

# Aesthetic Treatments FAQs

## Anti-Wrinkle Injections

### **Baby Botox / 3 Areas (forehead, frown lines, crow's feet)**

**What is Baby Botox?** Baby Botox uses smaller doses of neuromodulator to soften early fine lines while keeping natural expression.

**Which areas are treated?** The typical '3-area' treatment covers forehead lines, frown lines, and crow's feet.

**Is it right for me?** It suits those wanting a gentle refresh without dramatic change—often people in their late 20s to 30s.

**How long before I see results, and how long do they last?** Expect smoother lines within 7–14 days, lasting about 3–4 months.

**Will I look frozen?** No—Baby Botox is designed for subtlety and allows full movement.

**Aftercare tip** Stay upright for a few hours and avoid rubbing or massaging the treated areas.

## Brow Lift

**What is a Botox brow lift?** Small injections relax the muscles that pull your brows downward, creating a subtle lift.

**Will my brows look natural?** Yes—treatment opens the eye area gently, without drastic change in shape.

**Is it painful?** Most patients feel minimal pinpricks; it's over quickly.

**How soon will I see results?** Results appear within 1–2 weeks and last around 3–4 months.

**Can it be combined with other treatments?** Yes—it's often combined with forehead or crow's-foot injections for a balanced result.

**Aftercare tip** Avoid strenuous exercise, lying down, or pressing on your brow for the first day.

## Bunny Lines

**What are bunny lines?** They are small wrinkles on the bridge of the nose that appear when you smile or scrunch up.

**How does treatment work?** A few tiny injections relax the muscle causing the lines.

**Does it hurt?** Discomfort is minimal and temporary.

**How long do results last?** Typically 3–4 months.

**Are there side effects?** Mild redness or slight swelling can occur for a day or two.

**Aftercare tip** Don't apply pressure to the nose for the first 24 hours.

## **Gummy Smile Correction**

**What is a gummy smile?** It's when too much gum shows above your teeth when you smile.

**How does Botox help?** It relaxes the upper-lip muscles, reducing gum exposure.

**Will it affect speech or eating?** No—treatment targets only the smile muscles.

**How long do results last?** About 3–4 months.

**How soon will I see a difference?** Within 1–2 weeks.

**Aftercare tip** Smile normally but avoid vigorous lip movement or massage for a day.

## **Lip Flip**

**What is a lip flip?** Botox relaxes the muscle at the upper lip, allowing it to gently flip outward and look fuller.

**How is it different from fillers?** It enhances shape without adding volume, whereas fillers add volume.

**Is it painful?** Treatment takes a few minutes with a series of small pinches.

**When will I see results, and how long do they last?** You'll notice a difference in about a week; results last 2–3 months.

**Will it look natural?** Yes—it subtly enhances lip shape without looking overdone.

**Aftercare tip** Avoid drinking through straws or excessive puckering for 24 hours.

## **Masseter / Jawline Slimming & Teeth Grinding**

**What does masseter Botox do?** It relaxes the chewing muscle, slimming a square jawline and reducing teeth grinding.

**Will chewing or speech be affected?** Only excessive clenching is reduced; everyday chewing and speaking remain normal.

**When will I see results?** Slimming develops gradually over 4–6 weeks.

**How long do results last?** Around 4–6 months.

**Is it safe?** Yes—treatment is widely used for both cosmetic and medical reasons.

**Aftercare tip** Avoid chewing gum and very tough foods for a day.

## **Nefertiti Lift (Jawline & Neck)**

**What is the Nefertiti Lift?** Botox injections relax the platysma muscle in the neck to lift and define the jawline.

**Who is it for?** Anyone noticing sagging along the jawline or neck wanting a non-surgical lift.

**How long before I see results?** Visible improvement within 1–2 weeks.

**How long do results last?** About 3–4 months.

**Does it hurt?** Just small pinpricks—very tolerable.

**Aftercare tip** Avoid pressure or tight scarves around the neck for 24 hours.

## **Chin Dimpling**

**What causes chin dimples?** An overactive chin muscle (mentalis) can make the skin look dimpled or ‘orange-peel.’

**How does Botox smooth it out?** It relaxes the muscle, softening the skin and contour.

**Is it a quick procedure?** Yes—treatment usually takes under 10 minutes.

**How soon will I see results, and how long do they last?** Results appear within 1–2 weeks and last around 3–4 months.

**Can I still move my chin?** Yes—movement is preserved; the area just looks smoother.

**Aftercare tip** Don’t press or massage your chin for 12 hours.

## **Hyperhidrosis (Excessive Sweating)**

**How does Botox treat excessive sweating?** It temporarily blocks the nerves that activate sweat glands, reducing perspiration.

