



MIRABEL

Glowing
through
Spring & Summer

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 almost 20 years experience in the aesthetics industry you are in the safest hands.

As the season changes and we start to think about how we can look and feel more refreshed, youthful and vibrant in the warmer months ahead, you can be sure that we can put the 'spring' back in to your skin. The natural ageing process, as well as environmental stresses such as central heating and bitter winds, can mean that deeper lines and wrinkles, volume loss and a general dehydration are part of the journey through the months of winter. We can re-hydrate the skin, fill lines, correct volume loss, sculpt facial structures, and help you choose the perfect products to protect your skin from sun damage in the summer months.

We have researched the very best, clinically-proven, non-invasive treatments and products. In a no obligation, complimentary consultation we are able to tailor a treatment plan to suit your skin and your lifestyle.

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*... spring into summer
with confidence*

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Am I suitable for
laser hair removal?

Laser hair removal works by targeting melanin, so it is important to target only hair which has a pigment at the root (so very bright red, white or blonde hair will not respond to this treatment). It is 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.

LASER HAIR REMOVAL

Get Summer Ready

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.

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

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.

DERMAL PEELS

Reveal the youthful you

Dermal peels comprise of specifically chosen fruit or sugar-derived acids, applied to the skin for a measured amount of time. Once the acids have completed the chemical exfoliation of dead skin cells, dirt, debris and pigmentation, they are neutralized and the skin cleansed and moisturised, to leave a fresh, glowing appearance.


There is no clinical downtime: by following your Mirabel practitioner's aftercare advice, you can return to your daily activities after your treatment.

Consider a course of chemical peels before the summer months set in, to reveal smoother, more evenly toned and hydrated skin.

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

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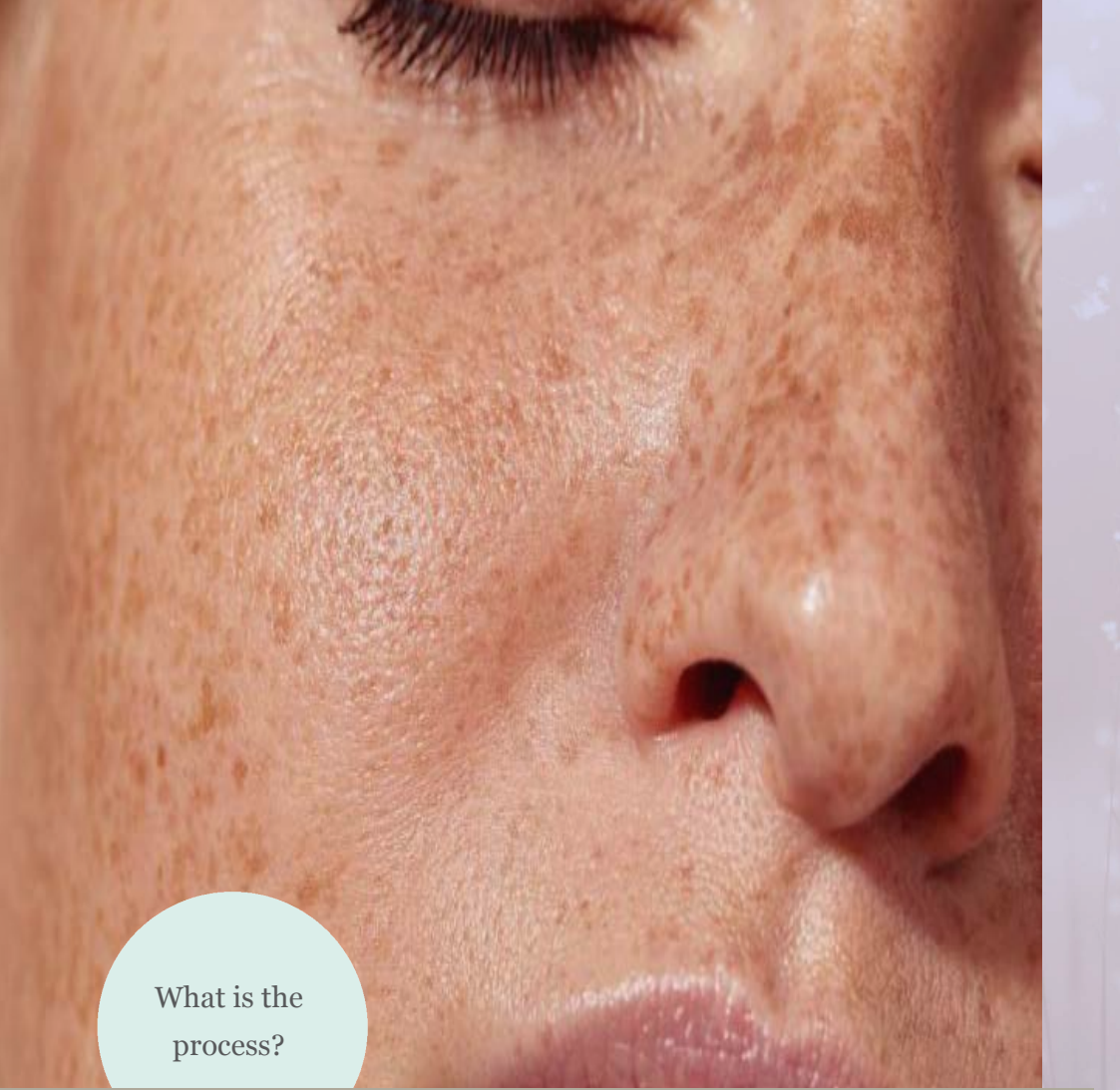


