

skin deep!

news and information in cosmetic skincare



The Cosmetic Skin Clinic®

Autumn 2012



Open House!

Join us at our annual Open House with Dr Tracy Mountford & the team

Thursday 11th October 2012
7pm – 9.30pm

The Cosmetic Skin Clinic
84 Rogers Lane, Stoke Poges, Bucks SL2 4LF

“ A warm welcome to you all. This year's Open House will be focusing on the latest treatment to banish your stubborn fat. Say goodbye to your muffin tops and love handles. With Christmas and the party season upon us, find out how you can wear your 'Little Black Dress' with confidence.

Wanting to hold back that face-lift moment? At this event you can talk to myself and the CSC team to learn about the range of skincare and treatment options available to help you look and feel your best.

Our new dermatologist Dr Maria Gonzalez will also be on hand to talk to you about her speciality in thinning hair and hair loss particularly in women.

Finally we are excited to have the latest Visia Skin Imaging system at this event. Skin imaging will help you understand your skin health and treatment needs. You can book a skin analysis session which we expect to be in high demand on the night.

I hope you find this newsletter informative and look forward to seeing you all soon. ”

Tracy



Non-Surgical Fat Loss Is Here!

Introducing Coolsculpting

New to The Cosmetic Skin Clinic a revolutionary non-surgical body contouring treatment that eliminates stubborn fat!

Coolsculpting involves no needles, surgery or downtime!

If you can pinch more than you would like to, see how Coolsculpting works further on in this issue and what our patients have to say about it...



Dr Tracy Mountford named 'Best for Fillers' in the prestigious TATLER Beauty & Cosmetic Surgery Guide 2012

Best for fillers

NEW ENTRY
DR TRACY MOUNTFORD
COSMETIC DOCTOR

Fillers are Mountford's forte – she uses Juvéderm to give softer results and Restylane to lift older faces with slacker skin. She favours a multi-puncture technique (which means lots of small jabs) that provokes a wound/heal response, stimulating more collagen. Her newest offering is Restylane Lip Refresh, an injection that gives thinner lips some subtle oomph while hydrating them in a way that no lipbalm ever could. The clientele at her discreet Buckinghamshire practice includes London A-listers who don't want to be papped in town and the odd Eton mother making a furtive detour on the way home from the school run.

Consultation, £120; Restylane Lip Refresh, from £250 (cosmeticskinclinic.com or 01753 646660).

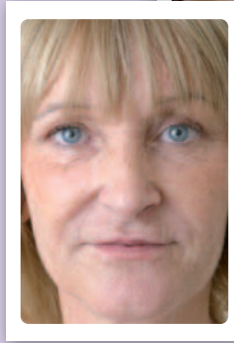
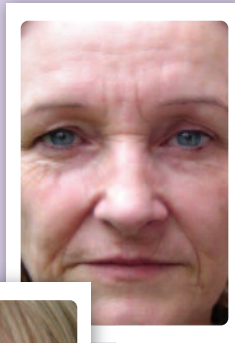
The CSC Whole Face Rejuvenation

As we age women become more hard and masculine in appearance and lose their femininity and softness. 'The CSC Whole Face Rejuvenation' is a sophisticated multi-faceted approach regularly performed by Dr Mountford.

"I am totally in awe of the treatments that have been carried out by The Cosmetic Skin Clinic. A sympathetic and skilful cosmetic enhancement process which means I stand closer to my mirror again, my confidence is now radiating out for the world to see. The Cosmetic Skin Clinic team have realised and exceeded my expectations of non surgical treatments. If you want natural enhancement – believe me, this is it!"

Angela, Portsmouth

To find out more about the treatments Angela had, ask the team!



The Nefertiti Neck Lift

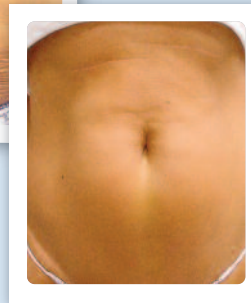
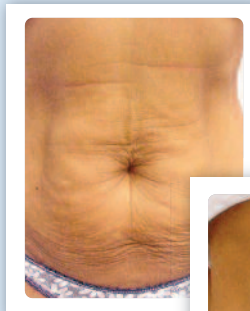


A well defined jaw line with a long lean neck has been a sign of beauty since the time of the Egyptians. The 'Nefertiti Neck Lift' redefines the elegant lines of the jaw and neck for a youthful tighter and more contoured appearance without surgery. This is achieved by placing multiple injections of muscle relaxant along the lower jaw line as well as down the side of the neck along the platysma muscle. This improves the definition of the jaw line and rebalances the underlying muscles to provide 'lifting' in the neck and jaw area.

