

## Treatment Portfolio 2015



## Welcome to Laserderm

**Laserderm** specialises in cosmetic procedures to enhance your appearance using the latest dermatological techniques, laser equipment, and aesthetic treatments.

Since its inception in 1997, Laserderm has built a strong reputation for professionalism and excellence in beauty therapy. It has positioned itself as a leader in laser treatments offering a wide variety of the most advanced aesthetic equipment available.

Endorsed by leading Dermatologists and Plastic Surgeons, Laserderm has gained enormous credibility over the years. We also pride ourselves in having resident Dermatologists, General Practitioners, professionally trained Laser Operators, Nursing Sisters and Beauticians on hand to offer our clients the widest range of Aesthetic Procedures currently available.

We offer a full line of professional medical-grade skin care products designed for all skin types and our trained staff can assist you in choosing the correct product to complement your skin care regimen. **Fillers** and **Botox** are only performed by our **doctors**.

Our therapists offer **free consultations** in which they will be happy to answer all your questions and offer quotations.

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For more information on the specific treatments offered at Laserderm please see our Conditions Treated. If you are unsure about which procedure is right for you, or simply want to find out more about any of these treatments, please contact us.



# Welcome to Laserderm

## **The Laserderm experience:**

Laserderm clinics welcome our patients to a relaxing environment. Our expert therapists and doctors endeavour to renew and restore every aspect of our patients' skin and body aesthetic requirements. We assist our patients in making a confident decision regarding treatment options which will deliver the desired results.

## **Opening Hours:**

Monday to Friday from 08:00am to 17:00

Saturdays from 09:00 to 13:00

Closed on public holidays

## **Consultation:**

Consultation with one of our Dermatologists or Aesthetic Doctors will take place before the appropriate treatment course is recommended.

## **Consultation with our Therapists:**

Our therapists offer free consultations in which they will be happy to answer all your questions and offer quotations.

## **Medical Consultations:**

### **Consultation fee with Dermatologist:**

Private Practice – Consultation Fee R650 – R850

Mole Scanning – R650 – R1500

Doctors are strictly contracted OUT of medical aid rates.

All prices are strictly upon consultation and can be adjusted accordingly by your doctor or therapist.

## **Consultation with Aesthetic Doctors:**

### **Bookings:**

Appointments cancelled with less than 24 hours' notice will incur a 100% charge.

In order for us to provide our clients with the best possible service, we request that you arrive 10 minutes prior to your scheduled time.

### **Pricing:**

Pricing per treatment is standard in all clinics.

Feel free to discuss prices per treatment when contacting the clinic or make your appointment.

For your convenience we do accept debit and credit cards.

### **Gift Vouchers:**

Gift vouchers are available from our reception desks, for a monetary value only and are valid for 12 months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers must be presented at time of payment or an alternative payment method will be required. No cash change can be given.



# Laserderm Clinics

Laserderm currently has clinics across South Africa. These clinics offer specialised medical services including that of a Plastic Surgeon. The branches do not all offer the same treatments, so please contact your nearest branch for more information.

