



Autumn/ Winter 2024

LET'S TALK DERMATITIS
CHINNY CHIN CHIN!

E N R I C H

DERMATOLOGY

COSMETIC CLINIC

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ENRICHCLINIC.COM.AU



Autumn/Winter 2024

Can you believe it's Autumn?

As we step into 2024 and resume our usual routines, it's an opportune moment to review or create a skincare routine tailored to your skin type and specific concerns. Our cosmetic doctors, dermatologists, nurses, and cosmetic consultants are available for bookings and consultations to address any aspects of your skin health, so give us a call.

In this newsletter, we delve into the topic of dermatitis and explore its various subcategories. We also discuss chin-related matters and introduce one of our latest treatments, a unique combination of the Ultraformer and fat-dissolving injections. Of course we also have four exclusive Autumn/Winter packages crafted specifically for you, our valued ENRICH patients.

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 - 5.30 pm
Wednesday	8.30 am - 5.30 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



+ Our ENRICH Skin care packs have arrived

Following the launch of our new product we have now put them into handy packs. These packs have been designed with our patient's needs in mind and they contain smaller versions of each of our products so you can try or travel without purchasing full size products. They come with a handy silver mesh bag, perfect for overnight or holiday takeaways.

- | | | |
|----|------------------------|-------|
| A. | TRAVEL PACK | \$175 |
| B. | NEW PRODUCT PACK | \$160 |
| C. | POST TREATMENT PACK | \$140 |
| D. | OILY SKIN PACK | \$180 |
| E. | SKIN CARE STARTER PACK | \$175 |



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 or in the clinic

+ ENRICH Clinic is now on HotDoc!

You can now schedule certain clinic appointments directly using the Hot Doc app or through Hot Doc on our website at www.enrichclinic.com.au/booking/





+ Let's talk Dermatitis

WHAT IS DERMATITIS?

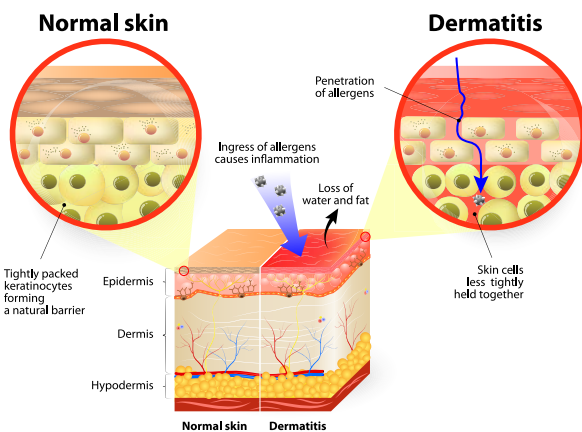
Dermatitis is a broad term to describe several types of skin inflammation. It can cause dryness, redness, itching and scaling on the surface of our skin and sometimes blistering or oozing. It is typically characterised by itching, redness, scaling and/or skin cracking. In essence, dermatitis is a broad term that encompasses several different types of skin conditions, each with its own causes and symptoms.

TYPES OF DERMATITIS INCLUDE:

- ✚ **Atopic dermatitis.** This is the most common form of dermatitis, also known as eczema. It is a chronic condition that causes itchy, dry, and inflamed skin. Atopic dermatitis is often associated with allergies and asthma and is more common in individuals with a family history of these conditions.
- ✚ **Contact dermatitis.** This type of dermatitis occurs when the skin comes into contact with an irritant or allergen, such as a chemical, detergent, or poison ivy. It typically causes a rash, redness, itching, and burning at the site of contact.
- ✚ **Seborrheic dermatitis.** This type of dermatitis is characterised by red, scaly, and itchy patches of skin, typically on the scalp, face, and chest. It is believed to be caused by an overproduction of oil by the sebaceous glands and is often accompanied by dandruff.
- ✚ **Neurodermatitis.** This type of dermatitis is characterised by itchy, scaly patches of skin caused by repeated scratching or rubbing. It is often associated with stress and anxiety and can appear on any body part.

