



Treatment Guide

non-surgical aesthetics and laser treatments

The Clinic

Elliott Skin & Laser Clinic is home to a team of friendly, expert aesthetic practitioners based in Heybridge, Essex.

GP and Consultant referrals, along with personal recommendations, have established Elliott Skin & Laser Clinic as an expert in their field. We offer a warm, relaxed environment, with our approach to treating each client as an individual and tailor-making treatment plans from our array of non surgical treatments to help them achieve their desired results.

Using Cynosure Elite and Palomar Icon Medical Grade Lasers and IPL Technology we can carry out a wide range of skin treatments including pigmented blemish and vascular removals, skin tags, thread veins, warts, verrucas, seborrhoeic keratosis and fibrous papules. We also specialise in laser hair removal from anywhere on the body.

A carefully curated range of professional facial treatments awaits you at Elliott Skin & Laser Clinic. Non-surgical skin tightening using ENDYMED Radio Frequency can transform your face, reducing signs of ageing. Dermalux LED Light Therapy, Medi-Grade Chemical Peels, Micro-Needling and Specialised Treatments are used to ensure the best possible outcome for your facial needs.

The professional, dedicated team at Elliott Skin & Laser Clinic remain current and up to date with the latest medical treatment options and technologies. We are continuously looking to expand the services offered to our clients.

Rachel Elliott

I am the proud owner of Elliott Skin & Laser Clinic Ltd. With over 20 years of experience in the industry I am pleased to be leading a team of laser and aesthetic professionals who bring a wealth of knowledge and experience to the Clinic.

Our ability to assess our clients' needs and create effective custom tailored treatment programs to meet those needs is both a cornerstone of the Clinic and one of my, and my team's biggest strengths.

Clients often relate how much better they feel once they have come in and seen us - and that "they wished they did it years ago".

Thank you for your continued support,

Rachel



Information

Monday	09:00 - 17:00
Tuesday	09:00 - 17:00
Wednesday	09:00 - late
Thursday	09:00 - late
Friday	09:00 - 17:00
Saturday	09:00 - 16:00

Gift Vouchers are available from reception.

Cancellation Policy:

Please give us as much notice as possible if you need to change or cancel your appointment. We charge 50% for missed appointments or those cancelled with less than 24 hours notice.

Payment:

We accept cash, credit or debit cards. Unfortunately we do not accept Amex or cheques.



Location

Elliott Skin & Laser Clinic is located in the Phoenix Place for Health Multi-Therapy Centre in Heybridge, Essex.

There is plenty of free parking immediately outside the Clinic.

Our address is:

1C, SVT Building
Benbridge Estate
Holloway Road
Heybridge, Essex
CM9 4ER

You can reach us at:

07737 578246
01621 927020

info@elliottskinandlaser.co.uk
www.elliottskinandlaser.co.uk





Laser Hair Removal

With our state of the art Cynosure Lasers powering our market leading hair removal treatments, you can have the smooth, touchable skin you've always wanted. Laser hair removal is the fastest and most effective way to remove unwanted hair anywhere on the body.

Suitable for men and women, laser hair removal treatments target and destroy the hair cells responsible for hair growth without damaging the surrounding skin. The result is long lasting smooth, hair-free skin.

Since hair grows in 3 different stages, all hair is not in the same stage at the same time. When an area is treated only a percentage of hair follicles will be affected. Therefore to effectively reduce unwanted hair, multiple treatments are necessary.

We offer a course price and individual prices to meet your needs and budget. You can expect to see a gradual decrease in hair thickness and amount of hair present after each treatment. In addition, you may also see a decrease in stubble, rashes and ingrown hairs!

This treatment is safe for all skin types, including light and dark skin (except sun tanned skin) and most hair colours (excluding white hair).

Our clients repeatedly say having hair removal treatments with us has been life changing, "a game changer" and the best thing they have ever done - they only wish they had it done years before!





