



FACIAL AESTHETICS TREATMENT GUIDE

Where **Aesthetics** Meets **Excellence**



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At Belmore Facial Clinic we believe that our patients and their individual needs come first. In an industry flooded with new products and procedures, we always put a focus on health and safety, this is one aspect we will never compromise on.

We take a precautionary approach, always opting for safe & tested solutions. Our specialists will take time to get to know their patients and explain the recommended treatment options to suit their skin concerns.

BELMORE FACIAL CLINIC IS PROUD TO BE AN ACCREDITED MEMBER OF SAVE FACE.



Save face is a national register of accredited practitioners who provide non-surgical cosmetic treatments such as anti-wrinkle injections, dermal fillers and more.



accredited register

The register is accredited by the Professional Standards Authority and is recognised by the Government, The Department of Health, NHS England and the Care Quality Commission.

If you want to hear more about our Facial Aesthetic Clinic, **contact us today.**

Tel: +44 (0)28 6632 9222



Your First Visit

Deciding to have an aesthetic procedure for the first time can be an overwhelming or even daunting thought for some of us. That's why at we believe your initial consultation is probably the most important part of your journey and should never be underestimated.

During your consultation, one of our highly skilled clinicians will discuss your aesthetic needs and concerns with you and then carry out a thorough facial assessment. Your consultation will be carried out privately in a relaxed environment.

Personalised Treatment Plan

Our clinicians will assess from every angle to ensure that the most natural, harmonious, balanced cosmetic results can be achieved. This enables us to create a personalised treatment plan that is entirely bespoke to you. We will talk through all available and recommended options with you and explain the procedures in full.

Our Ethos

Our ethos is to offer you the highest quality cosmetic treatments and five-star customer service in a warm, friendly, relaxed environment from advanced aesthetic medical practitioners.

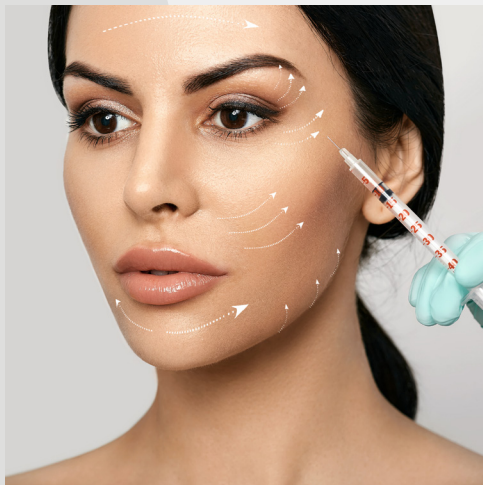
Our front of house team will quickly make you feel comfortable and put you at ease, delivering personalised customer service from the moment you pick up the phone right through to the end of your treatment.

Anti-Wrinkle Injections

It is often said that our **faces** are a **roadmap** to our **emotions** and our **past**, although this can be wonderfully expressive, as time passes, our skin and facial muscles will lose some of their elasticity, amplifying those life experiences for everyone to see.

At Belmore Facial Clinic, we use anti-wrinkle injections to create a natural-looking reduction in lines and wrinkles, leaving you with a softer, more youthful appearance.

Anti-wrinkle treatments are carried out using Botulinum Toxins (such as Botox®, Azzalure® or Dysport®). Anti-wrinkle injections have a wide range of uses, not only can we reduce wrinkles between the eyebrows, around the eyes and across the forehead, we can also minimise lines on the nose, smooth the chin, relax neck bands, and add a lift to the eyebrow. We also use Botulinum toxins to provide 'lip flip' & 'gummy smile' treatments, and treat jaw, neck and head pain associated with TMJ disorder.



Anti-wrinkle injections are a safe and effective treatment that work by blocking chemical messages from the nerves, which cause the muscle to contract, reducing the appearance of lines and wrinkles.

Anti-wrinkle injections are not a treatment that provides instantly visible results. Full results are usually seen around 10-14 days after your initial treatment and can last up to approximately 4 months, depending on the strength of your muscles and your bodies response to the product.

