



MONTROSE

LONDON

AN INTRODUCTION

About Montrose London



Montrose London private entrance and garden.

Montrose London is a skin and aesthetics clinic set in a beautifully designed, period building adjacent to Eaton Square in the heart of Belgravia.

Established by three NHS plastic surgeons, experts in facial and body aesthetics, Montrose London delivers bespoke, all-encompassing treatments, in an extremely discreet and luxurious setting.



Montrose London patient waiting room

At Montrose, our bespoke approach to treatment is delivered under the careful watch of our expert practitioners. Our founders are joined by a team of dermatologists and plastic surgeons to ensure that all skin and aesthetic issues can be handled by an acknowledged expert.

Treatments offered at Montrose include:

- Injectables - Profilllo, Filler, Botox
- Radiofrequency - Morpheus 8
- Laser Treatments - Hair Removal, Skin Resurfacing, Scars, Acne Scars
- Facials - Hydrafacial, Aquagold facelift, Vampire facelift
- Body Sculpt - Coolsculpting, Emsculpting
- Dermatology - including mole mapping and review
- Skin surgery - lump and bump removal
- Plastic surgery - Face, Body and Scar Revision



Montrose London reception

The Montrose London Founders

Dr Georgina Williams, Consultant Plastic and Reconstructive Surgeon, Co-Founder Montrose London



Georgina Williams is a Plastic Surgeon and Fellow of the Royal College of Surgeons (Plastic Surgery), specialising in Facial and Breast Plastic Surgery and Microsurgery. She holds first class degrees in medicine and neuroscience. She is medically qualified in both the UK and in the USA and has been a visitor at centres in Manhattan, Philadelphia and Tokyo.

Georgina's NHS practice is as a Consultant at Charing Cross and St Mary's Hospitals where she performs breast reconstruction and complex head and neck reconstructive surgery.

Georgina runs the weekly Breast Reconstruction Seminar at Maggie's Centre at Charing Cross, working with breast cancer patients to help them better understand the breast reconstructive options available to them.

She also has a very busy non-surgical aesthetic practice which mainly focuses around botox and fillers.

Dr Shaimaa Jamshidi, Plastic and Reconstructive Surgeon and Co-founder of Montrose London



Dr Shaimaa Jamshidi is a member of the Royal College of Surgeons of England. She holds post-graduate degrees from Imperial College London and University College London in Surgical Innovation and Trauma Surgery and in Minimally Invasive Aesthetics.

Shaimaa has extensive experience having worked at St Mary's, Charing Cross, Royal Free and University College Hospitals in London.

Shaimaa's NHS practice is at Chelsea and Westminster Hospital where she practices as a doctor in Plastic and Reconstructive Surgery.

Dr Jonathan Dunne, Consultant Plastic and Reconstructive Surgeon, Co-Founder Montrose London



Dr Jonathan Dunne is a Fellow of the Royal College of Surgeons (Plastic Surgery), specialising in skin cancer, facial plastic surgery and breast surgery, having undertaken two further years of fellowships in minimally invasive facial skin cancer treatment (Mohs Surgery), head and neck microvascular surgery, facial palsy and craniofacial and aesthetic surgery.

Jonathan is the lead clinician for the Imperial Skin Cancer Service and founded the Imperial Facial Reconstruction Centre. He has authored more than 50 publications and co-authored the Oxford Handbook of Head and Neck Anatomy. He is regularly invited to address international conferences on facial plastic surgery and skin cancer, being awarded several distinguished prizes.

Jonathan is passionate about plastic surgery education and development in resource-poor settings and is a trustee of the Malawi Burns Trust.

ALLERGY PATCH TESTING

SHORT SUMMARY

Patch testing is a specialist procedure to find out whether your skin condition is caused or worsened by an allergy to substances that come into contact with your skin. This is called a contact allergy. If your treatment is insurance-funded, provide your insurer with procedure code 20150 for pre-authorisation. An additional consultation with a consultant dermatologist, prior to patch testing, is required. The consultant dermatologists offering patch testing at Montrose are Dr Maham Khan and Stephen Mounsey.

Please note: Patch tests will not detect food allergies.

WHAT WILL BE TESTED

Many thousands of substances can cause a reaction, some of the most common ones include metals, fragrances, rubber chemicals, preservatives, cosmetics and plants.

WHAT TO BRING

Please bring the following on your first appointment:

- A list of your medications: include all prescribed drugs or treatments you are taking.
- All prescribed ointments and creams: Bring any topical treatments you have been using on your skin.
- Your everyday products: Bring items that you use regularly at home, such as:
 - Toiletries, cosmetics, perfumes, nail products, hair products
 - Household products like cleaners, washing powders, or fabric softeners
- If the products are applied directly to your skin, bring both the product and its original packaging, showing the listed ingredients. For household items, only the packaging with ingredients is required.
- If your dermatologist has requested specific substances, please ensure you bring them to all appointments.

UNSUITABLE FOR

Patch testing may not be suitable if:

- You are pregnant or breastfeeding.
- You have extensive eczema or other skin conditions on your back.
- You have used a sunbed or have been sunbathing in the past 6 weeks.
- You are taking oral steroids or other immunosuppressive medications.
- You have applied steroid ointments or creams to your back within 72 hours of the appointment.

WHAT TO EXPECT

Patch testing follows a strict schedule:

Initial consultation (before testing):

You'll have a face-to-face appointment with the consultant dermatologist to decide which patches to apply. No patches will be applied during this visit.

Monday – Application of patches:

Patches containing the substance to be tested are applied to your back by our specialist nurse. Each substance is applied in chambers and held in place with hypoallergenic tape. The location of each patch is marked on your back with ink. Testing may also involve your abdomen, arms or thighs. This appointment typically takes around 20 minutes.

Wednesday – Patch removal and photos: (48 hours later)

The patches need to be removed and photos of your back taken. You can do this at home with the help of a family member or friend, or you may return to the clinic for assistance. Email the photos to office@montroselondon.com with the subject line: 48-hour patch test photos.

Friday – Follow up consultation:

Return to the clinic for a face-to-face consultation with the dermatologist to review the results and discuss the next steps.

Important notes during testing:

- Itching is normal but avoid scratching the test areas.
- Some allergens, such as pigments or dyes, may leave temporary marks on your skin.
- In some cases, no reaction will appear, which helps to rule out contact allergy as the cause of your skin condition.

RISKS

Whilst rare, patch testing carries the following risks:

- **Persistent reactions:** Positive reactions may take several weeks to fade completely.
- **Flare-ups:** A positive result may temporarily worsen eczema. Severe reactions can cause blistering.
- **Pigmentation change:** The skin may darken or lighten at the test site. These changes usually resolve within a few months, but they can rarely be permanent.
- **Scarring:** Extremely rare (1 in 10,000 cases).
- **New Allergies:** Very Rarely (1 in 5000 cases), a new allergy may develop due to exposure during testing. If this occurs, your dermatologist will advise you on how to manage.

DOES AND DON'TS

Do:

- Wear old clothing (e.g. loose tops, vests or bras) during the week of the testing.
- Sleep in a shirt or vest to protect the patches overnight
- Choose front fastening clothes to avoid disturbing the patches
- Tape down any edges of the patches if they begin to peel off, using the provided tape
- If a patch becomes completely loose, remove it, note the time and date, and take a photo of the area for your clinic visit.
- Take a photo of your back if you notice a late reaction, and contact Montrose.
- Continue to take antihistamines if prescribed, unless advised otherwise by your dermatologist.
- Contact Montrose if you have any concerns or require further guidance.

Do not:

- Apply any ointments, creams or treatments to your back during testing.
- Bathe, shower or swim during the week of the testing. Opt for a shallow, cool bath.
- Wear your best clothes or light-coloured clothing as the patches and ink markings may permanently stain clothing.
- Expose your back to direct sunlight or artificial light sources, such as sun lamps.
- Participate in strenuous physical activities or exercise, as sweating may loosen the patches.

WHAT DOES A POSITIVE TEST LOOK LIKE

A positive patch test is a red or pink, itchy, often raised area of skin where a substance was applied. This usually disappears after a few days once the substance is removed.

In rare cases, a strong reaction may cause a blister which may last for several weeks.

Reactions can occasionally occur after your final appointment. If this happens, take photographs and contact Montrose.

AQUAGOLD®

SHORT SUMMARY

Aquagold® is a luxury 24 carat gold micro-infusion facial device. It delivers a personalised blend of ingredients to the skin via 20 hair fine micro-channels. The treatment is virtually painless while delivering maximum results every time.

	PRICE :	£550		RECOVERY :	24 hours
	TIME :	30 minutes		AREAS :	Face, Neck, Décolletage, Hands
	PAIN :	None/Mild		FREQUENCY :	Once a month

HOW IT WORKS

A selection of ingredients specifically tailored to treat your skin concerns are added to the Aquagold® system. It delivers 2,400 micro injections per minute with minimal downtime and provides amazing results – perfect for any event. It can provide: vitamins; enzymes; Botox ®; hormones; peptides; or hyaluronic acid in micro doses to improve tone, texture and skin quality.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- Avoid exercise on the same day
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Improves skin tone
- Increases skin glow
- Improves texture
- Increases hydration
- Reduces inflammation or redness
- Promotes skin tissue repair and collagen deposition
- Reduces pore size
- Improves superficial acne scarring

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser.

From 2 weeks prior to treatment avoid abrasive treatments, including: laser; botox and fillers.

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons or dermatologists will review your initial consultation with you and review any changes to your medical history, after which the treatment area will be photographed. The doctor will then advise what products they believe should be included within the Aquagold® treatment to meet your skin's needs. There is no need to administer numbing cream. The treatment area will be red for up to 24 hours.

Results

Results are seen immediately or at 2 weeks for Botox®, redness at the treatment area may persist for 24 hours.

COMPLEMENTARY TREATMENTS

All patients benefit from a comprehensive **skincare regimen**, tailored for their skin type and their history of sun and pollutant exposure. Our experienced aestheticians can devise a bespoke regimen following skin analysis using our **Observ 520X** which provides 10 different metrics for analysis of current skin condition. **Profilo®** skin boosters enhance the health and vitality of the skin whilst and excellent combination therapy is provided with **Morpheus8®** which tightens and lifts the skin, on certain patients, **SkinPen®** treatment provides a similar effect and appropriateness for Morpheus8® or SkinPen® will be determined by the clinician during your consultation.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding

RISKS

- Redness, which may persist for 24 hours post treatment
- Very minimal swelling
- Allergic reaction to any of the ingredients

BODYTITE®

SHORT SUMMARY

BodyTite® is a new and minimally invasive body contouring device. It provides excellent shaping of lax skin and removal of persistent fat. Such pronounced results were previously only possible with surgical procedures, however BodyTite®'s action of coagulating fat and heating the full thickness of the skin delivers long-lasting results.



PRICE: From £2,000



TIME: 60 minutes



PAIN: Moderate



RECOVERY: Up to 1 week

AREAS: Arms, Thighs, Abdomen, Flanks



FREQUENCY: Once every 3 years

HOW IT WORKS

During the treatment, a surgeon inserts a cannula through a small incision in the target area, radiofrequency (RF) energy is then passed from an external probe to the cannula. BodyTite® provides the strongest minimally invasive tightening and lifting effect, as RF passes all the way through the skin, increasing collagen and elastin production throughout. The treatment has the added effect of melting fat underneath the skin.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Avoid saunas, hot baths and jacuzzis for 3 days post treatment
- Avoid exercise or sweat inducing activities for 3 days post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Shaping of arms, thighs and abdomen
- Tightening of skin
- Reduction of fat

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment you should avoid any abrasive treatments, including: laser; micro-needling; prolonged or UV exposure; or aggressive facials

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

You should note that any filler injected within 6 months of BodyTite® may be dissolved by the treatment.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons or dermatologists will undertake an initial consultation to understand any of your concerns and to review your medical history, after which the treatment area will be photographed.

The procedure requires injection of local anaesthetic and infiltration of fluid to the desired area. This enables the easy passage of the cannula under the skin, and radiofrequency energy is then transmitted through the full thickness of the skin to tighten and contour.

Results

Results are at their peak at six weeks, and skin tightening continues to improve for one year. Results last up to five years.

The treatment area will be red and swollen for two to five days post treatment and some patients prefer to remain at home during this time.

