Gym for the skin

AN INSIDER'S GUIDE TO FABULOUS SKIN

ENRICH

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 come a long way over the years from just dermal fillers and anti-wrinkle injections. Although they still play a vital part of most facial rejuvenation plans it is important to know that there are many complimentary options for you 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.

Our vast 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 way to more beautiful skin



+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 filler and anti-wrinkle injections are also a common option. We also have a treatment using multiple micro drops of dermal filler to create a stronger frame and plumpness to lines and wrinkles. Deep grooves and a loss of fat in the face may be also be treated with dermal fillers. The filler is placed in the area subject to the depleting bone structure. This depletion occurs over time with a volume loss of collagen or fat. Fillers are great treatment option to plump the area out to remove the resultant shadows cast.

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

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 is excellent for working in conjunction with the Excel V laser the' gold class' in vascular laser technology.

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 excellent results.

ABLATIVE & FRACTIONAL CO2 LASER

The CO2 laser is a heavyweight in the laser world, most famous for its work on scaring 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 scaring, 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 scaring or age spots but creating a strong skin foundation, greater collagen renewal and skin quality.

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.

THE IPL LASER

Intense pulsed light (IPL) lasers are a solid option for sundamaged 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), seborrheic 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.

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).

PIQ0 4 PICOSECOND LASER

The PIQO 4 - picosecond 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 removing spots and blemishes. This laser is one of the most advanced in Australia, using very short (picosecond), high-energy pulses to the various targeted areas of skin. We use the PiQO 4 to remove tattoos, treat pigmentation (melasma) and scaring. 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 PiQO4 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! We love our laser collection.



+ 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 with our experienced cosmetic doctors and nurses

CHINA DOLL CARBON FACIAL

- Non-invasive
- + No discomfort or downtime
- + Instant skin refresher and deep cleanser
- Improves skin texture and tone
- + Perfect for those new to cosmetic treatments
- PiQ0 laser combined with deep-acting, intensifying carbon serum
- + Best results with monthly treatments

The China Doll treatment is a unique, beautifying treatment that works instantly to freshen skin, while also tightening and smoothing skin over time via collagen production. ENRICH uses the state-of-the-art PiQO laser, and the China Doll Carbon laser treatments are performed by our specialist nurses, with various settings to suit any skin type.

HYDROACTIVE FACIAL

- Deep cleanse
- + Tone using a microcurrent
- + Clarify the skin using salicylic acid
- + Resurface and revitalise the skin with lactic acid
- + Increase skin elasticity
- Boost collagen production
- + Rejuvenate skin
- Perfect lunchtime treat
- No downtime or recovery

The HydroActive Facial is a hydrating, no-downtime facial rejuvenation system that delivers immediate results – get clear, hydrated, younger-looking skin in this walk-in walk-out procedure. The HydroActive Facial works on all skin types and can assist with minimising congested pores, fine lines, and wrinkles while acting as a collagen-booster and cleanser.

Skin finishing is delivered via botanical serums aided by the unique hydro handpiece, with the final touch an LED treatment to encourage natural collagen, elastin, and cellular regrowth.

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

DERMAL FILLERS

- + Instantly fill in hollows, wrinkles, grooves or lips
- Excellent anti-ageing tool
- + Injections under the skin, using a cannula or a needle
- Minor discomfort, minimal downtime. Can have some bruising
- + Increases your natural collagen production & skin health
- + Lasts for 4-18 months, depending on the area treated.
- + Repeat treatments usually required

The primary dermal filler injections we use at ENRICH consist of a substance naturally found in the skin, hyaluronic acid. Dermal filler 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 dermal filler injections 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 filler treatments

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.



ANTI-WRINKLE INJECTIONS

- Muscle-relaxant injected strategically into muscles in the face
- Softens fines 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 with injections except for occasional bruising
- Repeat treatments required after about 4 months, ongoing

Anti-wrinkle injections are a popular way to interrupt a wrinkle's formation, particularly forehead or brow wrinkles, a dimply chin, or taut neck muscles. Contracting facial muscles cause the skin to bend and fold, forming a line, crease or wrinkle with normal facial movement. With precise injections in or around tiny facial muscles, we can interrupt an already-forming wrinkle or prevent the formation of new wrinkles, all without disrupting your ability to express yourself fully.

