

O is for Open Eyed. A wide eyed fresh open eye area screams youth and gets you, "you look well" compliments. Muscle relaxing injections, fillers to temple hollows and the new sunrise filler technique achieves this look easily and naturally.

P is for Perfect Skin. This means perfect for you when you look in the mirror, it is about what you would like to change. Remember these treatments are here to enhance your beauty and confidence.

Q is for Queen of skincare. Perfect Skin loves the plant stem cell range Suisse Absolue, neostrata glycolic range for dermatological conditions and Heliocare for sun protection. We can advise you on how mixing and matching can help you create your own bespoke skin care regime.

R is for Rosacea. This distressing inflammatory skin disorder can be helped by intense pulsed light treatments, it works by weakening the vessel walls that become dilated during an episode, reduces heat and blushing and helps to even out the skin tone, also a fabulous side effect of the treatment is that it boosts collagen and elastin, you can never have too much!

S is for Smooth Skin. Congested, rough, uneven skin can be helped greatly by skin peeling, from mild exfoliation peel to deeper chemical peeling. Get baby soft skin!

T is for Tear Trofts and Tired Eyes. When we lose fat from our cheek areas and orbital area, we tend to hollow under the eyes, dermal filler is a great way to lift up these unsightly rings, furthermore the delicate skin to the eye area becomes thinner so dark shadows, puffy eyes can all be problematic. The derma stamp pen treatment is a fantastic way of strengthening the skin and helps lines and creases. Both treatments can be stand alone or used in conjunction and treatments are tailored to your specific needs.

U is for UVA and UVB damage. UVA rays also can be described as the ageing rays, by using a Vitamin C, topical serum on a daily basis we can help to protect collagen and elastin in the skin. It is a natural anti-oxidant and skin brighter. UVB rays or the burning rays cause broken capillaries, pigmentation and increase risk of skin cancer, using a daily SPF protector helps to prevent this damage.

V is for V lift. A fabulous non-surgical approach to a natural face lift. Using volumising fillers to replace lost fat in the face which causes sagging, can be combined with derma stamp pen and derma roller to help lift the skin.

W is for Winter Skin. Your skin has been through a tough time, dry skin from central heating, broken red veins from cold weather and blowing your nose, dehydrated skin from Christmas parties, too much alcohol etc. Drink plenty of water and use a good hyaluronic acid based moisturiser or serum. Consider hydrating and nourishing treatments, also diathermy or intense pulsed light to break down those unsightly veins.

X is for X-ray vision. If we could see the damage of our skin on a deeper level it would make us think about how we can protect and heal our skins. UV skin analysis shows that deep pigmentation, keep away from the facial tanners on the sunbeds and use a high SPF whilst on holiday.



Frances Furlong

Y is for Yoga and exercise. Stress and skin come hand in hand. Being fit and managing stress is essential to look and feel younger. Also skin diseases such as eczema, acne and psoriasis all benefit from stress management.

Z is for Zinc. A very important vitamin for the skin helps to fight against infections and disease, very useful in skin disease and general well-being.

For more information:
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