

# skin deep!

news and information in cosmetic skincare



The Cosmetic Skin Clinic®

Autumn 2010



## Open house with Dr Tracy Mountford & her team

Thursday September 23rd 2010

Wine and canapés

7pm – 9.30pm

We would love you to come and join us. Drinks and canapés will be served, with demonstrations starting shortly afterwards. You will get the opportunity to talk to our aesthetic specialists and other members of The Cosmetic Skin Clinic team and observe demonstrations of treatments that are at the forefront of new innovative ways to look younger, fresher and rejuvenated. You will be able to see what the treatments entail and more importantly the results!

This evening is very popular so call us now to reserve your place. Please feel free to bring a friend or friends with you.

Tel. 01753 646 660 or Email [info@cosmeticskinclinic.com](mailto:info@cosmeticskinclinic.com)



### Specialist Evenings

Specialist evenings will run throughout the coming year, where we will present and discuss specific treatments that rejuvenate the face, neck, hands and body. Notification of these events will be via our email newsletter.

### Saturday Clinics now available!

By popular demand we are now running Saturday clinics. Please ask our reception team for details.

### Tracy says!

“In the last 5 years the trend has changed; the key is to not look like you have had something done. It is about the ‘make-under’ rather than a ‘make-over’ effect”.

“ It has been another busy year at The Cosmetic Skin Clinic. I would like to take this opportunity to thank all our loyal patients for all your continued support and a warm welcome to those of you that are new to us. Please come along to our open evening; it would be a great opportunity to talk to us on a more informal basis and it will give you more insight into the products and treatments that we now offer.

Non-surgical cosmetic treatments have become so much more advanced with the addition of so many good volumisers and skin improvement treatments, even crêpey arms can now be improved! *Sculptra* that encourages natural collagen stimulation to give soft, subtle volumising as well as a face-lifting effect is currently very popular at The Cosmetic Skin Clinic, and the results are long lasting.

With the autumn fast approaching a key treatment for this time of year is our *SmartXide* pixilated laser that improves the texture and tone of the skin and can take your skin age back 10 years with very little down time. This treatment delivers results that are dramatically rejuvenating.

Ask the medical team about the new generation *CPT Thermage* treatment. It is a non-surgical facelift and body contouring procedure.

By popular demand we are now opening selected Saturdays as an ongoing service and we have also expanded our team further, by recruiting another experienced fulltime aesthetic medical practitioner:

I would just like to say how rewarding it is for me to see you all looking even younger than when I first met you! And finally, I look forward to seeing you all on the 23rd! ”

Tracy

cosmetic skincare of the highest standard

# New products to look out for at The Cosmetic Skin Clinic

## New Restylane Skincare Range

New to the Restylane® range of products is Restylane Skincare!



Restylane dermal filler treatments create volume, definition and hydration from within, whereas Restylane skincare protects, hydrates and nourishes the outer and upper layers of your skin to provide a healthy, glowing radiance.

## SmartXide CO<sub>2</sub> Fractional Laser Resurfacing

If you have been considering the idea of getting your skin into optimum condition, now is the time to consider fractional laser resurfacing.

**The results speak for themselves!**

Pictures courtesy of Deborah Sarnoff MD, NY

Before treatment



6 months after 1 treatment



"When the mirror finally convinced me it was time to put aside my prejudices against cosmetic procedures my dilemma was where to find the best advice. I was so lucky that my hairdresser had seen the results of Dr Tracy Mountford's treatments and recommended her highly. As a doctor myself, I was greatly reassured by Tracy's medical expertise and her attitude to clinical safety, as well as her ethos of seeking a natural look with minimally invasive procedures. Tracy's recommendation was 2 SmartXide laser treatments to my face and neck. I had my first SmartXide treatment 4

months ago and I am so pleased with the result that I am going to have my second treatment next month. Within a week my skin was much softer and fresher-looking than before, with fewer wrinkles and blemishes. And the improvement has continued, so much so that I no longer use foundation which is how I used to try and cover things up! A real mark of success for me is that none of my friends or family has asked me if I have had cosmetic treatment, but just about everyone has commented on how well I look!"

