



+ Gym for  
the skin

AN INSIDER'S GUIDE TO  
REJUVENATED SKIN

ENRICH

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DERMATOLOGY | COSMETIC CLINIC

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## + 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 an overview of what you can expect from each treatment.

Skin rejuvenation has evolved significantly, expanding from a limited set of treatment options to now include advanced modalities such as lasers, chemical peels, micro-needling, radio-frequency, and more. When developing a personalised facial rejuvenation plan, it's important to understand that there are a variety of complementary treatments available—each designed to support and enhance overall skin health.

Good facial rejuvenation should take into account a person'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, effectively delivering firmer, tighter skin creating a natural fresh appearance. There are treatments that give you more instantaneous results depending on a few factors but they often are not a longer term options.

Our collection of cosmetic tools are technologically advanced and we are always looking for that next best treatment that can deliver results with minimal 'downtime'.

Each treatment is a character in the story, and in this book we'll introduce you to each to help you on your skin health journey.



## + What does 'skin rejuvenation' really mean?

Skin rejuvenation is a loose umbrella term for boosting the performance of your skin 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 or dark spots. Therefore, the tools we use depend on your skin goals, with the end result being to rejuvenate and refresh the skin's appearance.

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, or unwanted facial fat such as the double chin. Our approach to each of these concerns is usually multifaceted, including using preventative measures.

Fine lines and wrinkles have quite a few treatment options. They can be treated with resurfacing treatments with different levels of lasers. These 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 also be corrected using these resurfacing treatments.

Dermal and wrinkle-reducing treatments are popular options for those looking to refresh their appearance. One of our advanced techniques involves using multiple micro-drops to enhance facial structure and restore plumpness to lines and wrinkles.

For deeper grooves and areas affected by volume loss due to fat or collagen depletion, certain dermal treatments can be especially effective. These treatments use more volume increasing substances that are carefully placed in areas impacted by underlying bone structure changes over time. By replenishing lost volume, dermal treatments help smooth the skin and reduce the shadows that can make the face appear tired or aged.

For some who want minimal 'downtime', chemical & glycolic peels can still play a vital part in a treatment plan as the less intense peels can be administered frequently. Frequent peels help with skin maintenance and rejuvenation.

Sagging skin can be tightened to various degrees using several different high-tech methods, including skin needling, radio frequency (RF) and ultrasound technology. The overall goal in this instance 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).



## + Lets 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 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 works well in concert with our vascular laser the Excel V.

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#### THE EXCEL V

We use the Excel V mostly 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. Excel V does have some downtime, and this will be explained to you during your consult.

Together or alone, these lasers can treat blood-vessel conditions such as rosacea while also boosting collagen production, tightening skin, and encouraging a more youthful complexion. Two to four treatments usually provide 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 this laser is often prescribed for the treatment of acne scars which present as little hollows or dents in the skin. Common scar tissue is 'shorter' and usually discoloured either red or white and often creates shadows and small valleys over time where scarring occurs.

The Fractional CO2 laser penetrates deeper than the ablative CO2 as it's based on "columns" of energy rather than across the total skin surface. The cascade of events starts with the laser producing tiny thermal heat injury columns, which travels deep within the dermis of treated skin. In both treatment types, the body responds by repairing and renewing the tissue with increased collagen production and remodelling. With scarring, hollows slowly become less deep and fill out as the new collagen growth appears, creating a smoother appearance.

Both lasers are often used in combination as they can produce a stronger result. Lasers are not only about reducing a skin issue such as scarring or age spots but creating a strong skin foundation, greater collagen renewal and skin quality.

Please note, this treatment is not for those new to skin lasering. The downtime is a few weeks and the treatment can be uncomfortable.

Read more about [Skin Resurfacing here](#)

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## ERBIUM LASER

The Erbium Laser is a newer resurfacing tool, with shorter recovery times and less downtime than its hardcore friend the CO2 laser. It is a very effective tool that takes off a slim slice of the top layer, but without as much heat as the CO2 laser. This laser also gives tightening and collagen renewal. The Erbium laser allows dermal damage to be controlled. Wound healing leads to skin remodelling and a reduction in superficial wrinkles, skin toning and the removal of pigmented spots in the epidermis.

Ablative skin resurfacing still requires a topical local anaesthetic for the deeper resurfacing treatments which remove the top layers of the skin. Skin resurfacing can be combined with other treatments in you plan to give optimal results depending on your needs.