COMPLEMENTARY TREATMENTS

BodyTite® is one of the most effective devices on the market for body tightening, shaping and removal of stubborn fat. Used in conjunction with **liposuction**, it can remove larger deposits of fat. Further skin tightening and toning is achieved with **Morpheus8**, and improved skin quality is generated using **Profhilo**® skin booster and medical grade skin care. **Clear and Brilliant**® laser treatment provides visibly illuminated skin and a clinically proven enhanced skin permeability for the absorption of topical skin care. BodyTite can be combined with many other **laser and IPL** treatments to address a wide range of concerns.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- The elderly or patients with thin skin
- Patients with a collagen disorder
- Active smokers
- Patients on NSAIDs
- Patients with pacemakers

RISKS

- Bruising and swelling
- Infection
- Bleeding
- Numbness
- Contour irregularities

BOTOX®

SHORT SUMMARY

One of the best known and most popular remedies for reducing the appearance of wrinkles.

Botox® can also be used to treat excessive sweating, teeth grinding, migraines or to provide a subtle neck lift or lower face shaping.



PRICE: From £295



TIME: 30-60 minutes



PAIN: Mild (with numbing)



RECOVERY: 30 minutes



AREAS: Face, arm pits, neck, jaw, trapezius



FREQUENCY: 3-4 times per annum

HOW IT WORKS

Wrinkles are caused by the contraction of facial muscles. During youth, as the muscles return to rest these disappear, however, as a result of the ageing process, these become present during rest. Botox® helps relieve this by relaxing the muscles and hence lessens the wrinkles.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

Carefully administered, Botox® will provide:

- A youthful and fresh appearance
- Very swift results
- In a minimally invasive way

At Montrose, we always focus on allowing natural movement and expressions.

WHAT TO EXPECT

Prior to arrival at Montrose

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons will undertake an initial consultation to understand any of your concerns and to review your medical history, after which the treatment area will be photographed. Your doctor will advise you of your facial dynamics and the results that Botox® would likely achieve.

Once a treatment plan is agreed, the doctor will administer the Botox®, after which there will be a number of small red bumps at the injection sites. These bumps usually settle down within hours and within 24-48 hours, should not be visible.

Results

The effects of the treatment commence within 3-5 days and it is normal for it to take between 10-12 days for the full effect of the treatment to become visible.

We will arrange for a follow up video consultation 12-14 days following the treatment and, if required, we may suggest a complimentary top-up at this point.

Within 3-4 months of the treatment, we would expect the effects to be wearing off and recommend booking a return visit.

COMPLEMENTARY TREATMENTS

In order to optimise the anti-wrinkle effects of Botox® treatments, a multimodal approach is preferred, both in the very early stages by means of prevention but also when established wrinkles are present.

We advocate skin health and as such, recommend a commitment to **tailored skincare**.

We also recommend regular **facials**. Furthermore, some clients both in the preventative phase and those with established wrinkles will benefit from **dermal fillers, laser and/or skin tightening** treatments.

During your consultation your doctor will discuss other potential treatments that may be of benefit to you.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- Patients who have had Botox® in the past and experienced an allergic or hypersensitive reaction
- Patients with neuromuscular disorders such as myasthenia gravis or Lambert-Eaton syndrome

RISKS

- Bruising around injected area
- A headache within the first few days after injection
- A droop or heaviness of the eyebrows, or eyelids
- Asymmetry

CLEAR + BRILLIANT®

SHORT SUMMARY

Clear + Brilliant® is a non-invasive, gentle to skin laser treatment that improves tone and texture giving you youthful and radiant skin.



PRICE: From £313
TIME: 30 minutes
PAIN: Mild



RECOVERY: 24 hours
AREAS: Face (but can rejuvenate other areas)
FREQUENCY: From 3 sessions (one month apart)

HOW IT WORKS

By using a unique wavelength of 1927nm, Clear + Brilliant® provides a non ablative laser treatment, meaning targeted tissue is heated up without the need of destroying it. By creating thousands of microscopic treatment zones this not only stimulates the production of collagen but also enables a more effective delivery of topical products. The treatment is suitable for all skin types with little downtime.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 24 hours
- Do not apply Retinoids or Vitamin C for 14 days after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 48 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Improves the consequences of sun damage
- Prevents and rejuvenates ageing skin
- Evens out skin texture, reducing the appearance of open pores
- Produces and overall more youthful, radiant and glowing appearance

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser. From 2 weeks prior to treatment avoid abrasive treatments, including: laser; micro-needling; prolonged or UV exposure; aggressive facials, or irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your practitioner will remove any makeup, discuss any of your concerns and review your medical history, after which the treatment area will be photographed.

The treatment takes approximately 20 minutes depending on area. During the treatment, you will feel some heat and a sensation like an elastic band snapping on your skin. After the treatment there will be erythema (local skin redness) and oedema (swelling) for a couple of hours. Some redness and swelling in the treatment area will occur which settles within the first few hours but may last longer.

Results

Visible results can start to appear on the day of treatment but may take up to 48 hours and full results only appear on the conclusion of a course of treatment. Top up treatments are recommended and should be combined with a comprehensive skincare regime to maintain long lasting results.

COMPLEMENTARY TREATMENTS

Before treatment, a Hydrafacial® provides a deep cleanse, extraction and hydration of the skin. Following treatment, Profhilo® delivers the highest quality hyaluronic acid into the dermal layer to plump and hydrate, whilst Botox® is effective primarily in the upper face, and filler achieves contour and definition in the lower face. Laser and IPL treatments can address a wide range of concerns. All patients benefit from a comprehensive skincare regimen, tailored for their skin type and their history of sun and pollutant exposure. Our experienced aestheticians can devise a bespoke regimen following skin analysis using our Observ 520X which provides 10 different metrics for analysis of current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are taking oral retinoids
- Patients with significant redness in the treatment area from conditions such as actinic keratoses, eczema, psoriasis, rosacea etc
- Patients who have had an allergic response to laser

RISKS

Redness and swelling post procedure in the treatment area, which settles within 24 hours but may last longer

DERMAL FILLERS

SHORT SUMMARY

Dermal fillers are composed of hyaluronic acid and used to soften wrinkles, contour and add volume to the face and neck.



PRICE: From 395
TIME: 30 -45 minutes
PAIN: Mild (with numbing)



RECOVERY: Swelling may last 2 weeks
AREAS: Face, neck and hands
FREQUENCY: 6-9 months

HOW IT WORKS

Dermal fillers are hyaluronic acid, in gel-like consistency, used as a cosmetic treatment to treat wrinkles and add volume to the face (cheeks, chin, jaw, temples, nasolabial folds and lips) to help enhance and contour. There are several different types of fillers, which your practitioner can talk to you about to choose the one most suitable for you.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Enhances facial features
- Restores volume loss
- Contours facial features
- Treats wrinkles

WHAT TO EXPECT

Prior to arrival at Montrose

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, or NSAIDs such as Aspirin or Ibuprofen you should discuss with your physician whether it is possible to discontinue their use whilst you are treated with dermal fillers.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons or dermatologists will undertake an initial consultation to understand any of your concerns and to review your medical history, after which the treatment area will be photographed. Where required, numbing cream is applied prior to the injection of the dermal fillers which will be either via needle or cannula depending on treatment area and physician's preference.

Results

Typically seen within 2-5 days.

COMPLEMENTARY TREATMENTS

Dermal fillers are an excellent way to enhance your natural features and target signs of ageing, such as volume loss. For best results the treatment is best paired with antiwrinkle treatment (Botox®) to help soften fine lines and wrinkles, whilst Morpheus8® helps stimulate collagen and improves skin elasticity and texture. SkinPen® stimulates collagen, targets fine lines and improves the appearance of scarring. Lip Fillers can be paired with platelet rich plasma PRP treatment such as a Vampire Facial for superior results.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- Patients with active skin infection in the treatment area

RISKS

- Discomfort
- Bruising
- Swelling
- Vascular occlusion
- Migration
- Granulomas

EMSCULPT NEO®

SHORT SUMMARY

EMSCULPT Neo is the first ever non-invasive, FDA cleared machine that uses radiofrequency and High Intensity Focused Electro Magnetic (HIFEM) technology simultaneously through an applicator for body re-shaping. This is aimed at reducing fat cells while simultaneously building and toning underlying muscle.

	PRICE:	From £550		RECOVERY:	No downtime
	TIME:	From 30 minutes		AREAS:	Arms, abdomen, buttocks, calves
	PAIN:	None		FREQUENCY:	Course of 4, spaced 1 week apart

HOW IT WORKS

The radiofrequency technology heats fat cells and compromises fat cell viability; this effect is maximized by the different underlying muscle contractions stimulated by HIFEM leading to increased tissue metabolism. The supramaximal muscle contractions lead to muscle strengthening and hypertrophy, great for those looking to tone, sculpt and strengthen while trimming away excess fat.

POST TREATMENT ADVICE

There is no specific post treatment advice.

BENEFITS

- Tightens skin
- Tones muscles
- Reduces body fat
- Improves muscle growth

WHAT TO EXPECT

Prior to arrival at Montrose

No preparation is required prior to our visit.

On arrival at Montrose

Following a review of your initial consultation to discuss areas of concern and a review of your medical history, the aesthetician will propose a treatment plan focusing on key body areas to achieve your aims. The aesthetician will apply two pads to the treatment areas, these will stimulate your muscles which will feel like your muscles are tensing and relaxing. Where radiofrequency is used, the area will also heat up. During the treatment, your aesthetician will ask whether you wish for them to stay in the room or provide you with privacy. Each of the sessions takes approximately 30 minutes and the exact number of sessions required will be determined by your aesthetician at the initial consultation.

Results

Patients normally see small improvements after each session but the best results of treatment occur 12 weeks after the last session of the course.

COMPLEMENTARY TREATMENTS

EMSCULPT Neo can be combined with many other therapies. For those looking to target stubborn areas of fat, CoolSculpting® is a fat freezing treatment that works particularly well in combination with EMSCULPT Neo. Morpheus8® treatments tighten loose skin on the body, such as lower abdomen, upper arms or knees, EMTONE®, targets cellulite, whilst Lymphastim® is a gentle lymphatic drainage treatment for abdomen and lower body, helping reduce bloating, and post-surgical or travel swelling. More stubborn areas can be addressed with liposuction in Montrose's cutting edge operating theatre.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- Patients who have a copper coil

RISKS

None.

EMTONE®

SHORT SUMMARY

EMTONE® is a device that uses radiofrequency and targeted pressure energy to target cellulite and tighten skin.

	PRICE:	From £350		RECOVERY:	No downtime
	TIME:	From 15 minutes		AREAS:	Thighs, Buttocks, Abdomen
	PAIN:	No pain		FREQUENCY:	4 sessions, 1 week apart

HOW IT WORKS

EMTONE® aims to increase blood flow to the target area, break down lipids, while building collagen and elastin to strengthen the skin. This helps reduce the appearance of cellulite.

POST TREATMENT ADVICE

Avoid saunas, hot baths and Jacuzzis for 24 hours post treatment

BENEFITS

- Reduce appearance of cellulite
- Skin tightening

WHAT TO EXPECT

Prior to arrival at Montrose

No preparation is required prior to your visit.

On arrival at Montrose

Following a review of your initial consultation to discuss areas of concern and a review of your medical history, the aesthetician will propose a treatment plan focusing on key body areas to achieve your aims. A gel will be applied to the treatment area to help the device glide easily and make the radiofrequency painless. The device emits an acoustic wave that disrupts and stimulates the skin, improving circulation and discouraging fluid collection. The treatment is quick and painless and results can usually be seen after three to four treatments spaced one week apart.

Results

Patients normally see small improvements after each session but the best results of treatment occur 12 weeks after the last session of the course.

COMPLEMENTARY TREATMENTS

EMTONE can be combined with many other therapies. For those looking to target stubborn areas of fat, **CoolSculpt®** a fat freezing treatment and EMSCULPT Neo® a treatment that targets fat and tones muscle simultaneously both work particularly well with EMTONE®. **Morpheus8®** treatments tighten loose skin on the body, such as lower abdomen, upper arms or knees, whilst **Lymphastim®** is a gentle lymphatic drainage treatment for abdomen and lower body, helping reduce bloating, and post-surgical or travel swelling. **BodyTite®** is a minimally invasive procedure that complements EMTONE by treating stubborn fat and tightening skin.

UNSUITABLE FOR

The treatment is unsuitable for:

- Pregnancy
- Breast feeding
- Active skin wounds

RISKS

- Treated area may become slightly red for a few hours post treatment, minimal risk of bruising

EXOSOMES

SHORT SUMMARY

Exosomes have emerged as a groundbreaking skin treatment due to their ability to promote skin regeneration, healing, and rejuvenation. Leveraging their role in cellular communication and material transport, exosomes can enhance the skin's natural repair processes. They deliver specific proteins, lipids, and genetic materials that stimulate collagen production, accelerate wound healing, and improve skin elasticity and hydration. This makes exosome therapy a promising option for reducing signs of aging, improving skin texture, and treating various skin conditions, offering a novel and effective method for non-invasive skin rejuvenation and regeneration.



