



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*
- 👉 *INTRAcE! 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. Dr. Lisa Fay has recently completed the American Board Certification in Aesthetic Medicine in 2013.

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

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 skin's 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 Health

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 Skinhealth line. ZO
Skinhealth is for people who want more than
feel-good, smell nice lotions - they want results.*



What is the ZO Skin Health system?

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





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

Audrey Hepburn



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.

Facial 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.

Light Peel

The LUNCH Time Peel as seen on TV3 Xpose

ZO stimulator peel is the newest addition to the family of peels brought to us by Dr Zein Obagi.

The perfect "lunchtime" peel with no downtime! This revolutionary facial also known as the "Hollywood Facial" reduces fine lines and wrinkles, improving skin texture and clarity without any downtime.

Suitable for: *All skin types*

Total Estimated Treatment Time: 30 minutes

Back to work: Same day

Full recovery: Immediate

Optimum results: 3-4 times every 2-4 weeks

ZO Acne and Oil Control Treatment

Minimises oil production, large pores and inflammation. Cleansing removes impurities, followed by a microscrub and extraction process to remove white heads and blackheads. This is followed by a bio-sulphur mask that has antiseptic benefits. Skin is visibly clear and cleaner.

Suitable for: *Mild acne, pores, blackheads and whiteheads*

Total estimated Treatment Time: 45 minutes

Back to work: Same day

Full recovery: Immediate

Optimum results: 3-4 times every 2-4 weeks

ZO Skin Brightening Treatment

Restores skin clarity and reduces pigmentation resulting in a more even skin tone. Cleansing removes impurities and a peel with citric, salicylic and lactic acid reduces pore size, improves skin clarity and brightness. The Ossential Skin Brightening Masque inhibits pigmentation and promotes healthy skin.

Suitable for: *Dull and pigmented skin*

Total estimated Treatment Time: 45 minutes

Back to work: Same day

Full recovery: Immediate

Optimum results: 3-4 times every 2-4 weeks

ZO Ultra Hydration Treatment

Hydrates and rejuvenates moisture depleted skin. Gentle cleansing and micro-exfoliation removes dead skin cells. ZO Aloe Hydra Gel is applied to soothe the skin. The treatment finishes with DNA repair enzymes, hydrators and sun protection to ensure that you leave with clear, firm and vibrant skin.

Suitable for: *Sensitive and dehydrated skin*

Total estimated Treatment Time: 45 minutes

Back to work: Same day

Full recovery: Immediate

Optimum results: 3-4 times every 2-4 weeks

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%. A course of 3-6 treatments spaced at least 10 days apart is recommended.

Suitable for: *All skin types*

Obagi Blue Peel Radiance

This salicylic peel reduces acne breakouts and helps to minimise excess oil production.

Suitable for: *Spots, pimples and acne breakouts*

Total estimated Treatment Time: 30 Minutes

Back to work: Same day

Full recovery: Immediate

Optimum results: 3-4 times every 2-4 weeks

Light to Medium Peel

ZO Medical 3- Step Stimulation Peel

After using ZO medical Skincare products this peel is excellent to improve the appearance of fine lines and wrinkles, large pores, uneven pigmentation and sun damage. This facial peel will result in 5 days of peeling similar to sun burn which quickly sheds your damaged skin layers, revealing healthier, younger looking skin. You will be able to step out wearing little or no make- up with ZO 3-Step Peel. This potent stimulating peel confers longer lasting benefits beyond the temporary superficiality of our other peels.

Suitable for: *All skin types, acne prone and sun damaged skin*

Total estimated Treatment Time: 60 minutes

Anaesthetic: Topical cream

Peeling: 3-4 days

Full recovery: 1 week

Maintenance: Every 4 months

Optimum results: 3 times every 3-4 weeks

Non-surgical AESTHETIC TREATMENTS

Anti-wrinkle treatments

In the hands of a Cosmetic Doctor, Anti-wrinkle treatments will smooth dynamic lines and wrinkles by allowing the underlying muscles to relax so the overlying skin no longer creases. This allows skin to recover before the lines become permanently ingrained or 'static'.

Used for over 20 years, anti-wrinkle treatments are tried and tested. The key to natural results are the skill of the practitioner, and a comprehensive understanding of facial musculature.

It's the combination of medical knowledge and an aesthetic eye that gives patients beautiful results. Never be tempted by bargain basement treatments. You get what you pay for and your face is too precious to take risks.

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

Procedure time: 30 mins

Back to work: Same day

Lasts: 3-4 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
- ♥ Chin enhancement
- ♥ Non-surgical rhinoplasty
- ♥ Hand rejuvenation
- ♥ Dark eye circles

Procedure time: 30-60 mins

Back to work: Same day

Full recovery: 2-3 days

Effects: Immediate

Products: Juvederm Ultra (lasts 9-12 months)
Juvederm Voluma (lasts 12-18 months) and
Radiesse (lasts up to 12 months)

With new and innovative dermal fillers, one can remodel facial volume and recreate a younger looking facial triangular form projecting upwards similar to a heart shape.

Process

Ideally, one should start with Anti-wrinkle injections to relax facial muscles. The face is then more open and softened. Your friends will wonder whether you have just returned from a good holiday.