- ✚ **Stasis dermatitis.** This type of dermatitis is caused by poor circulation in the legs and is characterised by red, itchy, and scaly patches of skin on the lower legs, ankles and feet. It can be caused by varicose veins, deep vein thrombosis and other circulatory problems.
- ✚ **Dyshidrotic eczema.** This type of dermatitis causes small, itchy blisters on the palms of the hands and soles of the feet.
- ✚ **Nummular Dermatitis:** This leads to coin-shaped patches of irritated skin that can be itchy and crusty.

It is important to note that some people may have more than one type of dermatitis and that the condition can change over time. Our dermatologists can help diagnose and identify the type of dermatitis you have and develop an appropriate treatment plan.



WHAT CAUSES DERMATITIS?

The exact cause of dermatitis is unknown but is thought to be triggered by an underlying condition or factors like allergies, irritants, genetics and stress. Allergens that trigger dermatitis vary greatly from person to person, but common ones include dust mites, mould spores, animal dander and certain foods.

Irritants like harsh soaps and detergents may also trigger an outbreak or worsen existing symptoms if you have sensitive skin. Stress can also play a role in developing or worsening existing cases of dermatitis as it weakens our body's natural ability to fight off infection, which can lead to flare-ups.

IS PSORIASIS A FORM OF DERMATITIS?

Dermatitis and psoriasis are both associated with skin conditions that cause significant discomfort, itching, and inflammation.

As dermatitis is an umbrella term used to describe a wide range of skin conditions involving inflammation. Psoriasis is NOT a type of dermatitis. Although there are many similarities they are separate conditions. It appears as thicker silver-coloured patches with red borders around them on the outside of the body such as the elbows or knees. Both

psoriasis and dermatitis can be triggered by external factors such as stress and allergens. Psoriasis is a multi system disease that can affect the joints, heart, lung and bowels and is not often well understood.

DERMATITIS TREATMENT

Treatment for dermatitis typically aims to reduce inflammation, relieve itching and prevent secondary skin infections. The specific treatment plan will depend on the type of dermatitis you have and the severity of the condition. Some common treatment options include

- ✚ **Topical corticosteroids.** These are creams or ointments that reduce inflammation and itching. They come in different strengths, and you can use them for short-term or intermittent treatment.
- ✚ **Topical calcineurin inhibitors.** These are creams or ointments that suppress your immune response and reduce inflammation. You can use them as an alternative to corticosteroids, particularly on your face and in children.
- ✚ **Moisturisers.** These are used to hydrate your skin and reduce dryness, which can aggravate dermatitis. To lock in moisture, you should apply them to the skin immediately after bathing.
- ✚ **Antihistamines.** These are usually taken orally. You can use these medications to relieve itching.
- ✚ **Light therapy.** This treatment uses ultraviolet light to help reduce inflammation and improve the appearance of your skin.
- ✚ **Oral medications.** In severe cases of dermatitis, your doctor may prescribe you oral medications such as immunosuppressants to help control the condition.
- ✚ **Avoiding triggers.** Identifying and avoiding things that trigger your symptoms is important for managing dermatitis. This may include avoiding certain soaps, detergents, and fabrics or limiting exposure to allergens.

+ Chinny Chin Chin!

At ENRICH we are often asked what treatments are available to help with that pesky double chin or just a bit of reshaping. Reshaping the chin doesn't always require a face lift or reconstruction. Chin procedures like liposuction and fat-dissolving injections are cosmetic treatments aimed at reshaping the area beneath the chin to improve its appearance.

Chin Liposuction: involves the removal of excess fat deposits under the chin through a small incision. A thin tube called a cannula is inserted to suction out the unwanted fat. It's often used to address a double chin or excess fat in the neck area. Occasionally the issue is just loose skin, with excess fat not being the problem. In this situation, skin scrapping just under the skin using local anaesthetic can lead to significant tightening.

