



CosmeticDoctor.ie

# Reaching OUR GOAL

*It is our goal to become the number one provider for medical aesthetic and skin enhancement treatments in Ireland.*

At Cosmetic Doctor, we offer a comprehensive range of treatments designed to showcase your skin at its very best. We offer highly effective treatments for everything from anti-ageing to acne. Some of our most popular treatments include:

- *Anti-wrinkle Injections and Dermal Fillers*
- *Medical Facials and Chemical Peels*
- *Acne and Acne Scarring Treatments*
- *Laser Hair Removal and Intense Pulsed Light*
- *INTRAcel Radiofrequency Skin Treatment*
- *Sclerotherapy*

*“If you want it; just do what you love and believe in, and it will come naturally”*

David Frost



#### Where are we?

Slievemore Clinic is located in Stillorgan, South Dublin, between the Old Dublin Road and the N11 Stillorgan Dual Carriageway.





*“Do not go where  
the path may lead,  
go instead where there  
is no path and leave  
a trail”*

Ralph Waldo Emerson



**Dr Lisa Fay**

*In addition to founding Cosmetic Doctor  
Dr. Lisa Fay is a GP with a special interest  
in Dermatology with a Masters and Higher  
Diploma in Dermatology.*

# *Understanding* WHO WE ARE

Cosmetic Doctor is a doctor-led advanced Skincare and Laser Clinic.

Medical Director Dr. Lisa Fay qualified from University College Dublin in 1999, and also holds a Diploma in Dermatology, as well as a Masters in Dermatology and Aesthetic Medicine. She combines her medical knowledge with artistic ability to attain the most flattering results for all her patients.

Extensive training and years of experience, combined with great communication skills make Cosmetic Doctor the clinic of choice for discerning clients. Dr. Fay regularly attends courses and seminars to stay at the leading edge of skincare technology, and carefully selects the products and equipment used at the clinic.

For more information about treatments, procedures and products, please visit [www.cosmeticdoctor.ie](http://www.cosmeticdoctor.ie)

# Facial AESTHETICS

## Beautiful Skin

Our skin is a reflection of our overall health, and its condition is the key to a youthful appearance. Fresh, luminous skin is the best accessory anyone can have.

Maintaining a youthful, healthy skin depends on preventing blemishes and taking care of our skins moisture, tone and texture. The fundamental tenets of skincare are to avoid sun damage and stay well hydrated, and as we get older we need to give nature a helping hand.

## Skin Care

Here at Cosmetic Doctor, we offer a very comprehensive skin consultation to assess your skin thoroughly, and develop a bespoke skincare plan designed expressly for your needs.

We recommend cosmetceuticals, which are medical grade skincare products with active ingredients of a high concentration to prevent and reverse signs of ageing.

All of the skincare products offered at Cosmetic Doctor are extensively researched and chosen for their proven efficacy.

## ZO Skin Care

Dr. Zein Obagi is the name in skincare, and recently developed his ZO Skin Health line. It uses more potent ingredients, concentrated formulas, and aggressive delivery systems than other non-prescription skincare programmes.

This is a range designed to offer far more than feel-good, pleasant smelling lotions and potions; it gives results.

As we age, the natural rate of skin cell turnover slows and dead cells don't reproduce or slough away as they should. This leaves us with dull, matt skin; pigmentation issues and large pores-and the slowdown in collagen and elastin formation allows fine lines and wrinkles to form.

The key anti-ageing ingredient in ZO Skin Health is Retinol, which stimulates the skin cells, kick-starting cell turnover and improving texture and tone. Many ZO Skin Health products contain 5-10 times more retinol than other over-the counter products.

## ZO Medical Therapeutic Solutions

The range of ZO Medical Therapeutic Solutions by Dr. Zein Obagi is designed to treat skin disorders and chronic conditions.

Available only from medical and skin health professionals like Cosmetic Doctor, the ZO Medical range is based on the very latest advances in skin therapy technology such as biotechnology complexes, plant stem cell components, and multi-therapy delivery systems.

*“No froufrou,  
do-nothing  
skincare!”*

Dr. Zein Obagi on the ZO Skin Health line



### What is the Obagi NU-DERM system?

*These products can transform your skin so that it appears healthier and more rejuvenated. It contains prescription strength cosmeceuticals.*



## Chemical Peels

As we age, the normal rate of skin-cell turnover slows down, resulting in a build-up of dead cells which makes skin look dull and lifeless. Texture becomes uneven and skin loses its light-reflecting quality, leaving it rough and matt.

Chemical peels are a very effective treatment which can treat a huge variety of issues, from much-needed exfoliation to acne and pigmentation problems.