Juvederm Voluma (dermal filler) recreates the facial volumes in 3D (in a heart shape) and lifts sagging facial features.

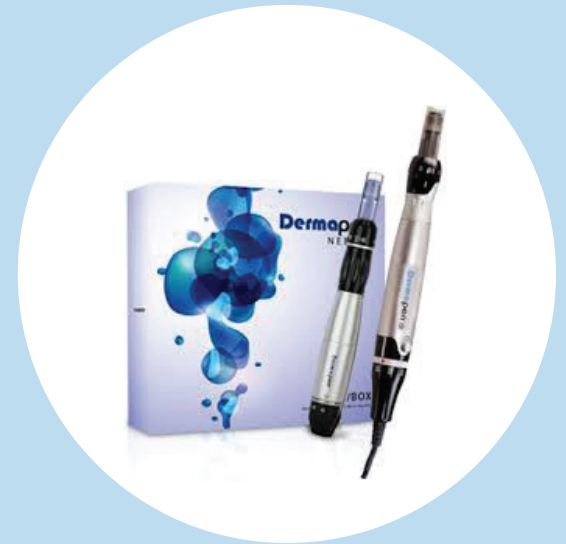
One month later, stage 3 involves using dermal fillers to finesse our results. At this visit we concentrate on reducing nose to mouth lines, frown lines, dark eye circles, and recreating lip volume and shape.

Finally, a bespoke programme tailored to your needs treats your skin. Intense Pulsed Light (IPL), Dermapen, INTRAcel Radiofrequency, ZO Skinhealth and ZO Medical products and Chemical Peels rejuvenate the skin, making it look beautiful and youthful.

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

Henry David Thoreau





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 a new innovation for smoother tighter skin. It treats facial wrinkles, pores and scarring with NO surgery, NO injections and minimum downtime.

It precisely heats up the deep layers of your skin to remove wrinkles and tighten sagging skin. If you feel insecure when you look in the mirror, INTRAcel may be the treatment for you.

This is the most effective micro-needling treatment on the market. Do not worry, topical anaesthetic is applied for your comfort during treatment.

No. of treatments: 3

Procedure time: 2 hrs

Anaesthetic: Topical

Sensitivity: 1-2 days

Back to work: Next day

Full recovery: 1-2 weeks

Dermapen: Medical Micro-Needling

Dermapen is a revolutionary treatment which aims to tighten, lift and rejuvenate skin. Treats wrinkles, scars and pores. Topical anaesthetic is applied for your comfort during treatments. Get your youthful glow back again.

Treats

- ♥ Fine lines and wrinkles
- ♥ Acne and traumatic scars
- ♥ Minimises pore size
- ♥ Prevents the appearance of ageing
- ♥ Improves appearance of stretch marks

No. of treatments: 3-6

Procedure time: 1 hr

Anaesthetic: Topical

Sensitivity: 1-2 days

Back to work: Next day

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. After careful assessment we will devise a bespoke treatment to suit your needs.

- 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

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

- ZO Medical / Skin Health
- Facial Peels
- Roaccutane
- Dermapen and INTRAcel for acne scarring

Microdermabrasion

Microdermabrasion works wonders on dull tired skin to reveal fresh and healthy skin and can improve the appearance of fine lines and wrinkles, sun damage, age spots, pigmentation, acne prone skin, black and whiteheads, oily skin, dry or patchy skin.

Estimated treatment time: 45 minutes

Sclerotherapy

Red and blue spider veins found on the legs can be effectively treated using a substance injected directly into the vein and 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.*

Hyperhidrosis (excessive sweating)

BTX treatment is a safe and effective treatment for excessive sweating. This simple treatment can have life-changing results.

Procedure time: 30 mins

Back to work: Same day

Effects last: 3-6 months.

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

John Ray

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 6 - 8	# of Treatments Required More than 10
Specific Light Wavelength effective for targeting hair	Broader Light Wavelength not as effective for excess hair
Suitable for All Skin types Specific lasers chosen	Not Suitable for All Skin Types 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. We can treat excess hair 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.

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.

The energy from the IPL device causes a heat reaction in the skin 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*

Procedure time: 30 mins

Back to work: Same day

Full recovery: 2-3 days.

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



Cosmetic Doctor
First Floor, Slievemore Clinic,
Old Dublin Road, Stillorgan, Co. Dublin

Facebook | cosmeticdoctorireland
Twitter | drlisafay

Clinic Practitioner | Dr. Lisa Fay
Clinic Telephone Number | 01 2000 500
Clinic Email | cosmeticdoctor@slievemore-clinic.com

www.cosmeticdoctor.ie

What we offer

- Anti- Wrinkle Treatments
- Dermal Fillers
- ZO Skin Health and Medical products
- ZO medical Grade Facials
- Facial Peels (Glycolic, Obagi Blue Peel Radiance etc)
- Laser Hair Removal
- Laser Vein Treatments
- IPL Photorejuvenation
- Dermapen Medical Microneedling
- INTRAcel
- Microdermabrasion
- Acne Clinic
- Rosacea Clinic
- Treatment of Pigmentation and Sun Damage
- Hyperhidrosis (Excessive sweating treatments)
- Heliocare
- Obagi CLENZIderm
- Obagi Nu- Derm
- Glo Minerals Makeup