Pricing

FACE

	Single	Course of 6*
Upper Lip	£50	£250
Ears & Nose	£60	£300
Mid Chin	£72	£360
Neck/Throat	£96	£480
Side of Face	£96	£480
Upper Lip & Chin	£90	£450
Upper Lip, Chin & Sides of Face	£160	£800
Upper Lip, Chin, Sides of Face & Neck	£175	£875

ARMS & LEGS

Underarms	£75	£375
1/2 Lower Arms (<i>not inner</i>)	£144	£720
3/4 Arms (<i>not inner</i>)	£180	£900
Full Arms (<i>not inner</i>)	£228	£1,440
Feet & Toes	£96	£480
Fingers & Hands	£84	£420
Full Legs	£360	£1,800
Lower Legs (knee to ankle)	£216	£1,080
Upper Legs (knee to bikini) (<i>not inner</i>)	£264	£1,320

BODY

Abdomen	£96	£480
Full Abdomen	£228	£1,140
Bikini Line	£150	£750
Bikini Brazilian	£174	£870
Full Bikini & Bottom	£192	£960
Bottom	£144	£720
Nipples	£78	£390
Chest	£174	£870
Chest & Abdomen	£210	£1,050
Back (upper)	£174	£870
Back (full)	£210	£1,050

*A discount is applied on all course prices.



Hyperpigmentation

Hyperpigmentation can be formed in many different ways and there are several things that can cause it.

The three main types of hyperpigmentation are Sun Spots (also called age spots, liver spots or solar lentigines), Melasma, and Post Inflammation Hyperpigmentation.

Sun Spots are the most common and tend to be found on the face, hands and other body parts that have seen too much sun exposure. These are usually easily treated using a specific wavelength of laser light. The pigment targeted is lasered out of the skin leaving a superficial scab lasting 7 to 10 days. After the scab has fallen off, the skin returns to its normal colour.

Melasma (also called chloasma or pregnancy mask) can happen during pregnancy or can sometimes be caused by a hormonal problem. It normally presents itself in the summer months and then fades throughout the winter. We approach melasma treatment differently for each individual. We have found that using the IPL Laser or a chemical peel alongside a cosmeceutical product gives our clients the best results.

Post Inflammation Hyperpigmentation can occur after the skin has had an injury like a cut, burn, or acne spots. In some cases the hyperpigmentation can improve over time, but if it persists for a longer period using the IPL Laser, skin peels or the use of cosmeceutical lightening products can help.

During your consultation, we design a custom treatment plan based on the type of hyperpigmentation you have.

TEST PATCH IS ESSENTIAL £50
STARTING AT £120 PER TREATMENT
(COURSES ARE AVAILABLE)





Thread Veins

The Cynosure Apogee Elite Laser System uses the Nd:YAG laser to treat fine blue and fine red veins (telangiectasia) or more commonly know as thread veins, broken veins or super veins which can be found on the face and legs.

This quick and easy customised laser uses smart technology on the face and body without the need of surgery or any lengthy recovery time.

The treatment aims to target and destroy the blood vessels that create veins causing them to visibly disappear. Since the laser only targets the blood vessels that are in the vein, there is minimal or no damage to the outer layer of your skin.

Results and number of treatments will vary depending on the individual. Many of our patients will see an immediate improvement in the appearance of their veins after having the treatment. Some clients will notice a continued improvement over the next couple of weeks.

TEST PATCH IS ESSENTIAL £50
STARTING AT £120 PER TREATMENT
(COURSES ARE AVAILABLE)





Skin Lesions

We treat a variety of different skin lesions on all parts of the body and are able to remove most lesions using our Cynosure Nd:YAG laser.

Normally, lesions are supplied and fed by the surrounding blood vessels. By using the Nd:YAG laser we are able to target the blood vessels that are causing the lesions to grow. This coagulates the blood vessels, thereby destroying the lesion.

Often the lesion will form a scab and fall off 7 to 10 days later, allowing the affected area to return to normal healthy skin.

SKIN TAGS

A skin tag is a small growth that typically matches the colour of your skin or appears slightly pinker or darker brown. Different from a wart or blemish, a skin tag tends to hang off the skin in the shape of a tiny balloon. They are usually smaller than a pencil eraser but can grow to be as large as a small grape. While they are harmless, they can be annoying, with most adults having at least one in their lifetime.