The Erbium Laser can also be used in a minimally ablative manner called a Microdermabrasion treatment requiring little to no downtime compared to other deep-peels or lasers. This procedure gently removes the debris on the top layer of skin, polishing and smoothing the skin, whilst also stimulating collagen renewal.

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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 essential to clarify, preferably with a dermatologist, what your "brown spots" are before your treatment. "Brown spots" vary from simple sun spots (lentigines), seborrhoeic keratosis, or are age related, while others may be melasma or, worse still, melanomas.

IPL is one of the primary treatment options for these types of spots. Post-treatment, "brown spots" turn a bronze colour then start to flake off after a few days. The "flaking" can take a week or two to settle, depending on treatment type and patient. IPL is used for overall skin rejuvenation and improving your complexion. IPL can be used to treat face, hands & almost any other area that "brown spots" occur.

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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'. The Fraxel offers two fractional settings (1550 and 1927), making it effectively like two different machines suitable for different skin needs. Fraxel can treat lesser or greater percentages of skin which varies downtime but is also beneficial for patients whose skin type may be more high risk with other lasers.

Post-treatment, your skin will turn red, then a little bronzed and then about day five, it will slowly start to shed off, leaving it slightly red but clearer. The redness settles reasonably quickly. There is some downtime required after Fraxel treatments (about 5-7 days).

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## PIQOCARE 450 LASER

The Piqocare laser is one of the latest technologies worldwide and is used extensively in the clinic as it is incredibly versatile and is used in many of our ENRICH treatments, including advanced treatment for skin rejuvenation, pigmented lesions, melasma, treat scarring, pigmentation and tattoo removal. This laser is one of the most advanced in Australia, using very short (picosecond), high-energy pulses to the various targeted areas of skin. It is also great for skin rejuvenation when clarity and firmness is the goal as it has the latest fractional 1064 and 532 wavelengths. Speaking of wavelengths, the Piqocare 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 & DIV!  
We love our laser collection.**

## ALMA HYBRID LASER

The Alma Hybrid™ laser is a system that combines three powerful energies to deliver effective treatments with minimal downtime. It uses a mix of ablative and non-ablative methods, including a CO2 laser, a fractional 1570nm laser, and ultrasound technology. This combination creates micro-channels in the skin, allowing for the enhanced delivery of products. The use of all three modalities enables tailored treatments.

The Alma Hybrid Laser combines two different technologies to provide both resurfacing and skin rejuvenation, effectively addressing a variety of skin concerns. It targets wrinkles, skin texture, scars (including acne scars), and general signs of aging or sun damage.

This treatment also has downtime & discomfort associated with it - not suggested for those new to laser treatments.



# + Skin rejuvenation treatments

## 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 which treatment best suits your needs
- + 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 often 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 & DIV with our experienced dermatologists, cosmetic doctors and nurses



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## PIQO REJUVENATION FACIAL

- + Non-invasive
- + No discomfort or downtime
- + Instant skin refresher and deep cleanser
- + Improves skin texture and tone
- + Helps with pigmentation
- + Uses the Picocare 450 laser
- + Perfect good starter for those new to cosmetic treatments
- + Best results with monthly treatments

The Piqo Rejuvenation treatment is a unique, beautifying treatment that works quickly to freshen skin, while also tightening and smoothing skin over time via collagen production. ENRICH uses the state-of-the-art Picocare 450 laser, the treatments are performed by our nursing team, with various settings to suit any skin type.

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## HYDRAFACIAL

- + Seamlessly integrates cleansing, extraction, exfoliation and hydration.
- + Gentle suction and customisable hydropeel tips work to loosen and extract debris,
- + Increase skin elasticity
- + Boost collagen production
- + Rejuvenate skin
- + No downtime

The Hydrafacial is a hydrating, no-downtime facial rejuvenation treatment that delivers immediate results – get clear, hydrated, skin in this walk-in walk-out procedure. The Hydrafacial works on all skin types to treat various skin issues, such as acne scarring, hyperpigmentation, fine lines and dullness while acting as a collagen-booster and cleanser.

The Hydrafacial device uses patented vortex fusion technology, which combines cleansing, exfoliation, extraction and hydration in one treatment. Skin finishing is delivered via serums aided by the unique hydro handpiece.