When will I
see the results?

Depending on the condition of your skin, 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 to obtain the most significant and lasting results.

During your initial consultation, you can discuss any concerns about your skin and the results you are hoping to achieve.



What is the
process?

A two phase peeling programme: depigmentation in the clinic, where our aesthetician applies the mask; and then afterwards, at home, the second phase of regulation and control begins with products applied as directed by the aesthetic professional to ensure the efficacy of the programme.

COSMELAN®

*depigmenting blemish
treatment*

Is Cosmelan® a peel?

The Cosmelan® method is a medical-grade chemical peel, so the answer to the question is yes, however it goes far beyond that. Cosmelan® is one of the fastest and most effective ways to treat skin discolouration. It can diminish Melasma, Hyperpigmentation, dark patches, Post Inflammatory Hyperpigmentation (PIHP), and acne scarring, to create a clear, radiant, even-toned complexion.

The Cosmelan® peel operates through several mechanisms: it inhibits the enzyme Tyrosinase which produces Melanin; it blocks the movement of Melanin from Melanocytes to Keratinocytes; and speeds up the process that removes Melanin from dermal tissues.

The Cosmelan® method is suitable for all skin types and tones and can improve skin luminosity, leaving it looking brighter and healthier. Downtime is generally around 10 days, and like other dermal peels, redness and shedding is part of the renewal process.

HYDRAFACIAL

Cleanse, extract, restore

Globally loved, award winning HydraFacial is a hydradermabrasion designed to combine a range of treatments into one: skin detox, cleansing, exfoliation, brightening, extraction and hydration. The super serum and nourishing ingredients help to deliver that unmistakable HydraFacial glow. The perfect antidote to dehydrated winter skin.

HydraFacial is a hydrating and non-irritating treatment that extracts impurities from the skin and replaces them with antioxidants, peptides and hydration.

HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract and hydrate the skin. The spiral design also enables painless extraction, removing impurities while simultaneously delivering hydrating skin solutions.

The spiral design of HydroPeel® Tips, used in conjunction with the HydraFacial proprietary vacuum technology and serums, creates a vortex effect to easily dislodge and remove impurities while simultaneously delivering hydrating skin solutions.

Find out more & explore the Hydrafacial treatment options on our website.

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When will I
see the results?

Hydrafacial is the pain-free way to get clear, smoother and younger looking skin without side effects or downtime. Procedure time is 30-60 mins with no requirement for anaesthetic, the duration of results is 4-6 weeks, and we recommend 1-6 treatments. The PLATINUM HydraFacial includes a personalised booster tailored to your skin.

At Mirabel we offer a no obligation, complimentary consultation to ensure you choose the right treatment for your skin.



When will I
see the results?

Results from Botox® treatments can be seen from 48 hours to 2 weeks following your treatment.

Lines such as forehead lines, Glabellar lines, crow's feet and dropped eyebrows can all be corrected for up to 6 months.

