

Spring Into Summer!

May is bringing us close to summer and with all this glorious sunshine it's time to peel off the layers we have hidden under all winter. It's time to tidy up the toes and tone up the wobbly bits before summer holiday time.



Turn Winter Feet Into Summer Beauties

Are your feet ready to go on show in summer sandals? Probably not if you are like most of us who have had them hidden away in boots all winter and neglected them. Don't worry, our 60 minute Fabulous Feet Package will turn them into little beauties!

A hot soak, foot file, intensive salt scrub, deep moisture masque and to finish, gorgeous, shiny Shellac gel nails in your choice of colour which will last weeks without chipping. Only £35.

Did You Know...

You can use a credit card to remove stings. If you use tweezers it will just push more venom into the skin. Simply scrape the credit card across the skin then flick it at the sting to remove it.

Big Day Planned?

If you have a big day planned this summer, be it yours or someone else's wedding or the holiday of a lifetime, remember to plan early for any aesthetic treatments. Botox takes about 2 weeks to kick in properly and if it needs a slight "tweak" that will add another two weeks so have it done at least a month before the big event. For fillers, there is always a risk of bruising despite our best efforts to prevent this so have them done at least 2-4 weeks before the big day arrives. If you are having a course of skin treatments such as microdermabrasion skin smoothing or IPL for a clearer skin, ensure you start at least 2 months prior to the big day to ensure your skin looks its absolute best.

Botox Reviews

Please note, you will be offered a 2 week review after your botox treatment but this must be within 14-21 days. After this period, it will be considered a new treatment and charged accordingly.

Non Surgical Jaw-Line Contouring

The chin is a funny thing. Nobody ever said "wow! that woman has an incredible chin" but we sure do notice when a jaw line becomes a jowl line, or our chin starts becoming double.

Accent RF can really help tighten the lower face and reduce double chins to leave a more youthful, contoured jaw line and at £75 per treatment is far cheaper than surgery!



Problem of the month – Leg veins

We are not talking big varicose veins, but tiny broken veins often on the front of the thighs or the small red veins on the back of the leg. With summer only weeks away do these put you off showing your legs? Both of these problems can be treated quickly and simply without the need for expensive private hospital costs.

How can it be treated?

The tiny veins are easily treated by IPL laser which simply collapse the tiny broken capillaries for good! Depending on the size of the area, cost starts from £45. The slightly bigger ones usually on the back of the knees are treated with sclerotherapy. An irritant is

injected into the veins to collapse them and the blood reroutes itself through different channels. There is slightly more down time with this as the area may go quite red for a few days and need more than one treatment. Cost per treatment is £250. If this problem concerns you please call us and book in for a free consultation (Nuffield charges £100 for this).



Did You Know...

40 minutes of walking three times a week will help protect your memory by boosting the hippocampus area of your brain. Stretching and toning routines do not help with this. 30 minutes of walking also increases your life expectancy by 12 years! So no need for expensive gym memberships to get fit and healthy this summer.

Please feel free to email us about any comments you may have on our services, good or bad or ideas about what else you would like to see us offer. Simply email **Anne-Marie**, our **Clinic Manager** on am@sandoncourtclinic.co.uk



Product Of The Month

Blue AOX serum - This brand new product, only available through specialist clinics is a potent anti-oxidant serum to shield the skin from harmful free radicals as well as boosting collagen levels. It contains Chirally Correct Copper (giving it its blue colour) with 40 times greater antioxidant strength than Vitamin C which increases the skin's ability to repair itself, keeping it functioning at its very best. Boosted with Beta-glucan, a key ingredient in natural cell repair and protection and Niaciamide to alleviate

inflammation and redness, this product is especially good for problem skin in strengths you will never find on the high street. Normally £60.50, this month only **£50**.



Bothered by acne scarring?

The acne may be long gone but often we are left with tiny scars on cheeks and chin where the spots have been. No matter what we use, your skin does not look smooth. There are several treatments for this and clearly it depends on how many and how deep the scars are. Microdermabrasion will help with mild scarring – it removes the surface layers of skin, allowing fresher, lower layers to the surface, a course of 6 is recommended. Next up is Dermaroller, like a rolling pin of needles that runs over the skin (don't worry, the skin is heavily anaesthetised!), stimulating elastin and collagen production which helps get rid of the

scars. A deeper peel like TCA can also help, offering the same benefit as dermaroller but also helps even out colour so the redness is not so pronounced.



Before



After

Look Younger In 60 Seconds!

These age defying tips take only a minute but can make a real difference.

Fill your brows

As we get older our brows get thinner so filling them in takes years off. Choose a pencil or powder the same shade as your brow and use small, light strokes to define the arch, fill in any sparse areas and add length (if you drew an imaginary line from your nostril to the corner of the eye to the hairline, this is where the brow should end).

Smooth your hands

Hands are a real age giveaway. Use a product with Vitamin A such as MD Formulations Vit-A-Plus hand cream (£19) to boost collagen and smooth skin. Try adding a dollop of primer to your hand cream. The wrinkle filling particles and light diffusing properties take the edge of veins and crepey skin.

Plump your lips

Lip volume decreases as we get older, so plumping them, even if it's just a temporary measure – adds instant youthfulness. Invest in a good plumping product such as Bare Minerals plumping gloss, instant plumpness in a range of colours (£22), available from the clinic.

Get a natural glow

We lose colour from our faces as we age so a little soft cream blush gives a really youthful flush. Try peachy colours if you have a slight tan.

Prep your skin

There are many primers available which help smooth out pores and fine wrinkles and diffuse the light before you even put your foundation on! For a cheaper option, massage a few drops of facial oil into your skin "it gives a plumped-up, cushiony look that's really youthful" says international make-up artist Dani Guinsberg.



Special Offers For May

OFFER 1 Botox Plus Free Glamour!

This month we are offering free Shellac gel nails, for fingers or toes, with every botox treatment. Weeks of gorgeous, chip free colour to add a bit of glamour to your nails. Shellac treatment must be taken in May.

OFFER 2 Tone And Tighten – Face Or Body

The sensational Genie has proved so popular we now have two! Using micro current to tighten and tone your wobbly bits, be that tummy and thighs, buttocks and thighs or a face lift in just 10 minutes. Genie is 1000 times more powerful than any other machine of its type so it really gets results. This month, buy 3 Genie face (£29) or body (£35) treatments and get one absolutely free. The course of 3 must be purchased at one time to get the free treatment.

OFFER 3 Introducing...

Shellac – beautiful, shiny gel nails in a fraction of the usual time. Paints on like a lacquer so less damaging and far easier to remove. Perfect for summer sandal season or holiday glamour. This month, purchase Shellac nails in a colour of your choice and get toes half price. £15 for fingers and only £7.50 for toes!

OFFER 4 IPL Laser Permanent Hair Removal Treatments For Underarms

Be hair free for the summer and forever! Buy 3 IPL laser underarm treatments (£70 each) and get one free of charge. **Course of 3 treatments must be paid for as a package, not individually.**

OFFER 5 Accent Rf Cellulite Reduction Or Fat Reduction

Accent RF is one of the few treatments clinically proven to reduce cellulite using radio frequency heat to remodel the fat cells for smoother skin. This month, buy 3 treatments of Accent RF Cellulite or fat reduction (£75 each) and get 1 absolutely free. **Course of 3 treatments must be paid for as a package, not individually.**

Not to be used in conjunction with any other offer. Available until 31st May 2011

**If you have any questions or wish to book a consultation
or treatment, call us now on**

01752 222107