The Hydrafacial is a refreshing facial treatment to have you glowing and ready for your next event.

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## DERMAL TREATMENTS

- + Fills in hollows, wrinkles, grooves or lips
- + Administered under the skin, using a cannula or a needle
- + Some downtime & treatment discomfort.
- + Some bruising could occur.
- + Increases your natural collagen production & skin health
- + Lasts for 4-18 months, depending on the area treated.
- + Repeat treatments usually required

The primary dermal treatments we use at ENRICH consist of a substance naturally found in the skin. These treatments can instantly improve the face's appearance by plumping and smoothing out areas that are lacking volume or are showing signs of ageing. The most common areas for these treatments are the lips, chin, cheeks, jowls, the mouth (above and sides), nasolabial folds (the folds that appear next to the mouth, also known as laugh lines), and the lines that appear when you frown, particularly on the forehead between the eyebrows.

Our cosmetic physicians perform our dermal treatments

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## CHEMICAL PEELS

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

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.

[Read more about peels here](#)

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## WRINKLE REDUCING TREATMENTS

- + Softens fine lines and wrinkles
- + Especially effective for the forehead, between the eyebrows, around the eyes
- + Helps prevent the development of wrinkles, lines and grooves temporarily
- + No downtime, minor discomfort except for occasional bruising
- + Repeat treatments required after about 4 to 6 months, ongoing

Wrinkle-reducing treatments are a widely used method to interrupt the development of wrinkles—particularly on the forehead, between the brows, the chin, or along the neck. Wrinkles form when facial muscles contract, causing the overlying skin to fold and crease with repeated movement.

By precisely applying treatments in or around specific facial muscles, we can effectively soften existing lines and help prevent new ones from forming, all while preserving natural facial expression and movement.

## THE TIXEL®

- + Uses controlled thermal energy that gently creates micro-pores in the skin's surface
- + Stimulates & tightens collagen fibres
- + Improves the appearance of fine lines, wrinkles; acne scarring
- + Improves skin tone and texture
- + Minimal downtime, some minor discomfort
- + Repeat treatments required for best results

Tixel® treatment uses controlled thermal energy to treat fine lines, skin texture and rejuvenate the skin's surface. A heated pyramid-spiked metallic plate is stamped onto the skin to deliver short bursts of heat energy. This stimulates a natural healing response, prompting collagen production and skin tightening. Effective for treating wrinkles, fine lines, uneven skin texture and sun damage.

[Read more here](#)



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## THE ULTRAFORMER

- + Non-invasive
- + Minimal discomfort and virtually no downtime
- + Instant skin-plumping, but best skin tightening results are 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

Ultraformer III is one of the most technologically advanced high-intensity focused ultrasound (HIFU) devices currently in Australia. The Ultraformer is one of our favourite anti-aging devices, with ultrasonic waves targeting three different layers of deeper facial tissue with very high-energy pulses. Collagen is immediately tightened, and new collagen production is stimulated, taking a few months to show on the face.

