

Spring into summer!

It's always nice to get January and February out of the way! March brings us closer to spring with the days getting lighter for a little longer. It's a great time to start to think about plans for the year and about looking after yourself now you're heading towards the longer, warmer days.



Dermal Filler For The Body?

As seen in The Sunday Times Magazine on 27th February, fillers for the body are becoming very popular. Designed to plump and rejuvenate crepey, dry skin on larger areas such as the décolletage, hands, even elbows and knees and the skin just above your belly button!

Tiny droplets of hyaluronic acid (HA) are injected into the deep dermis section of the skin where cell renewal happens. As HA absorbs up to 1000 times its weight in water, it instantly plumps and hydrates the area but also stimulates collagen growth in the skin for a much longer term benefit of improving the skin quality. In Spain and Italy, many women

have this treatment as a monthly facial to maintain levels of HA in the skin which decreases naturally as we age. Indeed by age 50, we have 50% less HA so our skin loses its ability to hold water and so is less plump, hence becoming dry and crepey.

A course of 3 treatments one month apart is required to restore the HA levels and then maintenance treatment every 4-6 months. Restylane Vital HA therapy Costs £200 per treatment using 1 syringe or £500 for a course of 3. One syringe would treat either the décolletage, two hands or both knees.

Did You Know...

Turn down the heating and losing weight could get easier. Research has found a link between our over-heated environment and weight gain. The study found that if the body is already warm it does not need to convert "brown fat" – known as adipose tissue – into energy to create heat so it stays in your body instead.

Eat chocolate to ease PMS symptoms – it contains magnesium and so increases oestrogen metabolism and helps with muscle relaxation so easing cramps. So, if you needed a reason, now you have it!

Spots Getting You Down?

Acne can be very distressing at any age and often GP's are not as helpful as they might be due to their own pressures of work. In April we will be opening a specialist acne clinic to help sufferers control the symptoms or improve the damage caused by previous acne. We have a variety of treatments including medical grade ones which can help destroy the bacteria causing the spots, preventing further outbreaks as well as smoothing out acne scarring. It will be open to anyone over 18 or over 16 with a GP letter. Look out for our Acne clinic times in April.



Before

After

Top Lip Hair You Wish Would Just Disappear?

Do you have problems with hair on your top lip or chin, you have tried waxing, bleaching and plucking but find this only offers a temporary solution? Why not get rid of it permanently.

IPL laser treatment targets the pigment in the hair, sending heat down to the root to destroy the follicle completely so it never grows back. If you thought this was too expensive, our offer this month might just surprise you. 3 IPI laser treatments, on top lip or chin for only £99.

A course of 6-8 treatments is recommended, 6 weeks apart to catch all hairs in their growth cycle which is when they can be destroyed. We are already considerably less expensive than the Nuffield for this treatment and get great results with our very latest high tech IPL machine, from the award winning laser company, ABC Lasers.

Skin Tightening..the most searched cosmetic treatment

The dream of a treatment that will tighten loose, lax skin seems to be many people's desire.

Skin tightening is the most searched treatment on Consultingroom.com, a website dedicated to cosmetic treatments. Accent RF does just that and is available at Sandon Court Clinic.

The treatment uses radio frequency heat to specifically target and strengthen the deep foundation layer of the tissues in the face, particularly the lower face and jawline. The ability to treat not just the skin but its

underlying support, from the inside out, ensures safe, satisfying results with No downtime.

A course of 4-6 treatments are recommended at 2 weekly intervals and results last 2 years +. Now only £75 per treatment or 3 for £199.



Problem of the month – Stained Teeth

Coffee, tea, red wine, curry, lasagne, they can all stain the teeth over time. After years of eating colourful food and drink our teeth become yellow and stained which can really age you and makes your smile less dynamic.

How can it be treated?

Laser teeth whitening can whiten teeth up to 9 shades in a 1 hour treatment session. Using the same system as top dentists, in just 1 hour you can get your bright smile back. The cost is just £199, further information can be seen on www.smileteeth.co.uk



Your Views Are Important

We are always striving to maintain the very highest level of customer satisfaction but in order to do this we really need your views. Feedback forms are available in the clinic or you are always welcome to email **Anne-Marie, our Clinic Manager** on am@sandoncourtclinic.co.uk with any comments

or observations, good or bad, which you feel may help us improve our service to you. Also, any services which we do not currently offer, but you would like to see offered.



Product of the month

Ultra Sun Protection - The sun is finally on its way and whilst we will be delighted, lets not forget that the sun is the primary cause of skin ageing so protecting our skin is so important, especially if you have been having skin treatments such as IPL or microdermabrasion. Heliocare produce a range of high protection creams but our absolute favourite is the SPF 50 gel. It gives you a truly great level of protection without being thick and gloopy or looking like toothpaste on the skin, perfect for under make-up or simply on its own. Normally £22, this month we are offering it for only £17.



Before



After



Before



After

Special offers for March

OFFER 1 Bikini Body Prep for Tummies!

With summer coming it's time to get in shape? Accent RF Flab buster treatment uses deep heat to literally melt fat away on stubborn areas such as the tummy or thighs without any needles or knives. Genie is the ultimate toning treatment to tone and tighten muscles, Genie is 1000 times more powerful than CACI using muscle stimulation to really tighten and tone those wobbly bits. Using these two treatments in combination really does **trim, tighten and tone**. This month we have a fantastic offer: Just £75 (normally £155) for 1 treatment of Accent RF Flab-buster and Genie Ultimate toning for the tummy. A course of treatments is recommended for optimal results.

OFFER 2 Do your lips age you?

By the time we are 50 we have lost 50% of our lip volume. Simply replacing the volume that has been lost can instantly give a more youthful appearance as well reducing "smokers lines". Restylane filler has added lignocaine to ensure a comfortable treatment. This month, by a lip defining and plumping treatment (£275) and get a skin smoothing peel for only £10, glowing skin and sexy lips – a confidence boosting combination!

OFFER 3 Take years off!

For an instant 10 years younger style makeover, combine botox to smooth away frown and forehead lines with Restylane to instantly soften away nose to mouth lines or plump lips, followed by a course of 3 skin smoothing microdermabrasion treatments to smooth away fine lines and boost collagen production in the skin. Package price £495 (individual treatment cost £660)

OFFER 4 Amazing! 3 IPL permanent hair removal treatments for £99

Does the hair on your top lip or chin cause you embarrassment? Why not get rid of it permanently? This month we offer 3 IPL hair removal treatments on top lip or chin for only **£99**.

Course of 3 treatments must be paid for as a package, not individually.

OFFER 5 Food for skin for only £20

Agera RX skin care range offers the very latest technology in skin care following 10 years research into how the skin renews and repairs itself. This prescription grade skin care feeds and nourishes the skin with concentrated peptides. Amazing skin care at affordable prices. Why not try it for yourself? We are offering a starter pack, containing 5 key products which should last a month for only **£20**. Serious skin care for only £20, how can you say no?

Not to be used in conjunction with any other offer. Available until 31th March 2011

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

01752 222107