

EMMA J
AESTHETICS



The
Magazine

SHARON'S AMAZING TRANSFORMATION

DERMAL FILLERS

ULTHERAPY

REJUVENATION

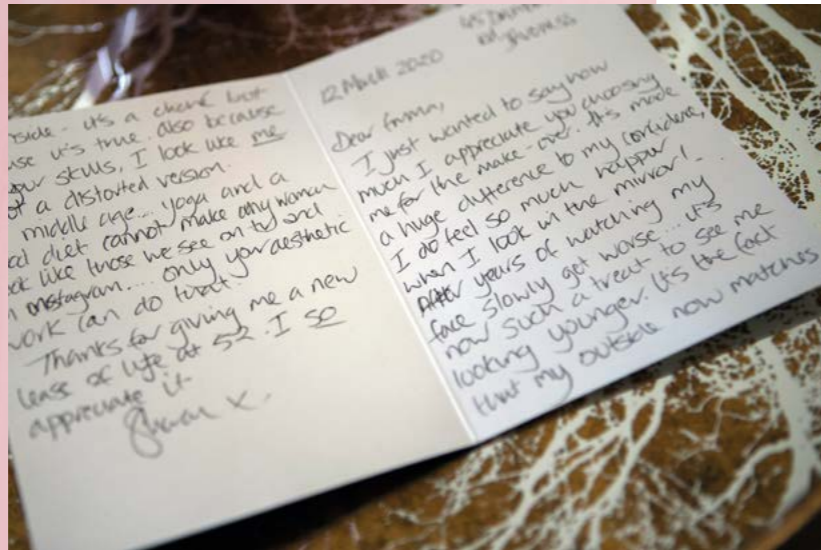
BEGINS BENEATH
THE SURFACE

SKIN MYTHS



Welcome to the latest edition of Emma J Aesthetics – The Magazine!

Sharon's thank you card



I do feel so much happier when I look in the mirror!

"It's made a huge difference to my confidence, I do feel so much happier when I look in the mirror! After years of watching my face slowly getting get worse.. it's such a treat to see me looking younger. It's the fact that my outside now matches my inside -It's a cliché but it's true also because of your skills, I look like me...not a distorted version. In middle age – yoga and diet cannot make a woman look like those we see on TV and on Instagram...only your aesthetic work can do that.

Thanks for giving me a new lease of life at 52. I SO appreciate it."

Sharon x

In this edition we are going to look in detail at a recent transformation of a lovely patient, Sharon, who was a newcomer to the world of medical aesthetics. In addition, we will take a look at the latest advances from ZO in skin care, hand rejuvenation, invasive and non-invasive treatments and busting a few skin care myths.

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Sharon's Amazing Transformation

At initial consultation Sharon stated that *"I didn't want to necessarily look younger - rather just be the best I can be for my age"*.

On talking further with Sharon, she confessed that looking at photos of herself the images did not reflect the person inside! *"you look tired"* – but she wondered why people kept saying that *"I looked grumpy – but really why as I certainly didn't feel it?"*

Here at Emma J Aesthetics we specialise in correcting volume loss and creating a natural look using a combination of Collagen stimulating products including Radiesse and Hylauronic acid fillers such as Belotero. Bespoke treatment plans and personal service are the hallmarks of Emma's treatments.

"I didn't want to necessarily look younger – rather just be the best I can be for my age".



Before



After

So, let's look at the treatments that Sharon had at Emma J Aesthetics, the sequence and the science behind the treatment.



Step 1

Ultherapy – to stimulate collagen & fibroblasts to lift & tighten the skin of the face, jaw line & most importantly the neck.

Step 2

Muscle relaxing treatments using Botulinum Toxin to frown and crow's feet lines.

Step 3

Collagen stimulating dermal filler – Radiesse to the mid face, cheeks and jaw line.

Step 4

Hyaluronic acid dermal fillers - Belotero Volume to the mid face and cheeks.

Step 5

Hyaluronic acid dermal fillers to the lines around the mouth and marionette region.

Step 6

Hyaluronic acid dermal fillers to the lip outline and to add volume.

