



# Autumn/ Winter 2023

**PSORIASIS – WHAT IS IT?  
CAN YOU TREAT IT?**

**THE HANDS HAVE IT**

**THE FUSS ABOUT  
BIO REMODELLING**

## ENRICH

DERMATOLOGY

COSMETIC CLINIC

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# Autumn/Winter 2023

As the colder months creep up on us, it's time to take stock of our Summer skin and check in on possible sun damage from all that fun in the sun. Book in for your annual skin check, or consider a treatment that can help remove some of those pesky skin spots that have just magically appeared. Even a lovely little, no-downtime treatment like the Hydro Facial can help your skin with hydration.

It's no accident, that this summer, we launched our new ENRICH A, B & C, Antioxidant Serum and Radiance Hyaluronic B5 Gel. Both these products are perfect for skin rehydration and can be used all year round, under sunscreen, with your regular day or night cream or on their own.

In this newsletter, we talk about Psoriasis, what it is and some treatment tips. We also get the low down on Bio remodelling, the new buzz treatment that has us all crazy about hydration, and we talk about hand rejuvenation. Of course, there are four new season packages to help with your next treatment or come in and see, our cosmetic consultant, and we can package up a treatment plan just for you.

We are looking forward to seeing you all in the clinic soon.

## TEAM ENRICH



## AUTUMN/WINTER HOURS

Monday	8.30 am - 4.30 pm
Tuesday	8.30 am - 4.30 pm
Wednesday	8.30 am - 4.30 pm
Thursday	8.30 am - 4.30 pm
Friday	8.30 am - 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

# + New to our Skincare range

We are incredibly excited to introduce 3 new products into our ENRICH skincare range.



## ENRICH VITAMIN A, B & C, ANTIOXIDANT SERUM WITH PEPTIDES & HYALURONIC ACID

Hydrating, light liquid peptide restoration serum that soothes, protects and nourishes and aids in even skin complexion. It targets pigment and supplies skin with vital cell renewal peptides, potent antioxidants, and anti-inflammatories.

Niacinamide, Marine collagen and hyaluronic acid aids in the prevention of dryness, healing, plumps, and repairs and inhibits free radical damage for optimal skin health. This little serum packs a punch.



## ENRICH RADIANCE HYALURONIC B5 GEL

This silky gel is a liquid rejuvenating hydrator that nourishes. Our Radiance Gel contains collagen, stimulating biomimetic peptides, B5 that restores hydration levels, and triple-faceted Hyaluronic Acids that aid in inflammation. Its formulation can help supply the skin with vital cell renewal properties to aid reversal of sun damage, pigmentation, wrinkles and loss of elasticity.



## ENRICH CLEANSE & REFRESH GEL CLEANSER


Protective and sulphate-free, anti-inflammatory formula ideal for sensitive and combination skins. Gently removes impurities, leaving the skin refreshed, hydrated and soothed whilst accelerating relief of itching and burning. Suitable for daily use, this gel cleanser reduces irritation, gently exfoliates, softens and nourishes skin to reveal healthy regeneration. It leaves skin feeling super clean and supple, not tight and dry.

**ALL OUR ENRICH SKIN CARE PRODUCTS ARE FREE OF:**

ANIMAL CRUELTY, SULPHATES (SLS | ALS) PARABENS, PEGS, LANOLIN, MINERAL OIL, ARTIFICIAL COLOUR, ARTIFICIAL FRAGRANCE

You can purchase any of our ENRICH Skincare online at [www.enrichclinic.com.au/shop](http://www.enrichclinic.com.au/shop) or in the clinic



A close-up photograph of a person's back and hand. The person's hand is scratching their back, with their fingers digging into the skin. The skin on the back appears slightly red and irritated, which is a common symptom of psoriasis. The background is a plain, light-colored wall.

+ Psoriasis – what is it?  
Can you treat it?

# What is Psoriasis?

**Psoriasis is a chronic autoimmune, inflammatory skin condition whereby the keratinocytes in the skin proliferate, causing scaly skin. Put simply, Psoriasis causes the body to produce new skin cells in days rather than weeks. These cells accumulate on the skin's surface, producing thick and scaly patches that can be itchy, red and uncomfortable.**

**Without treatment, psoriasis symptoms can worsen, leading to other complications, such as psoriatic arthritis, heart disease and diabetes. We're not sure why Psoriasis occurs or how to completely cure the condition, but we have some strategies for keeping Psoriasis in check.**

## THE DIFFERENT SYMPTOMS OF PSORIASIS

The most common symptoms of Psoriasis are rashes and dry, cracked and scaly skin. These rashes are variable in size and colour. The rashes for black or brown skin are usually purple with a grey scale, while in white skin, it is usually pink or red with a silver scale. Psoriasis can cause an extreme itch and even a burning sensation. Psoriasis symptoms can come and go or remain for long periods.

