

The Winter Wonderland For Your Skin

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 the safest of hands.

Autumn and winter can play havoc with our skin. The changing climate, the biting winds, central heating and open fires that dry us out, lack of vitamin D and external pollution can all lead to dry, dehydrated and parched skin. After the summer months, our skin may also be suffering from the ravages of UV rays, such as hyperpigmentation, sun-spots and more lines and wrinkles than we'd care to see when we glance in the mirror.

Fortunately, at Mirabel Clinic, we are experts in reviving and restoring the natural beauty of your skin, so you can replenish moisture, reduce lines and wrinkles and fade pigmentation caused by excessive sun exposure. We have researched the very best, clinically-proven, non-invasive treatments for the care and revitalisation of your complexion, and in a no obligation, complimentary consultation with one of our expert practitioners, you will be able to devise a treatment plan to suit your skin, as well as your lifestyle, so maybe winter won't be so dull, after all.



Dermal Peels

Dermal peels are fantastic for revealing fresh clear and youthful looking skin and what's great about undergoing a course of peels in winter is that there is less risk of UV damage afterwards.

Dermal peels comprise of specifically chosen fruit or sugar-derived acids, which are applied to the skin for a measured amount of time. Once the acids have completed their action of chemically exfoliating dead skin cells, dirt, debris and pigmentation, they are neutralized by a special substance.

The skin is then cleansed and moisturised, leaving a fresh, glowing appearance. There is no clinical downtime and you can return to your daily activities after a peel, as long as you follow the aftercare advice, given to you by your Mirabel practitioner.

With some peels there will be significant peeling and shedding of skin 2 to 3 days after treatment. This is a desirable outcome of the treatment and part of the skin renewal process.



When will I see the results?

Depending on your skin concerns and their severity, the results from dermal peels can be seen in as little as one treatment. However, for most skin concerns, we would recommend a course of three treatments, in order to obtain the most significant and lasting results. You will be able to explain to your practitioner, what bothers you about your skin and the results you are hoping to achieve, in your initial consultation.



IPL for skin rejuvenation

IPL utilises specific wavelengths of light, flashed on to the skin using an IPL device, for the treatment of various skin conditions such as ageing and sun damage. It feels a little like a rubber band, snapping against the skin and a number of treatments is usually required, to achieve satisfactory results.



Goggles are worn to protect your eyes and you may feel a little sting or hot sensation as the device head is passed across your skin and the flashes of light are emitted.

There is not usually a necessity for the application of numbing cream and this can impair the results, but if you are particularly sensitive, you can request pre-treatment anaesthetic cream.

There is no clinical downtime afterwards, though you may experience some redness or swelling and occasional blistering in the treatment area. As with all laser treatments, there is a small risk of burning or pigmentation changes within the skin.

When will I see the results?

Initial results can be achieved after the first session with IPL, however, we do recommend a course of treatment, depending on your skin condition and its severity. Top up sessions may be required every few months to maintain your results, again, depending on the skin concern.



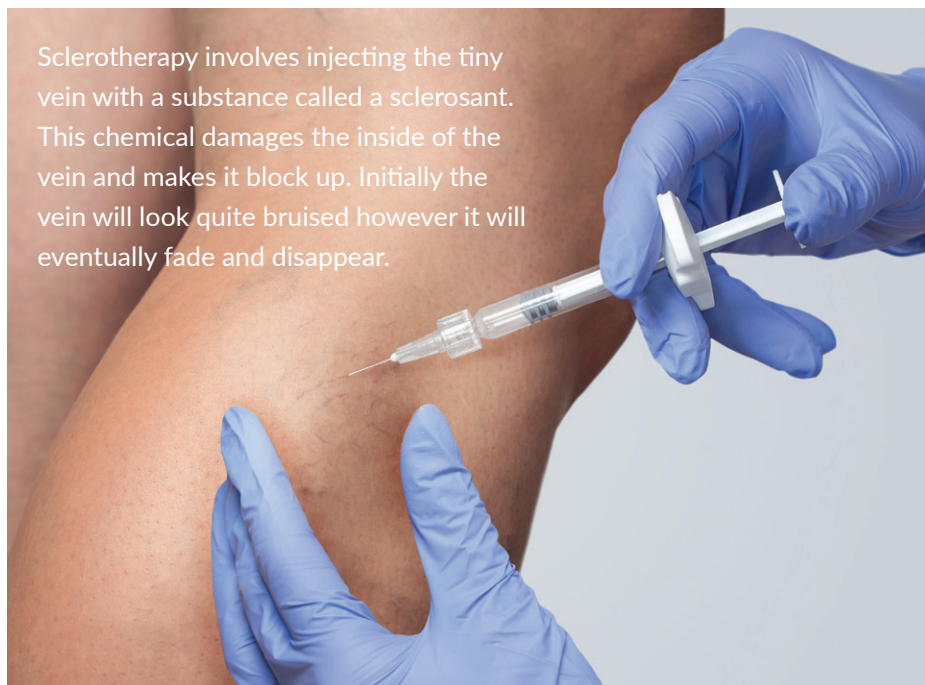
Speak to a member of Mirabel Clinic on 01793 321180 or email info@mirabelclinic.co.uk to book a complimentary IPL consultation.