PRICE: £495

TIME: 15 minutes

PAIN: None



RECOVERY: None

AREAS: Face, neck and scalp



FREQUENCY: Single session or as a course

HOW IT WORKS

Exosomes are like tiny messengers that cells release to communicate and transfer information to each other. They carry important materials such as proteins, lipids, and RNA from their cell of origin to other cells. This process is crucial for maintaining healthy bodily functions. When applied to skin and scalp, exosomes use this natural communication system to deliver growth factors, signalling molecules, and other beneficial components to target cells directly. This helps in stimulating regeneration, promoting healing, and improving the health and appearance of skin and hair by encouraging the natural repair and growth processes of the body. Exosomes can be used in conjunction with other skin and hair treatments, including, but not limited to SkinPen®, Morpheus8®, all lasers including Sciton® and Clear & Brilliant®.

POST TREATMENT ADVICE

- Avoid exercise on the same day
- For the first 24 hours, keep face and/or scalp dry and clean, wash with lukewarm water and allow to air dry
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy® UV protector or ZO® Sheer Fluid Broad Spectrum Sunscreen.
- When used in conjunction with another treatment (e.g. SkinPen®), also adhere to post-treatment advice for this separate treatment.

BENEFITS

For skin:

- Expedited wound healing
- Reduced inflammation
- Enhanced collagen production and skin smoothness
- Improved skin elasticity and hydration

For hair:

- Rejuvenating hair follicles
- Improving scalp health
- Slowing or even reversing hair loss

WHAT TO EXPECT

Prior to arrival at Montrose

No specific directions are required prior to the use of exosomes as a sole treatment, but protocols for adjunct treatments e.g. SkinPen® should be followed

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons or dermatologists will undertake an initial consultation to understand any of your concerns and to review your medical history, after which the treatment area will be photographed. The exosomes will then either be applied to skin or hair in isolation, or in conjunction with an adjoining treatment (e.g. microneedling).

Results

The anti-inflammatory benefits of exosomes can be noticed within 24 hours. Other benefits, such as enhanced collagen production, can become apparent after two to three months, as the body's cells respond to the exosomes. For some treatments, such as those targeting hair growth or significant skin rejuvenation, it might take up to six months or longer to see the full benefits.

COMPLEMENTARY TREATMENTS

Exosomes are an excellent adjunct to other skin and hair treatments. Exosomes can be used simultaneously with SkinPen®, Morpheus8® or Clear & Brilliant® laser, or as part of scheduled treatment course alongside Sciton® lasers.

Exosomes expedite the healing process for these treatments, encouraging the natural repair and growth processes of the body.

UNSUITABLE FOR

- Patients who might be pregnant
- Patients who are breastfeeding

RISKS

- Slight Redness

FACETTITE®

SHORT SUMMARY

FaceTite® is a new and minimally invasive facial contouring treatment. Renowned for being the best facial contouring device on the market, it delivers outstanding results by tightening and shaping the face, neck and eyes, with long-lasting results.



PRICE: From £1,500

TIME: 60 minutes

PAIN: Moderate



RECOVERY: Up to 1 week

AREAS: Face



FREQUENCY: Once every 3 years

HOW IT WORKS

During the treatment, a surgeon inserts a cannula through a small incision in the target area, radiofrequency (RF) energy is then passed from an external probe to the cannula. FaceTite® provides the strongest minimally invasive tightening and lifting effect, as RF passes all the way through the skin, increasing collagen and elastin production throughout. The treatment has the added effect of melting fat underneath the skin.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Avoid saunas, hot baths and jacuzzis for 3 days post treatment
- Avoid exercise or sweat inducing activities for 3 days post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Face and jaw line contouring
- Neck tightening and shaping
- Rejuvenating under eyes
- Reduction of fat

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment you should avoid any abrasive treatments, including: laser; micro-needling; prolonged or UV exposure; or aggressive facials

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking NSAIDs such as Aspirin or Ibuprofen you should discuss with your physician whether it is possible to discontinue their use whilst you are treated with FaceTite®.

You should note that any filler injected within 6 months of FaceTite® may be dissolved by the treatment.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons or dermatologists will undertake an initial consultation to understand any of your concerns and to review your medical history, after which the treatment area will be photographed.

The procedure requires injection of local anaesthetic and infiltration of fluid to the desired area. This enables the easy passage of the cannula under the skin, and radiofrequency energy is then transmitted through the full thickness of the skin to tighten and contour.

Results

Results are at their peak at six weeks, and skin tightening continues to improve for one year. Results last up to five years.

The treatment area will be red and swollen for two to five days post treatment and some patients prefer to remain at home during this time.

COMPLEMENTARY TREATMENTS

FaceTite® is an excellent contouring and tightening device. Further skin tightening and lifting can be achieved with **Morpheus8®**, and stubborn fat deposits are effectively treated with liposuction.

Healthy and glowing skin is developed with **Profilo®** skin booster and medical grade skin care. For a younger complexion, **Botox®** is effective primarily in the upper face, and **filler** achieves contour and definition in the lower face.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- The elderly or patients with thin skin
- Patients with a collagen disorder
- Active smokers

RISKS

- Bruising and swelling
- Infection
- Bleeding
- Numbness
- Weakness of movement

FORMA®

SHORT SUMMARY

A form of non-invasive treatment for the face and neck which uses targeted heat to the deeper layers of the skin to aid in collagen and elastin production, leading to skin rejuvenation and firming.

	PRICE :	From £350		RECOVERY :	Few minutes post procedure
	TIME :	30-60 minutes		AREAS :	Face, Neck, Body
	PAIN :	None		FREQUENCY :	Once per month

HOW IT WORKS

An electromagnetic device is used to generate heat to the deeper layers of the skin to stimulate collagen and elastin production. This leads to tightening of the skin with reduction in the appearance of fine lines and wrinkles. The treatment can be used wherever skin appears to be lacking in elasticity and vibrancy.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Tightens the skin
- Improves skin quality

WHAT TO EXPECT

Prior to arrival at Montrose

No preparation is required prior to your visit.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our aestheticians will address any queries you may have and review your medical history, after which the treatment area will be photographed. There is no need to administer numbing cream. The treatment area will be red for up to 24 hours.

The treatment involves cleansing of the skin followed by an application of gel, to allow the radiofrequency device to glide easily and generate painless heat to the face and neck.

Results

Results are normally seen within 2 to 3 days post treatment.

COMPLEMENTARY TREATMENTS

Forma is aimed at rejuvenating and tightening the skin. For optimum results this treatment is best paired with a **comprehensive skin care** regimen tailored per skin type. Skin boosters such as **Profhilo®** will help improve collagen production and skin elasticity. **HydraFacial** is also recommended.

For those wishing to improve skin texture and target fine lines, you may wish to speak to our highly experienced team at Montrose about **SkinPen®**, **PRP** treatment or **lasers**.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding

RISKS

- Mild redness immediately post-procedure

HYDRAFACIAL®

SHORT SUMMARY

HydraFacial is a water-based dermabrasion delivery system that optimises cleansing, extraction and hydration of the skin. A staple treatment for A-listers, it addresses the underlying causes of skin damage and can be used on the face, scalp and body. Specific areas such as hands, eyes and lips can be given particular attention. It is suitable in pregnancy and breastfeeding if using IS Clinical products.

	PRICE :	From £143		RECOVERY :	None
	TIME :	From 60 minutes		AREAS :	Face and Neck
	PAIN :	None		FREQUENCY :	Monthly

HOW IT WORKS

The HydraFacial begins with a detailed skin assessment to address your concerns and wishes. A platinum HydraFacial may be recommended to combine with additional treatments including boosters and LED light to optimise outcomes. The treatment works in three steps: Step 1 – cleanse and peel with active botanical ingredients to reveal healthier skin; Step 2 – extract debris from pores painlessly and hydrate with intense moisturisers; Step 3 – fuse and protect skin with antioxidants and peptides to maximise the glow.

POST TREATMENT ADVICE

- An immediate difference will be seen
- Use a gentle cleanser and SPF 50 for three days
- Avoid retinol products for at least three days

BENEFITS

- Reduces fine lines and wrinkles
- Improves elasticity and firmness
- Improves tone and vibrancy
- Better skin texture
- Reduces brown spots
- Improves oily and congested skin
- Reduces enlarged pores

WHAT TO EXPECT

Prior to arrival at Montrose

Four days prior to treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of aestheticians will undertake an initial consultation to understand any of your concerns and to review your medical history. The aesthetician will photograph your skin using our **Observ®** facial analysis equipment, to detail concerns and review your medical history.

Results

Results are seen immediately and are optimal at 2 weeks

COMPLEMENTARY TREATMENTS

HydraFacial is an essential way of rejuvenating the skin and maintaining changes. Regular treatments can be combined such as **Aquagold®**, personalised **bespoke facials** and **Vampire Facials**. Maintaining a healthy glow is enhanced with: **Profhilo®** skin boosters and **SkinPen®** micro-needling to stimulate collagen production. For superior results, combination treatment with: **Botox®** to soften lines on the forehead and around the eyes, and **Morpheus8®** radiofrequency micro-needling to tighten and lift the skin.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant*
- Patients who are breastfeeding*
- Patients who have had Botox® or filler within 2 weeks of the treatment

*The Fire and Ice Protocol from IS Clinical is pregnancy and breastfeeding safe

RISKS

- Mild redness lasting up to a few hours

JAPANESE FACIAL

SHORT SUMMARY

Forlle'd advanced Japanese facials use an innovative nano delivery system which combines ultra low molecular Hyaluronic acid and Ionized minerals allowing the absorption of active ingredients into the deeper layers of skin.



PRICE: £230

TIME: 60 minutes

PAIN: No pain



RECOVERY: None

AREAS: Face, Neck, Décolleté

FREQUENCY: Weekly to Monthly

HOW IT WORKS

Forlle'd provides high technology professional cosmeceuticals from Japan with leading products in anti ageing and skin restructuring. Containing low molecular weight ingredients, Forlle'd products are able to regenerate and rejuvenate at a cellular level within the skin without the use of injections. This unique complex of ingredients used within the facials are able to restore skins structure, boost cell regeneration, increase hydration and detoxifying ability as well as normalising the skins mineral levels as well as accelerating the healing process.

POST TREATMENT ADVICE

- Avoid massaging treated areas for 24 hours
- Do not apply Retinoids for 7 days after the procedure
- Avoid saunas, hot baths and jacuzzis for 24 hours
- Avoid exercise or sweat inducing activities for 24 hours
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Instant visible results
- Deep hydration
- Adds relaxation and overall well being
- No downtime
- Firms, lifts and improves overall texture and tone
- Stimulates collagen and elastin activity
- Reduces redness and calms breakouts
- Enhances skin immunity from allergens and irritants
- Ultra low molecular weight of Hyaluronic acid meaning better penetration of product
- Perfect before any event
- Can prepare skin for pre or post surgery

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser.
From 2 weeks prior to treatment avoid abrasive treatments, including; laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

On arrival at Montrose

Your Practitioner will discuss any concerns and review your medical history. They will perform a deep cleanse to remove makeup and impurities, then depending on which facial has been chosen, the use of lotions, serums and creams combined with variations of massage will be used to regenerate, relax and renew the skin.

Results

The treatments can be performed weekly to monthly depending on your desired results. The amount of sessions recommended will be discussed with your Practitioner so your goals are achieved.

COMPLEMENTARY TREATMENTS

Forlle'd Japanese Facial can be added onto any of the following treatments; Intraceuticals **Oxygen Facial, Forma RF, Hydrafacial, Lymphastim** Trousers for an overall glowing, lifted, detoxed, tightened and even complexion. All Patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Contagious skin conditions
- Recent injectables (Botox, filler)

LIP FILLER

SHORT SUMMARY

Lip fillers are a non-surgical solution to add volume, definition and support to the lips. A natural sugar-based hyaluronic acid gel is injected into the lip area to boost hydration and elasticity.

Lip fillers provide immediate visible improvements to the lips by filling in lip lines and wrinkles and improving the appearance of dry or deflated lips.



PRICE: From £350

TIME: 30 minutes

PAIN: Mild (with numbing)



RECOVERY: Days

AREAS: Lips

FREQUENCY: Every 6-9 months

HOW IT WORKS

We use Hyaluronic Acid [“HA”] based dermal fillers for all lip filler procedures. HA is found in the skin of all animals, it acts both as a structural molecule and as a humectant, meaning it binds water molecules to keep our skin hydrated.

