensely hydrating.

The Hydra-dermabrasion device gently suctions the debris from inside pores while infusing the skin with serums and potent actives. As a result, you can expect the skin to look bright, plump and moisturised.

Why we love the Hydrofacial

- + Clarify pores
- + Soften fine lines and wrinkles
- + Deeply hydrate
- + Boost collagen and elastin
- + Refresh complexion
- + Suitable for all skin types
- + Boost glow
- + Non-invasive
- + Look healthier

PRICE: \$200 per treatment







Burns, Skin Grafts and Lasers

This is a story of a courageous woman and her skin journey. After suffering debilitating burns from an accident, she decided to take some of her treatment in hand and look towards a brighter future.

Four years ago, Joanne became a burns victim after an accelerant poured onto an open fire she was sitting by, causing the fire to become out of control. She received burns to her face, hands, chest and torso, neck and arms. We can only imagine how scared she was when this small social gathering became her worst nightmare.

Joanne had numerous skin grafts over the years, all of which were primarily successful but left her skin feeling incredibly tight. Her ability to turn to head left and right was sometimes very difficult for her. This was because some of the skin grafts combined with the damaged skin that was there had tightened so significantly, that it had impaired movement.

It was then that she started to consult dermatologists rather than plastic surgeons. She did her research. She spoke to numerous specialists about what she should do next. It was via a personal referral that she found Dr Michael Rich. Dr Rich had significant experience working with burns patients, and he was aware of the fragility of skin grafts.

Skin grafts have been a treatment since World War I for burn victims; even before that, there was evidence of skin grafting in certain procedures. Fast forward to now, and research, technology, new materials and techniques in the field have been significant game-changers for burns victims.

“They are an incredible solution to terrible trauma. I am always looking for ways to improve any treatment, and I have spent a few years looking into how specific lasers can work closely with the post skin grafting process. The aim is to help release some of the tightened aspects and smooth the skin, especially the top epidermal layer, to hopefully achieve a more appealing and comfortable result for the patient,” says Dr Rich.

Dr Rich has now performed several treatments with the CO2 laser, Erbium laser and Portrait lasers on Joanne’s face, hands, neck and chest. These are our most ablative lasers and work to resurface the skin, helps with scarring, skin quality and collagen renewal. While each treatment takes at least an hour and certainly has some level of discomfort, the treatment outcome has been very successful.

“I can now move my head from side to side significantly better than I have been able to in years. My skin grafts are also looking smoother, and I can see that my hands have had a significant change in their appearance.” says Joanne. “I know that this journey will still take time, but on seeing the results, I know that it’s been worth it.”

Thank you, Joanne, for letting us tell your story, taking your treatment into your own hands, and finding us here at ENRICH Clinic

BEFORE



AFTER





Our Skincare Range

Our ENRICH skincare range has been carefully developed to ensure it meets our patients' needs over every skin type. Combining Dr Rich's dermatological skill with his knowledge of restorative skin regimes and treatments, the ENRICH range is scientifically formulated to help maintain & complement your skin.

ENRICH VITAMIN C DAY & NIGHT CREAMS

Both these creams contain niacinamide (Vitamin B3) and Vitamin C (Ascorbic Palmitate). These are incredible vitamins with antioxidant properties that can help with pigment, fine lines, and wrinkles and boost the skin's moisture barrier. These two creams also contain Vitamin E oil, which nourishes the skin and can reduce hyperpigmentation.

Our **ENRICH Day Cream** formulation has the addition of the antioxidant green tea to help prevent cell damage, working with the natural substances in your skin and helping visibly improve the appearance of large pores uneven skin tone.

The formulation includes: Sodium-L-Ascorbyl-2-Phosphate, Lactic acid, Sodium PCA, Vitamin E Oil, CoQ10, Green Tea, Niacinamide

Our **ENRICH Night Cream** is a richer, thicker cream, enhanced with Vitamin A Palmitate, which helps with the skin's retinol production and enhances the renewal process.

The formulation includes: Ascorbyl Palmitate, Lactic Acid, Niacinamide, Oleic Acid, Sodium PCA, Allantoin Vitamin A Palmitate, Panthenol, Vitamin E oil.

ENRICH GLYCOLIC SKIN SOLUTION

New to our Skincare range is the ENRICH Glycolic Skin Solution a must for Acne-prone skin, adult or adolescence.

The combination of Glycolic Acid (Plant-derived Alpha Hydroxy Acid (AHA)), Probiotic Peptide and amino acid helps to resurface the skin reducing congestion, enlarged pores, pimples and bacteria. Aids collagen and elastin stimulus, reduces pigment and provides vital nourishment.

In addition L-Carnitine Amino Acid Increases skin cell turnover, and D-Panthenol Vitamin B5 adds nourishment that restores hydration levels, with skin-soothing and Anti-inflammatory properties.