**Laura, Medical Practitioner**

## Update on Dermaroller DELIVERING EXCELLENT RESULTS

The new Genuine Dermaroller™ Therapy is consistently achieving excellent results on the face, neck and chest and we are now getting superb results on the body, particularly the crêpey arms and abdomen. This collagen stimulating procedure is ideal for tricky areas

"Four weeks on after Genuine Dermaroller Therapy, people keep telling me that my skin is looking great".  
**Award winning beauty journalist Alice Hart-Davis**

such as the arms, but can also be used on stretch marks and acne scarring on backs. Combine this treatment with Restylane Vital Light® and the skin will appear firmer, smoother and tighter:

"I couldn't be more thrilled with Dermaroller; I was sceptical at first but as the months have passed I can see how much I have changed around the eyes and people keep remarking on my skin and the lack of wrinkles now!"  
**Beauty therapist Fiona Lilley**



## Temporal Vessels and Restylane® Vital Light®

As we age our skin naturally becomes thinner and more crêpey. A tell tale sign of ageing in the upper face is unsightly green/blue vessels in the temples and sometimes these can extend towards the eye. The vessel wall becomes slacker and it dilates becoming more visible through thinning skin. The ideal combination treatment for this is a combination of microsclerotherapy to gently collapse the abnormal vessels and Restylane Vital Light to hydrate and plump the skin. For more information ask our reception team or consult with one of our cosmetic practitioners.

## For women who are serious about their skincare

### Obagi® Nu-Derm System

Grazia is enthusing about Obagi skincare and other leading magazines are raving about it too! Transforming your skin back to its youthful tone and texture is today's must have. The Nu-Derm System penetrates below the surface of your skin to transform skin cell functions at the cellular level and correct the damage within. Using a specific dose and frequency that's recommended specifically by The Cosmetic Skin Clinic for your skin condition, the prescription-strength system stimulates the skin leaving healthy, new skin that looks and acts younger and healthier.



For further information or to book an appointment with our Obagi expert call The Cosmetic Skin Clinic on 01753 646 660

Our ethos is to enhance natural features...



## The non-surgical face lift & body contouring treatment

### Rula Lenska says...

*"In this day and age where normal ageing seems to be shied away from and everyone is doing everything to delay the signs of ageing, it is wonderful to have the advice and care offered by The Cosmetic Skin Clinic. The care and personal attention is wonderful, and Tracy and her team are honest and truthful"*

Rula is currently appearing in Coronation Street and wanted a cosmetic treatment that was subtle with very little down time, which is why the new CPT Thermage treatment was the ideal treatment for her. The Thermage CPT is the new generation FDA approved non-surgical facelift and body contouring treatment - it delivers more therapeutic heat across the treatment area,

allowing for a more efficient skin tightening treatment,

Thermage is a safe, non-invasive procedure that's clinically proven to tighten and contour your skin. Its unique deep-heating technology stimulates and renews your own collagen, resulting in tighter, smoother skin. The Thermage CPT can be used on face, eyes, neck, sagging upper arms, body, knees, thighs, buttocks & tummy, (especially on post crêpey pregnancy tummies).



## Not a lip enhancement, a lip hydration!

How many times have you looked at a glossy magazine and wanted the lips looking back at you? Restylane Vital Light® is an innovative new treatment to hydrate the lips, banishing the crêpey and collapsed flat appearance that occurs with age. This treatment subtly plumps and smoothes lined, dry and cracked lips restoring them to the lips you had 10 years ago! This is an ideal treatment for those of you that are anxious to avoid the 'trout pout' but want to restore your lips back to their more youthful glory. Complete the look as necessary with Restylane Vital Light to smooth the area immediately above the top lip, eradicating any niggling lipstick bleed lines.



## The 'Y Lift' created with Juvederm®

Joanne had a subtle cheek augmentation to create a mid-face lift, combined with facial fillers in the nose-to-mouth lines and the corners of the mouth to tip the mouth up and generate a lower lift to the face. Soft lip enhancement to eradicate the 'hard look' and muscle relaxants to soften the frown lines and crow's feet. The overall effect is stunning!

