

A woman with shoulder-length blonde hair is smiling and looking upwards and to the right. She is wearing a grey hoodie and has a black camera with a lens attached, slung over her shoulder. The background is a soft, out-of-focus outdoor setting.

3D HIFU
NON-SURGICAL FACE LIFTING

Give
yourself
a lift!

VISIBLY FRESHER,
BUT STILL 100% YOU
WITH 3D HIFU



3D HIFU NON-SURGICAL FACE LIFT

- Results in the formation of new collagen to lift and tighten the skin
- Skin rejuvenation
- Brow and jowl line lifting
- Treatments for face and neck
- One-off treatment
- Safe alternative to surgery

RESULTS THAT SPEAK FOR THEMSELVES!



Achieve Visible face lift results without the downtime, incisions or cost of surgery!

3D HIFU provides a quick, safe effective treatment to help combat some of the signs of ageing and restore youthful looking skin on the face. Clinically proven and endorsed by surgeons as a safe alternative to going under the knife.

This treatment targets deeper layers of the skin including the SMAS layer. SMAS, is the layer of tissue or membrane that connects your face and neck muscles to your skin. It includes muscles, fibres, collagen, and fat.

As you age, your skin and the SMAS lose its elasticity . These changes result in sagging cheeks along the jawbone, excess skin, and often a "double chin". HIFU works to rejuvenate the SMAS and layers of the skin through High Intensity Focused Ultrasound (HIFU) energy. HIFU Causes collagen stimulation which reduces the appearance of fine lines and wrinkles, improving the look and feel of loose skin.

Treatment can be done over the whole face or targeted to certain areas such as the jaw line or brows.

HIFU is a one off treatment with results building between 2 – 6 months and lasting up to 24 months.

HIFU Treatment Explained

How HIFU works

During the full face HIFU treatment, 3 different cartridges are used each penetrating the dermis at different levels, see next page. These cartridges can be thought of as letting off heat bombs that are being dropped into the skin targeting down to the bottom layers of the skin and repairing the SMAS layer. As the SMAS layer weakens it causes the skin to drop, without a SMAS layer there is no net to keep the collagen and epidermal wall in the face. A weakened SMAS layer results in drooping jowls and prominent nasofold lines.

The heat bombs are ultrasound that generate heat of approximately 65°C in the dermis. This heat causes cellular friction in precise target-point areas which cause spaced 'wounds' in the dermis. This stimulates the skin's wound-healing response that in turn stimulates tissue repair leading to lifting and tightening in the skin. The repair of the skin can take 90-180 days as the rejuvenation process works.

The result

The result is what is called a pinch, pull result - ask your therapist to demonstrate this during your consultation.

The top layer of the skin is unaffected by the heat as the heat builds as it travels into the skin however there is a slight erythema on the skin.

After treatment there is an immediate plumping in the top layer of skin due to the heating of the collagen line in the epidermis this results in dewy, glowing skin for 4 - 6 weeks post treatment. Following on from this, there is a weekly skin tightening effect, the optimal results are seen at 12 weeks as the skin structure tightens.

The thicker the collagen has become the longer the results will take to appear. In more mature skin types a course of Dermaforce treatments are recommended prior to HIFU to increase results.

What to expect

During your consultation your therapist will carry out a patch test on your cheek this is to determine your suitability to treatment and which settings will be used. Your patch test must be done no sooner than 48 hours before treatment and within 4 weeks of your treatment.

On your treatment day your therapist will cleanse your skin, take your pre-treatment photos, mark the treatment area and begin treatment. After the HIFU treatment is completed a cooling hyaluronic mask is applied to soothe and hydrate, Photos are also taken at the end of treatment. 3 months later, you will return for your post-treatment check in and photos.

