

Cindy Clark

Cindy previously worked as a cosmetic surgery consultant and has been practising as a nurse since 1991. She has also worked as a midwife in South Africa.

Her extensive training, combined with her approachable nature means that many of her patients return for further treatments.

Cindy works in our Southampton clinic, where she is able to assess your needs and suggest treatments at our free consultations.



The following are some of the most popular treatments that Cindy performs.

Skin Peels

A number of skin peels is available at Rejuvenate by Transform. The peel solution is typically applied to the skin which then creates an even and controlled shedding of several layers of skin cells. This allows new layers to be exposed and creates a fresh appearance to the skin surface. In addition, new cells and collagen are stimulated, creating a more even skin tone. Skin peel treatments take approximately 30 minutes and are relatively painless.

Cindy can perform the following skin peels:

• **Easy TCA Peel**

A medium depth peel suitable for all skin types. Effective in reversing sun damage, treating acne, reducing fine lines and wrinkles, removing hyperpigmentation, liver spots and other visible signs of ageing.

• **Alpha Beta Peel**

A gentle superficial peel that is suitable for all skin types. Gives a fresh, glowing feel to the complexion.

• **Easy Phytic Peel**

A superficial peel great for a fresh complexion and the treatment of mild acne. Can also be used to maintain results by deeper peels. Suitable for all skin types.

Botox now called Vistabel

By injecting a very fine needle containing a muscle relaxant into the wrinkles and lines selected for treatment, Botox temporarily relaxes the nerves of the facial muscles so that they no longer crease or cause wrinkles. This procedure is painless, takes approximately 15 minutes and lasts from 6 – 9 months.

Excessive Sweating Treatment

A simple and effective treatment for excessive underarm sweating or hyperhidrosis which involves injections into the skin where the sweating is greatest to block the action of nerves that supply the sweat glands, and stop the glands from producing sweat. Botox now called Vistabel is used in this treatment. This treatment lasts from 6 – 9 months.

Treatments continued on page 2

We're pleased to offer consultations and treatments at a time to suit you. Early evening appointments are available.

Call **0500 20 20 20** for a FREE confidential consultation on our full range of treatments or visit www.transforminglives.co.uk

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Continued treatments list

Dermal Line Fillers

Dermal fillers are used to soften and contour lines, folds, and wrinkles. The solution is injected into the skin in the appropriate areas to add volume and to create a more youthful appearance. Often a topical anaesthetic cream is used to ensure treatments are pain free.

Cindy can perform the following dermal fillers:

• Restylane & Restylane Vital

Restylane and Restylane Vital are crystal-clear, non-animal, biodegradable gels, based on a natural substance called hyaluronic acid and treat fine lines and wrinkles. The gel is injected into the skin in tiny amounts with a very fine needle. The results are instantaneous and produce a long-lasting, natural enhancement.

Restylane Vital is fantastic for treating the hands, neck and décolletage. Restylane lasts for up to 6 months & Restylane Vital for up to 1 year.

• Teosyal

Teosyal is suitable for mild to moderate wrinkles of the face, nose to mouth lines and for redefining the lip contour. It is hyaluronic acid based and is gently injected into the specified areas. Teosyal lasts for up to 6 months.

• Perlane

Perlane is specifically designed for shaping facial contours and works by volume augmentation. Injected into the skin, it corrects deep folds and lifts up the skin from cheeks and chin, giving a new shape to facial contours. It is also a fabulous lip enhancer. Restylane Perlane lasts for up to 6 months.

• Sculptra

Sculptra is suitable for increasing volume of depressed areas, particularly to correct skin creases, wrinkles, folds, scars and skin ageing. It is injected into the deep dermis or subcutaneous layer of the skin and is also suitable for large volume corrections of the signs of facial fat loss. Sculptra lasts for up to 2 years.

• Evolence

Evolence is injected just below the skin surface, where it replenishes lost collagen and adds support to your skin's own remaining collagen network. It restores shape and smoothes away wrinkles, lines and folds, quickly and effectively, to give your skin texture a soft even tone. Evolence lasts for up to 12 months.

Microdermabrasion

Microdermabrasion works by polishing the top layer of skin with a diamond tipped wand. Skin is deeply exfoliated and any dead skin cells are simply vacuumed away. It reduces fine lines and wrinkles and leaves you with fresher, smoother skin. This procedure takes a relaxing 30 minutes and is completely painless.

Lip Enhancement

By injecting small amounts of dermal filler into or around the lip and lip line, lips will become plumper, fuller and more shapely. A dental anaesthetic block is used to ensure maximum comfort. Our most popular lip enhancement products are Restylane, Perlane and Teosyal and can last for up to 6 months.

Vein Removal

A number of vein removal treatments are available from Rejuvenate by Transform.

Cindy can perform the following vein removal treatment:

• Sclerotherapy

Sclerotherapy can be used to treat thread, spider, deep blue and varicose veins. Small amounts of solution called a sclerosant is injected, using a very fine needle, directly into the vein. This creates a mild inflammatory response causing the vein to contract so that it becomes smaller or vanishes. This treatment is for the leg area only.

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