### Joanne Owen says...

*"I had lost facial volume particularly the cheeks which were very sunken; Dr Mountford suggested cheek augmentation to*



*restore lost volume. As well as the heavy frown line my brow looked very hooded over my eyes. A combination of muscle relaxants and fillers was used to lift the brow. The results were achieved very gradually.*

*Soon after initial treatment, everyone just kept commenting on how well I was looking. The treatments also improved my skin condition. My skin looks much plumper and smoother.*

*The frown line has also gone but I still have lots of movement so it looks incredibly natural. I had my lips improved as well; I had lost volume in my lips and the treatment has just pushed them out – it looks incredibly subtle and has restored them to what they looked like before – it doesn't look fake at all.*

*I will definitely be returning for top-ups because the treatment has made such a difference to my life. Before I would pile lots of make-up on before I left the house to hide the effects of ageing but now I would say I look better with much less make-up on".*

### Emily Cash says...

*"I have always been blessed with a good pair of lips, but as I have aged they have flattened and become crêpey. This was the perfect treatment for me as my lips look natural and plump again without the dreaded trout pout, I couldn't be more pleased!"*



...and finally!

## MEDIA NEWS

Dr Tracy Mountford  
'Best For Fillers'  
'Best For Thermage'  
Tatler Beauty and  
Cosmetic Surgery  
Guide 2010



'Leading Light' -  
Industry Profile of Dr Tracy Mountford -  
Two Decades In Aesthetic Medicine.  
Cosmetic News - June 2010

Diary Of A Beauty Addict - 'Dr Tracy  
Mountford, One of My Favourite Cosmetic  
Doctors' By Alice Hart-Davis.  
The Times - May 2010

## Cosmetic Executive Women (CEWUK)

### "Will a smile get you a better job?"

Experts at the Cosmetic Executive Women event, have declared the smile as the most noticeable element of a person's appearance, describing it as the beauty aspect noticed 'first and foremost' by other people.

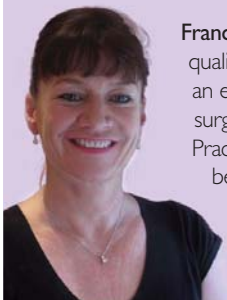
Dr Mountford was invited to present to journalists and beauty editors about advances in lip enhancement techniques and how to avoid the dreaded 'trout pout'.



CEW Line up pictured left to right: Alice Hart Davis - Beauty Journalist; Jennifer Youens-Brochen - Mktg Dir Allergan; Dr Christopher Orr - Dentist; Judi James - Body Language Expert; Dr Tracy Mountford - Medical Dir The Cosmetic Skin Clinic; Hayley De Beers - The Retreat Harrods

## New staff at The Cosmetic Skin Clinic

Due to our continued growth, our medical aesthetic team has been further strengthened by recruiting Frances Devine, a highly skilled experienced aesthetic practitioner:



Frances Devine is a fully qualified RGN nurse and is an experienced non-surgical Medical Aesthetic Practitioner. Frances has been working in London for the last 10 years and is already proving to be very popular.

Michaela Elderfield has recently joined our reception team and is from a customer services background. She is a welcome addition to our busy team.



## The Sanctum Soho Event - Andrew Barton & Tracy Mountford

This event was fully booked, attended by many patients from The Cosmetic Skin Clinic and various clients from The Embassy Club and Andrew Barton's salons.

Together Tracy and Andrew shared their secrets and top tips that they have amassed over the years. They discussed the latest age-defying

techniques and trends in skin and hair care. Tracy reviewed what the coming decade hails in non-surgical advances for facial rejuvenation.

If this is something you would like to attend in the future please inform [jean@cosmeticskinclinic.com](mailto:jean@cosmeticskinclinic.com) and we will make sure of your invitation.



### New London clinic address

Please make a note of our new London clinic address. (From 19th August)

10 Harley Street  
W1G 9PF  
Appointments:  
**01753 646 660**

Nearest tube stations are Oxford Circus or Bond St (John Lewis end of Harley St)

These new premises enable us to perform an extended range of treatments including Genuine Demaroller, Skin Peeling and Microsclerotherapy.



### The Cosmetic Skin Clinic goes computerised

We have now embraced a new database system, which means that we can remind you more efficiently of open evenings and specialist treatment events. In addition, should you wish, we can also remind you when top up treatments are due.

## Christmas!

Please do remember to book in advance. We will be arranging late openings and Saturday clinics throughout November and December to accommodate you all through this busy time. We will notify you of these dates via our website and newsletters or alternatively give us a call.



Dr Tracy Mountford Non-Surgical  
Expert For [www.fabafterfifty.com](http://www.fabafterfifty.com)



The Cosmetic Skin Clinic®

Call us now to book your place!  
**01753 646 660**

[www.cosmeticskinclinic.com](http://www.cosmeticskinclinic.com)

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