

skin deep!

news and information in cosmetic skincare



The Cosmetic Skin Clinic®

Autumn 2011



Open Evening!

**Thursday 29th September
7pm - 10pm**

The Thames Suite
The Bull Hotel
Oxford Road
Gerrards Cross
Buckinghamshire
SL9 7PA



“ A warm welcome to all the new recipients of this newsletter and a huge thank you to all our loyal and existing patients that continue to recommend us to their families, friends and colleagues. Because of this and our ever growing profile in the national press we have seen incredible growth again this year at both Harley St and Stoke Poges clinics.

I have recently been filming for a new television pilot for the makers of 'Embarrassing Bodies' to be scheduled later this year. This will be a programme highlighting what can go wrong with non-surgical treatments and cosmetic surgery, how this can be avoided and what measures can be taken to correct them. I will also be giving an expert opinion on the different anti-ageing techniques now available. This is an educational documentary for Discovery Channel.

We are always at the forefront of innovative new treatments and have been heavily involved in trials this year regarding product development. One exciting new product is Clear+Brilliant produced by Solta Medical, the manufacturers of CPT Thermage. I have been invited as their luminary to launch this new anti-ageing treatment in the UK. This is an age prevention treatment for the 25 – 65 age category, which retextures the skin, improving the tone and giving the skin a much more radiant glow. You will be able to see this new treatment amongst others at our open evening. This is a great opportunity to see treatments first hand and enjoy a glass or two of wine with us.

You will notice that we have decided to have our open evening at a different venue. This is to accommodate the ever increasing numbers wishing to attend. We will be performing procedures which will be filmed and projected onto a screen so that everyone has a clear view of the action!

Thank you for all your continued support and I look forward to seeing you at the open evening and in the clinic soon. ”

Tracy

With beautiful, successful women such as Madonna and Kim Cattrall (whose character Samantha experiences the menopause in the most recent 'Sex & The City' movie) 'coming out' about being menopausal, the menopause is no longer seen as a taboo subject. Little is said about the impact the menopause can have on the skin and the ageing process but the knock on effects can be dramatic and result in a massive lack of confidence. Studies show that from the age of 50 skin ageing accelerates hugely. In a recent Allergan study 84% of women noticed specific changes in their skin as a result of the menopause.



This open evening will be focusing on:

- Why the skin changes?
- When is a good time for intervention?
- How we can delay skin ageing by effective intervention?

This will be followed by live filmed demonstrations of anti-ageing treatments that will delay and repair this ageing process.

Join us for a glass of wine for an informative but informal evening.

Update on opening hours

Monday	9am - 7pm
Tuesday	9am - 7pm
Wednesday	9am - 6pm
Thursday	9am - 6pm
Friday	9am - 5pm
Saturday	10am - 2pm

To book your place at this popular annual event please call our reception team on:

01753 646 660

(On this occasion we need to have confirmed places as this event is being held at an outside venue and we will be catering to numbers.) Please feel free to bring along a friend or family member but these must be confirmed places too.

cosmetic skincare of the highest standard

Update on Sculptra

Tracy Mountford explains why, with over 21 years of experience in facial rejuvenation techniques, she offers Sculptra as her volumising treatment of choice

"Although I use traditional dermal fillers which give immediate benefit, I am increasingly turning to Sculptra to give natural volume replacement in selected patients.

This is not suitable for all patients. The ideal candidate for Sculptra treatment is a person who has lost the lovely soft, rounded features of youth; someone whose face is becoming more angular and gaunt in appearance. This can happen as early as the mid to late 30's. The beauty of Sculptra is that the patient still looks like themselves, just subtly fresher and more youthful.

The main message is, if you want a quick fix, Sculptra will not be the treatment for you. It is very much a procedure for those people who are happy to be patient for the long term benefits."



Before

After

Announcing Clear+Brilliant™

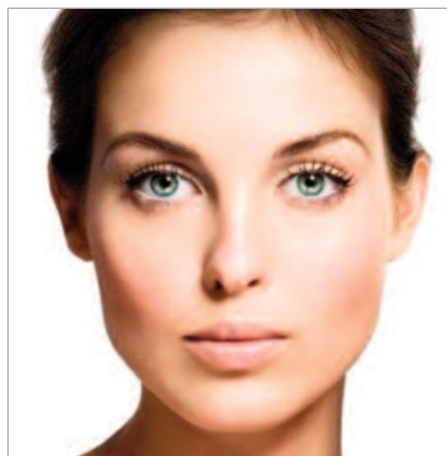
A New Innovation From Solta Medical

Dr Tracy Mountford was selected by Solta to be a luminary for Clear+Brilliant. We are the first clinic in the UK to launch Solta's innovative anti-ageing treatment.