Gummy Smile & Lip Flip

A **gummy smile**, or a high lip line, is when the **lip rests high on the gums** when we smile. While every **smile** is **beautiful**, many people who show a lot of gum when they smile don't like how it looks and would feel more **confident** to **smile** if their lip line was lower.

The typically 'ideal' smile would expose no more than 2mm of gum when the upper lip raises. A gummy smile however, generally exposes 3mm or more of gum tissue and can be a real cause of concern for those affected.

A gummy smile can be caused by a number of different factors including:

- Overgrowth of gum tissue
- A short or overly active upper lip
- Small or short teeth

While there are surgical options available to treat a gummy smile, many people prefer to take a more conservative route, this is where the gummy smile treatment comes in. We can safely and effectively treat a gummy smile using either a lip flip, a gummy smile injection, or in some cases, both treatments in coordination.

The treatment works by injecting Botulinum Toxin to reduce the muscle activity around the upper lip, resulting in less movement and reducing the amount of gum that is shown.

What Is the Difference Between a Gummy Smile Treatment and a Lip Flip?

A lip flip is another non-surgical treatment carried out using Botulinum Toxin that essentially 'flips' the upper lip outward, making it appear fuller. The lip flip has gained huge popularity over recent months, with many of us now choosing this over lip fillers. A lip flip can be used to alter the lip line, as with the gummy smile treatment, it is also possible that the lip flip will reduce the amount of gum that shows when we smile. A lip flip can prevent the upper lip from 'disappearing' when we smile. So, the treatments mainly differ in that a gummy smile treatment aims to reduce the amount of gum shown when smiling, whereas the lip flip aims to make the top lip appear larger.

If you have been considering this type of treatment, we would recommend attending for a free consultation with one of our clinicians, at which stage they will be able to assess your suitability and recommend personalised treatment options for you.



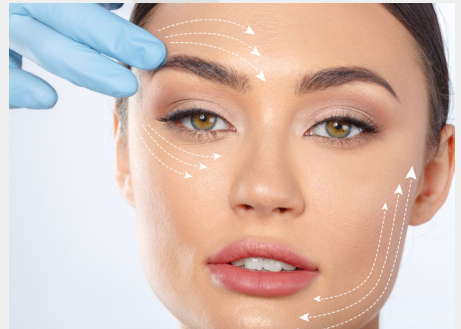
Derma Fillers

Improve The Appearance of Fine Lines and Wrinkles and Restore Lost Facial Volume and Contours for a Refreshed and Natural Look.

As we age, our body functions begin to slow down and the skin loses its ability to make hyaluronic acid, resulting in a loss of natural elasticity and youthful volume, especially from the face and neck. Dermal fillers are an incredible treatment used to restore volume loss and improve definition and contours of the face. Made from hyaluronic acid, which is naturally present in the body, dermal fillers boost the skin's natural hydration and restore volume, therefore filling deep lines and wrinkles, plumping and lifting the skin and delaying signs of aging.

At Belmore Facial Clinic we can use dermal fillers to improve the appearance of:

- Nasolabial folds
- Lips
- Smoker's lines
- Tear trough (under-eye) hollows
- Marionette lines
- Mid-face volume loss
- Jowls
- Uneven, undefined, or sagging jawline
- Bumps or defects in the nose.



How Long Do Results Last?

Dermal fillers are a non-surgical, non-permanent treatment and how long they last will depend both on the area being treated, and the type of filler that is being used. Your injector will discuss with you during your consultation what to expect in terms of results and longevity.

High-Intensity Focused Ultrasound (HIFU)

HIFU (high-intensity focused ultrasound) is a non-surgical cosmetic treatment which promotes skin tightening, lifting and contouring, using ultrasound energy to encourage the production of collagen, in turn resulting in firmer, more youthful skin.