## Gauteng

Clinic name	Contact information	Medical assistance
<b>Bedfordview</b> 15E Riley Road, Riley Office Park, CIB Building No 2	Tel: 011 450 1690 E-mail: bedfordview@laserderm.co.za	Medical Aesthetic Doctor
<b>Cresta - Cresta Corner</b> Cnr Beyers Naude & Pendorring (Opp Virgin Active)	Tel: 011 476 1228 Email: cresta@laserderm.co.za	Medical Aesthetic Doctor
<b>Dainfern</b> Unit 11, Mulberry Hill Office Park Broadacres Drive Dainfern	Tel: 011 469 5478 E-mail: dainfern@laserderm.co.za	Medical Aesthetic Doctor
<b>Dunkeld West</b> 18 Bompas Road, Dunkeld West, (Equity House)	Tel: 011 341 0580 E-mail: dunkeld@laserderm.co.za	Dermatologist Medical Aesthetic Doctor
<b>Morningside - Medical Suites</b> 4 Hill Road (Opp the Mediclinic) Morningside	Tel: 011 783 3110 Email: info@laserderm.co.za	Dermatologist Medical Aesthetic Doctor
<b>Parkhurst</b> 1st Floor, Parkhurst Square Centre, Cnr 4th Ave & 13th St, Parkhurst	Tel: 011 447 7270 E-mail: parkhurst@laserderm.co.za	Dermatologist Medical Aesthetic Doctor
<b>Parklane - Parklane Clinic</b> Junction Avenue, Parktown	Tel: 011 642 9201 E-mail: parklane@laserderm.co.za	Medical Aesthetic Doctor
<b>Pretoria</b> 429 Queens Crescent, Lynwood, Pretoria	Tel: 012 348 8181 E-mail: rouxlene@rejive.co.za	Medical Aesthetic Doctor
<b>Rynfield</b> 16 Honiball Street, Rynfield Benoni	Tel: 011 849 0238 E-mail: rynfield@laserderm.co.za	Medical Aesthetic Doctor
<b>Sandton</b> 66 Rivonia Road, Cnr Protea & Chistlehurst	Tel: 011 783 9483 E-mail: sandton@laserderm.co.za	Medical Aesthetic Doctor
<b>Waterfall</b> Waterfall Health Centre Waterfall Estate Cnr R55 & Maxwell Drive	Tel: 011 260 6886 E-mail: waterfall@laserderm.co.za	Medical Aesthetic Doctor

## Cape Town

<b>Century City (CDC)</b> Central Park on Esplanade, Century City, Cape Town, 7441	Tel: 021 552 7220 E-mail: info@capederm.co.za	Dermatologist Medical Aesthetic Doctor
<b>Claremont (Laserpoint)</b> Shop Z, Upper Level, Cavendish Close, Claremont, Cape Town, 7708	Tel: 021 683 5060 E-mail: claremont@laserderm.co.za	Medical Aesthetic Doctor

# Laserderm Treatment Categories

<b>Skin Conditions</b>	
<p>Acne / Acne Scarring            Actinic Keratosis (AK)            Age Spots            Aging face and body            Angioma (Cherry and Spider)            Atopic Dermatitis / Eczema            Basal Cell Carcinoma (BCC)            Birth Marks (Strawberry marks, Portwine stains,            Café au lait and Nevus of Ota            Bruising            Chloasma (Pregnancy Mask / Melasma)            Clogged Enlarged Pores            Crepey Skin            Dark Eye Treatments            Dark Skin Treatments            Dermatitis Papulosa Nigra (DPN)            Double Chin            Dry / Dehydrated / Dull Skin            Eczema            Eye Bags            Face-Lift (Non-surgical)            Freckles / Sunspots            Genital Warts            Hyper-pigmentation            Keloids (Hypertrophic Scars)</p>	<p>Large Pores            Lax Skin            Lifting and Firming Skin            Liver Spots            Melasma (Hormonal Pigmentation)            Milk Spots / Milia            Moles / Nevi            Pigmentation            Pityriasis Rosea (Inflammatory skin rash)            Poikiloderma of Civatte / Red Neck            Psoriasis            Rosacea            Scarring / Keloids            Seborrheic Wart / Keratosis            Skin Texture and Tone (Dull, blotchy, uneven and            large pores)            Skin tags            Solar Ketosis            Thin Skin            Toe Nail Fungus (Onychomycosis)            Venous Lake (Vein-like spot or papule)            Vitiligo            Warts            Wrinkles / Lines            Wound Healing</p>
<p><b>Skin Lifting and Firming</b>            Laser Rejuvenation            Laser Resurfacing            Non-Surgical Skin Lifting            Sagging Skin            Skin Laxity</p>	<p><b>Volume</b>            Aesthetic lip enhancements for thin / uneven lips            Lip Volume            Sagging Brow            Volume Loss</p>
<p><b>Body Enhancements</b>            Bat wings / Flabby Arms            Cellulite            Centimeter Loss            Cryolipolysis            Fat Pockets / Love Handles            Fat Reduction / Weight Loss            Stretch Marks</p>	<p><b>Body Wellness</b>            Detox            Lymph Drainage            Migraine            Onychomycosis (Toenail Fungus)            Sweating (Hyperhidrosis)            Weight Loss</p>
<p><b>Hair</b>            Balding (Alopecia)            Beard Bump / Ingrown hairs (Pseudofolliculitis            Barbae or PBF)            Ingrown Hair (Folliculitis)            Hair Removal            Keratosis Pilaris</p>	<p><b>Vein Treatments</b>            Leg Veins (Blue or red)            Localized Scleroderma            Red Facial Veins            Venous Lake            (Vein-like spot or papule)</p>
<b>Tattoo Removal</b>	
<b>Teeth Grinding (Bruxism) / TMJ (Temporo-mandibular Joint)</b>	