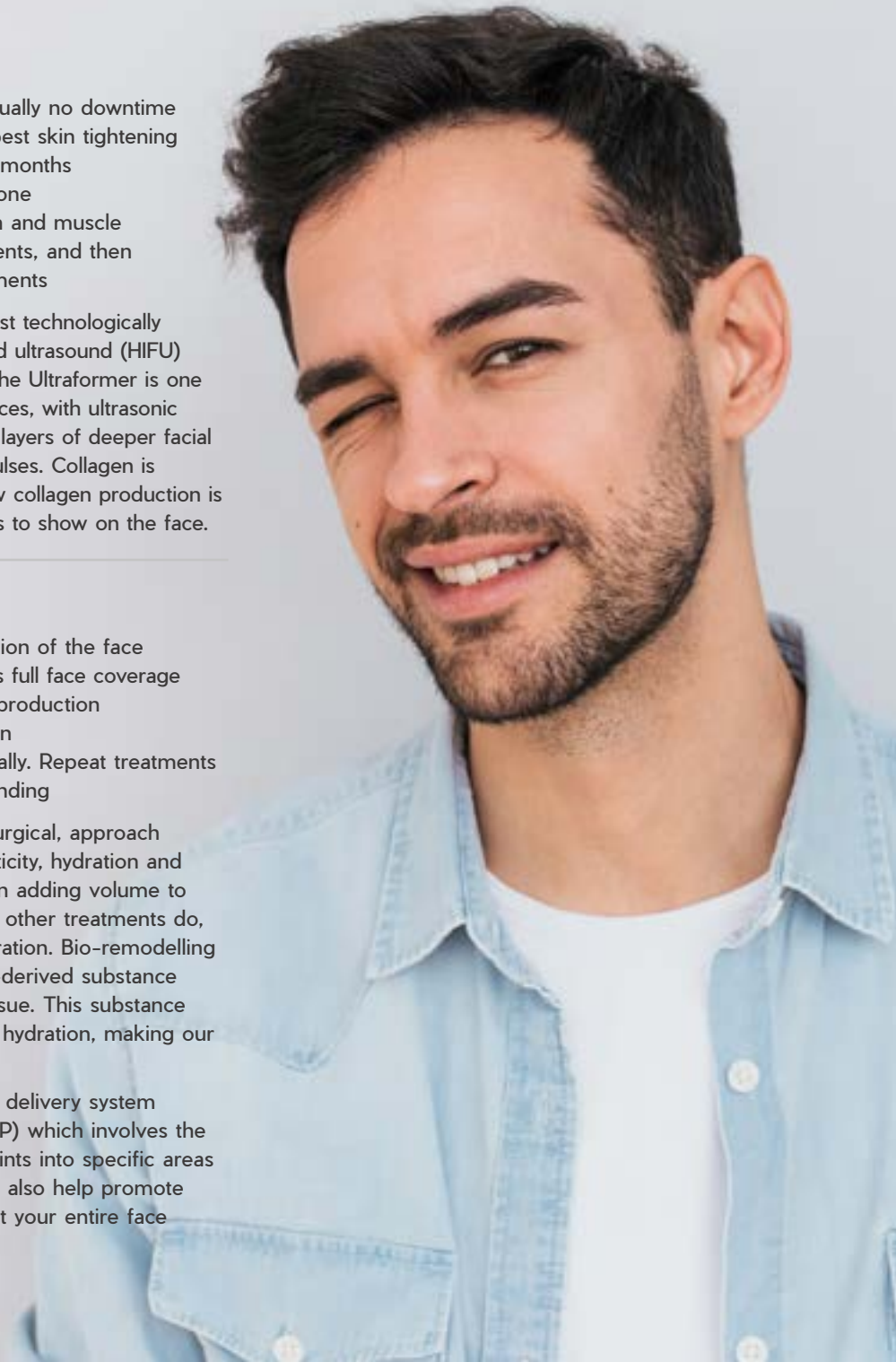
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## BIO-REMODELLING

- + Improves overall skin hydration of the face
- + BAP delivery system ensures full face coverage
- + Helps with overall collagen production
- + More suited to “mature” skin
- + 2 treatments suggested initially. Repeat treatments 9-12 months – patient depending

Bio-remodelling offer a non-surgical, approach to improving skin texture, elasticity, hydration and overall appearance. Rather than adding volume to your face, which is what some other treatments do, this is more of an overall hydration. Bio-remodelling substance made of a naturally-derived substance found in animal and human tissue. This substance helps retain water for skin cell hydration, making our skin look hydrated and plump.

Bio-remodelling uses a unique delivery system called Bio Aesthetic Points (BAP) which involves the precision placement of five points into specific areas on your face. This process can also help promote collagen production throughout your entire face rather than just targeted areas



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## EM FACE

- + Stimulates & tightens collagen
- + Reduces facial sagging
- + Improves skin tone and texture
- + Can treat facial areas and jawline
- + No downtime
- + Repeat treatments required for best results

EmFace is a revolutionary rejuvenation treatment designed to lift and tighten facial muscles. This treatment delivers synchronised radio frequency (RF) and high-intensity focused electromagnetic (HIFES) technologies targeted to tighten muscles across the forehead, eyebrows, jawline and cheeks

Facial muscles contract using advanced electromagnetic currents, effectively lifting and elevating your facial tissue for a rejuvenated appearance.

EmFace Submentum is a new protocol that delivers a combination of HIFES™ muscle stimulation and synchronised radio-frequency to target the double chin and submental region.