At Belmore Facial Clinic we are delighted to be offering ULFIT, 'The World's First Portable HIFU System for Non-Surgical Face Lifting and Body Contouring.' HIFU has been around for quite some time, initially being used as a treatment for cancer, it was through this usage that the skin lifting and tightening effects were discovered and was then applied for cosmetic purposes. HIFU uses ultrasound energy to target layers of skin below the surface, this energy works to heat up the tissue, once the cells in each target area reach the desired temperature this causes cellular damage.

While this may sound like a bad thing, this damage is actually what stimulates the cells to begin producing more collagen, providing structure to the skin and improving firmness and elasticity.

Am I A Good Candidate for HIFU?

HIFU is a wonderful treatment, but as with any cosmetic procedure, there are limitations to its power and certain patients will not be suitable candidates. HIFU works best on those aged between 30-60 with mild to moderate skin laxity. Those with severe skin laxity and sagging may not see noticeable results and treatment in this case may not be recommended.

What Makes a Good Candidate For HIFU:

- Patients with enough stubborn fat cells in the treatment area
- No large scars or redundant skin folds in the treatment area
- Mild to moderate skin with soft tissue laxity
- Crepey and wrinkled skin
- Patients with lowered brow lines, sagging, fine lines or wrinkles.

HIFU is **not recommended** for the following patients:

- Pregnant or breastfeeding women
- Those with open wounds, lesions or skin infections in the treatment area
- Metal stents/electrical implants in the treatment area
- Those with haemorrhagic disorders



Fat Dissolving Injections

Unfortunately, nearly all of us struggle with at least one area of stubborn fat, that, for whatever reason, is really difficult to shift.

When it comes to certain pockets of fat, no matter how much we diet or exercise, we simply cannot seem to get rid of them. For many, these stubborn fat deposits are actually genetic – meaning you will always struggle to remove them – unless of course you decide to try a targeted treatment such as fat dissolving injections.

Having areas of stubborn fat such as those below the chin or on the upper arms, can be a real drain on your self-confidence. If you find yourself always trying to cover up or hide these areas, fat dissolving injections may be a way to help regain your confidence and feel comfortable in your own skin.

What Actually Are Fat Dissolving Injections?

Fat dissolving injections have taken the UK market by storm. An EU-approved, revolutionary product that helps to dissolve local fat, removing unflattering and stubborn areas without the need for liposuction or surgery.

Fat dissolving injections are a safe and effective treatment that work by hydrolysing the wall of the fat cells and letting them be removed from the body via natural processes.

Fat dissolving injections are a highly applicable treatment, they can be used to treat many different areas of the body, including:

- Double chin
- Upper arms
- Muffin top hips
- Lower abdomen
- Knees
- Jawline
- Chest fat (in men)
- Inner thighs
- Jowls
- Ankles (cankles)





We are always told that we 'can't spot reduce fat' – with fat dissolving injections, we actually can! For those who want fat loss focused on a specific area or need help contouring their shape, fat dissolving injections are a fantastic choice.

If you maintain a healthy lifestyle and are close to your ideal body weight, but have frustrating areas of fat that just won't budge, then injectable dissolving might be the perfect treatment for you. Unfortunately if you carry significant weight, then fat dissolving will not be a suitable treatment option.

Instead of surgery or invasive treatments, which usually require weeks off work, and can also come with high risks and a lot of pain, fat dissolving is a treatment that only takes around 30 minutes per session and requires minimal downtime.

Despite the short treatment time, fat dissolving injections can deliver powerful results, with fatty deposits lessening over the weeks following your treatment.



SkinPen Microneedling

SkinPen is a **device** which contains tiny **sterile needles**, used to create **measured** and **controlled** micro injuries in the skin, this in turn **stimulates** the body's natural healing processes, **increasing collagen** production in the treated areas, resulting in **smoother** and more **radiant skin**. Collagen is an essential protein fibre in the skin that provides support, firmness, and elasticity.

SkinPen is an excellent option for treating a range of different skin conditions and concerns, and even for those just looking to revitalise tired or dull looking skin. SkinPen can deliver dramatic results in natural, non-invasive skin rejuvenation.