# Laserderm Treatment Menu

## Medical Procedures

### Medical procedures treated with pulsed dye laser (Candela V-Beam Perfecta Laser)

Pulsed Dye Lasers use an intense beam of light to target the affected area causing the red blood cells within the vessel to heat up. This injures the blood vessel wall causing the vessel to close down. The laser's energy is delivered in short, adjustable pulses minimizing the risk of bruising or other problems.

- Acne
- Facial Veins
- Hemangiomas & Angiomas
- Leg Veins
- Pigmented Lesions (Freckles, Sun spots, Age Spots & Birthmarks)
- Photo rejuvenation
- Poikiloderma of Civatte (red necks)
- Psoriasis
- Red facial veins
- Rejuvenation
- Rosacea (facial redness)
- Scar rejuvenation and Lentigines
- Solar Keratosis
- Spider veins
- Stretch Marks
- Vascular lesions such as Port Wine Stains
- Venous Lakes (blueish nodule)
- Warts
- Wrinkles

### Cautery / Curettage

A procedure which uses an instrument or agent to destroy tissue by burning, scraping or cutting. The area being treated maybe numbed with a local anaesthetic before the procedure.

### Cryotherapy (Freezing with Liquid Nitrogen)

Also known as cryosurgery, this procedure uses liquid nitrogen which is so cold that when sprayed on to the affected area destroys the tissue. A small scab is left which is gradually replaced by fresh healthy skin. Liquid nitrogen can cause the surrounding skin to blister for a few days. Occasionally cryotherapy can cause hypo-pigmentation (lightening on the skin). This procedure is commonly used to treat solar keratoses.

### Photo Dynamic Therapy (PDT) with ALA

This treatment is only available upon doctor's consultation. Photodynamic Therapy "PDT" uses a pure red light to treat the affected skin. The process is a simple yet very successful method of treating localised skin cancers and lesions that could become cancerous if left untreated.

### Roaccutane

Roaccutane is an oral medicine containing isotretinoin. It works by suppressing the activity of sebaceous glands in the skin reducing the amount of oil produced by these glands and the

inflammation that occurs with acne. Roaccutane is usually prescribed to patients when previous treatments for acne have not been successful.

### Tattoo Removal

The Q-switched laser targets the pigment of the tattoo depositing high levels of energy over very brief periods of time which microscopically shatters the pigment of the tattoo ink dispersing it in the skin. The pigment is then flushed away through the lymphatic system. A series of treatments is required.

### Vein Treatments

#### Blue Leg Veins

The laser beam heats up the blood inside the vein coagulating the vessel and its lining. This process restricts the blood flow in the vessel which in turn removes the vein. This is a very effective treatment for removing leg veins however it does require several treatments and takes a few months before the results can be seen.

#### Sclerotherapy

Sclerotherapy is a popular method of eliminating varicose veins and superficial telangiectasias (“spider veins”) by injecting a solution, called a Sclerosing agent, into the veins.

## Rejuvenating Procedures

### Chemical Peels

This skin renewal treatment will provide improvements in the look, tone, and texture of your skin. Upon assessment we can establish which peel would be most suited to your individual needs. Peels include Alpha & Beta Hydroxy acid peels, Lactiferm and TCA.

Treatment for face, neck and chest	
Reduce fine lines and wrinkles	Reduce uneven pigmentation
Improve oily skin	Aid in the control of acne
Smooth and hydrate rough dry skin	Improves dullness
Reduce pore size	Reduce acne scars
Lift sun damage	Increase radiance and glow

### Carboxy Therapy

This treatment involves the gradual administration of controlled amounts of sterile, medical grade dioxide via micro-injections just beneath the surface of the skin. As the body attempts to correct in what it sees as an imbalance the increase in blood flow causes a surge of oxygen and nutrients which stimulates cell and collagen reproduction.