There are three stages of treatment with different cartridge depths to target 3 layers of the skin

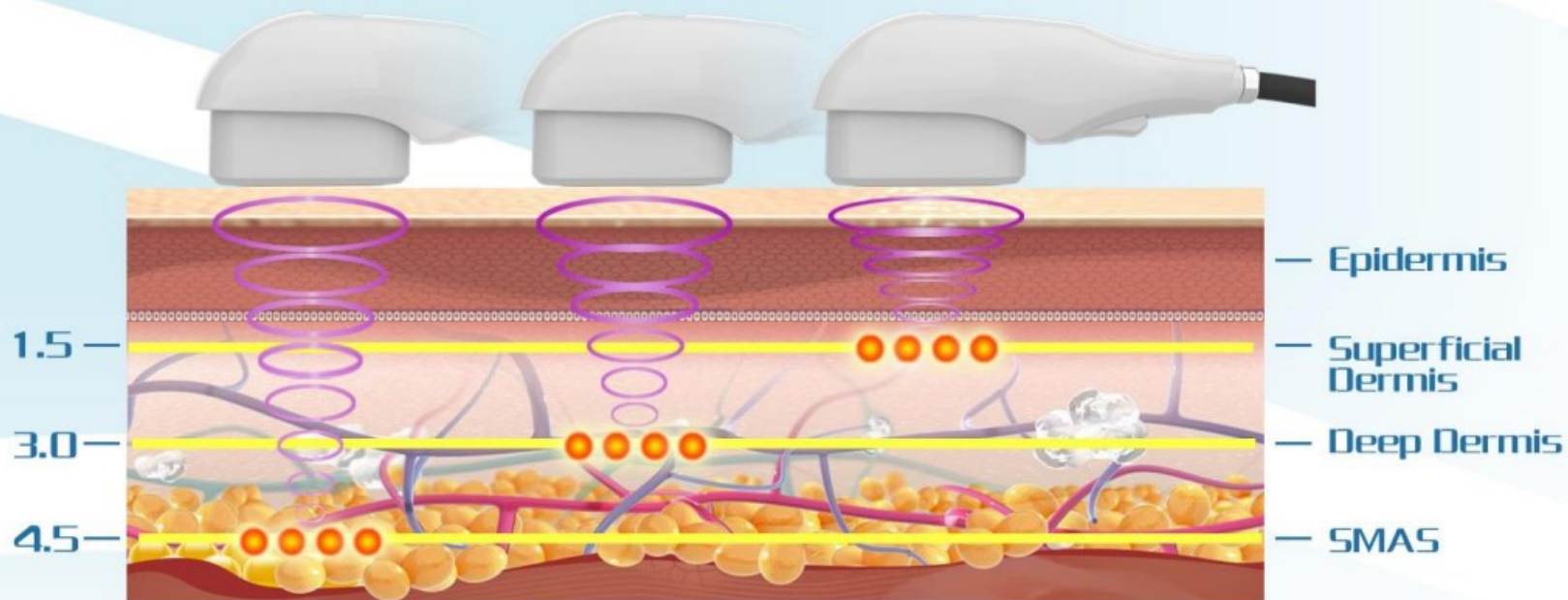
3D
OD

Triple Layer (SMAS, Deep dermis, Superficial Dermis) Lifting

4.5mm
SMAS

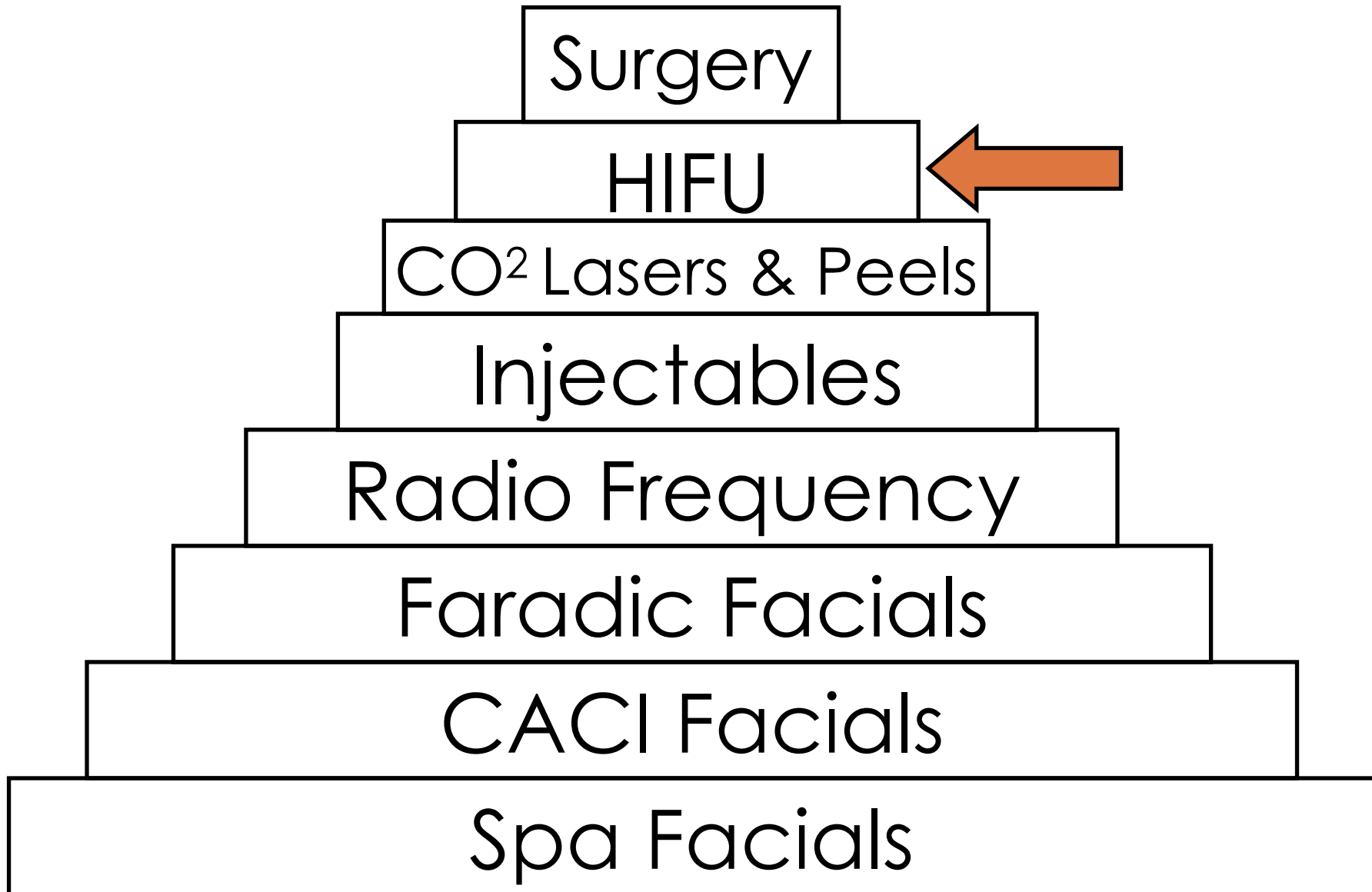
3.0mm
Deep Dermis

1.5mm
Superficial Dermis



Treatment Pyramid

This pyramid represents treatment options available, the bottom of the pyramid shows prevention treatments and moves up in stages to treatments offering