

A top-down photograph of a person's legs and feet on a sandy beach. The person is wearing a white, wide-brimmed straw hat with a textured, woven pattern. The legs are tanned and have a thin anklet on the right ankle. The feet are also tanned and have a thin anklet on the right ankle. The background is a light-colored, sandy beach. The image is overlaid with a light green horizontal band and a purple horizontal band.

Getting
ready for
summer

MIRABEL

The Mirabel Clinic
01793 321180

Welcome to Mirabel Clinic

Swindon's longest-established doctor-led,
CQC-registered medical aesthetics clinic.

Founded in 2006, Mirabel Clinic is led by Dr Alison Brooks, a General Practitioner and Member of the Royal College of Physicians, British College of Aesthetic Medicine and Aesthetics Complications Experts Group. With over 15 years of experience in the aesthetics industry, you are in very safe hands.

As Spring begins and we start to think about how we can look and feel more refreshed, youthful and vibrant for the warmer months ahead, you can be sure that we will have the perfect solution here at Mirabel Clinic.

We have researched and chosen the very best of the best, so you can attain that refreshed glow you're looking for. A consultation will allow us to tailor treatments to you. To book, simply contact our friendly team today.

Get 'summer ready' with laser hair removal

If you experience excessive or unwanted hair you may be dreading the summer months, when we tend to bare more flesh. In addition, endless shaving, waxing or creaming can be tedious and quite uncomfortable at times. If this resonates with you, you may be thinking about undergoing laser hair removal to get your unwanted hair under control for the warmer weeks ahead.

Based in the heart of Swindon, Mirabel Clinic offers laser hair removal for most skin and hair types, helping you achieve permanent reduction of unwanted or excess hair with minimal discomfort.



Why should I consider laser hair removal?

Laser hair removal is a longer-term solution to unwanted hair and can offer permanent hair reduction for most suitable patients. Our GentleMax Pro system emits specific wavelengths of light into the hair follicle, killing the root. Your hair grows in three cycles, and as the laser light only affects hairs in the Anagen phase (the growing phase), it's important to have a course of treatment for the very best results.

This usually consists of having 8-10 treatment sessions spaced 4 to 6 weeks apart, depending on the thickness of the hair and your skin tone.

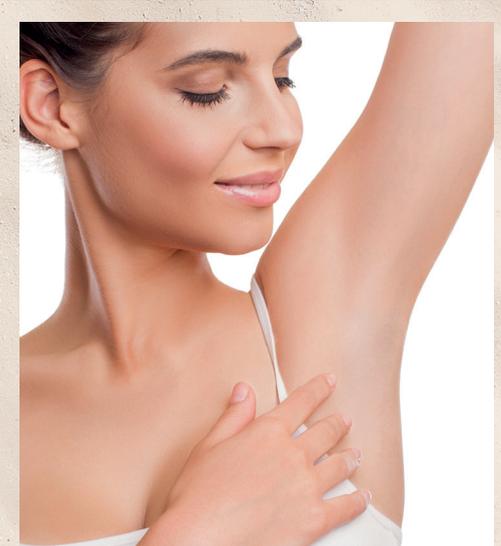
Am I suitable for laser hair removal?

Laser hair removal works by targeting melanin, so it's important to target only hair which has a pigment at the root (so very bright red, white or very blonde hair may not respond as well to this treatment). It's also important to understand that if you have very dark skin, this treatment might not be suitable for you, as the light will target the pigment in your skin, instead of your hair follicles, potentially burning it.

To determine if laser hair removal will be a viable and safe option for you, we will ask you to attend a no-obligation consultation, skin analysis and patch test here at Mirabel Clinic.

After your initial consultation has been carried out and the patch test proves successful, we can begin your course of laser hair removal treatment.

Speak to a member of Mirabel Clinic on 01793 321180 or email info@mirabelclinic.co.uk to book a free, no-sell consultation and patch test today.



Chemical peels that reveal the youthful you

Before the summer, it might be worth considering a course of chemical peels to reveal smoother, more evenly toned and hydrated skin. Chemical peels work by exfoliating the skin chemically, using fruit or sugar acids to slough away dead skin cells, fake tan, excess oils and pigmentation.



At Mirabel Clinic we offer a range of the most effective peels on the market, including the Enerpeel® systems and ZO peels. All are clinically proven to be effective for a variety of skin concerns, from dullness and dehydration to oily, acne-prone skin and hyperpigmentation.

We do not recommend undergoing peels in the summer months when strong sunlight could cause pigmentation to newly treated skin. Now would be the perfect time to undergo a course of peels, to reveal smoother, more youthful looking skin and banish that winter dullness.



Cleanse, extract, exfoliate, restore with HydraFacial

HydraFacial is a beautiful, restorative and gentle treatment to deep cleanse, extract impurities and deliver a cocktail of potent hydrating ingredients to your skin. This is a globally renowned, pain-free procedure which uses a unique vortex extraction system and serum delivery all in one treatment.

HydraFacial is completely pain free and offers no downtime. It's gentle enough to have at least once a month, or before a special occasion, for that skin glow we all desire. HydraFacial can be used in conjunction with other more ablative or aggressive treatments to calm and soothe the skin.