**Where can it be used?** Common sites are underarms, palms, and sometimes feet.

**How effective is it?** Many notice a dramatic reduction in sweating within days.

**How long do results last?** Around 4–6 months (and sometimes longer).

**Does it hurt?** Underarms: minimal discomfort; palms/soles: can be tender but numbing is available.

**Aftercare tip** Avoid deodorant and intense heat (e.g., saunas, hot baths) for a day.

# Dermal Fillers

## Lip Enhancement

**What do lip fillers do?** They add volume, definition, and hydration to create fuller, softer lips.

**Will my lips look natural?** Yes—our approach prioritises balance and harmony, not overfilling.

**How soon will I see results?** Immediately, though swelling settles over a few days.

**How long do results last?** 6–12 months depending on product and metabolism.

**Is it painful?** Mild stings; we can use numbing cream.

**Aftercare tip** Avoid makeup, alcohol, and very hot drinks for 24 hours.

## Cheek Augmentation

**What does cheek filler do?** It lifts and restores volume to the cheekbones, defining facial structure.

**Will it change my face shape?** It restores youthful contours without making you look overfilled.

**How long do results last?** 12–18 months, sometimes longer.

**Is there swelling or bruising?** Mild swelling or bruising can occur, lasting a few days.

**How quickly will I see results?** Instant, with continued improvement over the next week.

**Aftercare tip** Use cold compresses for swelling and avoid strenuous exercise for 24–48 hours.

## Jawline Contouring

**What is jawline filler?** Dermal filler adds definition to the jawline, balancing facial proportions.

**Is it suitable for both men and women?** Yes—it can create a stronger jaw in men or a smoother contour in women.

**How long do results last?** Roughly 12–18 months.

**Will it look obvious?** No—expertly placed filler blends seamlessly.

**Can it be combined with chin filler?** Yes—for a cohesive lower-face enhancement.

**Aftercare tip** Sleep with your head elevated and avoid heavy pressure on the jaw for 24 hours.

## Chin Reshaping

**What does chin filler address?** It enhances chin projection and shape, balancing the profile.

**How long do results last?** Around 12 months or longer.

**Does it hurt?** Discomfort is mild; we use numbing cream.

**Will I look natural?** Yes—our goal is subtle improvement, not an exaggerated look.

**When will I see results?** Immediately, with minor swelling that settles within a few days.

**Aftercare tip** Avoid firm pressure (e.g., resting your chin in your hand) for 1–2 days.

## **Marionette Line Correction**

**What are marionette lines?** They are grooves running from the corners of the mouth toward the chin.

**How do fillers help?** They plump and smooth these lines, lifting the mouth corners.

**Is it painful?** Minimal discomfort with numbing cream.

**How long do results last?** Approximately 9–12 months.

**Will it affect my smile?** No—only the creases are softened; expression stays natural.

**Aftercare tip** Apply cold compress if needed and avoid vigorous facial massages for a day.

## **Non-Surgical Rhinoplasty**

**What is non-surgical rhinoplasty?** A precise filler treatment that shapes and straightens the nose without surgery.

**Which concerns can it address?** It can camouflage bumps, lift the tip, or improve symmetry.

**How long do results last?** Typically 12–18 months.

**Is there downtime?** Minimal: mild swelling or bruising fades within a week.

**Is it reversible?** Yes—hyaluronic acid fillers can be dissolved if needed.

**Aftercare tip** Avoid wearing heavy glasses and strenuous facial pressure for about a week.

## **Tear Trough Filler**

**What are tear troughs?** Hollowed or dark areas under the eyes that make one look tired.

**How does filler help?** It smooths the under-eye area, reducing shadows and hollows.

**Is it painful?** Only mild discomfort; we can use topical anaesthetic.

**How long do results last?** Around 9–12 months (longer in some cases).

**What are the risks?** Bruising or swelling; rare complications include lumpiness, which can be corrected.

**Aftercare tip** Sleep with your head elevated and use cold compresses for swelling.

## Temple Filler

**Why treat the temples?** As we age, temples hollow out, making the face look gaunt. Filler restores smooth contours.

**How soon will I see results?** Immediately, though swelling may last a few days.

**How long does it last?** Around 12–18 months.

**Is it painful?** Minimal discomfort with numbing.

**Will it change my face?** It simply restores volume for a healthier, balanced appearance.

**Aftercare tip** Avoid intense exercise and pressure on the temples for 24 hours.

## Full Facial Augmentation

**What is full facial augmentation?** A customised combination of fillers to enhance symmetry and balance across multiple areas.