HA dermal fillers are cross-linked into cohesive gels, so they hold their shape when injected into areas where we aim to replace lost volume. Strategic injection into areas of volume loss, naturally restores the contours of the lips in a subtle and gentle way.

The body naturally breaks down HA and fillers are absorbed safely no lasting effects after 12-18 months. HA fillers are also fully reversible using Hyalase® – a naturally occurring enzyme.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- For the first 24 hours, keep face dry and clean, wash with lukewarm water, allow to air dry and apply a simple lip moisturiser
- Do not apply makeup around the injected areas for 12 hours
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

Lip filler will give fuller lips with increased definition. The exact aims differ with age but include:

- Enhance shape and structure
- Restore volume
- Smooth vertical lines
- Improve symmetry

WHAT TO EXPECT

Prior to arrival at Montrose

If you suffer from cold sores, please inform your doctor, as you may need to take an anti-viral tablet prior to lip injections.

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, or NSAIDs such as Aspirin or Ibuprofen you should discuss with your physician whether it is possible to discontinue their use whilst you are treated with lip fillers.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons or dermatologists will review your medical history, discuss any of your concerns and answer any questions. Once you are happy to proceed with treatment, the treatment area will be photographed and your doctor will advise you of your facial dynamics and develop your treatment plan, specifically the aims for your treatment.

Depending on the treatment plan, your physician may suggest injections of local anaesthetic to numb the lips or just some numbing cream.

After the treatment, the lips will be quite pink and often swell. If you're prone to bruising, you may want to take some amica or bromelain before and after treatment.

If you have an important event coming up, you should schedule your treatment carefully, so you have an appropriate amount of time between the procedure and your event – at least one week.

Results

Results will be apparent as soon as the redness and bruising subsides, usually within a week.

COMPLEMENTARY TREATMENTS

All patients benefit from a **comprehensive skincare regimen**, tailored for their skin type and their history of sun and pollutant exposure. Our experienced aestheticians can devise a bespoke regimen following **skin analysis** using our Observ 520X which provides 10 different metrics for analysis of current skin condition. Lip fillers can also be combined with **Botox®** either to address deep lines, increase the apparent size of the lip (lip-flip) to treat a “gummy-smile”. **Laser treatments** are very effective for long lasting management of fine or deep wrinkles around the lips (and indeed the rest of the face) but can involve more downtime. **Morpheus 8** treatment can be used to tighten the skin around the mouth and the rest of the face using micro-needling and radio frequency for long last results. **A surgical lip lift** may be suitable for patients with an elongated upper lift, to increase lip show and restore a youthful appearance.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding

RISKS

Lip filler is generally considered low risk, however almost invariably results in swelling and bruising as the lip area has a number of blood vessels.

Rare complications include:

- Asymmetry
- Allergy
- Infection
- Vessel occlusion
- Retinal artery occlusion
- Granuloma formation

LYMPHATIC DRAINAGE MASSAGE

SHORT SUMMARY

Lymphatic Drainage Massage is a gentle, therapeutic treatment renowned for effectively promoting the natural drainage of lymph, which helps remove toxins from the body. This massage technique is specifically designed to reduce swelling, enhance circulation, and facilitate skin detoxification. By encouraging lymph flow, it not only supports immune function and reduces water retention but also improves skin elasticity and appearance. The treatment delivers immediate relief from fluid congestion and is ideal for those seeking to rejuvenate their skin and enhance overall health, offering noticeable improvements in skin texture and a more radiant complexion.

	PRICE :	From £210		RECOVERY :	None
	TIME :	60-90 minutes		AREAS :	Face, Neck, Décolletage
	PAIN :	No pain		FREQUENCY :	Weekly to Monthly

HOW IT WORKS

Lymphatic Drainage Massage is a specialised therapy utilising gentle massage techniques to enhance the natural flow of the lymphatic system, essential for detoxification and immune function. This method effectively reduces fluid retention, promotes skin detoxification, and accelerates the healing process by facilitating the removal of toxins. The massage stimulates circulation, aiding in tissue regeneration at a cellular level, boosts hydration, and normalises mineral levels within the skin. Consequently, it helps restore skin structure and improves overall skin health, making it an excellent choice for those looking to rejuvenate their skin without invasive treatments.

POST TREATMENT ADVICE

- Avoid massaging treated areas for 24 hours
- Do not apply Retinoids for 7 days after the procedure
- Avoid saunas, hot baths and jacuzzis for 24 hours
- Avoid exercise or sweat inducing activities for 24 hours
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Instant visible results
- Promotes relaxation and overall well-being
- No downtime
- Firms, lifts, and improves overall texture and tone
- Stimulates collagen and elastin activity
- Enhances the natural contours of the face and neck
- Prepares the patient for upcoming surgical treatments in the treated areas
- Expedites the healing of the face and neck following surgical procedures

WHAT TO EXPECT

Prior to arrival at Montrose

From 2 weeks prior to treatment avoid abrasive treatments, including; laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

On arrival at Montrose

Your Practitioner will discuss any concerns and review your medical history. They will perform a deep cleanse to remove makeup and impurities, then depending on which facial has been chosen, the use of lotions, serums and creams combined with variations of massage will be used to regenerate, relax and renew the skin.

Results

The treatments can be performed weekly to monthly depending on your desired results. The amount of sessions recommended will be discussed with your Practitioner so your goals are achieved.

COMPLEMENTARY TREATMENTS

Lymphatic Drainage Massage is an ideal adjunct to the follow-up care protocol for surgical procedures to the face and neck. The treatment expedites healing within the area by clearing the lymphatic fluid and encouraging cell and tissue renewal.

When used alongside Sciton BBL for brusing, the Lymphatic Drainage Massage can dramatically speed-up the recovery process for invasive procedures.

UNSUITABLE FOR

The treatment is unsuitable for:

- Contagious skin conditions
- Injectables (Botox®, filler) administered within the last 2 weeks

MOLE MAPPING

SHORT SUMMARY

Full body mole mapping is the gold standard method of assessing moles across the entire skin surface. The Canfield IntelliStudio® is a fully integrated system providing the highest resolution of automated total body mapping and dermoscopic (magnified) assessment of moles. Essential for those who have had significant sun exposure, have lots of moles, lived in sunny places or had moles removed in the past.

	PRICE :	£495 (initial) £395 (follow up)		RECOVERY :	None
	TIME :	40 minutes		AREAS :	Full body
	PAIN :	None		FREQUENCY :	Annually (or as recommended)

HOW IT WORKS

A Consultant Dermatologist consultation is combined with full body mole mapping using the Canfield IntelliStudio device. All moles are assessed, photographed and mapped, including dermoscopy (magnification) for additional detail. Further follow-up is arranged to perform direct comparisons using artificial intelligence to determine change in existing moles or development of new moles which may be of suspicion. In some instances, a diagnostic biopsy (mole removal) will be recommended for a mole thought to be suspicious of skin cancer.

POST TREATMENT ADVICE

There are no specific post procedure protocols to follow as with all procedures we recommend:

- As part of your skin health regimen, use broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Improves the consequences of sun damage
- Prevents and rejuvenates ageing skin
- Evens out skin texture, reducing the appearance of open pores
- Produces and overall more youthful, radiant and glowing appearance

WHAT TO EXPECT

Prior to arrival at Montrose

Remove any make up which may obscure assessment
Wear loose fitting clothing which can be removed for the assessment.

On arrival at Montrose

Consultant Dermatologist assessment will be performed in conjunction with automated full body mole mapping assisted by a dermatology nurse. The Consultant Dermatologist will interpret the images, advise appropriate next steps at the time of the consultation, and provide a full written report.

Results

The outcome of the consultation and a full printed report will be available on the same day. Further mole mapping, assessment, or diagnostic biopsies (mole removal) will be recommended at the same time. Annual mole mapping is recommended as a minimum.

COMPLEMENTARY TREATMENTS

In some instances, mole removal will be recommended and our internationally renowned Consultant Plastic Surgeons and Dermatologists can remove the lesion and provide the best aesthetic result. Full skin care assessment and recommendations can be made to help improve sun damaged and dry skin, including SPF sun protection. The Observ skin scanner provides an objective measure of the deeper layers of the skin to help diagnose issues such as rosacea, sun damage, dehydration and more. In order to support and hydrate the skin, regular Hydrafacials provide an immediate and maintained improvement in skin health.

UNSUITABLE FOR

This treatment uses polarised and unpolarised flash. Patients with concerns about flashing lights should discuss the procedure with the doctor or nurse specialist prior to commencing the treatment.

RISKS

Epileptic fit

MOLE REMOVAL

SHORT SUMMARY

Mole removal is performed when there is suspicion of early abnormal changes or cancer in a mole. Occasionally moles may be removed for aesthetic reasons. Mole removal is the gold standard method of determining abnormalities and results are usually available at one week.

	PRICE :	From £495		RECOVERY :	From 3 days
	TIME :	30 minutes		AREAS :	Full body
	PAIN :	Mild		FREQUENCY :	As required

HOW IT WORKS

An abnormal mole is identified in mole mapping, or in a consultation with a Dermatologist or Plastic Surgeon. It is removed following a local anaesthetic injection and the area usually is closed with sutures.

POST TREATMENT ADVICE

Details on the post-operative course will be discussed. There can be some minor aching or discomfort following the procedure and paracetamol is usually adequate pain relief. It is best to take it easy for a few days following the procedure as the area can be at risk of slow healing if exercise is undertaken too soon.

BENEFITS

- To determine if a mole is abnormal and demonstrates pre-cancerous or cancerous cells.
- For aesthetic reasons.
- It may be required in conjunction with mole mapping where a mole has changed and to be certain of the diagnosis.

WHAT TO EXPECT

Prior to arrival at Montrose

Wear loose fitting clothing. Discuss your medication history with the consultant at the time of decided on mole removal.

On arrival at Montrose

Further assessment of the mole will be performed to determine any recent changes and it will be marked for removal. The consent form will be reviewed and any questions answered. Details on the post-operative course will be discussed. There can be some minor aching or discomfort following the procedure and paracetamol is usually adequate pain relief. It is best to take it easy for a few days following the procedure as the area can be at risk of slow healing if exercise is undertaken too soon.

Results

The pathology result of the mole removal is usually available at one week. The sutured wound may be fragile for the first week, and it may be red or dark and slightly lumpy for a period. Moisturising and massaging help speed up the healing process.

COMPLEMENTARY TREATMENTS

Regular Mole mapping is the gold standard for monitoring of moles and highlights early changes. Scar cream is recommended to be used regularly in the weeks following treatment. Laser (Halo) is effective at reducing redness and lumpiness, often in conjunction with Morpheus8 treatment. Full skin care assessment and recommendations can be made to help improve sun damaged and dry skin, including SPF sun protection. The Observ skin scanner provides an objective measure of the deeper layers of the skin to help diagnose issues such as rosacea, sun damage, dehydration and more. Medical grade skin care and SPF can improve skin in the longer term.

RISKS

Skin cancer treatments tend to be relatively low risk but as with all areas where a surgical intervention is undertaken there are risks. The usual risks are: infection, bleeding, delayed healing, poor scar and need for further treatment.

MORPHEUS8®

SHORT SUMMARY

Morpheus8 combines radiofrequency and fractional micro-needling, working deeper than any other device in the industry to lift, tighten and smooth the skin of the face and/or body.

	PRICE :	£550		RECOVERY :	5 days
	TIME :	1.5 hours (inc numbing)		AREAS :	Face and body
	PAIN :	Mild (with numbing)		FREQUENCY :	3(+) sessions (4-6 wks apart)

HOW IT WORKS

Morpheus8 is a minimally invasive fractional treatment that combines micro-needling and radiofrequency (RF) energy to remodel and contour the face and body.

The treatment uses a series of gold coated microneedles that stimulate a healing response from the skin, increasing elastin and collagen production. The radiofrequency energy heats the tissue under the skin and simultaneously tightens connective fibres and moulds the fat to lift and firm the contours.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 24 hours
- Do not apply retinol or Vitamin C for 5 days after the procedure
- Avoid coffee and ibuprofen for 48 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forille'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Tightens loose skin
- Reduces the appearance of fine lines and wrinkles
- Improve skin contouring
- Target superficial fat
- Fades acne scarring
- Improves hyper-pigmentation

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser. **From 2 weeks prior** to treatment avoid abrasive treatments, including: laser; micro-needling; prolonged or UV exposure; or aggressive facials. **A week before** treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment. If you are prone to allergies it is recommended that you request a test patch prior to undertaking your Morpheus8® treatment.