reversal of signs of ageing. As you can see HIFU is just below surgery for the results in reversing the signs of ageing.



Dermalux LED Phototherapy Treatment

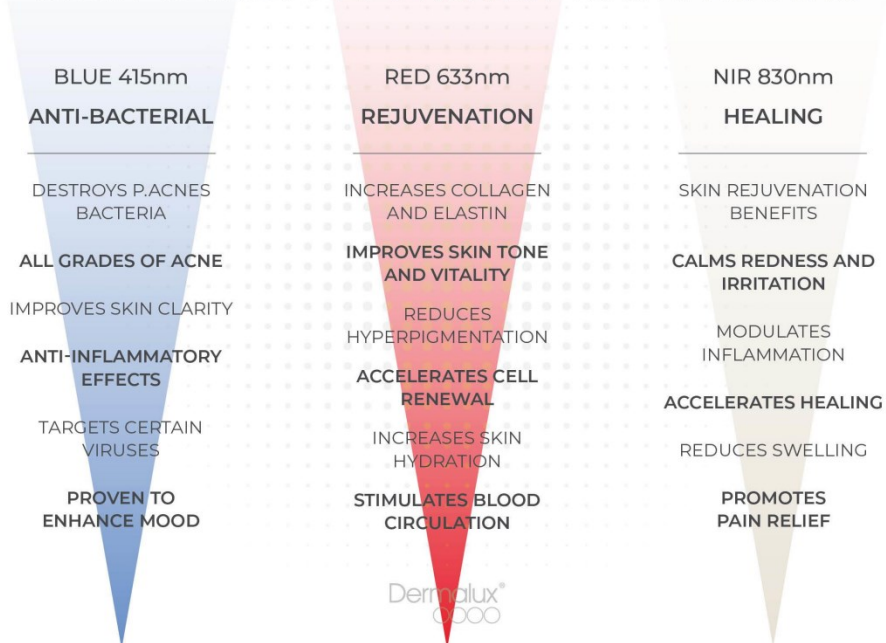
You can upgrade your HIFU experience by adding in phototherapy treatments while you are in your healing months, this gives amazing added benefits such as improving skin clarity, accelerating cell renewal, improving skin tone, calming redness and irritation and accelerating healing.