Treatment for face and body	
Tighten lax skin	Softens dark circles under eye
Skin rejuvenation	Wrinkles
Improves cellulite	Fades stretch marks

### Microdermabrasion

Uses medical grade crystals and crystal free tips to vacuum and exfoliate the outer surface of the skin exposing living skin cells that are soft, smooth and receptive to nutrients. The underlying epidermis is also stimulated by the abrasion and vacuum. This promotes generation of new collagen, which thickens the dermis and improves resistance to the effects of aging. Microdermabrasion can be used alone, but is usually combined with another treatment such as skin rejuvenating serums or laser treatments to give maximum effect.

<b>Treatment for face and body</b>	
Dry and oily skins	Fine lines and wrinkles
Sun damage	Hyper-pigmentation
Acne (thoroughly cleanse pores)	Reduce pore size
Remove whiteheads and blackheads	Scar tissue reduction

### **Micro needling with Amieamed**

The finest method of micro needling that penetrate into the skin with the precision and power to restore and refine the skin while minimum trauma is caused. No ablation of the epidermis. Less pain, minimal downtime and superb results.

<b>Treatment for small areas or full face</b>	
Skin rejuvenation	Scar revision
Treatment of facial expression lines	Wrinkles
Minimization of pores	Improve stretch marks
Revision of all types of scars	

### **Micro needling with DermaFrac**

Micro needling with simultaneous fractional infusion therapy delivering medical grade topicals to the dermal / epidermal junction of the skin. No pain, no local anaesthetic, no blood, no downtime. Excellent results. Personally designed packages.

<b>Treatment for face, neck, chest and hands</b>	
Fine lines and wrinkles	Skin hydration
Pigmentation and uneven skin tone	Congested, oily skin
Pre- and post laser treatments	

### **Mesotherapy**

Mesotherapy is an anti-aging procedure that uses micro needles to deposit skin rejuvenating serums into the skin which help to stimulate new collagen growth. Micro droplets of filler (hyaluronic acid) can also be used. These draw in water and help to plump up the skin especially useful for areas that are crepey or have lots of fine lines like the upper lip, cheeks, décolleté and hands. A series of Mesotherapy treatments will improve the skins texture and tone.

<b>Treatment for the face and all areas of the body</b>	
Improve skin texture and tone	Fine lines and wrinkles
Anti aging	Skin rejuvenation
Re hydration	

### **Infusion Peel Facial**

The Infusion Peel by Accelafuze combines Microdermabrasion, Topical Infusions and LED Light Therapy. The Microdermabrasion procedure gently removes the stratum corneum of the epidermis preparing the skin for rapid infusion of medical grade topical solutions, followed by therapeutic LED light therapy.

<b>Treatment for the face and neck</b>	
Oily / Acne prone skin	Dry / Patchy skin
Black / whiteheads	Large pores
Sun damaged skin	Fine lines and aging skin
Hyper pigmentation	

### **Laser Skin Rejuvenation**

Non-ablative cosmetic lasers like the Alexandrite Laser & Nd:YAG Lasers offer a fantastic rejuvenating treatment which softens fine facial lines and removes the ageing effects of sun damage and

pigmentation. The Laser Facial Rejuvenation treatment deposits heat into the deeper layers of the skin leaving the surface area untouched. In addition to minimising skin imperfections, the large amount of heat deposited into the skin stimulates collagen production and promotes tissue tightening through coagulation improving the overall texture and tone of the skin offering clients a wonderful skin rejuvenating treatment.

Treatment for the face and all areas of the body	
Skin rejuvenation	Skin tightening

### Pigmentation with laser

The Q-switched laser targets pigmentation and deposits high levels of energy over very brief periods of time which microscopically shatters the pigment of the lesion dispersing it in the skin. The pigment is then flushed away through the lymphatic system. The number of treatments required varies from patient to patient.