Of course, the symptoms vary depending on your type of Psoriasis.

- + Plaque psoriasis causes dry, itchy, raised skin patches, commonly covered with scaling on the elbows, knees, or scalp.
- + Nail psoriasis affects both fingernails and toenails, causing pitting and discolouration. This often causes nails to come loose.
- + Inverse Psoriasis appears in the skin folds of the buttocks, breasts, and groin, which generally leads to smoother inflamed skin than other types of Psoriasis.
- + Guttate Psoriasis, seen most commonly in young adults and children, usually results in spots on the arms and legs and sometimes on the chest area.
- + Pustular Psoriasis causes blisters, which vary significantly in size and appear on most parts of the body, but also appear in small patches on the palms.
- + Erythrodermic Psoriasis can cover the entire body with an extremely painful peeling rash. This type of Psoriasis itches a lot and can burn intensely in its most extreme cases.

## THE SEASONS AND HOW THEY AFFECT PSORIASIS

It has been found that Psoriasis can deteriorate with sun exposure. This is due to the sun's UVB having a beneficial effect on the affected areas and can help slow the growth of affected skin cells. Whilst we don't suggest long-term sun exposure as a treatment, we recommend that some gentle sun exposure could help along with treatments with particular medical lights that emit UVB rays in a controlled way.

Winter can be a troubling time for people living with Psoriasis as the dry heat in most buildings and housing can reduce the skin's moisture content and can worsen psoriasis symptoms. Moisturising daily and humidifiers can help.

## TREATING PSORIASIS

Psoriasis treatment is typically multifactorial and can involve topical preparations, light therapy, stress management, diet review and medication.

Restoring the skin's barrier function is the primary focus in treating psoriasis lesions on the skin, so creams that work to this effect are employed. The simplest readily available treatments for mild Psoriasis are a controlled amount of daily sunshine on the skin, topical moisturisers and relaxation. Applying moisturiser immediately after bathing helps trap moisture in the skin, and Vaseline or other petroleum jelly products can also act as a barrier.

**Treatments can range from tar preparations, UV light & topical steroids.**

Severe Psoriasis can be treated with medications such as retinoids, methotrexate, and other potent drugs. They all come with some side effects, but some of these medicines can effectively manage psoriasis symptoms over the long term.

**Diet and exercise have also been shown to help treat Psoriasis.**

Studies have shown that sugars, red meat, alcohol and a diet high in saturated fat can aggravate Psoriasis. A diet high in beans, legumes, and soybeans can also have beneficial effects.

Exercise and an active lifestyle have also been touted as a benefit. Some studies show that an active lifestyle and exercise can help alleviate some of the psoriasis symptoms.

For the more stubborn or long-term Psoriasis, to which topicals have no or little effect, there is the option of a drug regime. The non-biological medication can include immunosuppressants, immunomodulatory, anti-inflammatories, retinoids & inhibitors.

Drug treatment always with a certain amount of risk and benefits. The appropriate medication selection is specific to each patient, and these medications are given strictly under specialist supervision.

Biological therapies or biologics are used for moderate-to-severe Psoriasis that has failed on topical and systemic treatment options. Biologics are monoclonal antibodies or recombinant proteins targeted at specific components of the immune system.

Again strict supervision comes with Biologics as each comes with its own risk & reward, and the prescription is specific to each patient.

# + The hands have it...

Did you know your hands can be the most significant “age “giveaway”? Your hands are subject to all the seasonal elements and are the most likely part of our bodies that can incur minor injuries. Genetic factors can also play a role in hand appearance, with skin laxity and moisture loss playing a major factor in skin appearance.

## Suffering from “old person hands”?

This can happen at any age... you could just be born with “old “looking hands, or they could come with age and general wear and tear. If you work with your hands, especially outdoors, you’re more likely to have well-worn hands earlier in life than those in an office environment.

## So what can you do?

### Check

Firstly, getting your hands checked for possible skin cancers is a great starting point. Hands can be subject to sun damage very quickly; gardening, working in the elements even driving a car can cause pigmentation.

### Laser

The next step after the all-clear is laser treatment. The IPL laser is excellent for dark spot removal and will help collagen regeneration. Age spots can also be tackled with the IPL laser achieving fantastic results.

### Plump

If the hands need a little help, you can strategically put a small amount of filler into them. Your IPL laser treatment will also help with a little collagen build-up. Which will give an instant refresh result.