Clear+Brilliant is a new age preventative treatment for the 25 + age category. We will be discussing this treatment at our open evening. Dr Mountford has already been interviewed for this product by Grazia, Daily Mail, and Women & Home.....

What is Clear+Brilliant?

Clear+Brilliant is a new laser-based system that not only targets but also prevents early signs of ageing with little to no downtime. It features a patented delivery system that refreshes your skin from the inside out.



The treatment effectively targets:

- **Early signs of skin ageing**
- **Tone**
- **Texture**
- **Radiance**

No matter how old you are, sun exposure, environmental conditions and lifestyle can all contribute to lack-lustre skin. Clear+Brilliant is CE marked and FDA approved and suitable for all skin types and recommended for both men and women.

Dr Mountford says: "We have found since trialling the NEW Clear+Brilliant laser treatment, sun spots and freckles have dramatically faded due to the laser energy which creates millions of microscopic treatment zones in the skin, replacing damaged skin with healthy, younger looking tissue. The skin appears clearer, smoother more radiant. A typical comment from our patients receiving this treatment is how they feel they have regained their 'baby soft skin'.

We would recommend that a maximum of six treatments at two week intervals is carried out for optimal results."

Prices: from £200 per treatment.

Update on SmartXide laser

A recent testimonial from one of our patients says it all:

"I'm absolutely thrilled with the results of Smartxide. I had a lot of wrinkles from too many electrolysis treatments over the years which prematurely depleted my collagen. This contributed to an abundance of fine lines and wrinkles particularly around the mouth and the eye area. I still need to finish my course of treatments but can honestly say it has massively softened my wrinkles and nothing has even come close to doing this as Smartxide laser has!"

Dee, 69, Buckinghamshire

Dr Mountford Presents The New Thermage® CPT at FACE!

FACE is the annual international conference for the aesthetics industry held at The Royal Society of Physicians in London

Dr Mountford was invited to present this new skin tightening technology at the FACE conference as their UK Key Opinion Leader because of her many years experience with this treatment. Since we upgraded to the new Thermage® CPT we have seen 300 fold increase in our Thermage® patients because of superior treatment results.

As an extra bonus our medical aesthetics team has been updated on the newest techniques from the USA with the new Thermage® CPT by a Thermage® expert fresh from Manhattan! He has trained all the top doctors in Manhattan, Beverly Hills and LA.

Thermage® CPT is a safe, non-invasive procedure that's clinically proven to help smooth, tighten and contour skin for an overall younger looking appearance. By stimulating natural renewal of collagen the treatment delivers natural looking results with little to no downtime. For more information about this procedure please call 01753 646 660

Sharron Davies says... "I am so pleased with the results of Thermage combined with Dermaroller my skin looks and feels amazing"

Our ethos is to enhance natural features...



Non Surgical Face Lift With Pellevé

Former Olympic gymnast and television broadcaster Suzanne Dando is extremely delighted with her non-surgical face lift. Suzanne has recently undergone a facial rejuvenation skin treatment here at The Cosmetic Skin Clinic.

Because Suzanne has always been an advocator of a healthy lifestyle in terms of exercise, balanced diet and personal grooming, it's no surprise with the onset of her 50th birthday she was relatively wrinkle free as she has always taken great care of her skin and physical fitness. Suzanne came to us wanting to maintain and enhance all that good work and have an anti-ageing skin tightening treatment that would be long lasting. Dr Tracy Mountford recommended the new Pellevé anti-ageing skin tightening treatment which is a wrinkle reduction treatment that smoothes the skin whilst tightening the skin at the same time, re-contouring the face and restoring the jaw line to a firmer more youthful appearance. This is a radio frequency skin tightening treatment that is long lasting, with immediate results and no downtime.



Cover Girl!



Rachel is the face of Restylane® Vital

Rachel, a long standing patient of The Cosmetic Skin Clinic was selected to be the face of Restylane® Vital and you will see her featured on the brochures that are circulated throughout Europe and the UK. We are delighted that she was selected to launch the European campaign for Restylane® because she looked so fabulous after her Restylane® treatment with Restylane® Vital and Restylane® Vital Light with lidocaine. The addition of lidocaine means a more comfortable treatment experience for our patients because of the in-built pain relief.