Treatment for the face and all areas of the body	
Pigmentation	Sun damage

### Photo-Rejuvenation with iClear/Omnilux

Combination of red and blue light therapy for anti-aging and acne treatment. Accelerates healing. A lovely addition to any facial or Fraxel treatment. Phototherapy / Photo-Rejuvenation. The technology is based on narrowband Light Emitting Diodes (LEDs). When combined with certain topical creams, they react stimulating the body's own repair mechanisms (a process called photo modulation) which improves skin tone and lays down new collagen. No heat, no side effects, or downtime. Non-invasive, non-ablative, safe therapy. No damage to sub-dermal tissue. Relaxing and calming experience with excellent results.

Treatment for the face and all areas of the body	
Skin texture and tone	Fine lines
Acne	Skin rejuvenation
Vitiligo	Wound healing post-surgery
Sun damage	Aging
Non-melanoma skin cancers	

### Skin Lifting by Ulthera

Non-surgical face-lift. A quick, effective non-surgical face-lift using Ultrasound technology. Ulthera™ tightens, pulls, and lifts those problematic areas – giving the appearance of a face-lift – without any surgery or downtime.

Video Ulthera™ is the only skin rejuvenation procedure that uses ultrasound imaging and therapy. Its established technology makes it both safe and incredibly effective. As with sonograms, an image is projected onto a screen that both you and the medical practitioner can see. The sound waves then deliver small, controlled amounts of energy into the deep layers of skin and soft tissue while sparing the upper layers. Your skin's response to the energy is to contract slightly right away, and then to stimulate the growth of new collagen over time. A gradual tightening occurs, ultimately resulting in a natural, beneficial lift of facial skin tissue.

The procedure has an excellent safety profile, although painful, it is tolerated without need for an anaesthetic and as sessions are only 30 minutes long, the patient can return to his or her daily routine immediately. The only minor after-effects the patient's might experience is the skin may appear a bit flushed or puffy immediately after the treatment, but any redness should disappear in a matter of hours.



Ultrasound therapy, trusted by doctors and expectant mothers everywhere for decades now adds a new dimension to aesthetic medicine and Laserderm's patients were the first in South Africa to benefit from this incredible new procedure.

<b>Treatment for the face, neck and chest</b>	
Mild to moderate loose or sagging skin	Recondition and renew the skin from within

### **Thermage CPT**

Thermage CPT is a non-invasive radiofrequency therapy that can address the look and feel of ageing skin on many areas of your body. The new Thermage CPT (Comfort Pulse Technology) integrates vibration with cooling blasts to achieve a whole new level of patient comfort, so you can see the dramatic and consistent results you really want.

<b>Treatment for the face, eyes, body (i.e. arms)</b>	
Eyes: upper and lower eyelids to reduce hooding and crepey eyelids	Improves fine lines and wrinkles
Skin laxity	Sagging skin – smooth and tighten droopy skin
Double chin and turkey neck	Tighten fatty areas in stomach, lower abdominal area and thighs
Reduces fat in the upper arms and the knees	Smooth bulges and uneven / dimpled skin

### **Fraxel Laser Resurfacing**

Fraxel® is a non-invasive laser therapy used to 'fractionally' resurface the skin and address many forms of aging. Fraxel® technology uses thousands of microscopic laser columns to treat about 20% of the skin at a time without affecting the surrounding tissue. These laser columns stimulate the production of younger, smoother healthier skin to replace damaged tissue. A standard treatment consist of an eight pass cycle. The skin may appear bronzed or red for a few days but makeup can be applied. The number of treatments varies from patient to patient. Generally 3-5 treatments needed spaced over 3-6 month period.

<b>Treatment for the face, neck, chest and hands</b>	
Fine lines and wrinkles	Surface scarring such as acne scarring
Pigmentation and age spots	Melasma (Hormonal pigmentation)
Actinic Keratosis (AK)	Sun damage

### **Fraxel facials**

The same technology as the Fraxel laser resurfacing is used. More treatments are required and a more progressive result is achieved during this three-pass treatment. The Fraxel facial includes a microdermabrasion and light therapy.