The Beauty Of The CSC Combination Treatments

We have seen that combining radio frequency skin tightening with fillers or Sculptra™ has been shown to give not only excellent initial cosmetic improvement but a long term result which can last for years.

By correcting lines and wrinkles with fillers and muscle relaxant and tightening the jawline and neck, lifting the forehead and eyelids and treating the soft crêpey skin of the eyes with Thermage®, superlative results are achievable.



In addition over the last 2 years 'Thermage Body' treatments which lift, tighten and firm post baby abdomens, buttocks and thighs have risen by over 200% at The Cosmetic Skin Clinic.

"I am so happy with the results I have had from Thermage and under Dr Tracy Mountford's professional and aesthetic reading of my face she has managed the impossible... to hold back the years whilst giving me a fresh natural appearance."

Tracy, Surrey

"My Thermage treatment has given me an amazing result, I had dermal fillers and Botox® before and the Thermage skin tightening was the icing on the cake!"

Janice, Berkshire

"For me, skin tightening was a no brainer, no surgery, no injections, surprisingly comfortable and no downtime either!"

John, Harrow



and for the men...

The ageing process doesn't discriminate! In today's world looking your best is vital – that's why the male non-surgical facelift has become so popular. This particular procedure involves muscle relaxant, dermal fillers, volumisers & radio frequency skin tightening to improve the overall facial appearance. Total facial rejuvenation with very natural, masculine looking results.

"I looked great body wise but my face gave my age away by ageing so prematurely. After having some Botox and dermal fillers in a subtle way no one has noticed or said anything other than how well I look... suffice to say, it worked!"

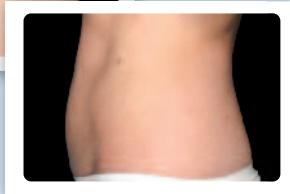
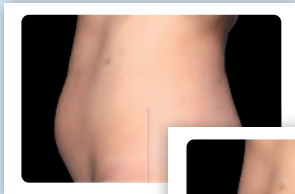
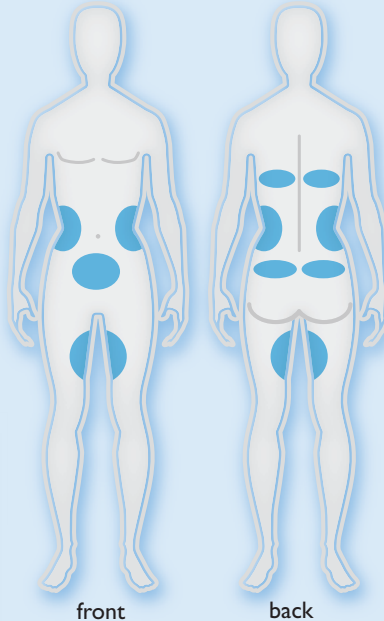
Andrew, London

Our ethos is to enhance natural features...

Coolsculpting® Non-Surgical Body Contouring

Coolsculpting eliminates stubborn fat in your problem areas.

- » Flanks
- » Stomach
- » Upper back
- » Lower back
- » Inner thighs
- » Chest – male only



Now with Coolsculpting you can get back the body you loved!

Coolsculpting uses controlled cooling to target and crystallise fat cells which are then naturally eliminated from the body.

You will start to see results from week 3 but the most significant results are between 8-12 weeks. Impressive results are often achieved in one treatment!

Our patients say:

"I am a total convert and my Spanx are a thing of the past. It is now four months since I had the treatment and I am delighted with the treatment and the results."

Nicky, London (meet Nicky at our Open Evening)

"After years of trying, my post baby tummy bulge is no more! I have tried everything to get rid of this. The best thing of all, I can wear my bikini again!"