Don't panic; unlike Samantha from 'Sex and the City', you won't have to hide your face for a week- the peels we use at Cosmetic Doctor are highly effective but with less downtime, so you can resume normal activities.

There's a peel to suit you, from targeting severe acne to a quick pick-me-up; we can recommend the best one for your skin.

**Glycolic peels:** These contain high concentrations of acids to exfoliate the skin to address ageing, hyperpigmentation and acne; rejuvenate skin and soften fine lines and wrinkles. We use Neostrata, from 20% acid to 70%; series of 3-6 treatments spaced at least 10 days apart.

**Easy TCA Chemical Peels:** for face, hands and décolleté. This peel contains trichloacetic acid to refresh and tighten the skin, stimulating collagen and elastin. 1-4 treatments, one week apart depending on skin tone and texture.

**Obagi Blue Peel:** Used in conjunction with the Obagi Nu-Derm system, this famous peel contains prescription strength cosmeceuticals. Obagi Blue Peel results in peeling which lasts between 7-10 days, accelerating cellular turnover in the skin and penetrating deep to start a therapeutic cascade of improvement, from increased collagen to total skin rejuvenation.

## Intense Pulsed Light (IPL)

Cosmetic Doctor has a state-of-the-art Laser Suite where we use both laser and IPL for a variety of treatments.

IPL involves the use of short bursts of a spectrum of different colour light wavelengths onto the skin from a xenon flashlamp. Depending on the issue being targeted, different filters can be applied to the IPL device to address problems like broken veins or hyperpigmentation.

The energy from the IPL device causes a heat reaction in the targeted tissue and breaks down pigmentation or collapses broken veins, and the body's natural recovery process results in unblemished, healthy skin in the treated areas.

### Treats

- Facial veins
- Facial redness and Rosacea
- Sun damage and pigmentation marks
- Aged skin using Photorejuvenation\*

\* Photorejuvenation stimulates collagen production, minimises fine lines and wrinkles and evens out skin tone.

*“It's not what you look at that matters, it's what you see.”*

Henry David Thoreau



*IPL stands for Intense Pulsed Light. It's administered using a hand-held device that pulses specific wavelengths of light deep into the skin. This treats brown and red pigments, and also stimulates the production of collagen.*



# Non-surgical AESTHETIC TREATMENTS

## Anti-Wrinkle Injections

In the hands of a skilled clinician, botox will smooth dynamic lines and wrinkles by allowing the underlying muscle to relax, so the overlying skin no longer creases. This allows skin to recover before the lines become permanently ingrained or 'static'.

The most popular anti-wrinkle treatment in the world, botox is tried and tested. The key to natural results is the skill of the practitioner, and a comprehensive understanding of facial musculature is vital.

It's the combination of medical knowledge and an aesthetic eye that gives patients beautiful results; Dr. Fay constantly attends ongoing training to stay on the leading edge of developments for botox and its approved uses.

Never be tempted by bargain basement botox-you get what you pay for and your face is too precious to take chances.

### Treats

- Forehead
- Frown (glabellar) lines
- Crow's Feet
- Used in conjunction with dermal fillers in other areas of the face

**Effects:** Younger, more relaxed appearance within 3-7 days

**Lasts:** 4-6 months

## Dermal Fillers

Used to literally 'fill in' deep creases ('static' wrinkles which remain after facial movement has ceased), dermal fillers are usually made of hyaluronic acid (found naturally in the body) or calcium microspheres.

They are injected into the skin and in addition to plumping up lines; they can restore lost facial volume and encourage collagen formation. Clever use of dermal fillers will subtly sculpt contours for a balanced and youthful result.

### Treats

- Nose to mouth (nasolabial) lines
- Marionette lines (from mouth corners to jawline)
- Thinning lips
- Volume loss in cheeks
- Deep creases

**Effects:** Immediate

**Lasts:** 4-18 months depending on product used.

**Products:** Restylane (lasts up to 6 months), Juvederm (lasts 9-12 months) and Radiesse (lasts up to 12 months).

*"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others"*

Audrey Hepburn

## What is a 'Liquid Facelift'?

Dermal Filler Radiesse is selectively injected into areas of the dermis, encouraging skin's collagen-producing cells (fibroblasts) to build new collagen around the Radiesse.

The result is that lines and wrinkles are smoothed; lost volume replaced and skin tone and texture greatly improved, reversing visible signs of ageing non-surgically-a 'liquid facelift'!