Most skin tags develop in the folds of the skin, including the eyelids, armpits, groin, and under the breasts. They are most common in areas where the skin folds and rubs against itself.

CHERRY ANGIOMA OR CAMPBELL DE MORGAN SPOTS

Cherry Angioma or Campbell de Morgan Spots are another type of skin lesion. They are named due to their distinctive red colour caused by broken or damaged blood vessels. They can be flat or raised and are usually found on the torso, arms and shoulders (Although they can appear anywhere.)

Cherry Angiomas will not disappear on their own but are very straightforward to treat and can be removed in a single session.

FIBROUS PAPULE

A fibrous papule is a spot on the nose that people usually get in early to mid adult life. It is usually firm and domelike, occasionally sticking out a little further - much like a small wart or skin tag. The papule can be skin coloured or red.



SEBORRHOEIC KERATOSIS

A seborrheic keratosis, also known as a seborrheic wart, is a very common skin condition. They are flat brown lesions which tend to grow larger and darker over time.

While they initially appear skin coloured and barely noticeable, with time they become gradually more visible and darker in colour.

While not dangerous they are unsightly and often cause irritation, itching and bleeding. This often happens when they are located on a part of the body that is touched often.

VENOUS LAKE

Venous Lakes are small veins located in the skin that become larger and more visible with the passage of time.

They are more common in older age groups and often seen more in men than women. Venous Lakes most commonly on the lower lip. They are completely benign lesions and are not infectious.

When finger pressure is applied to the Venous Lake, the blood inside will be forced outwards which causes it to flatten and almost disappear. Once the pressure is released, the Venous Lake returns to its original appearance.

WARTS AND VERRUCAS

Warts and verrucas are small growths on the skin. They are caused by the human papillomavirus (HPV). Warts on the hand and verrucas on the feet can be a real pain, but there is no need to suffer. Laser treatment offers a fast and effective solution with minimal downtime.

The Nd:YAG laser targets the abnormal blood vessels that supply the verruca, heating it up and sealing it off. The sudden superheating of the verruca also denatures the DNA of the virus, instantly killing the virus and preventing it from spreading on your foot or to others in your household.

TEST PATCH IS ESSENTIAL £50
STARTING AT £100 PER TREATMENT



Facial Treatments

We offer a wide range of professional facial treatments for a variety of skin care concerns. Whether your skin is dry or dehydrated, has uneven texture, dullness, fine lines, wrinkles, rosacea, acne or scarring, we are here to help tailor-make the best treatment plan to suit your skin needs.

We use an extensive range of cosmeceutical products from All Skin Med, Heliocare, Neostrata, Exuviance, One Skin and our aesthetic acne range Biretix to meet the needs of any skin type or concern. Using these products both professionally and as a part of your homecare can significantly enhance your results.

We specialise in ENDYMED Radio Frequency Skin Tightening and FSR (Fractional Skin Resurfacing) to tighten lax skin and offer a smoother, lifted appearance. For skin rejuvenation we use the very popular Palomar ICON Laser System. We can achieve fast, effective results - removing unwanted sun damage, redness, open pores and fine lines in as little as one treatment.

Specialised options including Dermalux LED Light Therapy which utilises blue light to treat acne and help scarring, red light to increase collagen production and reduce inflammation, and near-infrared light (NIR) to aid skin repair and renewal. This state-of-the-art treatment recharges and energises the cells for healing and rejuvenation. EDS Microneedling is also available to help refine skin tone, tackle scarring, enlarge pores and reduce fine lines. Our bespoke Acne Solutions Facial is available to help our clients rebalance their skin, whatever their age.

Our Signature Facial, with or without extractions, and using ancient sculpting tools such as Gua Sha and massage techniques will sculpt, tone and enliven your skin and help you maintain your skin between other treatments.

Our range of facial treatments includes:

Signature Facial

Our indulgent skin treatment to refresh and enliven your skin

Sculpt & Lift

Combining the benefits of our Signature Facial with ENDYMED Radio Frequency Tightening.

Skintone Refining

Utilising EDS Microneedling within the facial to refine your skin tone and ease textural concerns.