What Can SkinPen Be Used For?

- Fine lines & wrinkles
- Scarring
- Rosacea
- Melasma
- Stretch marks
- Hyperpigmentation
- Tired and dull looking skin
- Minimizing pore size.

What Are the Benefits of SkinPen?

- Non-invasive and natural, stimulating collagen without injectables or chemicals.
- Minimal discomfort during treatment (topical numbing cream will be applied prior to treatment)
- Clinically proven to be effective in treating an array of conditions.
- SkinPen is a safe, technologically advanced, high quality medical grade device that is FDA approved and has the CE mark.
- Minimal to no side effects.
- Suitable for all skin tones and types.
- Dramatic, noticeable results which continue to improve over the following weeks.

PRGF Mesotherapy Facial Treatment

PRGF-Endoret (Plasma Rich Growth Factors) facial rejuvenation treatments are one of the world's **best** documented **cosmetic procedures**, with over **20 years** of clinical **data** and supported by more than **70** scientific papers.

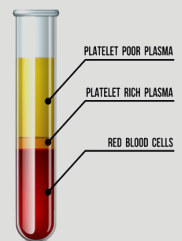
This revolutionary treatment which utilises the plasma from your own blood to help slow down and reverse the visible signs of aging.

This treatment works by extracting the growth factors and stem cells from your own plasma which we use as an all-natural treatment to push back the hand of time on your skin aging clock. A small sample of blood is collected from the arm and placed into a device which allows us to separate the plasma, this contains proteins that speed up the tissue regeneration process. Once ready, the PRGF can be applied to the face, neck and hands using mesotherapy.

Mesotherapy is a minimally invasive treatment involving micro-injections delivered directly into the mesoderm (middle layer of skin), using a very fine needle which results in a short and pain free session.

What Are the Benefits of PRGF?

- No contraindications or allergens are present as the treatment is carried out using product taken from your own body.
- Reduction or softening of fine lines and wrinkles.
- Brighter, fresher complexion.
- No changes to facial features or expressions.
- Increased skin hydration.
- Slows down the aging process.
- Rejuvenation and renewal of the skin.
- Increased collagen production.



What Makes a Good Candidate for PRGF?

There are really no unsuitable patients for PRGF as it is a fully natural treatment. We would generally recommend PRGF is used on a preventative level to slow the aging process from around the age of 30, or from 45 for regenerative purposes.

Threadlift Facelift

If you are seeking a minimally invasive treatment that results in a naturally youthful and refreshed look, PDO threads may be just the solution you have been searching for!

As we age, we lose collagen and elastin from our skin which leads to looser facial tone and the appearance of fine lines and wrinkles. Combine this with a natural loss of fat in the face, hollows in the upper cheeks start to appear which create heaviness above the jawline and around the chin, giving a tired and aged look.

PDO threads can lift and tighten the appearance of sagging skin on the face, jowls, and neck. They work by mechanically lifting the tissue to stitch it into a lifted position and also stimulate your own natural collagen production to improve skin elasticity, texture, fine lines and volume for lasting rejuvenation.

At Belmore Facial Clinic we use only the highest quality, premium products, which in this case, is Mint PDO threads. Mint PDO threads do not involve general anaesthetic or large incisions. These threads are strategically placed and moulded under the skin to achieve a youthful and lifted result.

A surgical facelift will always be the gold standard for those wishing to redefine the jawline or eradicate the signs of aging from the face and neck. But for those seeking a less expensive, less invasive option and can accept a less dramatic result than a surgical facelift, then a threadlift is the perfect option.

Threads Can Treat a Number of Areas Including:

- Neck
- Eyebrows
- Cheeks
- Nasolabial folds
- Jowls
- Jawline

Prophilo

What Is Prophilo?