<b>Treatment for the face, neck and chest</b>	
Skin texture and tone	Fine lines
Acne	Skin rejuvenation
Sun damage	Aging

### **Liquid Face Lifts**

This is a non-surgical face lift which uses a combination of injectables i.e. Botox and soft tissue fillers to erase years off your appearance. The treatment softens lines and wrinkles and restores lost volume.

BOTOX® Cosmetic is the world's most popular aesthetic procedure used to relax muscles, preventing ingrained lines and wrinkles, and can also be used to treat medical conditions. A short treatment consisting of a few injections administered by a Doctor, results in months of decreased lines and wrinkles. Typically Botox® is used to treat wrinkles on the forehead, around the eyes (crow's feet), and the frown between the eyebrows; it can also be used on the neck, jaw, lips, and nose. Due to the muscle not exercising, the muscle bulk decreases over time.

## Injectable Fillers

Soft tissue fillers are injectable gels used to temporarily 'fill in' lines and wrinkles, and restore lost volume. A few well-placed injections can help erase years from your face and most people will never know you've had any help. Various fillers (e.g. Z-Fill, Restylane®, JUVÉDERM® Perlane®) are available and your doctor will help choose the best one for you. Areas that are typically treated include frown lines between the eyebrows (glabellar lines), the deep lines between your nose and lips – 'smile lines' (nasolabial lines), sleep lines, cheek wrinkles, jowls, under eye hollows, lip enhancement, back of hands, décolletage, and hollow cheeks.

The procedure is quick. It usually takes less than 30 minutes. The benefits can be seen immediately.

## CO<sub>2</sub> Fractional Resurfacing

The wavelength on the laser beam penetrates the skin superficially vaporising water molecules in and around the skin cells. This intense heat destroys the cells and in turn promotes collagen production to repair the damaged cells.

CO<sub>2</sub> is a Carbon Dioxide Laser that only treats a fraction of the skin at a time. When the CO<sub>2</sub> beam of light comes in contact with the epidermis it heats and vaporizes the skin tissue, instantly removing the superficial layers of the skin, scars and wrinkles while smoothing out the surface of the skin. Skin remodelling occurs with new skin and collagen growth.

CO<sub>2</sub> (carbon dioxide) ablative laser resurfacing has been around for 20 odd years and can achieve very significant facial rejuvenation including wrinkle removal, skin tightening and removal of pigment and photo ageing skin changes, however it has several limitations including a prolonged and difficult recovery period, with prolonged facial redness that can last three months, hypo-pigmentation (lightening) and high risks of infection which can lead to scarring.

'Fractional' Laser Resurfacing has since been developed which has dramatically shortened recovery time and lessened the occurrence of complications.

## Hair Removal

Laserderm uses the Alexandrite Laser and Nd:YAG Laser for Hair Removal. If hair has pigment in it, the laser will destroy it – once destroyed this follicle will never grow back. Hair grows in cycles therefore each growth cycle will need to be treated to obtain permanent hair reduction. Laserderm recommends between 6-8 treatments.

Interesting fact: The Alexandrite Laser is proven scientifically to be 133 times more absorbed by melanin than a Diode Laser!

The Laser delivers energy through a small hand piece in the form of a beam of light. The laser targets hair in the growing phase by honing in on the melanin in the hair follicle, following it down the hair shaft, where it destroys it without affecting the surrounding tissue. As long as the hair has pigment in it, the laser will destroy the hair follicle on impact – once destroyed this follicle will never grow back.

## Hair Removal

Candela's GentleYAG – 1064nm laser effectively removes hair on dark skin types (V-VI). The Laser uses Epidermal Cooling for maximum comfort and safety.

The laser targets hair in the growing phase by honing in on the melanin in the hair follicle, following it down the hair shaft, where it destroys it. As long as the hair has pigment in it, the laser will destroy the

hair follicle on impact – once destroyed this follicle will never grow back. Hair grows in cycles therefore each growth cycle will need to be treated with the laser in order to obtain permanent hair reduction. Laserderm recommends between 6-8 treatments.

Beard bumps or Pseudofolliculitis Barbae (PFB). In this instance, 'prevention is better than cure'. The ND:YAG Laser successfully removes hair on dark skin types leaving the surface of the skin undamaged. As it destroys the hair follicle it reduces the risks of PFB.