### Sun Screen

Yep, we know we always bang on about this, but your hands and your face are continually exposed to the sun – in any season. Applying 50+ sunscreen the same way you apply hand moisturiser is just the best anti-aging you can do, no matter what age. Prevention is key to younger looking hands!

### Moisturise

Our skin gets drier and can shed more than usual as we age. Using a daily moisturiser can help. It doesn’t need to be expensive – many moisturisers developed by dermatologists and hospitals are very cost-effective and can be found at your local chemist.

## Plan the hand

As we move into the cooler months, it’s usually a good time to have your hands lasered. IPL does leave your hands initially a little red, and then your brown age or sunspots will start to “rub off” over the upcoming week. Better to have this treatment when your hands are more likely not to be in the sun. Applying 50+ sunscreen on your hands every day after the treatment is also necessary for prevention and ensuring the new skin isn’t too susceptible to new spots.

Pigment also has a memory, so planning to have your hands lasered every 24 months can help with reducing reoccurrence and ensuring ongoing care rejuvenation.

## Drive wise

Your hands are the most susceptible to skin cancers, age and sunspots when driving. This continual exposure to the sun through a window is something most of us cannot avoid. Wearing gloves at any driving time, let alone in summer, is not a real option. 50+ sunscreen is the ticket to help protect your hands – no matter what season it is.

Harmful UV rays can certainly get through in winter, and if driving every day is part of your job, that makes you even more in the pigment and sunspot firing line. Keep a tube of 50+ sunscreen in the car and automatically put it on every day before you start your drive. Think of it as your rub on driving glove!









# + The fuss about Bio Remodelling

If you're on a quest for a non-surgical treatment to improve the appearance of your skin, you may have heard of bio remodelling injections. These injections are also known by its registered product name, but in Australia the TGA guidelines don't allow us to advertise it, similar to how we can't name the registered product names of antiwrinkle injections.

Regardless, this innovative treatment is quickly becoming one of the most sought-after options for those looking to improve their skin's hydration, elasticity, and overall appearance.

But what exactly is Bio Remodelling, and why is it causing such a stir in the skincare world?

## What does Bio Remodelling injection do?

Bio remodelling originates from Italy, and this anti-ageing injectable skin treatment is one of the latest "skin trends" of 2022. Made of 100 per cent pure hyaluronic acid, Bio remodelling injections offer a non-surgical, non-invasive approach to improving skin texture, elasticity, hydration and overall appearance.

Think of bio remodelling as a "glow giver". Rather than remodelling or changing the shape of your face, which is what fillers do, this treatment is more of an overall hydration.

Bio remodelling is a gentle, regenerative treatment, not comparable to dermal fillers or wrinkle-relaxing injections, which add volume/contour to the face, or relax facial muscles, respectively.

## High concentration of HA

The secret behind this innovative skincare procedure lies in its high hyaluronic acid (HA) concentration. As of 2022, "it contains one of the highest concentrations of pure hyaluronic acid on the market at 62mg per 2ml syringe."

Hyaluronic acid is naturally produced by our body and helps retain water for skin cell hydration. This makes our skin look hydrated and plump, with joints and tissues lubricated. But as we age, our body produces less of it, which can lead to dryness, wrinkles and loss of volume in our face.

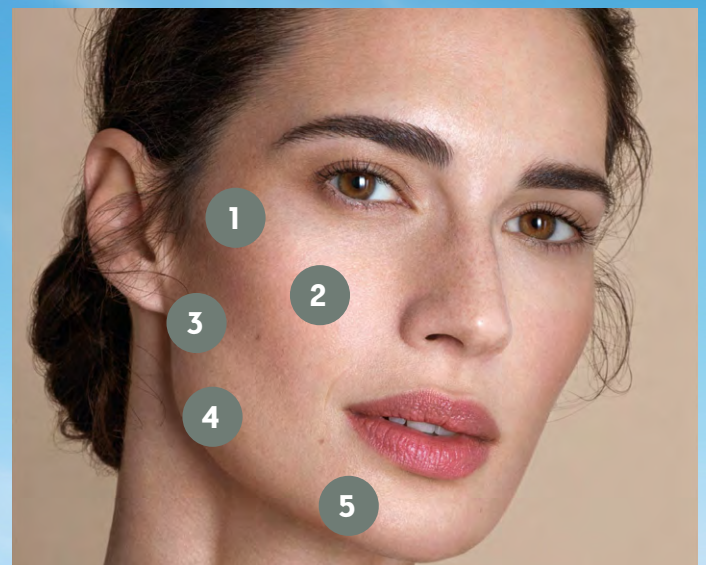
## Unique delivery

Another reason this treatment stands out from other injectable treatments is its unique delivery system called Bio Aesthetic

Points (BAP). BAP injection involves the precision placement of five points into specific areas on your face that help promote collagen production throughout your entire face rather than just targeted areas like most other injectables do.