[Read more here](#)

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## THE SECRET MICRO-NEEDLING DEVICE

- + Tiny needles with radio-frequency (RF) penetrate deep layers of skin
- + Used to soften fine lines, wrinkles, acne scars and improve skin tone and texture
- + Boosts collagen, tightens skin
- + Some discomfort, minor downtime; however, some bruising, redness and swelling can occur in some cases.
- + Treatment often recommended for acne scarred skin
- + Not for cosmetic newbies
- + Repeat treatments as needed for best results

Tiny needles are inserted into the skin to a specific depth, via a handpiece with the perfectly-calibrated radio-frequency waves penetrating the deeper layers of tissue to stimulate collagen production and trigger the skin's regeneration process. Micro-needling is an effective method of improving skin tone and texture while acting as an anti-aging 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. Not for cosmetic procedure newbies
- + Excellent for rejuvenating the eye area
- + Improvements continue for up to a year
- + Usually, a one-time treatment but patient and treatment area dependent

The Portrait device is a unique, powerful skin resurfacing device 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. Ours is one of only a few Portraits in Australia, and Dr Rich has been performing this treatment for over 20 years.

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## THE SUTURE LIFT

A skin-tightening and lifting procedure that uses sutures to tighten the skin to the jawline and mid-face, providing a visible anti-ageing lift to the jowls, chin, cheeks and jaw.

Stitches are inserted via a long fine needle under the facial skin, usually in the mid-to-lower facial area. As the stitches enter and exit through the same hole, there are no marks on the facial skin. Once all the stitches are in place, Dr Rich tightens the fibres, which immediately lifts and smooths the skin. The stitches are then carefully tied and hidden behind the ears and in the scalp line.

The procedure is performed under local anaesthetic and does have some downtime associated with it.

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## THREAD LIFTS

This procedure uses an absorbable thread to lift and rejuvenate the facial skin.

Your practitioner creates insertion points for the thread in a discreet area, with these small incisions taking a week or two to heal.

The thread lift actively works to stimulate collagen production, which, over time, works to increase the volume and restore the shape of the face naturally. Threads provide immediate skin lift and trigger the production of collagen, providing a longer-lasting tightening effect.

After your procedure is complete, there will be a feeling of tightness, slight swelling, redness, possible bruising and inflammation. The sensations and swelling will dissipate over the coming week as the tissue heals and acclimates to its new addition

You'll see some instantaneous results from the physical lift, but there is more to come since collagen takes 2-3 months to generate fully. Thread lifts are regarded as a minor procedure with minimal downtime and excellent non-surgical lifting results. The effect can last up to two years

[Read more about Thread & Suture lifts here](#)



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## PLATELET-RICH PLASMA (PRP)