Fat Dissolving Injections: Also known as deoxycholic acid injections, this non-surgical treatment involves injecting a synthetic form of deoxycholic acid into targeted areas under the chin. Deoxycholic acid is a naturally occurring substance in the body that aids in the breakdown and absorption of dietary fat. These injections are designed to break down fat cells over time, leading to a more contoured chin and neck area.

Both procedures aim to reduce the appearance of a double chin or excess fat in the chin and neck region. The choice between liposuction and fat-dissolving injections often depends on factors such as the patient's preferences, the amount of fat to be addressed, budget, and the desired outcome. Liposuction may offer more immediate results, while injections might require multiple sessions and gradual improvement.

Fat Dissolving injections & The Ultraformer – a combination treatment for the jawline

At ENRICH Clinic we are now offering the option of adding an Ultraformer treatment to either of these fat pocket removing treatments to help with skin tightening.

The Ultraformer III is a non-invasive skin tightening and lifting device that uses ultrasound technology to target and stimulate collagen production in the skin. It's often used for facial rejuvenation, including the tightening and contouring of the chin and jawline.

When used on the chin, the Ultraformer III delivers focused ultrasound energy (HIFU) to specific depths within the skin, causing thermal injury to the targeted tissues. This controlled injury triggers the body's natural healing response, stimulating the production of new collagen and elastin fibres. Over time, this can lead to skin tightening, firmness, and improved contouring of the chin area. It typically doesn't involve downtime however as with any treatment there is some discomfort.

The Ultraformer III is considered an effective treatment for addressing mild to moderate skin laxity in the chin and jawline area however the full extent of any results often and not appear for 3 months. Several treatment sessions may be recommended to achieve results, and the degree of improvement varies based on individual skin characteristics, the extent of skin laxity, and the desired outcome.

Dermal Filler Treatments

When it comes to jawline enhancement, dermal fillers can be strategically injected along the jawline to achieve a more defined appearance. This procedure aims to add volume and structure to the jawline, enhancing its shape and contour again, without the need for surgery.

Results from jawline enhancement with dermal fillers are often fairly immediate, and the procedure typically involves some downtime for bruising and general soreness. However, the duration of the results varies based on individual patient factors, and touch-up sessions may be needed to maintain the desired appearance.

As with any cosmetic procedure, it's essential to consult with a qualified and experienced doctor or dermatologist to discuss your goals, assess candidacy, understand the potential risks, benefits, and limitations of each procedure, and determine the most suitable approach for achieving your desired aesthetic goals.





AUTUMN/WINTER 2024 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 & Diode
2 x Peel & Post Treatment Diode
(Treatments 2 weeks apart)

PRICE \$1550 (SAVE \$290)

WINTER CLEAN UP

“Not for newbies” treatment that is still one of our most
popular downtime treatments for the winter months.
Can help reduce facial pigmentation (freckles, sun damage,
age spots) improve skin tone & texture.

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

\$1120 (SAVE \$250)

WINTER NO DOWNTIME PICK ME UP PACKAGE

Try our speciality, no downtime, laser facials with this lovely
refreshing package keeping your face fresh during those indoor
winter months. Facials one & peel combo one per month.

1 China Doll Carbon Facial.
1 Hydro Facial.
1 Peel, Erbium Defocussed & Diode Combo.

\$570 (SAVE \$170)

SIMPLY INTIMATE PACKAGE

Following our 1 + 1 = 3 mantra, this package helps those
with mild symptoms or those who need a follow up from
prior treatments.

1 x Juliet Treatment (performed by doctor).
1 x Thermi Va Treatment (performed by nurse).

\$1160 (SAVE \$250)

* treatments 4 weeks apart. Doctors consultation required prior to treatment
@\$110. Pls note: an up to date clear pap smear is required prior to treatment

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 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 patients 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 patients. Autumn Winter Packages must be booked by July 31, 2024.