Step 7

Hyaluronic acid dermal fillers – to the area below the eye – the anatomical tear trough.

Ultherapy

Sharon's first treatment was Ultherapy - a non-surgical aesthetic procedure that uses focused ultrasound to stimulate the growth of new collagen deep within the skin. This is the first treatment of its kind available in the Highlands. It is a treatment that helps to counteract the effects of time and gravity without downtime. A non-surgical lifting procedure to gradually strengthen your skin from deep within.

Following an in-depth consultation, we discussed treatment options, and created a treatment plan for Sharon and showed how Ultherapy could help her.

Of particular concern to Sharon at the beginning of her journey was the appearance of jowls and the loss her once defined neck and jawline.

On her first session we treated Sharon's upper face and neck area aiming to lift and tighten the skin naturally without surgery or downtime.

So, what is Ultherapy?

It is the only non-surgical aesthetic procedure that uses focused ultrasound technology to stimulate the growth of new collagen deep within the skin using precise visualisation. Ultherapy works by repairing and strengthening tissue by stimulating the growth of new collagen deep within the skin at what is known as the SMAS layer.

The production of collagen and the lifting and tightening effect occurs over time, so results become more apparent over the subsequent three to six months.

It is the only procedure to use ultrasound imaging, allowing us to visualise the layers of the tissue we target during treatment. Here Emma can direct the energy onto the SMAS layer of the skin (the area that plastic surgeons work during face lifts to create the lifting and tightening effect).

After an Ultherapy procedure, you can resume your usual lifestyle and activities and sit back and wait for results naturally.



Notice the tightening and definition of the jaw line, definition of the chin area and correction of marionette lines.



Botox

As part of Sharon's initial assessment, we looked at the lines on her forehead, her frown area, and the laughter lines around the eyes (Crow's feet!) Lines are classified as being either "dynamic" - lines caused directly by muscle contraction or "passive" - usually a result of gravity!

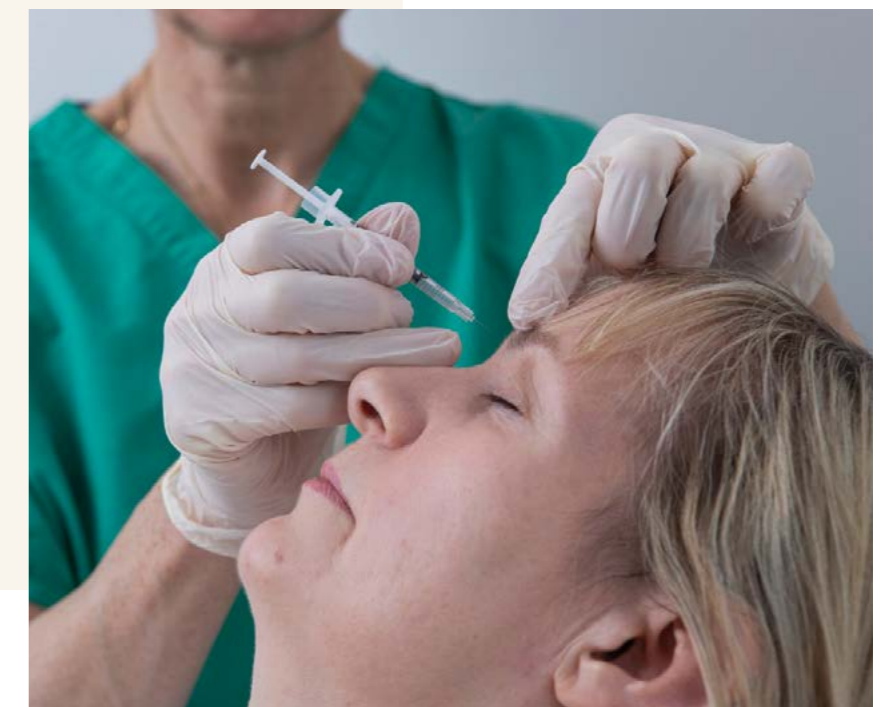
Botulinum toxin (Botox®), when injected into muscle causes a temporary paralysis lasting approximately 12-16 weeks. By carefully evaluating which muscles are overacting we are able to selectively relax them and thereby soften dynamic lines. It takes between 7-14 days to reach maximum effect. Regular treatments of these areas result in softening of the muscles and progressive improvement. Careful

placement ensures only the targeted muscles are treated leaving some residual function maintaining a natural look.