When injected into your skin, HA binds with water molecules to create a plumping effect that smooths out wrinkles and fine lines. It also encourages collagen production, which helps maintain strong connective tissue in the dermal layer of your skin.

This leads to a more natural look with no noticeable changes due to "overfilling", which can happen when too much filler is used in one area.



These 5 points identify the 5 anatomically receptive areas of the face with an absence of large vessels and nerve branches, therefore, minimising the risks while maximising the diffusion of the product in the malar and submalar areas.

## Immediate and lasting results

Not only does bio remodelling help reduce signs of ageing, such as wrinkles and sagging skin, but it immediately improves skin texture and hydration. In addition, its natural hydrating properties make it an ideal choice if you're looking for more lasting results than those offered by serums alone.

It also allows us to tailor treatments specifically to your needs; our experts can inject different concentrations of HA at different depths depending on what areas need extra nourishment or tightening.





BEFORE



AFTER 2 TREATMENTS



AFTER



AFTER 2 TREATMENTS

## Procedure for Bio remodelling injections

The procedure for bio remodelling injections typically begins with a consultation with our specialist to determine if the treatment is appropriate for you and to establish a treatment plan. During the consultation, your medical professional will evaluate your skin and discuss any concerns you may have.

### Treatment

- ✦ Skin will be cleansed and numbed with a local anaesthetic cream to minimise discomfort during the injections.
- ✦ Bio remodelling is injected into your skin using very fine needles and administered in small amounts to different areas of the face, neck, or hands, depending on the treatment plan.
- ✦ The whole procedure usually takes about 30 minutes to complete (excluding time for local anaesthetic cream to activate)

It's important to note that individual results may vary depending on the person's skin condition and the extent of the treatment.

Sometimes, you may need more than one treatment to achieve the desired results.

## What are the side effects of Bio Remodelling injections?

Like any medical procedure, bio remodelling injections may cause some side effects. However, these are generally mild and temporary.

The most common side effects include mild swelling and bruising at the injection site. These are normal and usually subside within a day or two. Itching or redness at the injection site may also occur, but these are typically temporary and should disappear within a day or two.

## How long do Bio Remodelling injections last?

The effects of Bio remodelling injections typically last for up to 6 months. This is because the body gradually breaks down hyaluronic acid over time. However, individual results may vary depending on your skin condition and the extent of the treatment. It is recommended that you have two treatments initially and then follow-up treatments as required in the future.

## Treatments to complement Bio Remodelling

If you're considering bio remodelling injections to improve the appearance of your skin, you may be wondering what other treatments can work well with it.

One popular complementary treatment is anti-wrinkle injections. They provide more comprehensive and targeted treatment. While Bio remodelling focuses on improving the skin's hydration and texture, anti-wrinkle injections can help smooth wrinkles and fine lines.

Bio remodelling is different from dermal fillers and anti-wrinkle injections. Think of it not as a replacement treatment but as an addition to the skin care toolbox. Having said that, it is also an excellent starter treatment, as its "natural looking" finish is perfect for those who don't need dermal filler just yet or are concerned about an "overfilled" situation.

Our PDO threads are also an excellent complimentary treatment as bio remodelling gives hydration, and PDO threads concentrate collagen production and support skin structure. The threads tighten and improve the appearance of fine lines and wrinkles by gradually stimulating collagen and elastin production within the skin over time. PDO threads tighten skin for 6-12 months after the procedure, resulting in the thread matrix supporting the structure of the face by increasing collagen production. Then, the face thread dissolves entirely over time, leaving just the supportive collagen. These two treatments must be performed on separate days.

Laser treatments to clear your sun or age spots are also an option; however, if you're planning on having laser treatments, you should wait at least six weeks after your Bio remodelling injections or have a laser treatment three weeks prior to a Bio remodelling treatment.

The Secret skin needling is another complementary treatment that works very well with Bio remodelling. The Secret has an RF laser complement to its treatment, so the same time frames as other lasers also apply. Why? Laser treatments can cause inflammation and swelling, affecting the injections' results.

At ENRICH, we love a new treatment but always wait until it has been tried and tested in the market before introducing any new therapy to our clinic. We are delighted to announce Bio remodelling is now available for bookings at ENRICH clinic for the end of April, and our experienced, fully qualified nursing team looks forward to helping you add Bio remodelling to your skin plan. Give our team a call and discuss how Bio remodelling could work for you.