**Who is it ideal for?** Those seeking comprehensive rejuvenation rather than single-area enhancement.

**How long does it take?** Usually 60–90 minutes depending on areas treated.

**How long do results last?** Varies—most fillers last 12–18 months; some areas may need topping up sooner.

**Is it safe?** Yes, when performed by an experienced injector with appropriate assessment.

**Aftercare tip** Follow guidelines for each treated area; avoid alcohol and exercise for 24 hours.

## Skin Boosters & Bio-Remodelling

### Profilo

**What is Profilo?** An injectable hyaluronic acid that hydrates deeply and improves skin texture without adding volume.

**How is it different from fillers?** It spreads under the skin to boost hydration and collagen rather than sculpting or adding volume.

**When will I see results?** Skin looks plumper and more radiant within a few weeks after two sessions.

**How long do results last?** Around 6–9 months with a recommended two-session course.

**Is there downtime?** Minimal—small bumps may appear at injection points and settle within 24 hours.

**Aftercare tip** Avoid makeup and intense exercise for 24 hours and stay well hydrated.

## **Seventy Hyal 2000**

**What is Seventy Hyal 2000?** A high-viscosity hyaluronic acid booster that hydrates and subtly stimulates collagen.

**How many treatments will I need?** Usually a series of three sessions spaced 4 weeks apart.

**How long do results last?** Often 6–9 months.

**Is it suitable for all skin types?** Yes—great for dull, dehydrated skin seeking a glow.

**Are there side effects?** Mild redness or swelling that resolves within a day or two.

**Aftercare tip** Avoid alcohol or aspirin for 24 hours and use gentle skincare products.

## **Jalupro**

**What is Jalupro?** A combination of amino acids and hyaluronic acid that supports skin regeneration and hydration.

**What concerns does it address?** Fine lines, crepey texture, and dullness.

**How often should I have it?** Usually a course of three sessions spaced 3–4 weeks apart.

**When will results appear?** Gradual improvements start after the first session, with maximum results a few weeks after the last.

**Are there risks?** Mild bruising or swelling at injection points; serious side effects are rare.

**Aftercare tip** Keep the skin moisturised and protected with SPF.

## **Polynucleotides (Plinest, NucleoFill)**

**What are polynucleotide treatments?** They use DNA-derived molecules to boost cellular repair, improving texture, tone, and elasticity.

**Who is it for?** Anyone seeking deep rejuvenation—often used for acne scarring, crepey skin, or thinning skin.

**How many sessions are needed?** Typically three sessions spaced 4 weeks apart.

**When will I see results?** Gradual improvements are noticeable after the first session, with cumulative benefits over 6–12 weeks.

**Is it safe?** Yes; side effects are minimal and include temporary swelling or redness.

**Aftercare tip** Avoid heat (saunas, hot baths) and high-intensity exercise for 48 hours.

## **Sculptra (Collagen-Stimulating Injectables)**

**What is Sculptra?** An injectable poly-L-lactic acid that stimulates your own collagen to restore volume gradually.

**How is it different from regular fillers?** It works over time to build your own collagen instead of providing immediate volume.

**How many sessions will I need?** Usually 2–3 sessions spaced 6–8 weeks apart.

**How long do results last?** Up to 2 years; the collagen remains even longer.

**When will I see results?** Improvements develop gradually over several months.

**Aftercare tip** Massage treated areas gently as directed by your provider for several days to ensure even distribution.

## **Skin & Rejuvenation Treatments**

### **Microneedling (with or without PRP)**

**What is microneedling?** A device with tiny needles creates micro-channels in the skin, stimulating collagen for smoother texture.

**What concerns does it treat?** Fine lines, scars, enlarged pores, and overall tone.

**What is the benefit of adding PRP?** Platelet-rich plasma uses your own growth factors to accelerate healing and boost results.

**Is it painful?** Topical anaesthetic is applied; most people feel mild discomfort.

**How many sessions are needed?** 3–6 sessions spaced 4–6 weeks apart, depending on your goals.

**Aftercare tip** Keep the skin clean, avoid sun exposure, and use gentle hydration; skip active skincare (retinoids, acids) for several days.

### **PRP (Platelet-Rich Plasma) for Skin & Hair Restoration**

**What is PRP?** A concentrate of your own platelets injected or micro-needled into the skin or scalp to stimulate healing and regeneration.