THE GLOW GUN

- Plumps smooths and tightens skin Improves texture and tone
- Uses dermal filler to add volume to skin. Stimulates collagen production
- Filler amount adjusted individually, depending on the need
- Low to moderate downtime bruising can last for a week. Repeat treatments over time will provide the best results
- + Not for cosmetic procedure newbies!

The Glow Gun is a device that injects a tiny amount of hyaluronic acid, a substance naturally found in the skin. Hyaluronic acid is used in dermal fillers, promoting facial volume by absorbing up to a thousand times its weight in water while also stimulating collagen production. This means a tiny droplet packs quite a punch! There is some discomfort as this treatment is invasive, but the results can be worth it.

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 on the market. 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.



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 every few months required for best results

PRP is a valuable component in our anti-ageing and skin rejuvenation toolkit, as it stimulates the body's own healing processes to boost skin cells' performance. A true skin regeneration tool, PRP, is used on its own or in conjunction with other skin treatments.

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.

PRP is also used as a primary 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. The effectiveness and treatment number is patient dependent, and it does have some discomfort associated with the scalp injections.

THE SECRET MICRO-NEEDLING DEVICE

- Tiny needles with radiofrequency (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.
- Results can be very positive but not for cosmetic newbies
- Repeat treatments as needed for best results

Tiny needles are inserted into the skin to a specific depth, with the perfectly-calibrated radiofrequency 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.

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, so our experience is second to none.

THE SUTURE LIFT

A skin-tightening and lifting procedure that uses medical-grade sutures that 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 smoothes 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.

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 facelifting results. The effect can last up to two years

THE PDO MONO THREADS

The PDO Mono Threads are a fantastic option for those who want to plump and smooth skin, reducing the visible signs of ageing. These innovative threads rejuvenate and tighten skin for a firmer, younger-looking complexion.

Best areas to use PDO mono threads are;

- Upper and lower cheeks
- Forehead lines
- Neck and jawline
- + Decolletage
- Nose to mouth lines
- Upper lip lines
- + Frown lines
- Marionette lines
- + Arms
- + Abdomen
- + Fine lines around mouth and eyes
- Brow lift
- Accordion lines

How are Mono threads different from a thread lift?

PDO Mono Threads tighten and thicken skin, whereas a thread lift procedure uses tiny barbs on the thread to hold the skin up, with the thread lift offering significantly more lift to sagging skin.

The mono threads are a single, smooth, minimally-invasive PDO filament and Mono are inserted into the skin in a mesh-like pattern to achieve maximum skin tightening. Up to 40-60 individual Matrix PDO Mono Threads for every individual treatment area or zone.

The PDO threads do not significantly lift the skin, as there are no barbs that act as anchors. The mono threads suits many patients who are not concerned with sagging skin but are more focused on skin tightening, long-term collagen production and smoothing.

After your thread lift procedure is complete, you'll start to see the impacts from around six weeks onwards. Collagen production is slow; thus, all face thread treatments take several weeks to months to show the best results.

Post treatment there is some downtime with bruising lasting up to two weeks in some cases.

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 an unparalleled wealth of medical expertise. With over 30 years of practice in medicine, dermatology and cosmetic surgery, Dr Rich ensures that only advanced technologies and 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 highly experienced cosmetic doctors perform many of the laser and all the injectable treatments whilst our skilled nursing staff are also skin specialists and perform many of the non-invasive skin treatments.

We have state-of-the-art equipment, so you know you are always getting the very best and well-researched treatments. We always suggest a skin consult to start your cosmetic journey with ENRICH Clinic, where you will be provided with the very best treatment options for you and your skin.

> CALL 03 9500 9500 TO BOOK A CONSULT TODAY

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