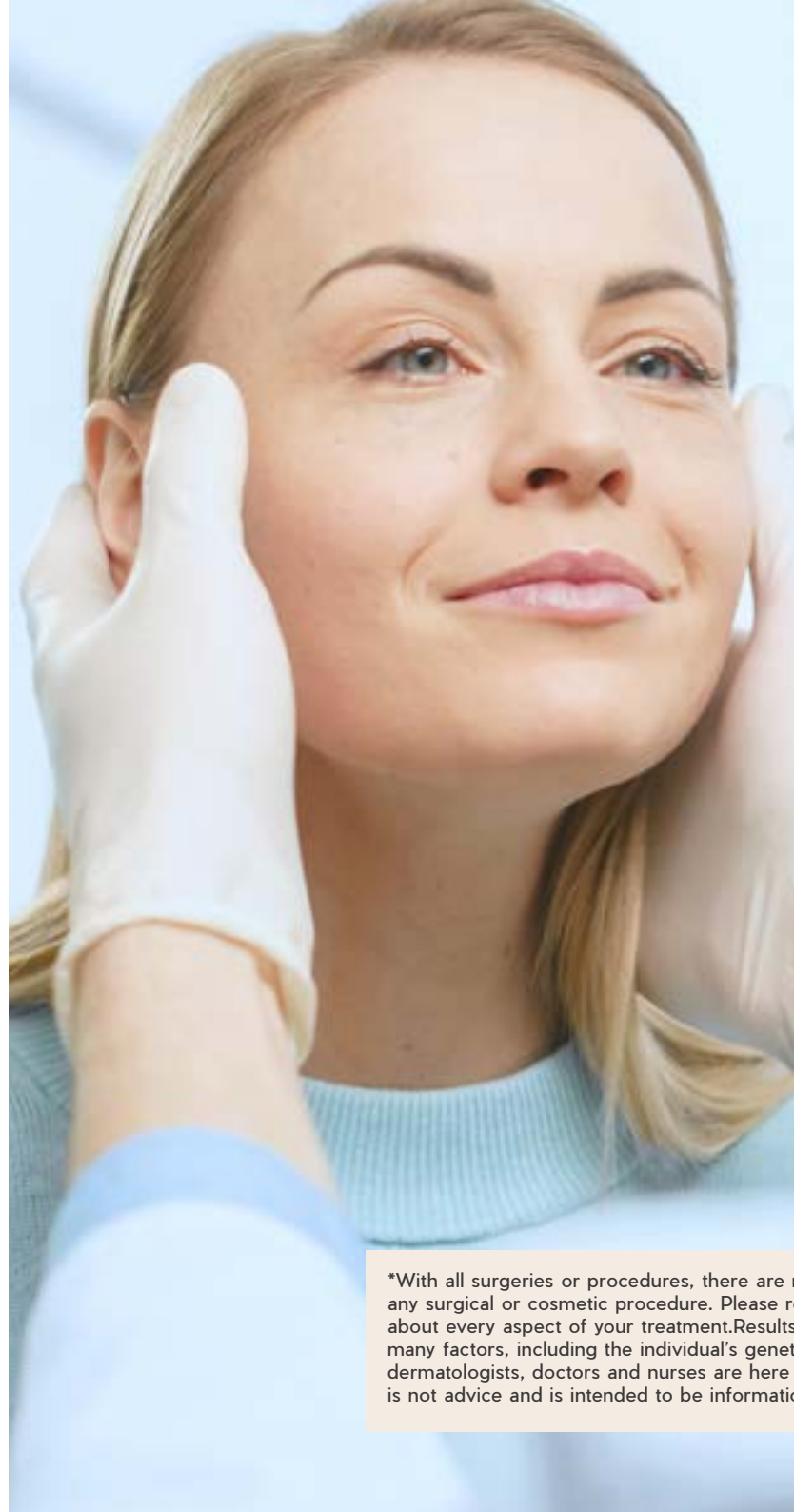
- + PRP uses your own growth hormone (a platelet) extracted from your blood
- + Growth factors stimulate collagen production
- + Improves the appearance of fine lines, wrinkles; scarring Improves skin tone and texture
- + Minimal downtime, some minor discomfort and bruising with injection phase
- + Repeat treatments required for best results

PRP has long been used for facial treatments however at ENRICH, PRP is used primarily for hair thickening or loss treatment. Same procedure, but the injections are placed into the scalp in the affected area. The treatment stimulates the growth of the hair follicle.

Here's what we do...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.

The effectiveness and treatment number is patient dependent, and it does have some discomfort associated with the scalp injections.

[Read more here](#)



## THE ENRICH DIFFERENCE

ENRICH Clinic has been at the forefront of dermatological procedures for over 30 years and has established itself as one of the leading practices in Melbourne. At ENRICH Clinic, we integrate tailored therapeutic, laser, procedural and surgical treatments to offer our patients tangible, patient-centric results.

ENRICH's founder, Dr Michael Rich, is a specialist dermatologist. With over 30 years of practice in medicine, dermatology and surgery, Dr Rich ensures that only proven world standard practices and treatments are offered at ENRICH Clinic.

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 are a cosmetic dermatology clinic, which means your skin always comes first. Our dermatologists perform the surgical, medical and deeper ablative cosmetic treatments. Our cosmetic doctors perform many of the laser and all the injectable treatments whilst our nursing staff perform many of the non-invasive skin treatments.

ENRICH Clinic has recently partnered with the Dermatology Institute of Victoria (DIV) and are now located at 8-10 HOWITT Street South Yarra

CALL 03 9500 9500  
[CLICK HERE TO BOOK A CONSULT TODAY](#)

\*With all surgeries or procedures, there are risks. Consult your physician (GP) before undertaking any surgical or cosmetic procedure. Please read the consent forms carefully and be informed about every aspect of your treatment. Results may also vary from person to person due to many factors, including the individual's genetics, diet and exercise. Ask questions. Our team of dermatologists, doctors and nurses are here to help you with any of your queries. This brochure is not advice and is intended to be informational only.

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