On arrival at Montrose

Our team will assist in the removal of any makeup and one of our team will discuss any of your concerns and review your medical history, after which the treatment area will be photographed. Numbing cream or local anaesthetic may be applied - this takes 30-45 minutes to work. You may receive supplemental local anaesthetic injections around the face.

The treatment takes between 20-60 minutes depending on area. During the treatment, you may experience brief, deep heat sensation. After the treatment there will be erythema (local skin redness) and edema (swelling) for a couple of hours. The sensation of heat may last up to 7 days. Some redness and swelling in the treatment area will occur which settles within the first few hours but may last longer. Tiny pin-point scabs may appear which can be covered with makeup after 24 hours.

Results

Visible results appear between 4-14 days after treatment but are best seen 4-6 weeks post-treatment.

COMPLEMENTARY TREATMENTS

Before treatment, a **Hydrafacial®** provides a deep cleanse, extraction and hydration of the skin. Following treatment, **Profilo®** delivers the highest quality hyaluronic acid into the dermal layer to plump and hydrate, whilst **Botox®** is effective primarily in the upper face, and **filler** achieves contour and definition in the lower face. **Clear and Brilliant®** laser treatment provides visibly illuminated skin and a clinically proven enhanced skin permeability for the absorption of topical skin care. **Laser and IPL** treatments can address a wide range of concerns. **Coolsculpt®** and **Emsculpt Neo®** can be used to address any excess fat or to stimulate underlying muscle. More invasive treatments such as **FaceTite®** and **Liposuction** can address stubborn areas, whilst a surgical neck lift performed in our theatre at Montrose provides the ultimate resolution to sagging skin around the neck.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- Patients with skin cancer in the treatment area
- Patients who have had an allergic response to laser
- Patients with HIV or Hepatitis C

RISKS

- Bruising around the lips or the eyes, which may last a few days
- Some itching
- Allergic reaction
- Other less common risks will be discussed during the consultation

OXYGEN FACIAL

SHORT SUMMARY

Intracuticals Oxygen Facial is a non invasive treatment that combines the layering of Hyaluronic acid and Hyperbaric Oxygen to promote osmotic hydration; offering multiple boosters your skin is left revitalised, rejuvenated and replenished.

	PRICE :	From £250		RECOVERY :	No downtime
	TIME :	From 45-60 minutes		AREAS :	Face, neck, décolletage
	PAIN :	No pain		FREQUENCY :	Weekly to monthly

HOW IT WORKS

The Intracuticals Oxygen Facial works by layering three combinations of hyaluronic acid using a hyperbaric oxygen system which uses oxygen under pressure to infuse serums that provide deep hydration to the upper layers of the skin. The facial is available in four different formats:

Rejuvenate: Perfect for all skin types, it hydrates, lifts, tones and softens prematurely ageing skin, fine lines and wrinkles and skin that is experiencing loss of elasticity.

Opulence: Combining multiple antioxidants and concentrated Vitamin C, it brightens the skin, balancing uneven pigmentation and dull tone.

Clarity: Designed for clearing, refining and calming blemish prone, oily or combination skin, reducing dead skin build up and minimising enlarged or congested pores

Atoxolene: A targeted treatment, using natural amino acids that firm, lift and plump to focus on the improvement of expression and lip lines, fine lines and wrinkles and prematurely ageing skin.

POST TREATMENT ADVICE

Avoid massaging treated areas for 24 hours

Do not apply Retinoids for 7 days after the procedure

Avoid saunas, hot baths and jacuzzis for 24 hours

Avoid exercise or sweat inducing activities for 24 hours

As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Instant visible results
- Deep hydration that provides volume and definition
- Adds relaxation and overall well being
- No downtime
- Firms, lifts and improves overall texture and tone
- Stimulates collagen and elastin activity
- Reduces redness and calms breakouts
- Low molecular weight of Hyaluronic acid meaning better penetration of product
- Perfect before any event
- Can prepare skin for pre or post surgery

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser.

From 2 weeks prior to treatment avoid abrasive treatments, including; laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your Practitioner will discuss any concerns and review your medical history. They will start by cleansing your skin with the chosen range to remove makeup and impurities. Cooling oxygen along side a light serum will be sprayed and worked into your skin and any areas of concern will be focused on. Treatment will finish with the 3 step hyaluronic layering and you will be left hydrated with an instant lift.

Results

Intracuticals Oxygen Facial can be performed weekly to monthly depending on your desired results. The amount of sessions recommended will be discussed with your Practitioner so your goals are achieved.

COMPLEMENTARY TREATMENTS

Oxygen Facial can be added onto any of the following treatments; Forelle'd Japanese Facial, Forma RF, Hydrafacial, Lymphastim Trousers for an overall glowing, lifted, detoxed, tightened and even complexion. For treatments with downtime, Oxygen Facial can assist in the healing of skin and speed up the process. The treatment can be hugely beneficial post Skin Pen, Morpheus8, BBL, HALO and Thermage. All Patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Contagious skin conditions
- Recent injectables (Botox, filler)
- Pregnancy
- Patients who are Breast Feeding

RISKS

Treated area may become slightly red for a few hours post treatment, minimal risk of bruising

POLYNUCLEOTIDES

SHORT SUMMARY

Polynucleotides are long-chain molecules extracted from DNA that have gained popularity in skin rejuvenation treatments. When injected into the skin, they stimulate cell growth and accelerate the healing process, which can significantly improve skin elasticity and hydration. These properties make polynucleotides an effective option for reducing wrinkles, repairing sun damage, and enhancing overall skin texture and tone.

	PRICE :	From £500		RECOVERY :	Up to 48 hours
	TIME :	60 minutes		AREAS :	Face, Under Eyes
	PAIN :	Mild (with numbing)		FREQUENCY :	Up to three times per annum

HOW IT WORKS

Polynucleotide treatments, administered via injection or cannula, offer a potent rejuvenation method by stimulating deep cellular regeneration and hydration. They smooth out fine lines by promoting the natural production of collagen and elastin, attracting moisture to the deeper layers of the skin.

When administered, polynucleotides disperse throughout the dermis, enhancing the overall appearance, quality, and texture of the skin, providing a refreshed and revitalised look.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Enhances dermal thickness and hydration
- Reduces fine lines and wrinkles
- Tightens loose skin
- Revitalises dull, dry complexions

WHAT TO EXPECT

Prior to arrival at Montrose

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons discuss any concerns and review your medical history, after which the treatment area will be photographed. Your doctor will advise you of your facial dynamics and the results that polynucleotides would likely achieve.

Once a treatment plan is agreed, a numbing cream will be applied to the entire treatment area for 30-45 minutes. Polynucleotides for the face are injected into the deep dermis using a fine needle at various bio-aesthetic points (BAPs). Polynucleotides for the under eyes are administered by either injection or cannula. After the initial visit, the treatment is repeated after 2-4 weeks, for a total of up to three session. The majority of patients will experience no disruption to their day as a result of polynucleotide treatment.

Initially there will be small wheals present at the injection sites but they will settle over the following 12-48 hours.

Results

Results of the treatment will be visible almost instantly following treatment, but final results will be seen two weeks after final treatment.

COMPLEMENTARY TREATMENTS

Skin tightening and lifting can be achieved with **Morpheus8®** or **Forma** treatments which can be performed in the same session. For a younger complexion, **Botox®** is effective primarily in the upper face, and filler achieves contour and definition in the lower face. **Clear and Brilliant®** laser treatment provides visibly illuminated skin and a clinically proven enhanced skin permeability for the absorption of topical skin care. Other wavelengths of **laser and IPL** are also available at Montrose and our experienced aestheticians can devise a bespoke regimen following **skin analysis** using our Observ 520X which provides 10 different metrics for analysis of current skin condition. All patients benefit from a **comprehensive skincare regimen**, tailored for their skin type and their history of sun and pollutant exposure.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding

RISKS

As with any injectable there are minor risks including:

- Bruising
- Swelling
- Infection
- Allergic Reaction
- Small lump for 48-72 hours

PROFHILO®

SHORT SUMMARY

Profhilo® is an award-winning injectable treatment, used for restoring a more youthful look by boosting the skin. It can be used on the face and neck as well as the hands and chest.



PRICE: From £600
TIME: 60 minutes
PAIN: Mild (with numbing)



RECOVERY: Up to 48 hours
AREAS: Face and body
FREQUENCY: 2 times per annum

HOW IT WORKS

Profhilo® is the highest concentration hyaluronic acid serum on the market. It provides deep skin hydration, smoothing out fine lines and furthermore it stimulates production of dermal collagen and elastin attracting water to the deeper layers of the skin.

Profhilo® spreads within the dermis of the whole area being treated giving a refreshed appearance, improved skin quality and texture.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- Do not apply retinol or Vitamin C for 24 hours after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forille'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Thickening and hydration of the dermis of the skin
- Reduction in fine lines and wrinkles
- Reduction of loose skin
- Improvement in dull/dry complexion

WHAT TO EXPECT

Prior to arrival at Montrose

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons discuss any concerns and review your medical history, after which the treatment area will be photographed. Your doctor will advise you of your facial dynamics and the results that Profhilo® would likely achieve.

Once a treatment plan is agreed, a numbing cream may applied to the entire treatment area for 30-45 minutes. Profhilo® is injected into the deep dermis using a fine needle at various bio-aesthetic points (BAPs). After the initial visit, the treatment is repeated after 4 weeks. The majority of patients will experience no disruption to their day as a result of Profhilo® treatment.

Initially there will be small wheals present at the 10 injection sites but they will settle over the following 12-48 hours.

Results

Results of the treatment will be visible within 7 days of the 2nd treatment.

COMPLEMENTARY TREATMENTS

Skin tightening and lifting can be achieved with **Morpheus8®** or **Forma** treatments which can be performed in the same session. For a younger complexion, **Botox®** is effective primarily in the upper face, and filler achieves contour and definition in the lower face. **Clear and Brilliant®** laser treatment provides visibly illuminated skin and a clinically proven enhanced skin permeability for the absorption of topical skin care. Other wavelengths of **laser and IPL** are also available at Montrose and our experienced aestheticians can devise a bespoke regimen following **skin analysis** using our **Observe 520X** which provides 10 different metrics for analysis of current skin condition. All patients benefit from a **comprehensive skincare regimen**, tailored for their skin type and their history of sun and pollutant exposure.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding

RISKS

As with any injectable there are minor risks including:

- Bruising
- Swelling
- Infection
- Allergic Reaction
- Small lump for 48-72 hours

REGENERERA®

SHORT SUMMARY

Regenera® Autologous Micrografting is an advanced treatment for androgenetic alopecia that uses the patient's own scalp cells to stimulate hair regeneration. The procedure involves extracting healthy hair follicles from the patient's scalp and isolating progenitor cells, stem cells, and growth factors.

These components are then reintroduced into the scalp to promote the natural regeneration of hair follicles, helping to restore hair growth and improve overall hair density. This innovative, minimally invasive treatment leverages the body's own regenerative abilities for a more natural and effective solution to hair loss.



PRICE: £2,950
TIME: 30 minutes
PAIN: Moderate



RECOVERY: 24 hours
AREAS: Scalp
FREQUENCY: Once every 1.5 to 2 years

HOW IT WORKS

The development of androgenetic alopecia involves multiple alterations in the cell activity of hair follicles, that lead to hair miniaturisation. These changes alter the hair cycle making hair grow less and fall earlier. This cycle of decline keeps happening until hair becomes vellus, after which point there is no way to treat it.

The Regenera process activates progenitor (ancestor) cells and stimulates growth centres in the hair follicles, building hair strength, volume and blood supply.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas to prevent migration of the product
- Avoid exercise on the same day
- For the first 24 hours, keep head dry and clean, wash with lukewarm water and allow to air dry
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible.

BENEFITS

- Improves quantity of hair
- Improves density of hair
- Reduces hair loss
- Boosts the regenerative process
- Uses your body's own cells to treat hair loss

WHAT TO EXPECT

Prior to arrival at Montrose

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

On arrival at Montrose, one of our plastic surgeons will discuss your treatment goals and whether the Regenera® treatment is appropriate for you. They will review your medical history, after which the treatment area will be photographed using our Canfield IntelliStudio® with HairMetrix®.

Once photographs have been taken local anaesthetic will be applied, a small area at the back of your scalp will be shaved and three small biopsies will be taken from the nape of your neck where your existing hair growth is strongest.

The biopsy samples will then be disaggregated in the device before being injected into the scalp.