Application is simple: it comes in a spray pack and can be dabbed on with a cotton pad. Apply morning and night to affected areas. Please note a slight sting upon application may occur.

ENRICH 15% AHA+BETA EXFOLIATING LOTION

Luxurious silky emulsion that instantly hydrates for immediate healthy glow. Infuses skin with natural moisturising factors and lipids to restore barrier function. Superior AHA & BHA Acid complex removes dead skin cell build up to reveal youthful, smooth and clearer skin. Can aid dry flaky skin and individuals with keratosis pilaris. Inhibits transepidermal water loss to aid repair, protection and complete dermal restoration.

Formulation includes: Aqua (Purified Water) Glycolic Acid, Dimethyl Isosorbate, Glycerin, Salicylic Acid, Lactobacillus Ferment Lysate, Caprylic/Capric Triglyceride, C13-16 Isoparaffin, Heptyl Undecylenate, Honey Extract, Glyceryl Stearate, Cetearyl Oliviate, Cetearyl Alcohol, Cetyl Palmitate, Sorbitan Oliviate, Sorbitan Palmitate, Sorbitan Oleate, Sphingolipids, Phospholipids, Pullulan, Lecithin, Sclerotium Gum, Xanthan Gum, Sodium Phytate, Phenoxyethanol, Ethylhexylglycerin

ENRICH EYE CREAM

This lightweight cream is full of peptides, natural moisturising factors, lipids, cellular energy boosters and antioxidants, which support cells and can have an anti-aging and 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!

The formulation includes: Ascorbyl Tetraisopalmitate, Sodium PCA, Caprylic/Capric Triglyceride, Squalane, sh-Oligopeptide, Tetrapeptide-30, Acetyl Octapeptide-3, Resveratrol, Lecithin, Hyaluronic Acid, LMW Hyaluronic Acid, L-Carnitine, LMW Hydrolysed Marine Collage, Palmitoyl Oligopeptide, Palmitoyl Tetrapeptide-7, Vitamin A Palmitate, CoEnzyme Q10.

PLEASE NOTE: products containing active ingredients such as acids can cause irritation to sensitive skin. Talk to our team about the best products for your skin type.



ENRICH 15% AHA+Beta
Exfoliating Lotion
200ml \$59.95

ENRICH Vitamin C Day &
Night Cream comes in two
sizes: 25ml \$60 & 45ml \$85



ENRICH Eye Cream
15ml \$69.95



ENRICH Glycolic Skin Solution
100ml \$49.95

We recommend that a 50+ sunscreen is used in conjunction with our creams.



SUMMER PACKAGES

TRUSCULPT SUMMER BONUS

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

THAT'S A DISCOUNT OF \$295

on any 4 - 6 handpiece treatment.

SUMMER PREP UP PACKAGE

1 + 1 = 3 Combine our anti-wrinkle injections with our Erbium laser dermabrasion for summer skin smoothness!

4 x Anti Wrinkle Injections
1 x Erbium Microdermabrasion
(1 week after injections)

\$530 (SAVE \$198)

MIRADRY MADNESS

This super special gets you a Miradry treatment plus 2 Glycolic peels for some face time love that's a \$275 saving.

1 x Miradry Treatment
2 x Face & Neck Peel*
followed by a healing light Diode

PACKAGE \$1675 (SAVE \$275)

*Peels 2 weeks apart.

GLAM GLOW GUN PACKAGE

This package is not for the newbie but certainly stimulates collagen and smooths the face. Genesis a few days after the glow gun treatment.

1 x Glow Gun Lower face - 1 ml of filler plus
1 x Genesis
2 x Peel (face and neck)*

PACKAGE \$700 (SAVE \$185)

*First Peel at least 2 weeks after Glow Gun & Genesis

EXCEL THE REDNESS PACKAGE

The Excel is a champion of redness and treating open blood vessels. There is a little downtime 7 or so days. We combine it with a Genesis (1064) in the same treatment to help the rejuvenation process & a diode to help the healing. We complete the package with a relaxing Hyrdo facial a few weeks later.

1 x Basic full face Excel V
1 x Genesis
1 x Diode
1 x Hydrofacial

PACKAGE \$820 (SAVE \$230)

*Doctor consult required and included in package.

PICK ME UP LASER FACIAL PACKAGE!

Try our speciality, no downtime, laser facials with this lovely refreshing package tidied up with some peels. Facials one per month and peels two weeks apart.

1 x China Doll
1 x Hydro Facial
2 x Peel (face & neck) and Diode

PACKAGE \$430 (SAVE \$170)

TERMS & CONDITIONS

Our packages indicate if a doctor consultation is required prior to treatment. Treatment packages are designed to give our patients the best combination of treatments for a specific purpose or outcome. Packages cannot be used in conjunction with any other promotional offer. Some packages require prepayment and will be discussed at time of booking. Packages need to be paid in full upon first appointment. 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 patients.

Summer packages must be booked by 1/3/2022 to be valid.