Pellevé endorsed by top beauty journalist and Olympic gymnast!

Beauty journalist Alice Hart-Davis was thrilled with her first Pellevé treatment at The Cosmetic Skin Clinic in Harley St, London. This is what she had to say on twitter: "Have finally tried Pellevé (skin-tightening radiofrequency) with

Laurie@cos_skinclinic. face feels pleasingly shrunk, eye area def tighter". You can follow Alice on twitter for more top tips and beauty ideas at <http://www.alicehartdavis.com/>

The Non Surgical Face Lift With Juvéderm® Voluma®

The aesthetic nurses at The Cosmetic Skin Clinic are amongst the first in the UK to be licensed to perform Juvéderm Voluma treatments.

Linda, a patient of Snr Aesthetic Practitioner Janine Scott is thrilled with her non-surgical face lift with an emphasis on a natural cosmetic enhancement (using Botox®, volumisers and dermal fillers). This is what she says.....

"Since turning 40 in 2007 I saw a dramatic change in the structure of my face and I was becoming more and more depressed about the way I looked. My job is entirely client facing and I felt self conscious all of the time. I didn't want to look young – I just wanted to look good for my age. I decided enough was enough, I had to do something."

"I made a phone call to The Cosmetic Skin Clinic which has changed my life. I now look in the mirror, I smile even more than I ever did and I am not self conscious any more".....

Linda Blay, 43, Lawyer



Before

After

Men's Vital Statistics!

"This year we have seen an amazing 150% increase in the number of male patients attending The Cosmetic Skin Clinic. How refreshing to see men investing in maintaining their looks!"



For more information on these treatments call **01753 646 660**

...and finally!

The Cosmetic Skin Clinic in Monaco!



The Cosmetic Skin Clinic team recently attended the Anti Ageing Medicine World Congress in Monaco.

Attending from far right to left; Medical Director Dr Tracy Mountford, Aesthetic Practitioner Natara Jackson, Senior Aesthetic Practitioner Janine Scott & Business Development Manager Jean Beard .

This world anti-ageing congress was packed with all the latest technologies in surgical and non-surgical anti-ageing procedures and techniques. We were invited by Q-Med (Restylane) and Allergan (Juvéderm®) and were privileged to be part of such a successful event. We have brought back with us many new and exciting ideas in order to help our patients stay looking fresh, natural but most importantly..... younger!.

New faculty for Q-Med

Q-Med the makers of Restylane® have invited Dr Tracy Mountford of The Cosmetic Skin Clinic onto the newly appointed 'Faculty Panel' for Q-Med UK. This is an advisory panel of top key opinion leaders in the non-surgical aesthetics industry. This is an honorary position and Dr Mountford is delighted to be involved.

Roll On To Christmas!

As always, remember to start your cosmetic procedures early in time for Christmas, our diary is already filling up!

Remember Dermaroller is a fabulous way of getting skin in optimum condition; so if you're due your top up, it takes 6 weeks to see optimum benefits!



Dr Mountford presents at Q-Med Conference

Dr Tracy Mountford recently presented 'Management of Complications and Adverse Events' at the Q-Med conference at The Royal College of Physicians in April this year. Dr Mountford was presenting on this subject because of her wealth of experience of over 21 years in the industry on how to prevent adverse events and guiding practitioners through a professional and ethical approach to their patients.



The Lip Smoothie!

Dr Tracy Mountford is recommended again in the latest Tatler Cosmetic Surgery & Beauty Guide 2011. She has been long acknowledged amongst the beauty journalists for her trademark signature looks that are soft, understated cosmetic enhancements which are subtle and in keeping with a patient's age.

A procedure that's being embraced more and more is the 'Lip Smoothie' – understated and subtle!



Before



After

Wedding Belles

Congratulations to Debbie our Reception Team Manager who was wed on April 30th this year; when she married her long term partner Kevin. Debbie looked absolutely stunning and looked every the inch the radiant bride. It was a wonderful day and the wedding reception went well into the early hours of the morning!



From left to right Clare Turrell, Elaine Green, Linda Robinson, 'The Bride' (Debbie), Dr Tracy Mountford and Janine Scott

Call us now to book your place!
01753 646 660


The Cosmetic Skin Clinic®

www.cosmeticskinclinic.com

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