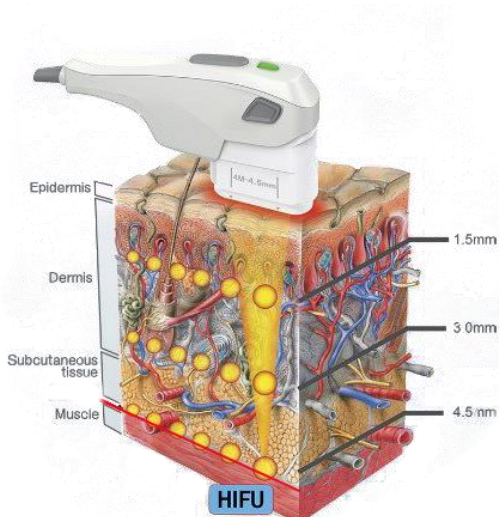




We at Nordic Skin Therapies are looking forward to being part of your skin transformation through the latest generation skin tightening HIFU technology.

What is HIFU?



HIFU stands for 'High Intensity Focused Ultrasound' and this treatment can target various depths of the body's tissue for skin tightening, skin lifting and body contouring.

Entirely non-invasive, HIFU works by targeting deep layers in the skin – it boosts new collagen production and collagen regeneration right at the source. It is sometimes called the 'Lunchtime Face Lift' as the treatment is quick, very tolerable and has no downtime.

With HIFU technology we can now operate at a deeper level – lifting, contouring and tightening sagging skin. The process is regenerative, which helps your body to build upon its own natural processes – like a facelift that your body does itself (without the need for painful and expensive surgery).

2 Phases of HIFU treatment

HIFU is a long-term solution for your skin using pinpoint heating below the epidermis using ultrasound energy. The skin is heated to around 65°C to cause immediate collagen contraction in the tissue below the surface of your skin. HIFU treatment has 2 phases:

PHASE 1 – instantly contracts the protein fibres within your skin, giving you instant skin tightening results. Your skin will experience slight tightness due to increased collagen regeneration.

PHASE 2 – works on the wound healing response for long-term tissue remodelling (third to fourth stage of the wound healing in the superficial muscular tissue) in the between 3-6 months post-treatment as new collagen forms below the surface of your skin – plumping and tightening wrinkles and visible lines.

It will take 3-6 months post-treatment to see complete effect of HIFU treatment. We recommend a second treatment in 12 weeks to achieve maximum skin tightening and firming.

HIFU in a nutshell

- Works to deliver energy beyond your skin layer at an optimal depth for collagen production (in the SMAS layer).
- You get instant results and then long-lasting lifting and tightening results over the next few months.
- Is non-invasive, therefore there is no downtime.
- Doesn't replace a facelift but is a terrific alternative to one.

Preparing for your HIFU treatment

1. Gently wash the treatment area with a mild cleanser. Do not apply any creams, lotions, cream or powdered foundation, sunscreen or other products prior to treatment.
2. **Sunburn:** Avoid a "fresh" sunburn, which reddens the skin and makes it tender.
3. **Retinoids and acids:** For 3 days prior to the procedure, do not use topical products containing retinoids (e.g. Retinol or Retin-A), glycolic or salicylic acid as these can irritate the skin.
4. **Peels** are not recommended 1 week prior to the treatment.
5. **We recommend taking 2x500mg of Panadol (500mg) 30 minutes** prior to arrival or may discuss other pain control options prior to your procedure. Please note – Please do not use Ibuprofen (or any anti-inflammatory medication) - Panadol is a more suitable

choice for before the procedure as it is less harsh on your digestive system and does not delay the inflammatory response. Also remember - anticipation of pain has a stronger effect than the actual pain.

Contraindications

Clients with following conditions CANNOT be treated with HIFU:

1. Pregnancy and lactation
2. Severe heart, liver and kidney diseases and hypertension
3. Protein Allergy

4. Metal filler inside the skin tissue
5. Neurotoxin injections (Botox, Dysport) - waiting period 2 weeks
6. Dermal Fillers – waiting period 6 months
7. Chemical peels – waiting period 2 weeks
8. Facial plastic surgery
9. Inflammatory Acne (visible pustules and nodules)
10. Wearing a Pacemaker

Maximise your HIFU results

Recommendations to maximise your skin collagen re-modelling:

1. **Skin Actives - AHA's** (ensures cell turnover, lightens and brightens the skin), **polypeptides** (stimulates collagen production), **Vit C** (fights sun damage and the effect of stress on the skin, increases skin elasticity and firmness), **B3 and B5** (controls oil production, tightens the skin pores), **Hyaluronic Acid** (draws the moisture to the top layers of the skin), **Vit A** (stimulates production of new collagen and blood vessels in the skin, smoothens skin texture) in your skincare routine.
2. **Oral collagen** – important component to boost collagen re-modelling after the HIFU treatment. 10g of daily Collagen (Hydrolysed Peptides) must be taken for at least 8 weeks. Marine Collagen is a great alternative to animal-based (bone) collagen. Research shown levels of collagen increased by 9% after 8 weeks of continuous use of oral collagen.
3. Water – fluid is one of the most important components of the skin repair during the first 4 weeks after HIFU treatment.