This is a non-invasive treatment that uses clinically proven therapeutic light energy to trigger the skins natural rejuvenation and repair processes without pain or downtime.

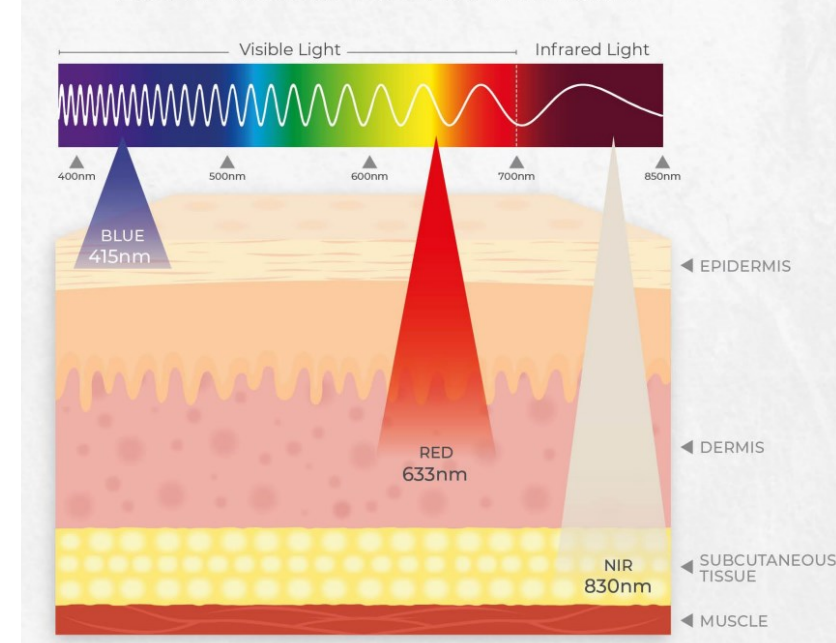
This technology, that is also used by NASA and in the medical field works using Light Emitting Diodes. LEDs have multiple wavelengths of light that are delivered in to the treated area. These wavelengths work at different levels enabling them to reach into different layers of the skin, see below diagram. The light is absorbed by the skin and in turn creates amazing benefits to the skin such as encouraging collagen production and other bio-chemical mechanisms, see the different lights and wavelengths below and their effects. Results will be seen from one off treatments, however a course is recommended.

A 30 minute Dermalux LED Phototherapy Treatment is £40 or can be added on to any facial as a 15 minute add on for £20.

MOST CLINICALLY PROVEN WAVELENGTHS



LIGHT ABSORPTION IN THE SKIN



HIFU Treatment Guidelines

Pre-appointment Information

1 week before treatment

Avoid sun exposure and sunless tanning. Sun burned or tanned skin will not be treated.

All skin irritants must be stopped (glycolic/ salicylic acids, benzoyl peroxide, retinol products such as Retin A, Tazorac, Triluma, Differin, and Vitamin C) on the area being treated 3 days prior to treatment.

Advise staff when taking antibiotics or if any medication changes since your consultation.

Please let the staff know if you have a history of cold sores/fever blisters prior to treatment, so an anti- viral medication can be prescribed. Treatment can not be done if you have an active cold sore or skin infection.