Perfect for the Spring and Summer months when the sun can dehydrate the skin and excess oils can become a problem. Book a HydraFacial and soothe irritation, deeply cleanse and intensely hydrate your skin, any time of year.

Speak to a member of Mirabel Clinic on 01793 321180 or email info@mirabelclinic.co.uk to book a free, no-sell Hydrafacial consultation.

Dermal fillers plump, fill, hydrate, re-shape, lift and support



Famous for lifting, sculpting, re-shaping and hydrating, dermal fillers are one of our most popular injectable treatments and are suitable for those wishing to address a myriad of skin and facial concerns. These are gel-like products containing hyaluronic acid (HA), a natural substance which occurs in the skin and hydrates, plumps and revitalises.



As we age, we lose our natural HA, so replacing it with a dermal filler gel will not only help lift, support, fill and add volume, but will intensely hydrate the skin.

Dermal fillers are highly versatile and can offer a range of benefits, they include:

- Filling static deep lines, creases and folds
- Increasing volume in sunken areas such as the temples and cheeks
- Plumping and re-shaping the lips
- Correcting under eye bags
- Cheek enhancement
- Jawline contouring
- Chin contouring
- Hand restoration



Tried and tested

Reliable anti-ageing solutions



Skin boosters a skin remodelling treatment from within



Wrinkle-smoothing injections offer fast results for those wishing to smooth dynamic lines and wrinkles such as crow's feet,

forehead lines, glabellar lines (the lines between the eyebrows), and brow lifting.

Commonly referred to in public as Botox® (a brand name of Botulinum Toxin Type A), this treatment should only be prescribed and administered by a medical professional. Botox® is a neurotoxin which temporarily relaxes the muscles which cause expression lines. The treatment is quick to administer, and results can be seen in as little as 24 hours. It is a prescription-only medicine and should be used safely, as at our Swindon aesthetic clinic.

Unlike dermal fillers, wrinkle-smoothing injections do not 'fill' but will relax facial muscles for a smoother skin appearance. Botox® and dermal fillers can be used in conjunction, for a holistic approach to injectable anti-ageing, as they address two different types of wrinkles. Results last up to 6 months at a time.



Skin boosters revitalise the skin, improving its appearance and texture, while slowing the ageing process on a cellular level.

Unlike dermal fillers, skin boosters tend to be more fluid in their consistency and address skin concerns on many points of the face.



If you prefer not to augment your facial features and wish for a more natural skin improvement, skin boosters are a great way to boost your skin's firmness and hydration. A course of treatment may be required for optimum results and your practitioner will advise you whether Profhilo or BELOTERO Revive will be the best product for your individual needs.



L to R: Tanny, Dr Pippa, Helen, Dr Brooks, Debbie, Amie

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The team that makes the difference

Dr Brooks is the founder of the Mirabel Clinic and completed her laser training in 2009. She is a member of the British College of Aesthetic Medicine and the Aesthetics Complications Experts Group. She regularly attends conferences and training updates to learn about the latest advances in cosmetic medicine, laser and skin treatments.

Dr Pippa joined Mirabel in 2017 and is a fully qualified, practising GP who shadowed Dr Brooks for several months in order to learn from her vast experience. She has completed advanced training in cosmetic injection treatments too.

Dr Kathryn Ryland is a fully qualified, practising GP and has completed all relevant training and has been in clinic covering Dr Pippa's maternity leave since last August.

Helen O'Brien our aesthetician, joined us in August 2018. Helen's areas of expertise are laser hair removal, HydraFacials, SkinPen and 3D LipoMed treatments. Helen's passion is in all things related to caring for, improving and maintaining skin health with skin care and product knowledge second to none.

Amie Hale has over 6 years of experience in the beauty industry having worked as a beauty therapist providing high quality aesthetic, beauty and holistic treatments. She particularly enjoys providing her clients with an in depth consultation to make sure they are suitable and comfortable with the treatments they have chosen.

Debbie Sandison, the Mirabel Clinic Manager, has worked alongside Dr Brooks since 2010. Debbie oversaw the move to Wood St back in 2016 and enjoys building relationships with customers and team members alike.

Dr Brooks and her team always offer free of charge initial consultations as they believe that it is very important to advise you on the most suitable treatments, tailored to your individual requirements, before any commitment is made by you.

Tanya Savage (Tanny) is one of our receptionists and brings many years of customer service experience to the role. When not at work Tanya can be found enjoying long walks with her dogs in the countryside or with her nose in a good book.

Christeen Jones is our newest member of staff having joined us in February 2022 (just after the team photo was taken!). Christeen's years of running her own travel business organising bespoke holidays to places of religious interest mean that her people and customer service skills are a real asset to Mirabel Clinic.

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At Mirabel Clinic you will find a wide range of non-surgical treatments which will help you to restore, enhance and maintain naturally youthful looks.

We specialise in cosmetic dermatology, skin rejuvenation techniques, anti-wrinkle injections, IPL and laser treatments.

These treatments help with wrinkles, age spots, facial blemishes, ageing skin, acne and hair removal.

With our no obligation, free consultations, you get to see the clinic, meet the practitioner and ask any questions before deciding to have any treatment.



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