Prophilo is one of the most innovative and advanced treatments available today. It is a stabilised injectable form of hyaluronic acid, used to treat skin laxity and signs of aging. Prophilo provides skin with a highly effective 'boost' of hydration using revolutionary technology to remodel skin showing signs of aging. When injected, your skin receptors are stimulated, acting to enhance firmness, and providing a long-lasting improvement of the skin structure and appearance.

Prophilo is very different to dermal filler and Botox. Filler restores lost volume and reshapes the face, Botox reduces wrinkles and softens lines, whilst Prophilo is a gentle regenerative treatment, likened to a deep under the skin moisturiser. Prophilo contains one of the highest concentrations of hyaluronic acid on the market, benefiting those who need a hydration boost, but also those who have some sagging and aging skin.

What Areas Can Be Treated with Prophilo?

The face, neck and hands are all suitable for rejuvenation with Prophilo.

Benefits of Prophilo

- Deep hydration
- Luminosity
- Firmness
- Makes the skin stronger
- Anti-aging effect

Is Prophilo Right for Me?

Prophilo is suitable for most patients, both men and women. Prophilo may be especially applicable if you have any of the following:

- Skin that is thin, lacking in volume and elasticity
- Skin that is crepey
- Fine lines and wrinkles
- Dehydrated, dry or dull skin
- Sun-damaged skin



Skin Booster Treatments

Skin boosters are made up of hyaluronic acids, vitamins, minerals, and antioxidants. We use a series of **micro-injections**, placed into the **dermal layer** of the **skin**, to improve **skin quality** and elasticity, **smooth** rough skin, help with **deep hydration** and aid **luminosity**.

Hyaluronic acid is a substance that is already present in the skin and is essential to maintain a fresh and youthful appearance, helping the skin to stay supple and reduce the appearance of fine lines and wrinkles by drawing moisture into the layers of the skin, adding plumpness and hydration.

Over time, skin boosters help to re-stimulate collagen production, another essential element for firm, youthful skin. Rather than applying topical products containing hyaluronic acid, such as serums and creams where the molecules are too large to penetrate the skins layers, skin boosters allow the hyaluronic acid molecules to fully penetrate into the skin.

Benefits of skin boosters

- Improve overall skin quality in terms of hydration, elasticity, texture, and radiance.
- Prevent skin aging, fine lines, and wrinkles.
- Achieve fresh, glowing, youthful skin.
- To help with uneven skin texture, acne scarring etc.
- Can be used to treat the face, neck, and hands.

Skin boosters are a treatment which usually require a number of appointments initially to achieve the desired result, with a further session for maintenance, usually at around 6 months post treatment.

Some initial results can usually be seen immediately, with fine lines reduced and the skin becoming more supple. With each further treatment the complexion will become increasingly radiant and firmer.



Professional Skincare

At **Belmore Facial Clinic** we also provide professional medical grade skincare products from **AlumierMD**.

AlumierMD are a brand who are dedicated to the latest advancements in clean science and delivering therapeutic outcomes for patients presenting an array of skin conditions and concerns.

The name **AlumierMD** is based on the word 'illuminate' which means to make clear or bright. Illuminate also means to enlighten or share knowledge. With over 100 years of combined skincare experience, the **AlumierMD** experts create science-backed products in luxurious formulations that work to reveal more radiant, luminous skin.

Unlike many high street brands, **AlumierMD** don't just 'dust' their products with expensive ingredients to make marketing claims. Every product is researched for the optimal concentration of each ingredient to create prescription strength formulations for a wide range of skin concerns.

We understand that skincare can not be viewed with a one product fits all approach. Every individual has a unique skin profile, which means their skincare routine needs to be tailored to suit their skin type and condition. Our specialist clinicians will be able to assess your unique situation and determine the optimal treatment plan for you.

Beautiful skin doesn't appear overnight, and treatments can take time for results to show.

Using home care products consistently and as directed will help in achieving the best results possible.

Just as we dedicate time to other aspects of our wellness, such as exercising, we must also allocate the time to carrying out our daily skincare regimen.





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INSTAGRAM



FACEBOOK