Sclerotherapy

Sclerotherapy is the gold standard for the removal of thread veins; those tiny dilated blood vessels found just underneath the skin's surface, found mostly on areas of the body such as the legs.

If you are someone who has very visible thread veins, you will understand how annoying they can be. Sclerotherapy is a superb treatment to have in the colder months, as, following treatment there can be some significant bruising and you will need to wear compression socks for a period of time advised by the practitioner; so it's easier to conceal a post-thread vein treatment at a time of year when you are naturally covering up more.

Sclerotherapy involves injecting the tiny vein with a substance called a sclerosant. This chemical damages the inside of the vein and makes it block up. Initially the vein will look quite bruised however it will eventually fade and disappear.





The number of treatments you will need will depend on how many thread veins are present. However, most patients undergo 1 to 2 treatments, each lasting around 60 minutes. This treatment is not painful, as the needles which are used to make the injections are extremely fine. You might feel an itchy sensation immediately afterwards and some slight tenderness in the treatment area for a day or two. If necessary, an anti-inflammatory cream can be used, to ease these symptoms. You may also notice some tiny blisters which form on the skin after the treatment, which then scab over like a tiny sore, before healing completely. Bruising however can be quite significant.

Therefore, having this treatment in the winter months, but giving enough time for bruising to subside before wearing that 'little black dress' should be considered.

When will I see the results?

Thread veins which are treated with sclerotherapy are permanently removed and the results can be seen almost immediately. However, sometimes a course of treatment is recommended for optimum removal of the thread veins. It is worth considering that this is not a treatment that can prevent further thread veins forming. However, at Mirabel Clinic we can offer you expert advice on how you can make some simple lifestyle changes, so that you can prevent further thread veins from appearing.

The Mirabel Skin Brightening Treatment

After the summer months, the skin can seem dry and less bright. The build-up of pigmentation from the sun's rays, as well as dehydration of the skin, can all lead to a duller tone and texture.

At Mirabel Clinic we offer a range of treatment packages to suit all skin concerns. Our brightening treatment combines IPL Skin Rejuvenation and Profhilo® injections to brighten and hydrate the skin, to become more resilient to the winter months ahead.

IPL

IPL utilises specific wavelengths of light energy, flashed on to the skin, to promote collagen production, fade hyperpigmentation and increase cell turnover within the skin.

Profhilo®

Profhilo® is an injectable, hyaluronic acid (HA) skin bio-remodelling substance, which, over the course of 2 treatments helps to restore lost volume within the skin tissues and to intensely hydrate and plump the skin.

When will I see the results?

The 2 treatments act synergistically over the course of a few months, resulting in younger looking skin and an age defying luminescence, which cannot be achieved by either of the individual treatments alone. The course includes 5 treatment sessions, carried out over 2 months. 3 IPL treatments and 2 Profhilo® procedures. A saving of £250 is achieved when booking for the complete brightening package, compared to the individual ones.



SkinPen®

Winter can be a great time for specific treatments where avoiding the sun in the days following treatment is advised. SkinPen® medical microneedling is one of these procedures and can solve a myriad of skin issues in around 3 treatment sessions.

Skin Pen® is often referred to as medical microneedling or CIT (Collagen Induction Therapy). It works by promoting the naturally increased collagen production in ageing skin, without scarring; healing to promote brighter, firmer and smoother looking skin.

SkinPen® helps to reduce the appearance of ageing, such as lines, wrinkles, sun-damage, dehydration and conditions such as acne scars and trauma scars.





It works by utilising 14 state of the art, smooth, adjustable length needles, which pierce the skin and cause thousands of tiny injuries. The body responds by producing collagen in order to heal the damage, resulting in a more resilient, glowing skin, with a more even tone and texture.



The downtime is minimal and usually consists of a slightly red appearance in the treated areas, similar to moderate sunburn. This is why SkinPen® is a good treatment to have in the months when the sun is not at its strongest.

When will I see the results?

For the best results, we recommend a course of 3 or more treatments, a month apart, depending on your individual skin requirements. Optimum results can be seen following the full course, suggested by your practitioner.



Injectable treatments

Botox®
Dermal Fillers
Profhilo®
& BELOTERO®



Injectables have long been the mainstay of any reputable aesthetic medical clinic, as they can treat a variety of skin and facial concerns.



Botox® (anti-wrinkle injections), dermal fillers and skin boosters and re-modellers such as BELOTERO® Revive and Profhilo® all act in their own ways to either reduce the appearance of wrinkles, re-shape facial features, rehydrate the skin and help the dermis to repair itself on a cellular level.



Botox® is arguably the most famous injectable. It is a neurotoxin called Botulinum Toxin Type A which temporarily blocks the nerve signals to the muscles of the face which can succumb to expression lines.

At Mirabel we use three different toxins, depending on your individual requirement and the judgement of the practitioner. When expertly injected in to the specific upper face areas, toxins smooth out the lines and wrinkles which are caused when we create facial expressions. Lines such as forehead lines, Glabellar lines, crow's feet and dropped eyebrows can all be corrected for up to 6 months.

