

skin deep!

news and information in cosmetic skincare



The Cosmetic Skin Clinic®

Spring 2009



Welcome to our new clinic...

“ 2008 was a very busy year. We moved clinic in October to fabulous new premises where we have 8 clinical rooms and an operating theatre!

The atmosphere is still very friendly and relaxed; we are situated in a discreet location with an abundance of parking.

We have a makeup room for those of you wanting to freshen up after treatment and we have a private area for those who prefer peace and quiet whilst waiting.

As always a New Year brings new technologies and innovative techniques and we look forward to discussing these at our forthcoming open dates.

We are very fortunate to have received an even higher media profile recently and you can read more about this further inside.

Finally, thank you for your continued support throughout 2008 and we look forward to helping you look even younger in 2009! ”

Tracy

Dr Tracy Mountford

Call us now to book your place!
01753 646 660

Open House dates for your diary

An evening with Dr Tracy Mountford & her team



**Thursday February 12th, 7pm
Wine & Canapés**

**Tuesday February 24th, 10am
Wine & Canapés**

We would be delighted if you could join us for the launch of our brand new premises on either of the above dates. Drinks and canapés will be served, with the presentations starting shortly afterwards.

At these events you will get a chance to talk to our aesthetic specialists and other members of The Cosmetic Skin Clinic team and observe a demonstration of treatments that are at the forefront of new innovative ways to look younger and rejuvenated. You will be able to see what the treatment entails, and more importantly the results!

There will be a goody bag for all those attending and a complimentary gift voucher for you to use at The Cosmetic Skin Clinic. There will also be a free consultation for any of your friends that come along.

During the open day/evening we will be discussing the Y Lift, and the Nefertiti Neck Lift and other new procedures. There will also be a demonstration from 'Beau Visage' (skin imaging technology). This system analyses the age and condition of your skin. In addition we will be demonstrating the use of 'Young Blood' - organic mineral make up - which can be applied immediately after treatment.

We expect these events to be very popular so call us now to reserve your place, please feel free to bring a friend or friends with you.

01753 646660 or info@cosmeticskinclinic.com

cosmetic skincare of the highest standard

restore, enhance and maintain...

A word from Janine Scott (RGN)

For all of us at The Cosmetic Skin Clinic, 2008 has been a phenomenal year! The move to 84 Rogers Lane offers so much more space and this therefore enables us to offer you the very best care and treatment. Both Trudy and I have expanded our time at the clinic to be able to offer a comprehensive range of appointments throughout the week.

As well as regular treatments using Botox and dermal fillers, we have introduced a stunning, yet natural cheek augmentation to the clinic using Restylane® Sub Q. I will be demonstrating this technique at our forthcoming open events and I look forward to seeing you there!



Media Corner

10 Years Younger: The Challenge!

2008 has seen The Cosmetic Skin Clinic media profile grow even higher! Dr Mountford recently appeared in articles for The Daily Telegraph (3rd January 2009) as one of the top 10 Botox doctors in the UK, and was quoted in The Independent Health and Wellbeing feature (Tuesday 6th January 2009) "How to turn back your age clock" recommending Restylane Vital Light.

Also due for release in the March issue (4th February 2009) of Red Magazine, an article "Can you buy perfect skin?"

As well as regular appearances in the pages of daily newspapers and magazines, Dr Mountford was also seen on UKTV Style, "The Truth about Beauty", presented by Martine McCutcheon, and has just completed filming for "10 Years Younger: The Challenge" due to be aired February 2009.



Tracy's top 4 most popular treatments for 2009

The Y Lift

The Y Lift is a technique for lifting and volumising the face. Natural beauty is a careful balance of features and this procedure subtly enhances the cheeks, restoring lost volume and width to the face instantly creating a rejuvenated lifted effect. Combined with carefully placed filler in the lower face, a non surgical mini-lift is achieved.



"Following some research I came across Dr Tracy Mountford and her team and decided to visit The Cosmetic Skin Clinic for a consultation. I immediately felt relaxed with her and can say that I have complete faith and trust in the clinic – which for me is imperative. I have been delighted with the results of the treatments – it is a question of making the most of what you have and encouraging it along the way!"

Jill, Wargrave, Berkshire



Nefertiti Lift

This is a treatment which can tighten and redefine the neck and jawline restoring an elegant and more youthful look.

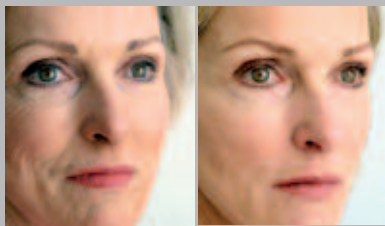
The Natural Brow Lift

There is a trend now for low dose Botox® in the brow, "Mini Botox". For those of you who want a very natural look but still want the anti ageing and preventative benefits of Botox® this is the ideal treatment for you.

Restylane Vital

This treatment is still one of my favourites and one of the most popular treatments for last year and I predict it will be even more popular in 2009. The natural hydrating properties of Restylane® Vital make it the obvious choice for all those skin areas that take on a rough dehydrated or crêpey appearance. These areas typically include the face, neck, and décolletage as well as the backs of hands. It plumps up the skin in a way that creams and other moisturisers simply cannot do. Restylane® Vital moisturises skin from deep within and is actually now proven by clinical studies to work preventatively to stop lines forming.

Its sister product Restylane® Vital Light, recently launched the latter part of last year, is excellent for younger more sensitive skin.