Contrary to the alarmist articles in the popular press, Botox® treatment when carried out by an expert, is extremely safe; in her NHS work, Emma uses Botox® frequently to correct entropion, (where the eyelid inwards) and to reduce spasms in the muscles around the eyes.

Sharon's assessment revealed dynamic frown and forehead lines, as well as impressive laughter lines; all perfect for treatment.

Careful placement ensures only the targeted muscles are treated leaving some residual function maintaining a natural look.



Rejuvenation begins beneath the surface!

Sharon, although having a beautiful face, lacked volume in both the upper and lower facial areas – combined with changes to her collagen type and production. As the skin ages, the wrinkles and lines on the surface begin to reflect the changes happening below the surface!

In young healthy skin the constant movement and interaction with the dense collagen scaffolding network stimulates dermal fibroblasts to continually renew the primary components of the skin keeping it firm and elastic.

Over time this “power switch” starts to fail. Gradual loss of collagen due to intrinsic and extrinsic ageing factors deprives the fibroblasts of mechanical stimulation, switching them to an “off” state. As a result, the fibroblasts lose their skin-renewing ability- intensifying the appearance of ageing signs.

Radiesse – what is it?

An injectable dermal filler, it differs from the Hyaluronic acid fillers in being both significantly firmer and having a biochemical stimulatory effect on collagen production. A firm clear gel contains microcrystals of Calcium Hydroxyapatite that is injected into the deep dermis, sub-dermis, and subcutaneous tissue layers.

So, in effect two functions – providing a firm replacement scaffolding for the skin structures whilst at the same time switching fibroblasts “on” to produce new elastic healthy collagen and skin.

Results are seen immediately from the scaffolding and supportive effect of the filler, but peak benefit is usually seen by about eight weeks, when the gel has been absorbed and maximum bio-stimulation has occurred. Improvements to elasticity and skin continue to be seen for many months.

With Sharon we used the power of Radiesse to help provide a strong structure to her mid face & cheeks and to her jaw line before using the softer Hyaluronic acid fillers to further enhance her overall appearance.



Time turns the skin off!

Loss of fibroblast activity is a key event in skin ageing. But what can we do about it?

Radiesse turns the skin back on!

Radiesse is a different type of injectable dermal filler - not only supplying structure in its own right, but also providing the stimulus to turn on the fibroblasts once again.



Dermal Fillers - Natural Results Every Time

The signs and symptoms of the natural ageing process can be reduced by replacing lost hyaluronic acid.

Belotero is an ideal product that creates natural looking contours regardless of whether you want to enhance facial features, change proportions or restore natural volume.

BELOTERO®

So what is HA dermal filler?

Hylaronic acid is a natural ingredient that is found in the body, but diminishes as we age. Hylaronic acid dermal fillers are a popular means of restoring volume to the facial structure. These are perfect for creating a more youthful, rejuvenated but totally natural appearance such as with Sharon, basically replacing the volume she once had. The high levels of HA in the dermal fillers have the effect of attracting and retaining water, instantly improving the skin's appearance and texture by restoring its natural plumpness.

With Sharon's transformation we used Belotero Volume, Belotero Intense and the combined duo - Belotero lips.

Belotero Volume is an ideal option to create natural, round and harmonious shapes, regardless of whether you want to enhance specific facial features, change facial proportions or restore natural volume loss with age. It allows you to achieve a balance between volume and lifting, leading to refined natural results.

This product is perfect for treating the temples, cheeks, chin and jawline.

With Sharon we treated her mid face, cheek and chin area with Volume creating fantastic results as you can see.

In order to create strength and add volume to Sharon's lips plus remove her perioral lines (often know as smokers or bar code lines) we used Belotero lips from Merz.

This offers a two part product package; two 0.6 ml syringes - one offering a slightly less viscous dermal filler for the lip border and delicate perioral lines and another syringe offering a more viscous dermal filler concentrating on volume replacement.