**How is it used for skin?** It improves texture, tone, and acne scars by boosting collagen.

**How is it used for hair loss?** Injected into the scalp, PRP revitalises hair follicles, encouraging growth and thickness.

**Is it safe?** Very—it uses your own blood components, so there's no risk of allergic reaction.

**How many sessions are needed?** Typically 3–4 sessions spaced 4 weeks apart.

**Aftercare tip** Avoid washing treated areas for 12 hours; keep scalp/skin clean and protected from excessive heat.

## **Chemical Peels (Superficial & Medium Depth)**

**What is a chemical peel?** A controlled application of acids to exfoliate the top layers of skin, revealing fresh, smoother skin.

**What can peels treat?** Acne, pigmentation, fine lines, and uneven texture.

**Is there downtime?** Superficial peels cause mild flaking for a few days; medium-depth peels may lead to more noticeable peeling and redness for up to a week.

**How many sessions are needed?** A series of 3–6 peels spaced a few weeks apart yields the best results.

**Is it safe for all skin types?** Yes—with personalised formulations and careful pre-treatment assessment.

**Aftercare tip** Use SPF daily, avoid picking or pulling flaking skin, and pause active skin products until fully healed.

## **Mesotherapy (Hydration, Pigmentation & Brightening)**

**What is mesotherapy?** Micro-injections of vitamins, antioxidants, and hyaluronic acid to hydrate and rejuvenate skin.

**What does it treat?** Dullness, mild pigmentation, fine lines, and dehydration.

**How many sessions are required?** Usually 3–6 treatments spaced 2–4 weeks apart.

**When will I see results?** Skin looks more radiant after the first session, with cumulative benefits over time.

**Is it painful?** Slight discomfort; we use very fine needles and can apply numbing cream.

**Aftercare tip** Avoid makeup for 12 hours, stay hydrated, and protect skin with SPF.

## **Laser Hair Removal**

**What is laser hair removal?** Concentrated light targets hair follicles, inhibiting future growth.

**How many sessions do I need?** Typically 6–8 sessions spaced several weeks apart for long-term reduction.

**Is it safe for all skin tones?** With the right technology and settings, yes; a consultation will determine suitability.

**Does it hurt?** Sensation varies—most describe it as a quick snap; cooling devices or numbing can help.

**Are the results permanent?** It offers long-term reduction; occasional maintenance may be needed.

**Aftercare tip** Avoid sun exposure and hot showers for 24 hours; don't wax or pluck between sessions.

## Laser Skin Resurfacing

**What is laser resurfacing?** It uses targeted energy to remove damaged outer skin layers and stimulate collagen.

**What can it improve?** Fine lines, scars, texture, and pigmentation.

**What types of lasers are used?** Ablative (more intense) and non-ablative (gentler) lasers—your provider will advise.

**Is there downtime?** Non-ablative lasers have minimal downtime; ablative lasers can require several days of recovery.

**How many sessions are needed?** Depends on concerns; 1–3 sessions for ablative, more for non-ablative.

**Aftercare tip** Follow your provider's regimen strictly—use gentle cleanser, moisturiser, and high-SPF sun protection; avoid picking or scratching.

## Laser Treatments for Pigmentation & Vascular Lesions

**What do these treatments target?** Brown spots (sun damage, melasma), redness, broken capillaries, and other vascular lesions.

**How does it work?** Specific wavelengths of light break down pigment or coagulate blood vessels, which are then cleared by the body.

**Does it hurt?** Feels like small snaps; cooling helps.

**How many sessions are required?** Typically 1–3 for vascular lesions and more (4–6) for stubborn pigmentation.

**Will the pigmentation return?** Treated spots often clear, but new pigmentation can form without sun protection.

**Aftercare tip** Avoid sun exposure for several weeks and use broad-spectrum SPF daily.

## Hair Restoration

### PRP for Hair Loss

**How does PRP treat hair loss?** Growth factors from your own blood are injected into the scalp to stimulate dormant hair follicles.

**Who is a good candidate?** Men and women with thinning hair or early hair loss—not severe baldness.

**How many sessions are needed?** Usually 3–4 sessions spaced about a month apart, with maintenance every 6–12 months.

**When will I see results?** New growth often appears after 3–6 months.

**Is it safe?** Yes—it's autologous (using your own blood), so there's minimal risk of reaction.

**Aftercare tip** Avoid washing your hair for 12 hours and refrain from harsh styling for a day or two.

## Mesotherapy for Scalp Stimulation

**What is scalp mesotherapy?** Vitamin and peptide injections stimulate circulation and nourish hair follicles.

**What issues does it address?** Hair thinning, lack of volume, and scalp health.

**How many treatments are required?** Often 6–8 treatments weekly or biweekly, then maintenance.

**Is it painful?** Mild stinging; numbing is available.

**When will I see results?** Hair often feels fuller and healthier after a few months.

**Aftercare tip** Keep the scalp clean and avoid heavy styling products for 24 hours.

## Medical Hair Restoration Programmes

**What do medical programmes involve?** A personalised combination of medications, topical treatments, and in-clinic therapies like PRP or mesotherapy.