*DermaPen is scientifically advanced and uses multiple needles which pierce the skin to stimulate collagen leading to skin tightening and remodelling. There is minimal epidermal damage and also enhanced results over dermaroller devices.*

# *Skin rejuvenating* **& TIGHTENING**

*“I’m a big believer in that if you focus on good skin care, you really won’t need a lot of makeup”*

**Demi Moore**

## *INTRAcel*

INTRAcel is an extraordinary anti-ageing solution, which makes a huge difference to the appearance and condition of the skin.

Using a high-tech combination of microneedles and fractional radiofrequency, it works on the lower layers of the skin without damaging the surface.

The procedure stimulates collagen production directly and will soften lines and wrinkles; tighten lax skin and improve acne scarring. If you feel insecure when you look in the mirror, INTRAcel will give you excellent results.

## *Dermapen: Medical Micro-Needling*

Medical micro- needling is also referred to as collagen induction therapy (CIT).

Dermapen introduces a new level of microneedling, and works by using a hand-held device to introduce tiny sterile needles into different levels of the skin, creating micro-channels.

This controlled micro-wounding triggers, or induces the skin to create new collagen and elastin.

This surge in new collagen and elastin leaves skin smoother and more refined, taut, firm and refreshed.

### *Treats*

- ♥ Fine Lines and Wrinkles
- ♥ Acne and Traumatic Scars

# Health, Beauty & MEDICAL DERMATOLOGY

## Acne Clinic

We run an Acne Clinic to help patients with moderate to severe acne and acne scarring. Every patient will be seen by our medical doctor for evaluation, diagnosis and treatment.

The benefit of a doctor-led clinic is that prescription medication can be recommended, after a careful skin analysis. Depending on the patient, prescriptions can include Antibiotics such as Tetracycline, Doxycycline, Lymecycline or Minocycline.

- The contraceptive pill Dianette can be recommended
- If your acne is severe, developing scarring or not responding to antibiotics then Roaccutane or oral Isotretinoin may be prescribed
- Topical antibiotics such as Dalacin T or Zineryt
- Topical retinoids such as Isotrex, Retin –A or Differin

We also offer a large range of specialised acne treatments to help patients who find acne distressing and who would like to be blemish-free.

- Chemical Peels
- ZO Medical Therapeutic Solutions
- Obagi Skincare for acne
- Dermapen
- INTRAcel

## Laser Hair Removal

There is a difference between Laser and Intense Pulsed Light when either is used for hair removal.

| Medical Grade Lasers                                      | IPL Devices   |
|---|---|
| # of Treatments Required<br>6 - 8                         | # of Treatments Required<br>More than 10                      |
| Specific Light Wavelength<br>effective for targeting hair | Broader Light Wavelength<br>not as effective for excess hair  |
| Suitable for All Skin types<br>Specific lasers chosen     | Not Suitable for All Skin Types<br>Not for use on darker skin |

Cosmetic Doctor is different from a high-street beauty salon or chain of laser clinics.

We are a *doctor-led* laser clinic, with a complete understanding of medical causes of excess hair, and we can treat it effectively by addressing the root cause as well as the symptoms.

All of our staff members are skilled clinical professionals, with the training and experience to put patient safety first for effective treatment. You can expect at least 90% hair reduction after your course of laser hair removal.

We can treat all skin types at Cosmetic Doctor, selecting the most appropriate equipment for the patient. Our technology is the finest medical grade equipment on the market, and we will match laser hair removal prices at other clinics.

*If you find a cheaper quote, Cosmetic Doctor will beat it.*

*“Beauty is power;  
a smile is its sword”*

John Ray

## Sclerotherapy

Red and blue spider veins found on the legs can be effectively treated using sclerosant, a substance injected directly into the vein that causes it to shrink and disappear. Depending on the extent and nature of your veins, between one and four treatments will usually suffice.

**Note:** *varicose veins are not amenable to sclerotherapy treatment and will require treatment by a vascular surgeon.*





## *What we offer*

Skin Assessment  
INTRAcel Skin Rejuvenation  
ZO Skin Health and Medical products  
Treatment of Pigmentation and Sun Damage  
Obagi CLENZIderm  
Obagi Nu Derm  
Dermaroller Microneedling  
Amelan  
TCA (trichloroacetic acid) peels  
Peels: Agera, salicylic, glycolic and TCA.  
Microdermabrasion  
Obagi Professional serum  
Obagi Blue Peel  
Heliocare Sunscreen  
Dermastamp  
Lycogel Breathable Camouflage  
Dermaroller Home Kit  
Neostrata  
DermaPen Advanced Skin Needling  
Neostrata SKIN ACTIVE  
Glominerals mineral makeup  
Botox  
Dermal fillers  
Hyperhidrosis excessive sweating treatments  
IPL photo rejuvenation  
Laser hair removal  
Laser vein removal  
Sclerotherapy

### Cosmetic Doctor

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