Chemical Skin Peel

Improve and smooth your skin texture with clinical grade, glycolic, mandelic, lactic or citric acid skin peels. Retinol peels are also available.

Retexturise & Lift

Tighten lax skin and rejuvenate your appearance with Fractional Skin Resurfacing in combination with our signature facial.

Three for Me

Our ultimate in skin rejuvenation! Using the ICON Palomar Laser System for a total skin treatment including removing thread veins, pigmentation and boosting collagen production.

Acne Solutions Facial

A bespoke treatment powered by Biretix products, High Frequency and LED Therapy.

Signature FACIAL

Indulge your skin with our All Skin Med powered Signature Facial. Experience a double cleanse, exfoliation with a purifying scrub, or an AHA retexturizing mini peel. We will assess your skin and offer steam and extractions for problem areas. Next, we offer an indulgent massage to relax, sculpt and tone your face using a range of massage techniques and sculpting tools such as Gua Sha, rollers and more. We then move to a treatment mask and LED Light Therapy and conclude our treatment with a range of serums or specialist, skin boosting ampoules, moisturiser, eye cream and sun care. Your skin will feel brighter, fresher and more radiant. We will also devote time reviewing your current skin care regimen making suggestions if needed.

£85
75 MINUTES

Sculpt & Lift FACIAL

In addition to all elements from our indulgent Elliott Signature Facial, our Sculpt & Lift Facial incorporates state of the art EndyMed Radio Frequency to tighten and lift lax skin to sculpt your face for a renewed youthful appearance.

This is a perfect facial for anyone looking for a 24 hour tightening, sculpting and brightening effect before a big event.

We can treat the eyes, cheeks, under jaw or neck areas with this non invasive treatment which has absolutely no downtime. Your skin will be glowing afterwards.

£165 (one area)
90 MINUTES

£210 (two areas)
120 MINUTES





Microneedling

FACIAL

Using the EDS Microneedling device, this Skin Tone Refining Facial creates microneedle pricks to the skin to stimulate new collagen growth and smoothing out acne scars, large pores and fine lines. It also encourages the skin to regenerate and repair itself naturally, resulting in smoother, brighter, younger and healthier looking skin.

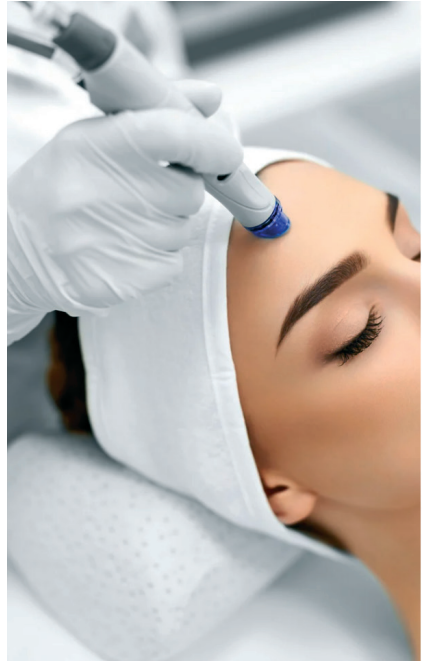
We use a range of different Collagen Activation Ampoules alongside Hyaluronic Acid Serum throughout the Microneedling treatment which penetrates deeper into the skin giving your skin longer lasting hydration.

£200

60 MINUTES

£575

COURSE OF 3 TREATMENTS



Chemical Skin Peel

FACIAL

A Neostrata Chemical Skin Peel is a procedure used to improve and smooth the texture of the skin.

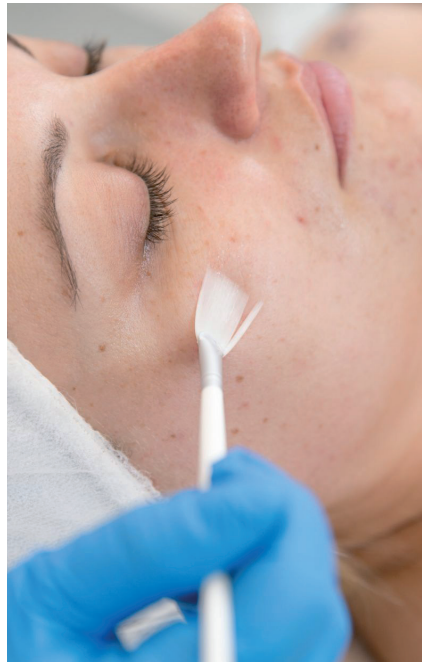
This pro system of peels includes glycolic, mandelic and citric acids with differing strength options. We also offer advanced strength 3% retinol skin peels for anyone needing a deeper anti-ageing peel.

