

AESTHETICS AND DERMATOLOGY

Frances Furlong RGN Bsc Hons Inp is a nurse consultant specialising in facial and body aesthetics and dermatology. With over 14 years experience in this field she is able to offer clients the appropriate treatments and also treatments that clients feel comfortable to have. After completing her training at St Bartholomew's hospital London she worked in acute medicine, accident and emergency and dermatology before leaving the NHS to work for private clinics in Harley St and The City. Two years ago she decided to open her own mobile business and visits 8 different locations each month, 6 of which are in Essex. She has written for Elle magazine, Woman and Home had a regular weekly column in a national newspaper, has been an in style beauty product judge for the past 3 years and recently became runner up in the first ever aesthetic awards, where 176 nurses and doctors were nominated.

HERE ARE SOME OF THE MANY TREATMENTS THAT CAN BE OFFERED

TIRED EYE AND CHEEK VOLUMISING

Clients often attend for consultation complaining about looking tired and heaviness around the cheek and lower part of the face, having had a volumising hyaluronic filler to replace the volume loss to the cheeks because the skin texture was crepey in appearance had a course of hydrating hyaluronic fillers which act as an intense moisturiser for the skin, three sessions were needed once a month and the results obtained were seen 3 months after

treatment. It is important that clients have realistic expectations as well as patience, when you think about it the number of years that this damage and volume has taken is far more than 3 months to restore. Expecting great miracles in one session is not always possible. Remember after any treatments it is essential to use good products to maintain your results, a serum twice a day to nourish and repair the skin with a good UV and sun protection is essential and should be a

LIP SHAPING AND ENHANCING

Clients are usually the most scared of this treatment, usually because of celebrity lip disasters and the worry of looking silly or unnatural, the key to this is to start with the outline and shape of the lips, young people may have thin lips and this will enhance them, older people will lose the outline of their lip known as the vermillion border lips appear small and lipstick bleeds will occur, it is an easy treatment with minimal downtime. After this you can decide if you want more volume by using a slightly thicker product which gives a pouty natural look. The lady in this case study complained of thin and weak lips and wanted a natural look that was in balance with her face, making lips to large can make you look cartoon like. I firstly used a hydrating filler for the outline and reviewed her two weeks later she was pleased and by doing this felt confident to go for more volume and a slight pout, a further volumising filler was given to lift the lip and plump it and these results were photographed two weeks after. After treatment drink plenty of

water daily, hyaluronic acid fillers attract water to keep the filler molecules plump and it helps to get your filler to last longer!

ACNE SCARRING

Acne and the effects of acne such as scarring, low self esteem, depression and lack of confidence are all problems I associate with this disease of the skin. I specialised in acne management as part of my aesthetic degree and being able to help acne, acne rosacea and scarring for all ages is a very satisfying part of my job. This lady had a deep acne cyst scar, for this treatment I advised dermal fillers and dermal rollers which help to boost collagen and the results were obtained three months after treatment. Hygiene is essential for acne sufferers, a good antibacterial wash twice a day is essential, I often have to prescribe antibiotics as a short term measure initially, long term antibiotic therapy doesn't work, and with skin peels, scar treatments and excellent products we can keep your acne in control

For information
07508 404862
info@perfect-skin.co.uk
www.perfect-skin.co.uk ■



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LIP SHAPING AND ENHANCING



BEFORE



AFTER

ACNE SCARRING



BEFORE



AFTER