"In an industry where looks are everything, and where they mean even more as we age, I have been hesitant and indeed, reluctant to do anything which might create an obvious change to the unforgiving camera before which I work. After my own research into non-surgical procedures for skin revitalisation, Restylane and Restylane Vital have been the obvious choices for me and the results are many fold. Surprisingly, these treatments are long lasting. Not only are they non-invasive but instead of topping up every couple of months they are proving to be progressive; getting better with more time between treatments. Not only is this a positive point physically it is certainly a plus financially".

Clair Chrissolor, Actress, Buckinghamshire



Janine's favourites

The natural lip

Our lip enhancement treatments are safe, subtle, long lasting and enhance your natural beauty. We aim to achieve a truly natural look; a fresh and rejuvenating one that is subtle, but gives you added confidence. You can't fail to have noticed the launch of Juvederm® to the media this year. Juvederm Ultra is perhaps the most innovative filler to launch recently. It has a mild anaesthetic for a more comfortable experience and a smooth consistency for softer plumper lips. Treatments can last up to a year!



Restylane Vital Light

Tracy was invited by Q-Med to launch this to the press at Claridges late last year. It is designed for use on younger more delicate skin, particularly around the eyes, lips, neck and décolletage, and can also be used to improve overall skin condition and texture. For the first time, I would recommend the use of this product as a preventative treatment for skin that is still in good condition, and is often used with my younger patients.



Men's Clinic



We now have a men's clinic running throughout the day and some evenings, as we have seen a significant increase in our male patients. The most popular treatments are Botox for frown lines and facial fillers for deeper lines and Restylane Vital for general skin improvement.

Trudy's top treatments

If you want to get rid of lacklustre winter skin then IPL skin rejuvenation for face, hands and neck refines and minimises the pores and stimulates fresh collagen, lifts brown pigmentation and reduces fine red capillaries.

In combination with advanced skin therapy using Sesha products the results can be further improved and even more impressive. Sesha targets fine lines and wrinkles, loss of elasticity and thickens the skin within a 28 day period.



"For anyone who has any worries about treatments, they need not. Everyone at The Cosmetic Skin Clinic is so dedicated, professional and totally committed to making sure you are completely satisfied with both the treatment and the results. I have total confidence in Trudy Friedman (Aesthetic Nurse Practitioner) with whom I have regular Medical Microdermabrasions and peels. Having said that, I am confident that if I had a treatment with another practitioner, I know I'd be in the hands of a professional. We all want to look our best, and in my opinion, the best is The Cosmetic Skin Clinic".

Lorna, Buckinghamshire

Scar treatment

"I researched a number of clinics around my area in order to find a practice to raise a depressed scar on my face with a dermal filler procedure.

I chose Dr Mountford because of her experience in this area – take a look at her profile on the website. I can personally vouch – she is excellent.

During the consultation she decided to use the Teosyal procedure. The process was painless – the results instantaneous – more importantly she has achieved a really good result.

Very pleased with the result."

Nigel, Windsor, Berkshire

New treatments

New treatments due soon at the Cosmetic Skin Clinic by our resident plastic surgeon are Macrolane and Liposoft both of these procedures are performed under local anaesthetic so there is a very quick recovery.

Macrolane

Macrolane is a product for volume restoration and contouring of the body. The alternative to going under the knife for breasts is here!!! This is a new treatment for those of us that have hit the age bracket that our breasts start to lose their natural perkiness! This treatment can also be used for buttocks as well.

Liposoft

The revolutionary Liposoft technique allows accurate body contouring under local anaesthetic.

This state of the art liposuction technique has many advantages over existing fat removal procedures and uses the newest technology to give wonderful and natural results.



Hate your double chin and droopy jawline?

Ask us for the new innovative way to eliminate your double chin and restore your natural jawline.

and finally...

New website!



Our new website is now up and running and has been redesigned and is now much easier to navigate. Take a look, and any further suggestions or feedback on the content etc would be very welcome.

www.cosmeticskinclinic.com

Update on Thermage®



Body and facial sculpting remain very popular. We have found the combination of Thermage and fat reducing techniques can contour the lower face and jowls dramatically.



The Cosmetic Skin Clinic®

telephone: 01753 646 660



"My daughter got married in April 2007 and as every 'mother of the bride' you want to look your best. I asked Janine Scott (Aesthetic Nurse Practitioner) for advice on a few different treatments. I was delighted that she put together a treatment programme for all of my requirements and I couldn't have wished for a better outcome. I felt a million dollars on the day! I received many compliments on my daughter's special day".

Hilary, Maidenhead, Berkshire

The wedding planner!

As we move into 2009 those wedding invitations will be dropping through the door! At The Cosmetic Skin Clinic, we have a host of treatments which ensure that it's not only the bride that looks fabulous on the day. For that perfect look you will need to start well in advance of the big day and we will work out your own personalised skin improvement plan. Don't forget your neck and décolletage for those low cut dresses!



the décolletage before
and after treatment

Want to peel back the years?

With the advent of high definition television we are finding that our patients want to replicate that smooth dewy look seen on our favourite celebrities, this best kept secret is the LA Peel that delivers the complexion of youth.

The LA Peel is suitable for all skin types and treatment areas can include the face, neck, hands and décolletage.

**"All the team at
The Cosmetic
Skin Clinic look
forward to seeing
you soon"**



cosmetic skincare of the highest standard

www.cosmeticskinclinic.com

The Cosmetic Skin Clinic, 84 Rogers Lane, Stoke Poges, Buckinghamshire SL2 4LF. Also at Harley Street, London.