The treatment stimulates cell turnover and encourages collagen and elastin production in deeper layers of the skin, leaving your skin brighter.

This treatment is suitable for fine lines and wrinkles, skin clarity, dark spots, melasma, mild to moderate acne, superficial acne scars and keratosis pilaris. A course of treatment is recommended, accompanied with home care products.

STARTING AT £75 PER TREATMENT

40 MINUTES





Three For Me™

IPL & ICON LASER RESURFACING FACIAL TREATMENT

Three For Me™ is an all-in-one solution for reducing the appearance of fine lines and wrinkles, improving acne scars, tightening skin and eliminating brown spots. The treatment revitalizes and rejuvenates the appearance of skin for a youthful glow. This treatment can take years off your appearance and is suitable for anyone looking to achieve multiple outcomes in just one treatment.

Laser Treatment can reduce the appearance of scars, wrinkles, sun damage and exposed veins. The first pass of the laser uses Intense Pulsed Light (IPL) Technology to treat sun damage, age spots, rosacea, spider veins and broken blood vessels. A second pass utilizes a microbeam that gently renews skin by stimulating the production of elastin and collagen - proteins that add fullness for a youthful look. From the age of 30 collagen production declines by 1% -1.5% per year.

You'll notice visible improvements after each session. Continued improvements will appear over the next six months.

£450
60 MINUTES

£1300
COURSE OF 3 TREATMENTS





Endymed

RADIO FREQUENCY TREATMENT

This industry leading treatment uses the most advanced radio frequency technology available. There are several different RF technologies, but only ENDYMED's unique and patented 3DEEP Skin Science delivers focused controlled energy deeply and effectively into the skin.

ENDYMED Tighten is a pain free treatment that tightens and lifts lax skin. We can treat the cheeks, jawline, under the chin, and neck areas as well as around the eyes. We can also treat upper arms and knees where the skin has become lax.

Using radio frequency energy, we heat deep within the skin. This heat causes an instant lift as your existing collagen contracts, but it also triggers a response in your skin that stimulates the fibroblasts to produce new collagen. It is this that gives you the natural, long-lasting results in skin tightening and lifting.

ENDYMED TIGHTEN

£600 for a course of 6 treatments over 6-8 weeks (one area)

£800 for a course of 6 treatments over 6-8 weeks (two areas)





Endymed Fractional Skin Resurfacing

ENDYBLEPH & ENDYMED

Endymed FSR

Endymed FSR (Fractional Skin Resurfacing) rejuvenates skin from the outside in by combining Endymed's 3DEEP Radio Frequency Technology with Micro Fractional Ablation. The first creates a resurfacing effect on the surface of the skin, smoothing fine lines and wrinkles and brightening the complexion. The second creates a deep heat within the skin stimulating the production of collagen giving a tightening effect over time. This treatment is ideal for dull lacklustre skin with uneven skin tones and textures.

