

THE RIGHT COMBINATION

Frances Furlong and Emeline Hartley share their case studies combining skin needling, calcium hydroxyapatite (CaHa), and mesotherapy products



FRANCES FURLONG

Frances qualified as a registered adult nurse in 1999 from St Bartholomew's Hospital, London specialising in acute medicine at the Royal London Hospital. After three years she moved into laser ophthalmology and became nursing sister responsible for three clinics in the south of England. This inspired her to move into laser dermatology and aesthetics where she became a specialist in laser and light treatments, gaining her diploma in 2006. In 2004 she was awarded an honours degree in aesthetic medicine from the university of Greenwich with a keen interest in acne management. Since 2005 Frances has written for national newspapers with her own weekly advice column, 'Ask the Expert'. She has also written for numerous publications such as *Elle*, *Woman and Home* and *Top Sante* and appeared on GMTV demonstrating the use of mesotherapy. Frances recently qualified from the University of Essex as an independent nurse prescriber and is a member of the Royal College of Nursing.

EMELINE HARTLEY

Emeline is a highly motivated cosmetic healthcare specialist, who has been in the health industry for more than 14 years. She graduated from the De Montfort University in Leicester in 1998 with a diploma in adult nursing and went on to work as a nursing sister, specialising in the treatment of minor illness and injuries, including wound closures, injecting and minor ops. During this time Emeline also branched out and began to specialise in the treatment of problematic skin conditions such as acne, where she trained in the use of lasers and all types of skin peels. Emeline also provided training to GPs, nurses and dentists on how to use dermal fillers and she became the trainer for Radiesse™. In May 2009 Emeline opened Cosmetic Healthcare Solutions. The company has gone from strength to strength and now has clinics, in London, the Midlands, Essex and Kent. Emeline is also a member of the Royal College of Nursing.

Aesthetic nurse consultant duo Emeline Hartley and Frances Furlong have a combined experience of 24 years in laser, intense pulsed light, fillers, botulinum toxin type A, skin peeling, mesotherapy and skin needling. Over the past year they have devised treatment protocols combining dermal rollers, calcium hydroxyapatite (Radiesse™) and bespoke mesotherapy protocols to provide facial lift and contouring treatments for clients of all skin types and age ranges. As the treatment has virtually no downtime it is very popular with clients at Cosmetic Healthcare Solutions, especially with the numerous models they treat, who demand fantastic results without taking time out from their hectic working schedules.



THE TREATMENT

The treatment protocol combines injections of calcium hydroxyapatite (CaHa) (Radiesse™) with dermal rolling and bespoke mesotherapy.

Radiesse™ is a unique dermal filler made from synthetic calcium hydroxyapatite (CaHa) microspheres suspended in a water based gel. It is 100% biocompatible and no allergy testing is needed before treatment. Once the Radiesse™ has been injected and in position the CaHa particles form a scaffold to support and stimulate the production of the body's own collagen and in return a younger and more rested appearance will be seen. Emeline says, "clients love the longevity of the product and in the current financial market people are more cost conscious – the long lasting results make it very popular".

Skin needling, otherwise known as dermal rolling, has become increasingly popular in recent years. Emeline and Frances have been using a similar technique for many years via mesotherapy. By creating tiny puncture wounds to the dermis it induces the release of growth factors which in turn stimulates the production of new collagen and elastin. By combining this with bespoke mesotherapy cocktails patients are able to get fantastic results even with one dermal roller treatment. Frances says "clients love the bespoke treatments we can offer, the fact it can all be done on the same day is a great bonus too, clients are not always able to attend clinics weekly for other treatment protocols. In six weeks they return for the review to take after photos and they are amazed with the results."