Natural results every time!

Sharon had 0.6ml Belotero Contour to restore the definition and to add strength to her lip. 0.6ml of Belotero Shape to replace lost volume to the upper and lower lips.

This treatment corrected Sharon's fine upper lip lines also adding strength and volume to the body of the lip. This creates a rejuvenated but natural result.

Belotero Intense was used for her nasolabial lines to provide a natural look.

In summary these Hylaronic acid dermal fillers last over one year making your skin treatments a good and lasting investment!

Belotero Volume is an ideal option to create natural, round and harmonious shapes.



Before



After

The Fundamental Five

With every before and after carried out it is important to start with the skin. At consultation Sharon told me she just used basic “over the counter skincare for years”! Her skin was actually very good showing only a few signs of UV damage and ageing however at the age of 52 we know for sure that her fibroblast and collagen production will have slowed down.

It is important with all the skin care protocols to start with the fundamental five from ZO – please see the steps on next page. I always say every second person I see is following the ZO protocols, showing how popular it is! Protocols with products that actually work!

Skin health is my passion and it is fundamental to my job. Aesthetic procedures are wonderful, but even more wonderful on a fabulous canvas. Therefore, I would view skin health as the absolute foundation of what I do.

So just what is the Fundamental Five from ZO?

The Fundamental Five was developed by dermatologist Dr Zein Obagi and is a carefully selected group of skincare products recommended by Emma to exfoliate and rejuvenate your skin. A set of products to wake up those sleepy skin cells in to producing more fibroblasts and collagen!

In 5 easy steps you can transform your skin to younger, healthier looking skin –

1. Exfoliating Cleanser
2. Oil Control Pads
3. Exfoliating polish
4. Daily Power Defence
5. ZO Sunscreen

The next stage for Sharon will be to gradually start adding in Retinol products – all will be explained later.



1 - Exfoliating Cleanser

Cleansing is an important first step for all skin types but especially for oily, acne prone skin. The Exfoliating cleanser contains micro beads to exfoliate and unclog pores whilst containing encapsulated Vitamin E to provide antioxidant properties.

Also available

Hydrating Cleanser – formulated with panthenol and allantoin which has hydrating and calming properties.

Gentle Cleanser – designed to remove impurities, deep clean clogged pores – can be used for all skin problems – great for make removal and for men an alternative for shaving.

Directions for use; Apply a small amount on to damp skin twice a day. Cleanse for 40 – 60 seconds then rinse.

2 - Oil Control Pads

These Oil control pads are formulated with 2% salicylic acid to minimise surface oil and reduce break outs, reduce pores, restore hydration also anti irritant properties to soothe the skin and reduce redness.

Also available

Complexion renewal pads - Moistened in 2% salicylic acid these acne skin care products remove oil and reduce sebum production and exfoliate dead skin cells to prevent clogged pores and calm and soothe acne skin.

Directions for use - use twice daily.



3 - Exfoliating Polish

Magnesium crystals exfoliate dead skin cells and help to create a clearer smoother, more even toned complexion. Ideal for all skin types to promote exfoliation and enhance product penetration, contains VIT C, A, E for antioxidant protection. This product is a firm favourite with Emma J Aesthetic clients.

Also available

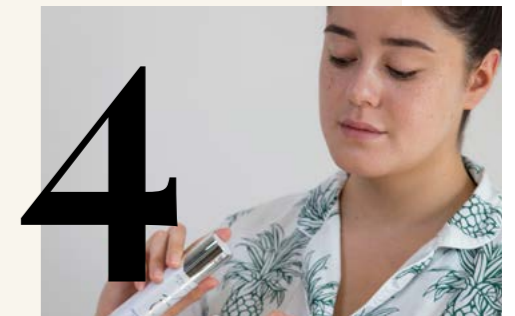
Dual Action Scrub - exfoliation helps to remove dead skin cells and excess surface oils that can lead to clogged pores. **Directions for use - use once a day - start gradually.**

4 - Daily Power Defence

Dr Zein Obagi's Hero Product! - this is used in all of his system programs.