Endybleph FSR

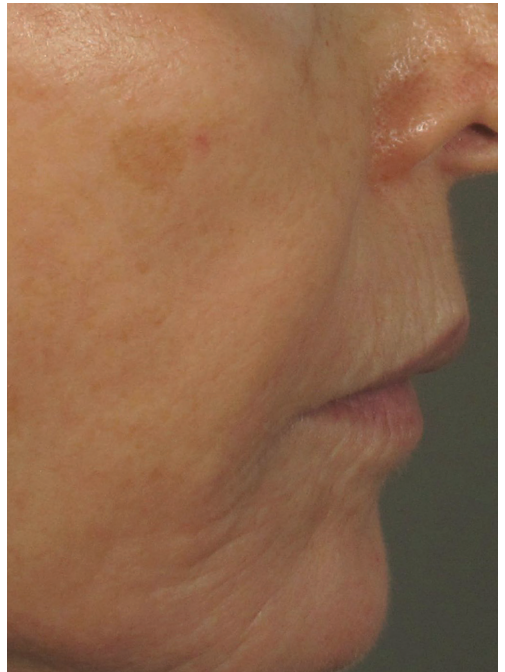
The ultimate anti-ageing eye treatment. Ideal for anyone who is looking for a non-surgical approach to help with saggy loose skin on eyelids and bags under the eyes. By using Endymed 3 DEEP and Endymed FSR Technology you will achieve younger, more youthful eyes.

ENDYBLEPH (EYE AREA)

£575 for a course of 3 treatments over 3 months

ENDYMED FSR (FULL FACE INCLUDING EYES)

£800 for a course of 3 treatments over 3 months





Acne Solutions Facial

Acne and problematic skin affects more than 80% of people at some point in their lives. It can be soul destroying and affect people's confidence. It can also be very confusing to know what, when and how much to use while respecting and caring for the skin.

At Elliot Skin & Laser Clinic we are here to advise and treat in the most comfortable way. There are normally several different reasons as to why the skin is unbalanced and we offer a full in-depth consultation to establish what may be causing your skin to breakout.

We have a wide client base and treat clients from 12 to 112! It does not matter how old you are or whether the cause is teenage acne, menopause or something else - we want to help you understand your skin better and keep it under control.

At your first consultation, we will ask you to bring any products you are currently using and a list of your medications, and we will go through with you what treatments you have tried in the past at the clinic or at home.

The treatment starts with a cleansing and exfoliation or light chemical exfoliation. We also assess your skin and offer steam extractions and a high frequency treatment to combat any breakouts, followed by a treatment mask. We further combat problem areas with LED light therapy before finishing the facial with a medicated treatment gel (if needed) and a light, oil-free moisturiser or other cream specifically formulated for your skin needs. When you invest in yourself and your self-care, you will be more confident and happier!

£75

60 MINUTES





Scar Treatments

We offer a wide range of treatments and cosmeceutical products to help with scarring. We often find that home treatment and use of retinol products gives the best results in reducing the appearance of the scar.

It is best to process a scar six weeks after scarring for the best results with minimally invasive treatments.

If a scar is older or more persistent, we can use our non-fractional laser (1540 wavelength) and the light will break down the scar tissue and trigger new tissue production. This flips the skin cells and produces more collagen in that area, making the fresh skin lighter and the scars less visible.

Multiple treatments are often required, but clients will see positive and gratifying results after just the first treatment!

We can also treat stretch marks in the same way, making them less visible, removing the redness from them and making the actual stretch marks appear smaller.

After treatment, the area often feels hot but calms down after a few hours. You should avoid cardiovascular exercise and hot baths or showers for 24 hours. The treated area may become dry and scaly for up to a week after treatment. We recommend that you moisturise the treated area regularly to keep it hydrated before the next treatment. The age of the client and the age of the scar will determine how many treatments are required. As a general guideline, we usually recommend six treatments.

TEST PATCH IS ESSENTIAL £50
STARTING AT £120 PER TREATMENT
(COURSES ARE AVAILABLE)





Finishing Touches

We offer a range of beauty treatments to enhance your eye area and frame your face. Anything from eyebrow shaping, eyebrow tinting, eyelash tinting and eyelash lift. You can combine any of these treatments to give you maximum results.

Eyebrow Shape.....	£16
Eyebrow Tint.....	£13
Eyebrow Tint & Shape.....	£23
Eyelash Tint.....	£20
Eyelash & Eyebrow Tint	£30
Eyebrow Shape, Tint & Eyelash Tint	£40
Eyelash Tint & Lift.....	£55

A test patch is required 24 to 48 hours prior to any new tint or lash lift treatment.





elliott

skin & laser clinic ltd



Dermalux®
OOOO

CYNOSURE Palomar

Icon™



ENDYMED™ | PRO

CYNOSURE
Elite+™



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