When will I see the results?

Results can be seen from 48 hours to 2weeks, following your treatment.

Dermal fillers are the most versatile of all the injectable substances.

Comprised of Hyaluronic Acid (HA) they come in a range of viscosities and offer a myriad of facial benefits, from filling lines, wrinkles and deeper folds and facial hollows to re-shaping and re-modelling facial features.

When will I see the results?

Results can be seen immediately, however, you will possibly need to allow time for any bruising or swelling to subside and in some cases, the product to settle and integrate within the skin tissues.





Profhilo® is the first BDDE-free stabilised injectable hyaluronic acid (HA) based product which treats skin laxity and dehydration.

It contains one of the highest concentrations of HA on the market (64mg/2ml) and not only boosts the hydration of the skin, but also remodels ageing and sagging skin tissue.

When will I see the results?

Some results can be seen 4 weeks after the first treatment, however, best results are achieved in a course of 2 treatments, with 6 monthly top-up treatments advised for maintenance.



BELOTERO® Revive

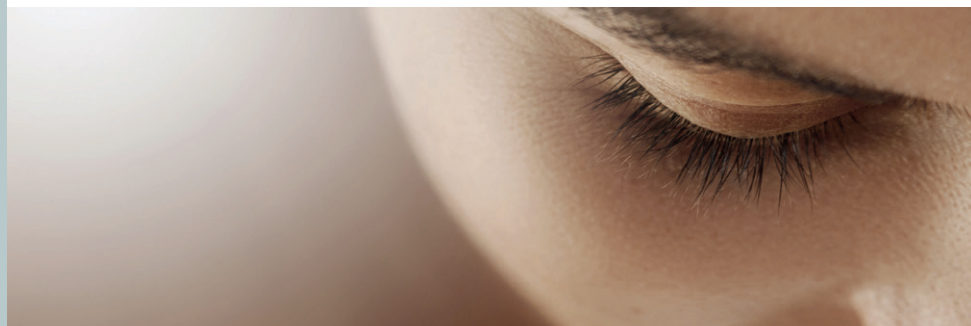
BELOTERO® Revive is a next-generation, injectable HA skin booster, which has been designed to not only rejuvenate the quality of the skin, but to reduce the appearance of hyperpigmentation and the early signs of sun damage.

This treatment is recommended as a useful, early intervention treatment, which offers a naturally revived and enhanced looking skin.

Containing both HA and glycerol, BELOTERO® Revive attracts moisture to the skin tissues and revitalises sun damaged skin by improving hydration, elasticity and firmness. It also blends away pigmentation and redness.

When will I see the results?

Optimum results can be seen at 3 months, following your initial treatment course. Top up sessions may be recommended every 6 months, to maintain your results.







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

The team that makes the difference

Dr Brooks set up Mirabel Clinic in 2006 after completing advanced training in cosmetic injection treatments at an expert training course run by a team of Consultant Plastic Surgeons. She 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.



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Dr Pippa who joined us at the beginning of 2017 is now on maternity leave and will be returning in 2023. She 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. We are happy to offer a 10% discount on our standard injectable prices for treatments with Dr Pippa.

Dr Kathryn Ryland joined us to cover Dr Pippa's maternity leave and now runs her own Saturday clinic. Like Dr Pippa she is a fully qualified, practising GP. Dr Ryland has completed all relevant training and has shadowed both Dr Pippa and Dr Brooks to ensure consistency and continuity across our three practitioners. We are happy to offer a 10% discount on our standard injectable prices for treatments with Dr Ryland.

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. She is fully qualified in these areas, amongst others, and attends regular training updates to keep abreast of new protocols and techniques. Helen's passion is in all things related to caring for, improving and maintaining the best skin health possible by using appropriate clinical treatments, products and home care routines. Her skin care and product knowledge is extensive.

Dr Brooks and her team always offer complimentary 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.

Lauren Peacock joined us earlier in 2023 and has settled in very quickly. Lauren previously worked in the beauty industry as a therapist providing high quality treatments in a Cotswold 4 star conference hotel. Lauren is rapidly becoming knowledgeable on all our treatments, laser hair removal and HydraFacials in particular.

Debbie Sandison, the clinic manager, has worked for us since 2010. A long time friend of Dr Brooks the two enjoy working together. Debbie oversaw the move to Wood St back in 2016 and really enjoyed the whole process. As she originally worked remotely when we were based at The Shalbourne Suite she now enjoys actually meeting our clients face to face.

Tanya Savage is one of our part-time receptionists. Tanny joined us in July 2020 and brings many years of customer service experience to the role. Having worked in the Marlborough branch of Cath Kidston in the past some of you might recognise her face. 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 joined us in February 2022 (just after the above left photo was taken!). Christeen recently moved back to Swindon and very handily lives in Old Town too. Her years 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 us.

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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, complimentary consultations, you get to see the clinic, meet the practitioner and ask any questions before deciding to have any treatment.



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