Daily Power Defence is your time released retinol product and anti oxidant designed to speed up the skins natural mechanism to repair damage and protect against future damage. The best part is this product stimulates collagen to remove fine lines and wrinkles and tightens and firms the skin!

Direction for use - Use twice a day.



5 - ZO Sunscreen

Sunscreen is an essential step in your skincare routine and should be worn everyday. It provides a broad spectrum UVA/UVB defence and shields skin from high energy visible HEV light.

ZO sunscreens provide exclusive 12 hour time released antioxidant complex providing all day protection to neutralise free radicals.

Containing universal tints some with a silky matte finish to reduce appearance of skin imperfections.

Directions for use - every morning.

Sharon's Journey



The final stage of Sharon's journey – a hair makeover from Charlotte Irvine, "Hair We Stay" – styling from Emma, and some brilliant photography from John Baikie Photography.

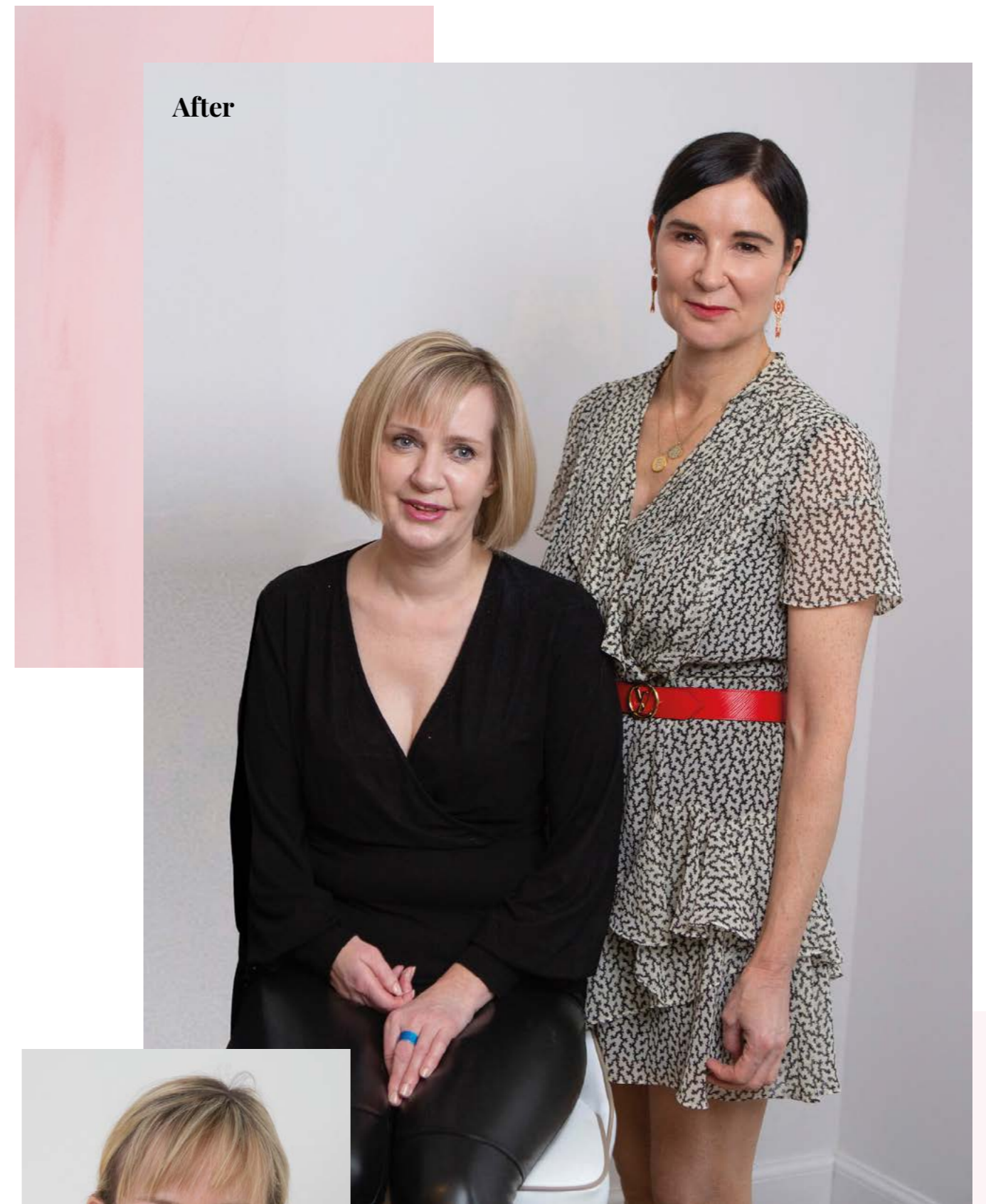
"It's made a huge difference to my confidence"