Results

Full results are seen after 23 weeks and clinical studies indicate an increase in hair quantity of approximately 30%, patients have reported improvements from three months post treatment.

COMPLEMENTARY TREATMENTS

For best results combining Regenera with appropriate hair loss medications is recommended and these can be prescribed by our doctors in clinic and compounded as a bespoke medication based on individual requirements. Where medications are proposed, it is recommended that the patient has the Fagron hair test prior to establish their DNA profile and suitability for different medicines. Regular HydaFacial for the scalp using the keravive products is recommended to maintain optimal scalp conditions. A selection of vitamins and supplements delivered by mesotherapy are recommended to supplement the process.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- Patients whose hair has either become vellus or disappeared completely

RISKS

- Redness, which may persist for 24 hours post treatment
- Very minimal swelling
- Allergic reaction to the local anaesthetic

SCITON BBL®

SHORT SUMMARY

Sciton's BBL® (Broadband Light) is a pulsed light device used to treat multiple skin types and skin conditions, such as hyperpigmentation, acne, vascular issues while also having anti-ageing benefits by stimulating collagen and elastin production.



PRICE : From £400

TIME : From 15 minutes

PAIN : Mild



RECOVERY : 24-48 hours

AREAS : Face, Neck, Décolleté and Body

FREQUENCY : From 2 sessions

HOW IT WORKS

BBL® (Broadband Light) was developed exclusively for Sciton and is a patent protected treatment modality that treats sun damage, age spots, red veins and skin texture. BBL® penetrates the deeper layers of the skin, targeting melanin and blood vessels and acne causing bacteria.

BBL® typically requires minimal downtime, producing long term results while being a safe and successful procedure. Those presenting with freckles or sunspots that are being treated, may notice an initial darkening of spots prior to fading in the next 5-7 days post treatment.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 24 hours
- Do not apply Retinoids or Vitamin C for 14 days after the procedure
- For the first 24 hours keep the area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup in the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours
- Avoid exercise or sweat inducing activities for 24 hours
- Avoid sunlight for 48 hours
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Initial results visible within 1 to 2 treatments, with further improvements over treatment course
- Treats: sun damage; fine lines/wrinkles; acne; rosacea; hyperpigmentation; and vascular spots
- Minimal downtime
- Can be combined with other laser treatments, for best results with Halo
- Non invasive
- Advanced cooling technology to optimise comfort
- Improves tone, texture and elasticity

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser.

From 2 weeks prior to treatment avoid abrasive treatments, including; laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

One week prior to treatment you will need to come to Montrose to be patch tested, this will take 10 minutes. If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your Practitioner will remove any makeup and discuss any concerns and review your medical history, after which the treatment area will be photographed. During the treatment a cool gel will be applied to the skin for protection as well as helping the device glide smoothly. The appropriate settings will be selected by your Practitioner depending on your main concerns and skin type already discussed. You may feel a mild heat or snapping sensation though generally the treatment is comfortable. Timings of treatment will depend on the concern and how many areas are being treated, typically a treatment can last from 15 minutes up to an hour and so on. Post treatment there may be some erythema (local skin redness) that may last a couple of hours, although in some cases it can last longer.

Results

The number of sessions needed to address your concerns will be decided in your initial consultation. Multiple appointments are usually needed to reach optimal results.

COMPLEMENTARY TREATMENTS

All Patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Skin type VI/sun tanned skin/ Fake Tan
- Patients who are pregnant
- Patients who are breastfeeding

*It is especially important to discuss recent sun exposure or use of fake tanner with your practitioner as this may lead to burns

RISKS

Redness immediately post procedure for some. This should clear within a few hours though some cases may last slightly longer

SCITON CLEARSIK®

SHORT SUMMARY

ClearSilk is a laser-based treatment, specifically a non-ablative Nd:YAG laser. It works by delivering targeted heat to the deeper layers of the skin to address concerns like redness, uneven tone, fine lines, and acne while stimulating collagen production. Its precise laser technology ensures effective results with minimal downtime and discomfort. By improving skin texture, tone, and clarity, ClearSilk promotes a smoother, more youthful, and rejuvenated appearance, making it a standout choice for those seeking non-invasive, effective skin rejuvenation therapies.



PRICE : From £550

TIME : From 15 minutes

PAIN : Mild discomfort



RECOVERY : None

AREAS : Face, Neck, Décolletage and Body

FREQUENCY : From a single session

HOW IT WORKS

ClearSilk by Sciton uses advanced non-ablative laser technology to gently heat the skin's deeper layers, stimulating collagen production and addressing concerns like redness, uneven tone, fine lines and acne. This precise energy improves skin texture and elasticity while promoting a smoother, more radiant complexion without damaging the surface.

The treatment is non-invasive and requires no downtime, making it ideal for busy lifestyles. ClearSilk's customisable approach ensures results for a variety of skin types, offering a safe and convenient way to achieve clearer, revitalised skin.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 12 hours
- Do not apply Retinoids or Vitamin C for 7 days after the procedure
- For the first 12 hours keep the area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup in the treated area for 12 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours
- Avoid exercise or sweat inducing activities for 24 hours
- Avoid sunlight for 24 hours
- As part of your skin health regimen avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Initial results visible after 1 to 2 treatments, with further improvements over the treatment course
- Treats: redness, acne, uneven skin tone, fine lines, rosacea, and skin texture irregularities
- Minimal downtime
- Can be combined with other treatments, enhancing results when paired with BBL/Halo
- Non-invasive and gentle for all skin types
- Improves tone, texture, and elasticity for a smoother, revitalised appearance

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser.

From 2 weeks prior to treatment avoid abrasive treatments, including; laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

One week prior to treatment you will need to come to Montrose to be patch tested, this will take 10 minutes. If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your Practitioner will remove any makeup and discuss any concerns and review your medical history, after which the treatment area will be photographed.

The appropriate settings will be selected by your Practitioner depending on your main concerns and skin type already discussed. You may feel a mild heat, though generally the treatment is comfortable. Timings of treatment will depend on the concern and how many areas are being treated, typically a treatment can last from 15 minutes up to an hour and so on. Post treatment there may be some crythema (local skin redness) that may last a couple of hours, although in some cases it can last longer.

Results

The number of sessions needed to address your concerns will be decided in your initial consultation. Multiple appointments are usually needed to reach optimal results.

COMPLEMENTARY TREATMENTS

All patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Skin type VI/sun tanned skin/ fake tanned skin
- Patients who are pregnant
- Patients who are breastfeeding

*It is especially important to discuss recent sun exposure or use of fake tanner with your practitioner as this may lead to burns

RISKS

Redness immediately post procedure for some. This should clear within a few hours though some cases may last slightly longer

SCITON CLEAR V®

SHORT SUMMARY

Sciton ClearV® is a cutting-edge treatment using a 1064nm wavelength laser to precisely target and eliminate visible vessels, broken capillaries, spider veins, vascular lesions, and skin discoloration, without harming the surrounding skin. It is suitable for all skin types and allows for almost immediate return to daily activities with virtually no downtime.

	PRICE :	From £580		RECOVERY :	24 hours
	TIME :	30 minutes		AREAS :	Face and Body
	PAIN :	Mild discomfort		FREQUENCY :	From 3 sessions (one month apart)

HOW IT WORKS

Sciton ClearV® utilises laser technology to emit a specific wavelength of light (1064 nm) that is selectively absorbed by hemoglobin, the molecule in blood that gives it its red color. This targeted absorption heats and destroys the unwanted blood vessels or vascular lesions without damaging the surrounding tissue, effectively clearing the skin of these visible imperfections with minimal discomfort and downtime for the patient.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 24 hours
- Do not apply Retinoids or Vitamin C for 14 days after the procedure
- For the first 24 hours, keep treated area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup around the treated area for 24 hours
- Avoid saunas, hot baths and jacuzzis for 24 hours post treatment
- Avoid exercise or sweat inducing activities for 24 hours post treatment
- Avoid sunlight for 48 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Effective on a wide range of vascular lesions, broken capillaries, and spider veins, including in delicate areas.
- High precision and controlled energy delivery ensure safety for all skin types.
- Typically allows for an immediate return to daily activities, ensuring minimal downtime.
- Provides visible improvement in the appearance of treated areas, often noticeable shortly after treatment.

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser

From 2 weeks prior to treatment avoid abrasive treatments, including: laser; micro-needling; prolonged or UV exposure; aggressive facials, or irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your practitioner will remove any makeup, discuss any of your concerns and review your medical history, after which the treatment area will be photographed.

The treatment takes approximately 20-30 minutes depending on area. During the treatment, you will feel some heat and a sensation like an elastic band snapping on your skin. After the treatment there will be erythema (local skin redness) and oedema (swelling) for a couple of hours. Some redness and swelling in the treatment area will occur which settles within the first few hours but may last longer.

Results

Visible results can start to appear on the day of treatment but may take up to 48 hours and full results only appear on the conclusion of a course of treatment. Top up treatments are recommended and should be combined with a comprehensive skincare regime to maintain long lasting results.

COMPLEMENTARY TREATMENTS

In conjunction with Sciton ClearV®, Sciton BBL® treatment can effectively address a wide range of pigmentation and vascular lesion concerns for both the face and body. Sciton Halo®, the world's first hybrid fractional laser provides exceptional improvements in the appearance of skin tone and texture - ideal for pairing alongside Sciton ClearV®. All patients can benefit from a comprehensive skincare regimen, tailored for their skin type and their history of sun and pollutant exposure. Our experienced aestheticians can devise a bespoke regimen following skin analysis using our Observ 520X which provides 10 different metrics for analysis of current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are taking oral retinoids
- Patients with significant redness in the treatment area from conditions such as actinic keratoses, eczema, psoriasis, rosacea etc
- Patients who have had an allergic response to laser

RISKS

Redness and swelling post procedure in the treatment area, which settles within 24 hours but may last longer.

SCITON CONTOUR TRL®

SHORT SUMMARY

Sciton Contour TRL® is an advanced resurfacing laser that delivers tunable ablative treatments to precisely target skin concerns at varying depths. This sophisticated system allows for the meticulous removal of outer layers of damaged skin, effectively addressing problems such as deep wrinkles, scars, and uneven skin texture. With the ability to adjust the depth of ablation, Contour TRL® can be tailored to match specific skin conditions and desired recovery times, often resulting in shorter downtimes compared to traditional resurfacing methods. By promoting rapid collagen production and skin renewal, Contour TRL® enhances skin firmness, clarity, and overall appearance, making it an excellent choice for those aiming to achieve dramatic rejuvenation and a more youthful complexion.

	PRICE :	POA		RECOVERY :	10-14 days
	TIME :	Up to 90 minutes		AREAS :	Face, Neck, Décolletage and Body
	PAIN :	Mild with numbing		FREQUENCY :	From a single session

HOW IT WORKS

Contour TRL® is a dual-mode laser system employing tunable resurfacing technology for tailored skin rejuvenation, ranging from mild to aggressive treatments. It precisely ablates surface layers to address fine lines and blemishes or reaches deeper to correct severe wrinkles and scars.

The system's ablative method efficiently removes damaged skin layers, addressing photodamage and textural issues while stimulating deeper collagen synthesis for skin tightening and smoothing. This level of customisation reduces downtime and optimises results, positioning Contour TRL® as a versatile choice for effective facial rejuvenation and targeted skin repair.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 48 hours
- Do not apply Retinoids or Vitamin C for 14 days after the procedure
- For the first 24-48 hours keep the area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup in the treated area for 48 hours
- Avoid saunas, hot baths and jacuzzis for 48 hours
- Avoid exercise or sweat inducing activities for 48 hours
- Avoid sunlight for 48 hours
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Intelligent energy delivery
- Precise and adjustable treatment depth
- Minimal discomfort due to controlled ablation
- Effectively treats deep wrinkles, scars, and severe skin damage
- Remarkable rejuvenation typically seen within 1-2 sessions
- Achieves significant skin resurfacing
- Low downtime relative to the depth of treatment
- Suitable for a wide range of skin types
- Enhances overall skin tone and texture, resulting in a revitalised complexion

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser or chemical peel.

From 2 weeks prior to treatment avoid abrasive treatments, including: laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

One week prior to treatment you will need to come to Montrose to be patch tested, this will take 10 minutes. If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your practitioner will remove any makeup, discuss concerns, and review your medical history before photographing the treatment area. Numbing cream or local anaesthetic will be applied for 45 minutes. Contour TRL® treatments are fully customisable, ranging from light to deep peels, with parameters set by your doctor based on your agreed goals. The treatment area is measured with motion tracking technology for uniform application. During treatment, you'll experience heat in the treated areas. Post-treatment, this sensation may intensify, possibly leading to temporary redness (erythema) and swelling (oedema) for a few days. Heat sensation typically builds for up to an hour after treatment before subsiding. Micro-crusting occurs, and small dots of skin begin to shed 3 to 5 days post-treatment. It's crucial to keep your skin hydrated with suitable products throughout the healing process.