Purchase two  
Bio Remodeling  
treatments and  
receive a **FREE**  
**PROFILO  
HAENKENIUM  
CREAM.**

**ENRICH Clinic Bio-remodelling bookings  
now open for end April 2023.**

# + Super Hydrate with the Hydro Facial



The Hydro Facial has been a key no-downtime treatment in the market for a while now. It is a “feel good” facial that cleans, extracts impurities and saturates the skin with peptides and brightening extracts. It’s a moment of instant gratification! Rumour has it that JLo is a huge fan!

The Hydro Facial is also excellent for use before and after a cosmetic procedure. Boosting the face with peptides can help lay the foundation for dermal fillers and the Glow Gun. As a post treatment, a hydro facial can be great a few weeks after a high downtime treatment such as the Fraxel.

The Hydro Facial is also an excellent replacement for the traditional “beauty facial”, which might feel nice but doesn’t do much in the way of cleaning your skin.

The Hydro Facial can be customised to your skin type and is an excellent allrounder for boosting the skin’s natural glow. Each part of the facial process prepares the skin for the next steps. There are three steps in the total facial, which can be performed in just over 40 minutes and you’re out in under an hour. Best of all, it’s a perfect prequel to a special occasion as it has no downtime, and your skin will come out glowing.

## Nice for newbies

If you are new to laser or cosmetic facials, the Hydro Facial is fabulous as your first port of call. It is both relaxing and infusing. It cleans and hydrates, and you will leave the clinic with that skin-clean feeling.

We have been performing Hydro Facials for several years at ENRICH clinic, and our nursing team is very proficient in the procedure. The Hydro Facial is part of our suite of no-downtime treatments and costs just \$200 for one.

Haven’t tried a Hydro Facial one yet? Well, this might just be the time! This season’s packages include another no-downtime favourite, the China Doll, complete with a discount.

## 1+1=3

What treatments team well with a Hydro Facial to give you **3 times** the effect?\*

- Hydro Facial & Dermal Fillers
- Hydro Facial & Anti-wrinkle injections
- Hydro Facial & Glow Gun
- Hydro Facial & Bio remodelling
- Hydro Facial & China Doll

\*Treatments are performed on different days, 1-2 weeks apart.









## AUTUMN/WINTER 2023 PACKAGES

### THE SECRET IS OUT

Stimulate collagen, refresh, rejuvenate & tighten your skin.  
The Secret plus Genesis will have your skin in good  
Autumn/Winter, nick!

2 x The Secret Full Face  
2 x Genesis  
2 x Peel & Diode  
(Treatments 2 weeks apart)

**PRICE \$1380 (SAVE \$270)**

### WINTER CLEAN UP

"Not for newbies" treatment that is still one of our most popular  
downtime treatments for the winter months. A Fraxel helps  
reduce facial pigmentation (freckles, sun damage, age spots)  
and improve skin tone & texture. The Genesis helps with skin  
rejuvenation and is a gentle treatment with no downtime.

1 x Full-face Fraxel  
1 x Post Treatment Diode  
1 x Genesis  
2 x Peel & Diode

**\$1060 (SAVE \$255)**

### WINTER PICK-ME-UP PACKAGE

Try our speciality, no downtime, laser facials with this  
lovely refreshing package tied up with some peels, keeping  
your face fresh during those indoor winter months. Facials  
one per month and peels two weeks apart.

1 x China Doll  
2 x Hydro Facials  
2 x Peel and diodes

**\$700 (SAVE \$170)**

### PDO THREADS & BIO REMODELLING COMBO

This combo has your skin hydration and tightening  
completely covered for the season if not the year.  
**Introduction combo - 20% off when you combine  
2 Bio remodelling treatments with a PDO thread treatment.**

2 x Bio remodelling  
1 x PDO Threads treatment  
(Treatments 2-4 weeks apart)

**RECEIVE 20% OFF**

\* 20% off only available for treatments booked & paid for before 15/6/2023

## Our ENRICH Skincare Range

Vitamin C Day Cream  
Vitamin C Night Cream  
Glycolic Skin Solution  
15% Aha + Beta Exfoliating Lotion  
Soothing EYE CREAM  
Radiance Hyaluronic B5 Gel  
Cleanse & Refresh Gel Cleanser  
Vitamin A, B & C, Antioxidant Serum with  
Peptides & Hyaluronic Acid



You can purchase any of our ENRICH Skincare online at [www.enrichclinic.com.au/shop](http://www.enrichclinic.com.au/shop) or in the clinic.

**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. All packages need to be paid in full after the first treatment for package to be valid. 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 Winter Packages must be booked by June 15th 2023