"I do feel so much happier when I look in the mirror"

"My outside now matches my inside"

All of Sharon's treatments are readily available from Emma – care and attention to detail keeping results natural, using the absolute best medical aesthetic products currently available. This combined with Emma's skill and passion for medical aesthetics gives the gold standard for non-surgical treatments in the Highlands.

Product has been provided by Merz Pharma UK Ltd., who had no influence over the content of the article or patient selection.



Emma's skill and passion for medical aesthetics gives the gold standard for non-surgical treatments in the Highlands.

Wake up sleepy skin cells!



We are constantly bombarded with glossy ads and claims that products will reduce the appearance of lines and wrinkles or will take 5 years in appearance off us. It is enough to give you more wrinkles just trying to figure it all out.

By using Retinol in your skin care regimen, you will wake up sleepy skin cells and blast them into producing collagen and elastin. Retinol is the most effective anti-ageing treatment available without prescription.

What is Retinol and what does it do?

Retinol (a derivative of vitamin A) was originally prescribed as both a topical and oral acne treatment. It soon became apparent that Retinol stimulated fibroblasts at the dermal layer resulting in healthier collagen and elastin production, helping fine lines and wrinkles. But it's not just fibroblast stimulation! Retinol helps to reduce pigmentation, coarse skin texture and repair sun damage. Perfect too, at regulating the overproduction of oil and sebum thereby helping reduce the frequency and severity of breakouts and improve the appearance of pores.

Retinol is action packed! And there is no action without reaction! Once Retinol converts to retinoic acid in the skin it really starts to work. Getting the results means going through the inevitable phases of Retinol therapy - initial redness, dryness, sensitivity and flaking, however the benefits are well worth a short period of discomfort! These reactions will all settle within a relatively short time.

Retinol also stands out in the anti-ageing crowd because it has a molecular structure small enough to allow it to penetrate the skin's outer layer (epidermis). It penetrates to the level of the deep dermis stimulating cellular turnover. Molecules that are too large will simply sit on the surface of the skin and will not be effective.

Let's take a look at the ZO products containing Retinol that work alongside "The Fundamental Five" that I talked about earlier.



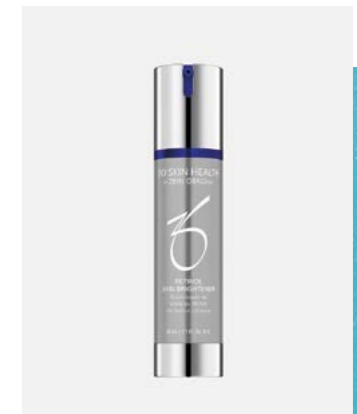
Wrinkle and Texture repair - 0.5% Retinol

Wrinkle and texture repair cream supports the visible improvement of skin's texture, firmness and colour tone, while reducing the appearance of fine lines and wrinkles.

Skin Brightening Cream - available in 0.5% or 1% retinol

Formulated to help reduce skin discolouration and even skin tone, also indicated to treat hyperpigmentation and sun damage.

This is an effective non-prescription product for treating hyperpigmentation.



Radical night repair

Formulated with 1% retinol to improve skin texture and uneven pigmentation and to minimise the appearance of fine lines and wrinkles. Can be used also as five day home peel for experienced retinol users. This expert skin care product contains skin defenders that target multiple signs of ageing such as UV damage and ageing skin more effectively than any other anti-ageing treatment.