Results

Depending on your treatment plan, results will typically be seen two weeks after the last treatment.

COMPLEMENTARY TREATMENTS

Pair with Sciton Contour TRL®, a combination of technologies providing the ultimate skin rejuvenation. This combination achieves smooth texture and even tone, reducing pigmentation and treating multiple skin concerns leaving radiant, clear and youthful skin. All Patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Newly tanned skin/fake tan*
- Patients who are pregnant
- Patients who are breastfeeding
- Patients who suffer with frequent cold sores
- Patients who have taken Roaccutane (accutane) in the last 6 months

*It is especially important to discuss recent sun exposure or use of fake tanner with your practitioner as this may lead to burns

RISKS

Post treatment you will experience some swelling and erythema (redness), this should reduce after a couple days. Your skin may become dry leading to shedding of dead skin cells, this can last for around 4-7 days and it is important to not touch or pick at these areas while going through the healing process.

SCITON HALO®

SHORT SUMMARY

Halo® is the worlds first hybrid fractional laser leaving patients with glowing, healthy skin. Delivering two unique wavelengths to the same microscopic treatment zone, Halo® provides exceptional improvements in the appearance of skin tone and texture.



PRICE : From £1,500

TIME : Up to 90 minutes

PAIN : Moderate



RECOVERY : 4-7 days

AREAS : Face, Neck, Décolletage and Body

FREQUENCY : From a single session

HOW IT WORKS

HALO is a two in one laser treatment, offering two types of technology it has the unique ability to provide surface renewal while achieving deep dermal restoration at the same time. When these two wavelengths are combined, it gives patients corrective results without the downtime of traditional ablative lasers.

The non ablative wavelength of 1470nm is used to focus on the deeper layers of the skin. It is able to pass through the upper layer of the skin and heat the underlying dermal tissue without creating any harm. Working from the inside, collagen growth is encouraged leading to tightening, firming and lifting of the skin, known as remodelling. The ablative wavelength of 2940nm is used to remove the layers of damaged and dead skin sitting on the surface. This wavelength is able to target sun damage, uneven tone and poor texture.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 48 hours
- Do not apply Retinoids or Vitamin C for 14 days after the procedure
- For the first 24-48 hours keep the area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup in the treated area for 48 hours
- Avoid saunas, hot baths and jacuzzis for 48 hours
- Avoid exercise or sweat inducing activities for 48 hours
- Avoid sunlight for 48 hours
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Intelligent energy delivery
- Precise and adjustable spot size
- Minimal discomfort due to thermal optimisation
- Treats fine lines, sun damage, scars, & pigmented lesions
- Remarkable results achieved in 1-2 treatments
- Achieves the unique 'HALO Glow'
- Low downtime
- Suitable for all skin types
- Overall tone and texture improvement leaving you with a vibrant complexion

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser or chemical peel.

From 2 weeks prior to treatment avoid abrasive treatments, including; laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

One week prior to treatment you will need to come to Montrose to be patch tested, this will take 10 minutes. If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your Practitioner will remove any makeup and discuss any concerns and review your medical history, after which the treatment area will be photographed. Numbing cream or local anaesthetic will be applied for 45 minutes.

Halo® treatments are entirely bespoke and can range from light and superficial to deep and aggressive, your doctor will set the parameters based on the goals you have agreed with them. The treatment area will then be measured with motion tracking technology to ensure an even treatment. During the treatment you will feel heat in the areas treated. Once the treatment is completed, the sensation of heat will increase and you will likely develop erythema (local skin redness) and oedema (swelling) which can last a couple of days. The sensation of heat builds for thirty minutes to an hour after treatment before dissipating. After treatment micro-crusting will develop and typically small dots of skin will start shedding 3 to 5 days post treatment. During this period of the healing process it is you must keep your skin hydrated using appropriate products.

Results

Depending on your treatment plan, results will typically be seen two weeks after the last treatment.

COMPLEMENTARY TREATMENTS

Pair with Sciton BBL, a combination of technologies providing the ultimate skin rejuvenation. This combination achieves smooth texture and even tone, reducing pigmentation and treating multiple skin concerns leaving radiant, clear and youthful skin. All Patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Newly tanned skin/fake tan*
- Patients who are pregnant
- Patients who are breastfeeding
- Patients who suffer with frequent cold sores
- Patients who have taken Roaccutane (accutane) in the last 6 months

*It is especially important to discuss recent sun exposure or use of fake tanner with your practitioner as this may lead to burns

RISKS

Post treatment you will experience some swelling and erythema (redness), this should reduce after a couple days. Your skin may become dry leading to shedding of dead skin cells, this can last for around 4 days and it is important to not touch or pick at these areas while going through the healing process.

SCITON PROFRACTIONAL®

SHORT SUMMARY

Sciton ProFractional® is an advanced laser technology that uses a fractional approach to treat microscopic areas of the skin. This targeted method allows for deep tissue healing and collagen stimulation without affecting the entire skin surface. The precise application makes it ideal for addressing wrinkles, scars, and other textural irregularities. With significantly reduced downtime compared to full-field resurfacing, ProFractional® encourages rapid recovery while promoting healthier, firmer skin. This therapy is particularly effective for those looking to enhance their skin's overall texture and appearance with minimal interruption to their daily routine.



PRICE : From £495

TIME : Up to 90 minutes

PAIN : Mild with numbing



RECOVERY : 4-7 days

AREAS : Face, Neck, Décolletage and Body

FREQUENCY : From a single session

HOW IT WORKS

Sciton ProFractional® is a versatile laser system that utilises tunable fractional technology for customised skin rejuvenation, offering a spectrum from gentle to intensive treatments. It precisely targets micro-areas of the skin, effectively treating conditions like fine lines, scars, and textural irregularities, while preserving surrounding tissues. This method promotes deep collagen production and skin tightening without removing entire skin layers. The focused approach minimises downtime and maximises outcomes, making ProFractional® an optimal solution for achieving refined skin texture and comprehensive repair with tailored treatment depths.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 48 hours
- Do not apply Retinoids or Vitamin C for 14 days after the procedure
- For the first 24-48 hours keep the area dry and clean, wash with lukewarm water and allow to air dry (avoid using towels)
- Do not apply makeup in the treated area for 48 hours
- Avoid saunas, hot baths and jacuzzis for 48 hours
- Avoid exercise or sweat inducing activities for 48 hours
- Avoid sunlight for 48 hours
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Intelligent energy delivery for precise control.
- Adjustable treatment depth tailored to individual needs.
- Controlled ablation minimises discomfort.
- Effectively targets deep wrinkles, scars, and severe skin damage.
- Noticeable rejuvenation often visible after just 1-2 sessions.
- Achieves significant skin resurfacing with minimal impact.
- Low downtime relative to the depth of treatment provided.
- Suitable for a broad spectrum of skin types.
- Enhances skin tone and texture, revitalising the complexion.

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser or chemical peel.

From 2 weeks prior to treatment avoid abrasive treatments, including; laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

One week prior to treatment you will need to come to Montrose to be patch tested, this will take 10 minutes. If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your practitioner will remove any makeup, discuss concerns, and review your medical history before photographing the treatment area. Numbing cream or local anaesthetic will be applied for 45 minutes. Sciton ProFractional® treatments are fully customisable, capable of addressing everything from light touch-ups to deep resurfacing, with settings adjusted by your doctor to meet your specific goals. The treatment area is measured with motion tracking technology to ensure even application. During the treatment, you'll feel heat in the treated areas. This sensation may intensify post-treatment, potentially leading to temporary redness (erythema) and swelling (oedema) for a few days. The heat sensation typically builds for up to an hour after treatment before subsiding. Micro-crusting occurs, and small dots of skin begin to shed 3 to 5 days post-treatment. It's crucial to keep your skin hydrated with appropriate products throughout the healing process.

Results

Depending on your treatment plan, final results will typically be seen two weeks after the last treatment.

COMPLEMENTARY TREATMENTS

Pair with complimentary Sciton laser and light therapies for a combination of technologies providing the ultimate skin rejuvenation. This combination achieves smooth texture and even tone, reducing pigmentation and treating multiple skin concerns leaving radiant, clear and youthful skin. All Patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Newly tanned skin/fake tan*
- Patients who are pregnant
- Patients who are breastfeeding
- Patients who suffer with frequent cold sores
- Patients who have taken Roaccutane (accutane) in the last 6 months

*It is especially important to discuss recent sun exposure or use of fake tanner with your practitioner as this may lead to burns

RISKS

Post treatment you will experience some swelling and erythema (redness), this should reduce after a couple days. Your skin may become dry leading to shedding of dead skin cells, this can last for around 4-7 days and it is important to not touch or pick at these areas while going through the healing process.

SCULPTING FACIAL

SHORT SUMMARY

The combination of Eastern European Lifting techniques and Facial Contouring Lymphatic Drainage provides sculpting, toning and complete relaxation.



PRICE : From £175
TIME : 60 minutes
PAIN : No pain



RECOVERY: No downtime
AREAS: Face, Neck, Décolleté
FREQUENCY: Monthly

HOW IT WORKS

Eastern European massage is the use of multiple powerful and energetic techniques, where fast and accurate movements are key. It is inspired by one of the most difficult massages in the world known as Kobido. This style brings firm pressure and precise movements offering Patients amazing lifting, toning and sculpting effects as well as total relaxation and overall well being.

Face contouring lymphatic drainage is a slow and gentle massage targeting the lymph nodes assisting in the drainage of toxins, enabling the lymphatic system to deliver fresh nutrients to cells. Lymph stagnation and oedema (swelling) is also improved giving a firmer and plumper complexion, sculpted facial contours and depuffed face.

POST TREATMENT ADVICE

- Avoid massaging treated areas for 24 hours
- Do not apply Retinoids for 7 days after the procedure
- Avoid saunas, hot baths and jacuzzis for 24 hours
- Avoid exercise or sweat inducing activities for 24 hours
- As part of your skin health regimen, from 24 hours post procedure, avoid direct sunlight on the treated area, using a hat where possible and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forelle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Results visible straight after treatment
- Lifts, tones, sculpts facial contours
- Adds relaxation and overall well being
- No downtime
- Drains away toxins, encouraging a healthy lymphatic system
- Reduces oedema (swelling)
- Improves skin firmness and plumpness
- Prepares skin pre or post surgery

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser. From 2 weeks prior to treatment avoid abrasive treatments, including: laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs).

If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Your Practitioner will discuss any concerns and review your medical history. They will start by performing a lymphatic cleanse using slow movements to remove any makeup and impurities while also preparing the lymphatic system for the facial contouring lymphatic/ Eastern European massage which will enable these techniques to achieve better sculpted and lifting results.

Results

Sculpting Facial can be performed weekly to monthly depending on your desired results. The amount of sessions recommended will be discussed with your Practitioner so your desired goals are achieved.

COMPLEMENTARY TREATMENTS

The sculpting techniques can be added onto any of the following treatments; Intraceuticals Oxygen Facial, Forelle'd Japanese Facial, Forma RF, Hydrafacial, Lymphastim Trousers for an overall glowing, lifted, detoxed, tightened and even complexion. All Patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced Aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the current skin condition.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients with severe skin conditions (active acne, rosacea)
- Hypersensitive skin
- Inflammation, bruising or oedema (swelling)
- Contagious skin conditions
- Recent injectables (Botox, filler)

RISKS

You may experience slight erythema (redness) from your blood circulation being increased though this should pass quickly post treatment.

SKIN CANCER TREATMENT

SHORT SUMMARY

Skin cancer is the commonest form of any cancer and is more frequently diagnosed in those who have lived abroad, had significant sun exposure, are fair skinned, or have used sunbeds. Mole mapping is the gold standard to monitor the skin and identify lesions which may change. Pigmented skin lesions (moles) may change and require removal to determine if they are melanoma. Non-melanoma skin cancer encompasses all other types of skin cancer and is far commoner. Surgical removal remains the mainstay of treatment in all types of skin cancer and is often curative.