### **Waxing**

Waxing is a form of semi-permanent hair removal which removes the hair from the root. New hair will not grow back in the previously waxed area for four to six weeks, although some people will start to see regrowth in only a week due to some of their hair being on a different growth cycle. Almost any area of the body can be waxed, including eyebrows, face, pubic area (called bikini waxing), legs, arms, back, abdomen and feet. There are many types of waxing suitable for removing unwanted hair.

## Slimming and Body Contouring

### **Slender Wonder**

A medical weight loss solution. Only Slender Wonder accredited doctors that are trained by the organisation, are allowed to prescribe and distribute the programme.

This safe and effective weight loss programme has evolved over 40 years with tens of thousands of patients being treated successfully in South Africa.

The programme is based on treating low leptin levels and has three components. A low GI eating plan, supplements in the form of capsules and a series of injections. The injections bring the leptin levels back into balance and help rid the body of "abnormal" fat in a safe and controlled way. This is what makes the Slender Wonder programme different from other weight loss programmes.

"For those looking to lose more than just a few kilograms, there are eating plans like Slender Wonder which are managed by a doctor, and where patients lose anything between 3 and 15 kilograms a month. This eating plan consists of a very structured diet as well as daily supplements, and we are seeing phenomenal results with many very happy patients." Says Dr Loredana Nigro, Laserderm Parkhurst.

### **Patricia Clark Gel**

Body contouring gel treating cellulite, enhancing skin tightening and firming. The gel contains active ingredients including Vitamin E, Aloe Vera, Ginseng, Seaweed, Horsechestnut, Fennel, Horserack, Cypress, Lemonine, Peppermint, to name a few. The gel also contains strengthening, diuretic, healing, firming and toning liposomes, and establishing properties which maintain the contours of the body helping avoid a spongy appearance.

### **Lipo-Dissolve**

Injections to reduce fat pads.

### **Liposonix**

Upon doctors consultation only.

The Liposonix is a safe non-surgical treatment which utilizes high-intensity focused ultrasound to treat and eliminate stubborn fat. It is perfect for people close to their ideal size and shape, but need help where diet and exercise just won't work.

Using high-intensity focused ultrasound (HIFU), subcutaneous adipose tissue is permanently destroyed. The Liposonix system offers precisely focused delivery of energy that does not harm surrounding skin, tissue, or organs.

### **Fat Freezing: CoolSculpting™ by ZELTIQ or MiCool-A**

A treatment that offers total body transformation without liposuction. Commonly referred to as 'Fat Freezing', this process is called Cryolipolysis. As fat cells are more susceptible to extreme cold they can be selectively and permanently destroyed. Programmed cooling affects cell death by apoptosis. This procedure is non-invasive, patients can return to normal activities immediately, the perfect treatment for a lunch-break and definitely an option for patients who don't want to go the liposuction route.

<b>Treatment for men and women</b>	
Abdomen	Love handles and upper hips
Bra line	Upper arms
Muffin top	Thighs and calves

### **VelaShape™**

VelaShape™ contours, shapes and slims the body by improving cellulite and reducing circumference in as few as 4 treatment sessions. VelaShape provides dramatic results without downtime or significant discomfort. The secret behind VelaShape is that it is the first and only technology that combines elō s with vacuum and tissue manipulation to reduce the volume and appearance of fat tissues.

### **Synergie Aesthetic Massage System**

FDA approved, Synergie AMS is a non-invasive procedure that helps smooth and sculpt your problem areas providing temporary reduction in the appearance of cellulite and circumferential body measurements of cellulite-treated areas. Provides deep relaxing comfortable massage to improve circulation while losing centimeters. Improves lymphatic and venous flow. Treatments are sold in courses of 10 or 20 x 40 minute sessions. Post cryo-fat reduction treatment.

### **Z-WAVE**

Non-invasive transmission of mechanical pressure acoustic waves to improve the appearance of cellulite. Improves skin firmness by strengthening the epidermis and significantly stimulating the formation of new collagen. Weekly treatments improves body contouring results in a shorter period. Increase effectiveness of cryo-fat reduction treatments. At least five sessions are advised.