When thinking about taking that next step to include Retinol in your programme consult with Emma about the best choice for you - helping you achieve your skin goals!

Hands up!!

All those hours you spend at the gym and all those anti-wrinkle injections and creams you spend on your face – if you are not taking care of your hands, you're advertising to all how many candles you'll be burning on your next birthday!

Hands can age much faster than the face because the skin on the back of your hands is much thinner. There is little fat on the back of the hands so when collagen & elastin fibres break down due to age & sun damage the loss of skin tone & volume becomes very apparent.

Years of sun exposure plus general ageing can lead to crepey crinkle like skin, prominent veins & tendons, hollows between the metacarpals giving an almost skeletal appearance, plus patchy pigmentation & sunspots all conspire to give away our age.

But don't worry you don't have to throw your hands up in horror or give up without a fight! At EJA there are selected treatments to revitalise and refresh your hands to match your face.

Treatments for hands

Similar to the face, losing collagen & fat support is like deflating a balloon, but fortunately Hyaluronic acid fillers offer excellent results in the back of the hands with no significant down time.

For severe volume loss fillers such as Belotero Volume or Juvéderm Volift can be injected deep to the dermis to provide support & structure & reducing the appearance of the prominent bones, vessels & tendons.

For less severe loss or those just wanting a light refresh & hydration, Restylane Vital (a course of 3) or Volite (usually 1 or 2 treatments) can produce amazing results. Multiple micro injections into anaesthetised backs of the hands

followed by a gentle massage rehydrates & softly plumps the skin giving a healthy, much younger appearance.

These treatments are virtually painless and take 30 minutes max to complete and should give at least 12 months improvement

Unsightly keratoses and pigmented sunspots can be effectively removed with 2 or 3 treatments (after careful checking to confirm the diagnosis) using a technique called Cryotherapy (local freezing)– this quick treatment gives fabulous results without surgery & comparable to laser or IPL.

Don't neglect the appearance of the backs of your hands – they can give away a lot of secrets and treatments are readily available!



Skin Myths



Hopefully, you have a regular skin care routine that you follow every morning and evening— but you might also do (or skip) certain things based on advice you have heard over the years. The thing is, there are lots of skin care myths floating around. It's time to clear the air and put these myths to rest so that you can make informed decisions when it comes to caring for your skin. Ready to get schooled?

SKIN CARE MYTH 1:

Sleeping in your make up is totally fine

Well I get it: After a long day, the last thing you want to do is drag yourself to the bathroom to wash off a full face of makeup. Snoozing in your foundation is not exactly the best idea. In fact, far from it. When you sleep with your makeup on, it can mix with dirt and oil that have built up on the surface of your skin throughout the day, which can lead to clogged pores. This can ultimately lead to breakouts. Don't even think about make up wipes - replace with ZO Gentle Cleanser perfect for makeup removal.

SKIN CARE MYTH 3:

I'm too young to start using eye cream!

Even if you're not showing any visible signs of aging around your eyes just yet, it's never too early to start using an eye cream. The skin around your eyes is thinner and more delicate than the rest of your face, so it tends to show signs of aging first. Emma always recommends Intense Eye Cream from ZO as an all-round winner with results that show!...

SKIN CARE MYTH 5:

You need to drink 8 glasses of water for good skin

Drinking more than what your body needs has no effect on your skin condition, if it were that easy, we would never be away from the water fountain! If you want to try drinking more water, there is nothing wrong with that...however its topical treatments that are needed when it comes to hydration of the skin!

SKIN CARE MYTH 2:

You can skip the sunscreen if it's not sunny outside

If you thought SPF was only a necessity on days when you're hanging out at the beach, it's time to get your head out of the clouds! Emma J Aesthetics wants you wearing broad-spectrum SPF every day—even when the skies are grey. Consider the ZO family of Sunscreen protection products – offering broad spectrum protection against UVA, UVB and High Energy Visible light (HEV).

SKIN CARE MYTH 4:

You need to use moisturiser

Dr Zein Obagi quotes " women (although this of course still applies to men) abuse moisturisers" – he advocates by using moisturisers we feed our skin cells oil and water, resulting in sleepy in-active cells. These Cells then slow down collagen and fibroblast production and ultimately our skin ages. So, ditch the moisturiser and start your journey with ZO! Have a consultation with Emma about ZO and what's best for you! (...let's NOT be afraid to get those skin cells working and rejuvenating!)