Avoid CACI & REN Facials 1 week before treatment. Do not take any anti-inflammatory medication such as ibuprofen and nurofen.

Day of Treatment

Do not wear any make-up or moisturisers on the area being treated. You may wish to take a paracetamol 30 minutes prior to treatment. Phones should be on airplane mode in the treatment room.

Post appointment Information

It is normal for the area treated to have redness and swelling. It is uncommon for a blister or bruise to develop. Should you develop a blister, a topical ointment such as sudocreme can be applied. In areas where there are excessive redness a cooling pack can be applied.

Waxing, tweezing, and depilatory creams can be resumed 3 days post treatment.

Avoid hot tubs, saunas, steam rooms and exercise post treatment. However, all other normal activity can be resumed.

A non-exfoliant cleaner and light moisturizer can be used the day of treatment. You can resume normal skin care the next day.

All skin irritants (glycolic/ salicylic acids, benzoyl peroxide, retinol products, or vitamin C) can be resumed 3 days post treatment.

An SPF 30 or higher with Zinc Oxide will be applied immediately post treatment. Please continue to apply sunblock daily to maximize your results and minimize irritation.

CACI Treatments and spa facials can be resumed 1 week post treatment.

HIFU Treatment FAQ's

1. What Is High Intensity Focused Ultrasound ? HIFU is a safe, non-surgical ultrasound treatment that counteracts the effects of time and gravity on your skin. The treatment uses the body's own regenerative response to gently and gradually lift skin on the eyebrow, under the chin and on the neck, and smooth lines and wrinkles.

2. Can HIFU Replace a Face Lift Procedure? HIFU treats the deep SMAS layer addressed in cosmetic surgery, but won't duplicate the results of a facelift. However it is a great alternative, especially for those not ready for surgery or for patients looking to extend the effects of cosmetic surgery.

3. How Does HIFU Stimulate Collagen Production? During the treatment the transducer delivers and deposits focused ultrasound energy deep beneath the skin at the optimal temperature for collagen regeneration. The treatment jumpstarts a natural process, known as neocollagenesis, to produce fresh, new collagen. The treatment itself doesn't involve any creams, fillers or toxins, it just relies on your body's own collagen-building process for natural, noticeable results

4. How Long Will a HIFU Treatment Take? The length of the treatment will depend on the area being treated and your individual treatment plan. A face and neck procedure typically takes 60-120 minutes .

5. Will I Need to Take Time off Work? With a single HIFU treatment there is no downtime. After your procedure, you can resume your normal activities immediately, without having to follow any special post-treatment measures.

6. What Does HIFU Feel Like? As the ultrasound energy is delivered, you will feel tiny amounts of energy being deposited to precise depths, indicating that the collagen-building process has been initiated. Comfort levels vary from person to person, but the sensation only lasts while the ultrasound energy is being delivered.

7. How Many HIFU Treatments Will I Need? Most clients only need one treatment. However this may be based on the degree of skin laxity, the biological response to ultrasound energy and the individual's collagen-building process, some clients may benefit from additional treatments. Because skin continues to age, future touch-up treatments can help clients keep pace with the body's natural aging process.

8. Are There Any Side Effects? The skin might appear flushed at first, this can be during treatment but sometimes lasting longer, the redness should however disappear within a few hours. Some clients experience slight swelling, tingling or tenderness to the touch, but these are temporary.



Pricing



Consultation & Patch Test*	<i>45 Minutes</i>	Free of charge
Full Face & Neck	<i>90 - 120 Minutes</i>	£600
Half Face (upper or lower)	<i>60 - 90 Minutes</i>	£320
Forehead & Eyes	<i>45 - 60 Minutes</i>	£220
Jaw Line & Neck	<i>45 - 60 Minutes</i>	£220
12 week after photos with light therapy session	<i>30 - 45 minutes</i>	Included in above price

*Treatment must be taken within 4 weeks from your patch test

Pay in 3 interest-free payments on purchases from £30-£2,000 with **PayPal**. [Learn more](#)

64- 66 Akeman Street,
Tring,
HP23 6AF
01442 822866

info@elementaryskinandbody.co.uk