**Who benefits from medical hair restoration?** Individuals with genetic hair loss, hormonal thinning, or post-pregnancy shedding.

**How long does it take to see results?** Noticeable improvement may take 3–6 months, as hair growth cycles are long.

**Do I need to stay on the programme long-term?** Yes—maintenance is usually needed to sustain results.

**Are there side effects?** Potential side effects depend on the medications used; your doctor will discuss them.

**Aftercare tip** Follow your prescribed regimen consistently and keep regular check-ups to monitor progress.

## Body Contouring & Other Procedures

### Fat-Dissolving Injections (Aqualyx, Deso)

**What are fat-dissolving injections?** Deoxycholic-acid-based solutions that break down stubborn fat pockets, which your body then metabolises.

**What areas can be treated?** Double chin, jowls, stomach, flanks, thighs, and other localised fat deposits.

**How many sessions are needed?** Typically 2–4 sessions spaced 4–6 weeks apart.

**Are results permanent?** Once fat cells are destroyed, they don't return—but healthy habits are needed to maintain contours.

**Is there downtime?** Swelling, redness, or tenderness for several days is common.

**Aftercare tip** Avoid heavy exercise for a day, apply gentle compression if recommended, and stay hydrated.

## Cellulite Reduction Treatments

**What causes cellulite?** Fat pushing against connective tissue, creating a dimpled appearance.

**What treatments are available?** Options include injectable collagenase, mechanical massage, radio-frequency, acoustic wave therapy, and topical products.

**How many treatments will I need?** Depends on modality—often a course of 3–6 sessions yields noticeable improvement.

**Is it painful?** Generally tolerable; treatments like acoustic wave therapy may feel like firm massage.

**How long do results last?** Several months to a year; maintenance helps prolong results.

**Aftercare tip** Stay hydrated, maintain a balanced diet, and keep up regular exercise to support circulation.

## Skin Tightening (RF & HIFU)

**What are RF and HIFU?** Radio-frequency delivers heat to deeper skin layers, while high-intensity focused ultrasound targets deeper structures—both stimulate collagen and tighten skin.

**What areas can be treated?** Face, neck, abdomen, arms, thighs—anywhere with mild skin laxity.

**Is it painful?** RF feels warm; HIFU can cause brief prickling or slight discomfort but is generally well tolerated.

**How soon will I see results?** Some tightening can be immediate; best results develop over 2–3 months as new collagen forms.

**How many sessions are required?** RF: typically 4–6 sessions; HIFU: often 1–2 sessions per year.

**Aftercare tip** Avoid heat exposure (hot baths, saunas) and vigorous exercise for 24 hours, and protect treated skin with SPF.

# Medical Skin Care & Prescriptions

## Medical-Grade Skincare Consultations

**What is a medical-grade skincare consultation?** A doctor analyses your skin and prescribes professional-strength products tailored to your needs.

**How is it different from over-the-counter skincare advice?** Formulations are stronger and targeted; recommendations are based on clinical expertise.

**Who benefits from it?** Anyone with concerns like acne, rosacea, pigmentation, or age-related changes.

**How often should I review my regimen?** Every few months or when your skin needs change.

**Are medical products safe?** Yes—when used correctly under guidance; they undergo strict testing.

**Aftercare tip** Follow instructions exactly and introduce new products gradually to minimise irritation.

## Prescription Treatments for Acne, Rosacea, Pigmentation & Ageing

**What prescription options exist?** Topicals like retinoids, azelaic acid, antibiotics, hydroquinone, and oral medications depending on your condition.

**Do I need a consultation first?** Yes—a medical evaluation ensures the right diagnosis and safe prescription.

**How long before I see results?** Improvements can take several weeks to months—consistency is key.

**Are there side effects?** Prescription treatments may cause dryness, redness, or sensitivity; these usually subside as your skin adjusts.

**Will I need maintenance therapy?** Often yes—conditions like acne or melasma require ongoing management to prevent recurrence.

**Aftercare tip** Use gentle cleansers, moisturisers, and daily sun protection; report any significant irritation to your doctor.