Product must haves!



Firming Serum

Firming serum works on the dermal epidermal junction, stimulating fibroblast activity to create new collagen and elastin, without DOWNTIME! This serum is easy to add into your skincare routine and is suitable for all skin types and sensitive areas. As you know Emma is very passionate about ZO and the results she has observed over years of herself using the products and following protocols.

Lets find out more! What does this FIRMING SERUM actually do?

- **Visibly tightens and firms the skin**
- **Improves the appearance of sagging and skin laxity**
- **Helps to define facial contours**
- **Supports healthy skin structure and the skins natural renewal process**
- **Defends against free radicals**

ZO Sunscreen & Powder Broad-Spectrum SPF 30

Sunscreen + Powder Broad-Spectrum SPF 30 is powered by Triple-Spectrum Protection® and exclusive ZO® antioxidant technology to deliver superior skin defence with a hint of advanced colour pigments. The densely packed, ultra-soft bristles provide a seamless + even application of powder and is designed to prevent shedding + fraying. Available in three universal shades: light, medium + deep.

Benefits

- **Maintains hydration and absorbs surface oil to minimise shine**
- **Provides buildable coverage with colour-enhancing pigments + light-reflecting minerals for a luminous glow**
- **Leaves skin feeling smooth**
- **Can be applied over makeup and re-applied throughout the day**



Why choose Emma



When searching for the right place and professional you can trust for aesthetic treatments, It's more than just knowing anti-ageing ingredients, peptides, acids, collagen and compounds. It's about consulting with a true medical professional; the holistic understanding which comes from a one to one appointment; the discussion with regard to what you would like and what will be right for you; a personal approach that puts you first and sees you as the complete person you are. The search stops with expert medical aesthetic treatments from Emma J Aesthetics.

A Harley Street trained advanced medical aesthetic practitioner and registered general nurse who's equipped with over 20 years of both ophthalmic and nursing experience. Emma has extensive training in all aspects of medical aesthetics. She is in addition a recognised expert in the use of Botulinum Toxin both therapeutically and aesthetically such as simple frown line correction to complex treatments such as migraine prevention and treatment for hyperhidrosis.

She is a regular attendee at international conferences to maintain a high professional training, keeping her at the forefront of Aesthetic Medicine and her commitment to the very best and safest of aesthetic medicine practices.

My Approach to Skincare

I believe that a more holistic approach to skincare is the way to ensure that my patients receive the best treatment and, consequently, best results as they can. Your skin is your outermost line of defence and so it is natural that it should bear the scars of life's battles, whether it be stress, time, or exposure. Similarly, there should be an awareness that skin evolves and changes. What it needs at one time in your life may be quite different to what it needs in another, or even just a different time of year.

At Emma J Aesthetics, we pride ourselves on developing a steady and long lasting relationship with our patients, to get to know you and your skin so that we can be confident that we are optimising your routine at every step of the way.

Skin Health is my passion. It is fundamental for my job. Aesthetic procedures are wonderful, but even more wonderful on a fabulous canvas. Therefore, I view skin health as the absolute foundation of what I do.



Ultherapy

KICKSTART YOUR COLLAGEN.

*Kirsty Gallacher,
Ultherapy® Brand Ambassador*

Ultherapy - The Treatment You Need Now!

The only clinic in the Highlands to offer the acclaimed non-surgical face lift.

A panel of experts have judged Ultherapy to be the gold standard for lifting and tightening your skin. If it can deliver a sculpted jawline like Kirsty Gallacher's, (broadcaster and fitness guru) you will want to find out more!

"Patients are beginning to appreciate good skin requires a multi layered treatment approach - Ultherapy plays a major part to this!" Emma J Lowe

Ultherapy

Get in touch today to book your consultation with Emma
Call: 01463 830149 or visit our website:
www.emmajaesthetics.co.uk



Before



After

Ultherapy



Before



After



GET IN TOUCH

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