BEFORE & AFTERS



BEFORE



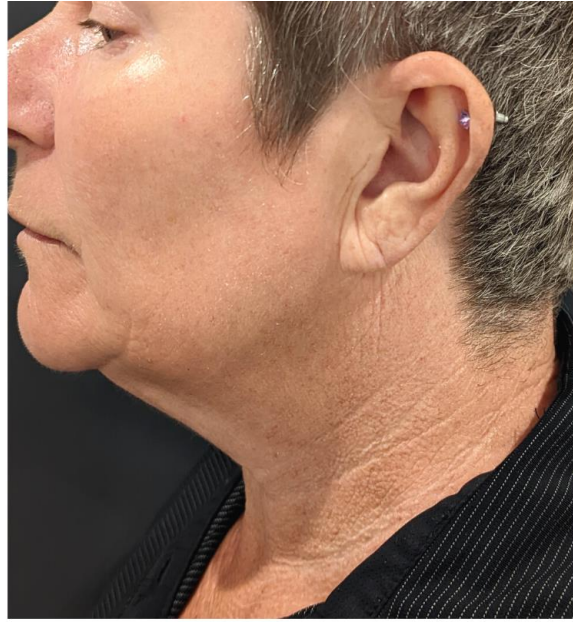
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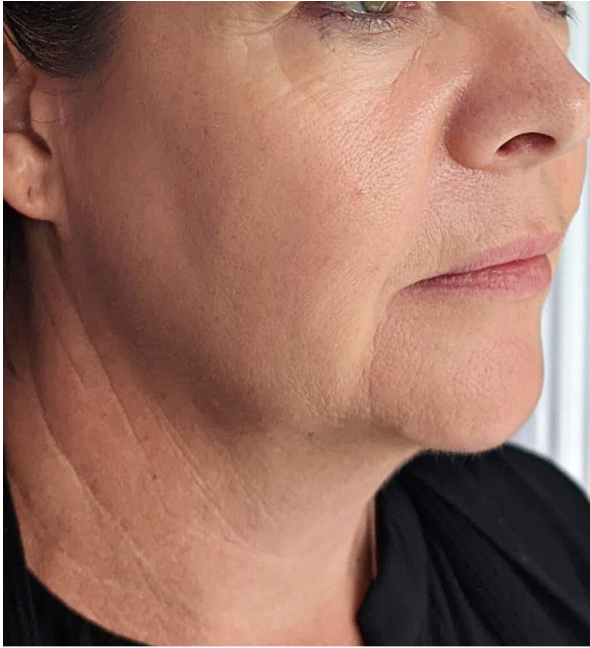
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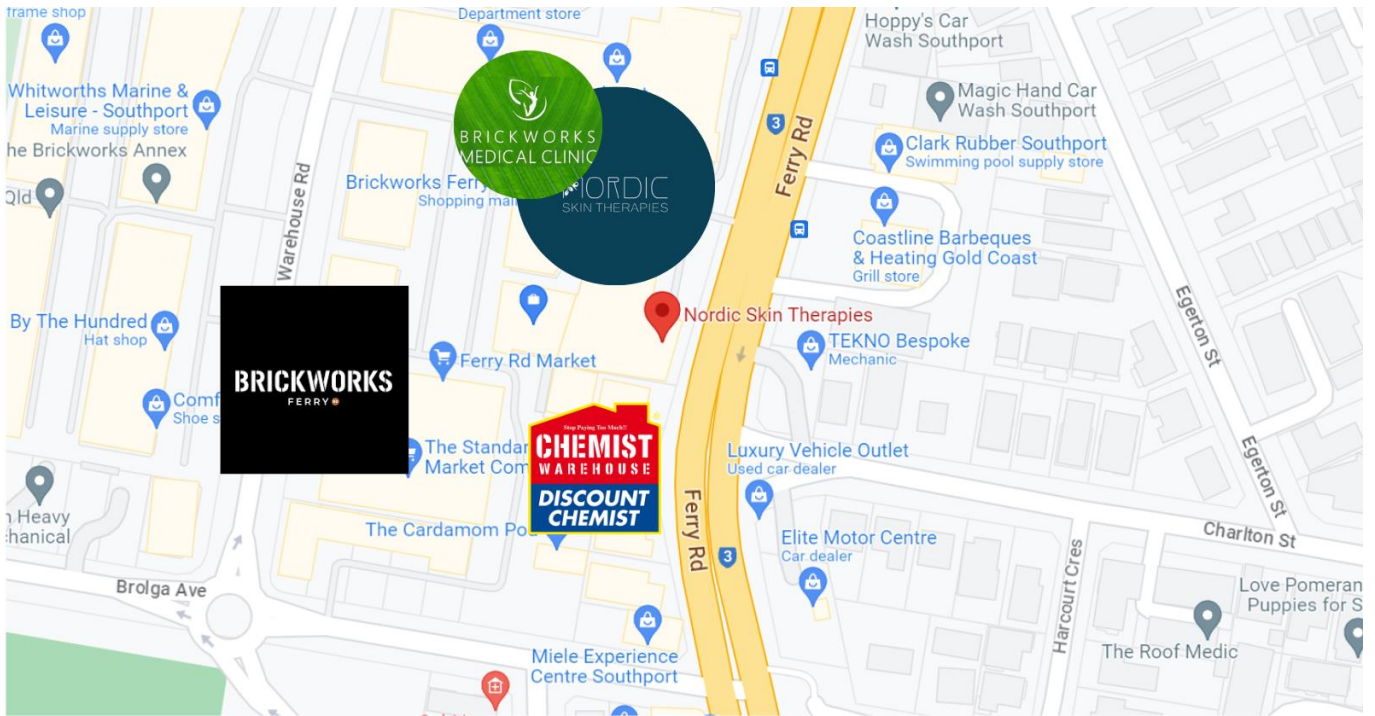
AFTER

How to find us:

Our address: 107 Ferry Road, Southport – inside Brickworks Medical Clinic (near Chemist Warehouse).

P: 04 8113 2534

3-hour FREE parking is available



For any questions about your HIFU treatment, please call 04 8113 2534 or email nordicskintherapies@gmail.com.