

COSMEDIC

cosmetic & aesthetic medicine

Cosmedic Skin Clinic is owned by husband and wife team, Dr Martyn King and Sharon King. Both are recognised experts in the field of aesthetics and are national and international accredited trainers, holding certificates in all aspects of cosmetic medicine and both have written articles for leading cosmetic magazines as well as television. They are both regular speakers at national and international aesthetic conferences.

Dr Martyn King is a GMC registered doctor, a member of the British College of Aesthetic Medicine, board member of the British Association of Sclerotherapists, Chair of the Managing Aesthetic Complications Expert Group, Medical Director of Cosmedic Pharmacy, Medical Director of 3D-lipolite and on the editorial panel for Aesthetic Medicine.

Sharon King is a NMC registered nurse, an independent nurse prescriber, board member of the British Association of Cosmetic Nurses, clinical specialist in dermal fillers and regularly trains on behalf of many leading aesthetic companies.

At Cosmedic Skin Clinic we are passionate about providing the highest level of treatment in a professional and ethical manner and maintaining standards within the industry. We offer free impartial consultations to all patients to advise which treatments may best suit their needs.

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Injectable treatments • Non-surgical facelifts • Treatments for lines & wrinkles • Treatments for stretch marks & scars • Carboxytherapy • Dermalroller • Permanent Hair Reduction • IPL skin rejuvenation • Skin peels • Microdermabrasion • Cellulite treatments & body sculpting • Vein treatments • Treatment for excessive sweating • Medical skin care products • Semi-permanent Make-up • Treatments for chronic migraine • Weight loss • Training academy • Free Consultations

 **British College of
Aesthetic Medicine**

 **bacon**
British Association of
Cosmetic Nurses

 **General
Medical Council**

 **NMC**
Nursing & Midwifery
Council

 **BAS**
BRITISH ASSOCIATION
OF SCLEROTHERAPISTS

 **Save
Face**

COSMEDIC

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Fire & Ice Resurfacing System



The UK's most coveted
A list celebrity treatment

Maximum Results | Zero Downtime | Anti-acneic | Anti-Ageing

FIRE & ICE RESURFACING SYSTEM

Pioneered in Beverly Hills and coveted by A listers globally, this infamous intensive treatment is clinically formulated with the purest pharmaceutical grade ingredients and designed to rapidly and safely resurface the skin, reduce fine lines, address problematic skin and encourage cellular renewal.

The Centrepiece of this remarkable system is a combination of two treatment masques; The extremely powerful Intensive Resurfacing Masque is formulated with Sugar Cane Extract (potent natural source of Glycolic Acid), Retinol (Vitamin A) & Niacinamide (Vitamin B3) whilst the Rejuvenating Masque, formulated with potent antioxidants, Sodium Hyaluronate (Hyaluronic Acid), Aloe Vera, Green Tea, Grape Seed & Rosemary Extract, soothes, hydrates and nourishes. This treatment is complemented by a unique combination of cosmeceutical serums & crèmes to guarantee one of the most effective results driven facials you'll ever experience.

WHAT AREAS CAN BE TREATED?

The most common area treated is the face, however it can be performed on the neck, chest, hands and even the arms and legs.

HOW DOES THE TREATMENT WORK?

Chemical exfoliation has been used throughout history for over 3,500 years. Lactic acid from milk and tartaric acid in grape skins were used by the Ancient Egyptians and are still found in many beauty products nowadays. After cleansing, the intensive resurfacing masque is applied and the active ingredients penetrate the skin to work at the cellular level. Glycolic acid leads to gentle exfoliation of the skin. The skin is then cleansed again and the rejuvenating masque is applied to cool and soothe the skin. This is followed by additional serums and creams to give optimum results.

IS IT SAFE AND DOES IT HURT?

The Fire & Ice resurfacing system is very safe and can even be used on pregnant women. The face is cleansed to remove the skin's natural oils and to allow the active ingredients to be absorbed into the skin. The masques are then painted onto the area to be treated and left for a few minutes before it is washed off and/or neutralised. The skin may feel a little warm and you may experience a tingling or stinging sensation during treatment. Immediately after treatment, the face is usually a little pink or red and there may be some white discolouration or blotchiness which settles within a couple of hours. Redness and dryness may last a couple of days. There is very little downtime and most people would be able to return to work after treatment.

Although the treatment is very safe, it may not be recommended if:

- Recent cosmetic treatment (laser, microdermabrasion, waxing, electrolysis, surgery)
- There is any infection in the treatment area (including warts or cold sores)
- There has been use of Roaccutane (Isotretinoin) in the previous 6 months
- There are any underlying medical conditions that may affect treatment
- Skin inflammation, dermatitis, sunburn or previous radiation therapy
- There is a history of keloid or hypertrophic scarring
- If you have had a previous reaction to a glycolic or chemical peel

ARE THERE ANY SIDE EFFECTS?

Side effects include hyperpigmentation (too much pigment in the skin leading to brown blotches) and a high factor sunscreen should be used for at least a week following treatment. Sometimes it can precipitate an outbreak of cold-sores in susceptible people. Although rare, the face may be swollen after treatment and redness or blotchiness may persist for a few days. There may be some itching associated and peeling over the next few days.

WHAT CAN I EXPECT AFTER TREATMENT?

The Fire & Ice resurfacing system often achieve instant, glowing results and smoother, tighter, brighter-looking skin after just one treatment (although a series of 4-6 peels provides best overall results).

Following treatment, the skin should be cleansed with a soap-free cleanser, patted dry and moisturised. Do not pick off any peeling skin as this may result in bleeding, pigment change or even mild scarring. Use of a high protection sunscreen is essential to help avoid pigment changes. If you experience any adverse effect, it is essential to contact the clinic as soon as possible.

SKIN CARE PRODUCTS

Fire & Ice works in conjunction with cosmeceutical skin care products and we would be happy to provide you with a unique skin care regime tailored to your requirements.

PRICE LIST

We offer free, no obligation consultations for all of our treatments.

| | |
|------|------------------------|
| £80 | Single treatment |
| £195 | Course of 3 treatments |

WHAT IS INCLUDED?

1. Cleansing complex
2. Intensive Resurfacing Masque
3. Rejuvenating Masque
4. Super Serum™ Advance+ ®
5. Hydra-Cool ® Serum
6. Youth Eye™ Complex
7. Moisturising Complex
8. Extreme Protect SPF 30