PRICE : From £950
TIME : 30 minutes
PAIN : Mild to medium



RECOVERY: 3 days
AREAS: Full body
FREQUENCY: As required

HOW IT WORKS

Following diagnosis of a skin cancer, consultation with a Dermatologist or Plastic Surgeon can outline further treatment, which is usually surgery. Further support may be given by skin cancer nurse specialist. Surgical removal remains the mainstay of treatment and skin cancers are typically removed under local anaesthetic. Skin cancers on the face may require reconstruction performed by a Plastic Surgeon. More advanced surgical procedures such as sentinel lymph node biopsy for melanoma can determine if there has been spread of a cancer and may be recommended in some instances. Occasionally oncology treatment for advanced cancers can be required.

POST TREATMENT ADVICE

- Details on the post-operative course will be discussed.
- There can be some minor aching or discomfort following the procedure and paracetamol is usually adequate pain relief.
- It is best to take it easy for a few days following the procedure as the area can be at risk of slow healing if exercise is undertaken too soon.

BENEFITS

- It is essential to identify skin cancers early as this leads to better outcomes.
- Consultant Dermatologist assessment in a consultation or mole mapping can identify abnormal or changing skin lesions.
- Mole mapping monitors change in pigmented lesions (moles) and can also identify other types of skin cancer aside from melanoma.

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser. From 2 weeks prior to treatment avoid abrasive treatments, including: laser, micro needling, prolonged or recent UV exposure, aggressive facials, irritant topical products (Acids, Retinol, Vitamin C or mechanical scrubs). If you are taking blood thinners, including NSAIDS such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

Further assessment of the skin cancer will be performed to determine any recent changes and it will be marked for removal. The consent form will be reviewed and any questions answered. Details on the post-operative course will be discussed. There can be some minor aching or discomfort following the procedure and paracetamol is usually adequate pain relief. It is best to take it easy for a few days following the procedure as the area can be at risk of slow healing if exercise is undertaken too soon

Results

The pathology result following the removal of the skin cancer is usually available at one week. There will also be a review of the wound at this point, and the sutured wound may be fragile for the first week, and it may be red or dark and slightly lumpy for a period. Moisturising and massaging help speed up the healing process.

COMPLEMENTARY TREATMENTS

Regular Mole mapping is the gold standard for monitoring of moles and highlights early changes. Scar cream is recommended to be used regularly in the weeks following treatment. Laser (Halo) is effective at reducing redness and lumpiness, often in conjunction with Morpheus8 treatment. Full skin care assessment and recommendations can be made to help improve sun damaged and dry skin, including SPF sun protection. The Observ skin scanner provides an objective measure of the deeper layers of the skin to help diagnose issues such as rosacea, sun damage, dehydration and more. Medical grade skin care and SPF can improve skin in the longer term. Vitamin B3 (nicotinamide) supplementation can reduce the risk of developing further skin cancers.

RISKS

Skin cancer treatments tend to be relatively low risk but as with all areas where a surgical intervention is undertaken there are risks. The usual risks are: infection, bleeding, delayed healing, poor scar and need for further treatment.

SKINPEN®

SHORT SUMMARY

SkinPen® is a practitioner-operated device which allows for controlled depth micro-needling of the skin. It stimulates deposition of collagen, thickening of the dermis and reducing fine lines.



PRICE: From £395 per session



TIME: 1.5 hours (inc. numbing)



PAIN: Minimal with numbing



RECOVERY: 2-4 days maximum



AREAS: Face, Chest, Neck, Hands



FREQUENCY: 6-8 weekly

HOW IT WORKS

A controlled method of using very fine needles to penetrate the dermal layer of the skin which has been numbed, creating multiple channels of microtrauma.

This depth is adjusted according to the area of the face and the thickness of the skin being treated. This stimulates collagen and elastin production by cells within these layers of skin which, in turn, helps to increase the quality of the skin.

POST TREATMENT ADVICE

- Avoid touching treated area for the first 12 hours
- Avoid sunlight for the first 24 hours
- When washing or cleansing the area within the first 24 hours, allow the skin to air-dry, avoid using towels
- Apply the calming gel we provide to you for the first 24 hours
- After 24 hours use a fragrance free, gentle moisturiser
- You can reapply makeup after 24 hours
- Avoid sunlight for 24 hours post procedure
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen

BENEFITS

- Increases deposition of elastin and collagen in the skin, thereby reducing fine lines, improving skin texture and quality
- Improves appearances of skin scarring from acne and scarring from other causes
- Allows delivery of topical treatments including platelet rich plasma (PRP)

WHAT TO EXPECT

Prior to arrival at Montrose

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, or NSAIDs such as Aspirin or Ibuprofen you should discuss with your physician whether it is possible to discontinue their use whilst you are treated with the SkinPen®. If you are prone to outbreaks of cold sores, you should discuss this with your practitioner as you might benefit from a course of antiviral medication before and after your micro-needling.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our aestheticians will undertake an initial consultation to understand any of your concerns and to review your medical history, after which the treatment area will be photographed. Numbing cream is applied and following that micro-the skin is cleaned with an antiseptic solution and a single use head is applied to the SkinPen®.

A lubricant is used to allow the SkinPen® to slide over the areas to be treated and the SkinPen® is adjusted to alter the depth of needle penetration according to the thickness of the skin being treated. After this, the lubricant is cleansed off. If any topical treatment is being used, this is now applied and massaged in. If no topical treatment is applied, then a calming gel is applied. The skin will be pink/red for the first few hours after treatment and a minimal amount scabbing may be present for the first day or two. After the initial visit, the treatment is repeated after four-six weeks and results should be visible within two weeks of that time.

Results

Skin quality and complexion is improved after a few days, and continues to improve over a few weeks.

COMPLEMENTARY TREATMENTS

Micro-needling with SkinPen® can be used in isolation or in combination with other treatments. Combining micro-needling with topical treatments such as **Vampire Facial** or **Profilo®** to boost dermal hydration and glow provides excellent results. **Botox®** a couple of weeks apart from micro-needling addresses wrinkles and pore reduction. Non-invasive tightening radiofrequency treatments such as **Forma** further enhance the effects of SkinPen®.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- Patients with an allergy to stainless steel
- Patients with bleeding disorders
- Patients with allergies to drugs contained tretinoin

RISKS

- Infection
- Post-inflammatory hyper- or hypo-pigmentation (very rare)

THERMAGE®

SHORT SUMMARY

Thermage® is the only non-invasive procedure that helps tighten and contour your skin in a single treatment—with no surgery, no injections, and no downtime. Stimulating your body's natural collagen, Thermage is an effective treatment for natural looking results.



PRICE: From £1,800



TIME: 60 minutes



PAIN: Mild/moderate



RECOVERY: 24-48 hours



AREAS: Face, Neck, Décolletage, Body



FREQUENCY: Once every 12+ months

HOW IT WORKS

Thermage® uses a patented Radiofrequency technology to heat collagen fibres deep in the skin. This heat is transferred to the epidermis, separating the water molecules from the existing collagen encouraging an immediate contraction resulting in effective skin tightening. Results will continue to improve over the following months leading to a further healing response meaning additional collagen is deposited and remodelled for a more effective treatment. Thermage® can be used on all skin types, all year around.

POST TREATMENT ADVICE

- Avoid touching the treated area for 24 hours
- Avoid high intensity exercise for 24 hours
- Avoid Saunas, hot baths and jacuzzis for 24 hours
- Avoid direct sunlight for 48 hours
- Do not apply Retinoids for 24 hours
- Keep treated area dry and clean
- Do not apply makeup for 24 hours
- Wear a minimum of SPF Factor 50 daily (Advised sun protection: ZO Sheer Fluid Broad Spectrum Sunscreen, SkinCeuticals Advanced Brightening UV Defence)

BENEFITS

- No surgery, no injections leaving you with subtle, natural results
- Suitable for all skin types
- Little to no downtime
- One single treatment
- Effective in targeting loss of elasticity and softening rough, uneven skin texture
- Results improve gradually with full effects developing up to 6 months post treatment

WHAT TO EXPECT

Prior to arrival at Montrose

From 4 weeks prior to treatment avoid any aggressive treatments such as ablative laser.

From 2 weeks prior to treatment avoid abrasive treatments, including: laser; botox and fillers.

A week before treatment stop all use of irritant topical products (Acids, Retinol and mechanical scrubs)

If you are taking blood thinners, including NSAIDs such as Aspirin or Ibuprofen, you should discuss with your doctor whether it is possible to discontinue their use throughout the course of your treatment.

On arrival at Montrose

On arrival at Montrose, your Practitioner will remove any makeup and discuss any concerns and review your medical history, after which the treatment area will be photographed. The treatment area will be red for up to 24 hours though in some cases this could last longer.

Results

The speed at which results develop is patient specific. Whilst many patients notice an immediate effect, we generally advise that results can take three to six months to become visible but once visible will continue to improve and last 12-16 months.

COMPLEMENTARY TREATMENTS

All patients benefit from a comprehensive skincare regimen, tailored for their skin type and to tackle any history of sun and pollutant exposure. Our experienced aestheticians can devise a bespoke regimen following a skin analysis using our Observ 520X which provides 10 different metrics for analysis of the skins current condition. Profil® skin boosters also enhance the health and vitality of the skin.

UNSUITABLE FOR

The treatment is unsuitable for:

- Patients who are pregnant
- Patients who are breastfeeding
- Anyone with a pacemaker or other active implants

RISKS

- Redness, which may persist for 24 hours post treatment though sometimes this can last longer
- Minimal swelling

VAMPIRE FACIAL

SHORT SUMMARY

A vampire facial is a natural solution to rejuvenate the face, boost collagen and provide a younger complexion. Micro-needling is first delivered to help stimulate collagen production. A blood sample is then taken to isolate platelet rich plasma (PRP), which contains a wealth of growth factors and is applied to the skin for a long-lasting, natural effect.



PRICE: From £600
TIME: 75 minutes
PAIN: Mild



RECOVERY: 2-3 days
AREAS: Face and Neck
FREQUENCY: 3 initial; maintenance 2-4* pA

HOW IT WORKS

A Vampire facial employs micro-needling which helps boost and stimulate collagen production. Platelet rich plasma (PRP) is then applied to the skin and penetrates down micro-needling tracks to provide essential growth factors for rejuvenated skin.

POST TREATMENT ADVICE

- Avoid touching or massaging the treated areas for 24 hours
- Apply the post procedural gel that has been given to you during your treatment
- Avoid exercise on the same day
- Do not apply irritant topical products (Acids, Retinol, Vitamin C or scrubs) for 5 days post procedure
- For the first 24 hours, keep face dry and clean, wash with lukewarm water and allow to air dry
- Do not apply makeup around the treated area for 24 hours
- Redness may persist for 24-48 hours
- As part of your skin health regimen, from 24 hours post procedure avoid direct sunlight on the treated area, using a hat where possible, and with broad spectrum physical SPF 50 and 5 star UVA protection such as the Forlle'd Hyalogy UV protector or ZO Sheer Fluid Broad Spectrum Sunscreen.

BENEFITS

- Skin toning
- Improved texture
- Skin glow
- Reduced fine lines

WHAT TO EXPECT

Prior to arrival at Montrose

If you are prone to outbreaks of cold sores, you should discuss this with your practitioner as you might benefit from a course of antiviral medication before and after your micro-needling.

A week before treatment stop all use of irritant topical products (Acids, Retinol, Vitamin C or scrubs)

If you are taking blood thinners, or NSAIDs such as Aspirin or Ibuprofen you should discuss with your physician whether it is possible to discontinue their use whilst you are treated with the Vampire Facial®.

On arrival at Montrose

On arrival at Montrose, our team will assist in the removal of any makeup. One of our plastic surgeons or dermatologists will undertake an initial consultation to understand any of your concerns and to review your medical history, after which the treatment area will be photographed. Numbing cream is applied for at least 45 minutes and following that micro-needling is delivered to the face.

A blood sample is taken from the arm, and spun down to isolate PRP. It is then applied to the face to provide its host of growth factors, which are massaged into the micro-needling tracks.

Results

Results appear from 3 days, when micro-needling points settle. The skin will be quite pink/red for the first few hours after treatment and a minute amount scabbing may be present for the first day or two.

COMPLEMENTARY TREATMENTS

A vampire facial is the natural solution to healthier and revitalised skin. It is extremely effective, but further tone and lifting can be achieved with **Morpheus8®**. A healthy complexion is aided by **Profililo®** skin booster and medical grade skin care. A younger complexion can be achieved with **Botox®**, to relax fine lines in the upper face.

UNSUITABLE FOR

Not applicable

RISKS

- Redness
- Very minimal swelling / bruising
- Very small marks from micro-needling
- Rare risk of post-inflammatory hyperpigmentation
- Infection
- Reactivation of cold sore



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