Fran, London

To find out more, come and see our demonstration at our Open Evening

Sculptra™ - The Liquid Facelift!

We have now performed over 1000 Sculptra treatments with fabulous results!

"I am delighted with the results of my Sculptra treatment at The Cosmetic Skin Clinic. It has given me back the face I had 5, maybe even 10 years ago. Expensive? Yes, but worth every single penny. Thank you so much for suggesting it".

Sue, Buckinghamshire

'Total Eye Rejuvenation' Tear Trough Treatment

Tear trough treatment involves treating the hollow/dark circles under the eye area and the upper cheek; this softens the tear trough to eliminate the tired look, creating a refreshed appearance.

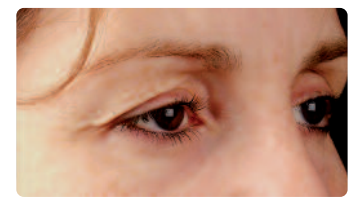


We combine this with 'Thermage Eyes' radio frequency skin tightening which firms the lax skin around the eyes and reduces lines and crepiness. This treatment delivers:

- Brighter looking eyes that appear more lifted and less tired and smoother, tighter skin
- Reduced under eye sagging and tauter contours and smoother skin on the eyelids – no more creased eye make up!

This treatment takes less than an hour and there is no downtime. You can leave with your make up on ready to go about your normal social activities.

There will be a demonstration of the tear trough treatment at our Open Evening.



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

...and finally!



We are working, really!

Monaco Anti-Ageing World Conference

Dr Mountford and her team attended the 2012 Anti-Ageing World Conference in Monaco.

The Monaco Conference is about all the new techniques and advances in botulinum toxin, dermal fillers and volumisers, presented by the top cosmetic doctors and surgeons from around the world. Dr Mountford presented 'Improving Facial Attractiveness' using the 'whole facial approach'. We also went to source new technologies and cutting edge non-surgical treatments and one in particular was a non-surgical fat reduction (see Coolsculpting).



A Dermatologist has now joined our team

Over the past few years we have increasingly seen demand for dermatological solutions of a cosmetic nature so we are really delighted to announce Dr Maria Gonzalez has recently joined The Cosmetic Skin Clinic. For the past decade Maria has been teaching Dermatology at Cardiff University. She has taught thousands of doctors in the field of dermatology from over 80 countries and is widely published in this field.

Dr Maria Gonzalez - her specialist area will be thinning hair and hair loss treatments particularly for our female patients.

For more information on this come and meet Maria at our Open Evening!

Loved by our patients Respected by our industry

Multi Award Winning Clinic!

"What a year this has been! It makes me feel very proud to know that all the hard work has been recognised. We are all delighted and thrilled to have won so many awards and I am so proud of my team. We have all worked diligently over the years to make this a non-surgical clinic of excellence. Our patients come from all over the UK as well as from abroad to see us for all their cosmetic needs. We are best known for the expertise of our highly qualified practitioners and impeccable patient care, in a relaxed yet friendly environment. Thank you for all your support in making this clinic what it is today"



Tracy receiving 'The Medical Aesthetics Clinic of the Year' Award

'Thermage Black Diamond Award' for 'Top Clinic in the UK for Thermage procedures' The award took place at Stoke Park Country Club.



Receiving our Thermage Black Diamond Award



PLUS, we scooped three Gold Awards at the Aesthetic Awards for...



Christmas Opening Hours

Normal opening hours week commencing Monday December 17th

Monday December 24th	9pm – 4pm
Tuesday December 25th	Closed
Wednesday December 26th	Closed
Thursday December 27th	9am – 6pm
Friday December 28th	9am – 5pm
Monday December 31st	9pm – 4pm
Tuesday January 1st	Closed
Wednesday January 2nd	9pm – 6pm
Thursday January 3rd	9pm-6pm
Friday January 4th	9pm-5pm

The first Saturday clinic in January 2013 will be 5th January 10am – 4pm.

Our first London clinic in January 2013 will be Thursday 10th January.

Saturday openings...

We are now open alternate Saturdays which have become very popular for those of you trying to juggle work and busy lives.

Call us now to book your place!
01753 646 660



www.cosmeticskinclinic.com

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