INJECTABLES

Fillers, Boosters & Re-modellers

Botox®

Dermal Fillers

Profilo®

Profilo® Structura

Plinest Polynucleotides

Our injectable treatments 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, treating a variety of skin and facial concerns.

Botox® is a neurotoxin called Botulinum Toxin Type A which temporarily blocks the nerve signals to the muscles of the face. At Mirabel we use three different toxins, depending on your individual requirement and the judgement of the practitioner. When expertly injected into the specific upper face areas, toxins smooth out the lines and wrinkles which are caused when we create facial expressions.

INJECTABLES

Fillers, Boosters & Re-modellers

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 from Dermal Fillers 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.

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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. Results may be visible within the first week, but the best outcomes will be visible four weeks after the second treatment.

Profhilo® Structura is a groundbreaking injectable treatment designed to lift, contour, and rejuvenate the facial profile by targeting superficial fat layers. By regenerating and repositioning these fat layers, Profhilo® Structura counteracts the natural flattening of facial angles and tissue descent that occur over time. The result is a more lifted, naturally contoured profile without obvious projections or the appearance of artificial enhancements.

Plinest Polynucleotides (PNs) have gained attention in the field of aesthetics due to their potential in skin rejuvenation and tissue regeneration. Filtered and ultra-purified PNs are anti-inflammatory and thanks to their antioxidant properties increase collagen production, resulting in a thicker, healthier epidermis. When expertly injected into specific areas of the face by your Mirabel practitioner, PNs hydrate tired and ageing skin, resulting in more resilient, youthful and healthy looking skin.

When will I
see the results?

The number of treatments you will need will depend on your individual skin concerns and expectations. Your initial results should continue to improve in the weeks and months that follow your initial treatment.



When will I
see the results?

Little to no downtime is required and patients can return to their normal routine in just a few hours. At first, there may be some initial irritation, swelling and redness in the treated area, but these symptoms will diminish over time. Endolift gives immediate results, with long-term effects.

ENDOLIFT®

The Laser Evolution of Lifting

Endolift® is an advanced, minimally invasive laser procedure using state-of-the-art technology to provide the results of a surgical facelift and necklift without scarring, lengthy recovery times, or excessive costs.

Endolift® enhances the skin's natural shape, creating a more natural and youthful appearance without the 'pulled' look that can often happen with surgical alternatives. The laser promotes the body's natural collagen production, tightening the skin to give a smoother, reduced wrinkle look.

This innovative treatment works by using ultra-thin optical fibres going under the skin to tighten deep skin layers down to the face and neck muscles to achieve more effective lifting and also to stimulate superior collagen production and remove stubborn fat deposits such as double chin, fat deposits in the hips, cellulites, inner thighs, arms etc, all can be done under local anaesthesia. The result? Firmer, smoother skin with minimal downtime.

During your consultation your doctor will carry out a full assessment and advise you on how best to achieve your desired results. Every treatment plan is bespoke and tailored to your individual needs.

MIRABEL

*Transform your skin
from within*

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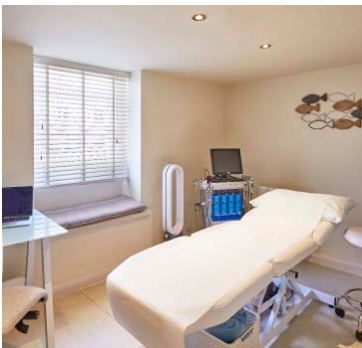
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At Mirabel Clinic you will find a wide range of non-surgical treatments which will help you to restore, enhance and maintain naturally youthful looks.

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.



MIRABEL

Regenerative Aesthetics Team



Dr Pippa is a fully qualified, practising GP (currently on Maternity Leave). She has completed advanced training in cosmetic injection treatments.



Dr Kathryn Ryland is a fully qualified, practising GP, who has completed all relevant training.

Aesthetician Helen O'Brien's areas of expertise are laser hair removal, HydraFacials, SkinPen, and laser resurfacing and pigmentation treatments.



Aesthetician Rena Jarman is experienced and qualified in laser hair removal, HydraFacials, SkinPen, Cosmelan, Heliocare and her particular passion is the ZO product range.

Debbie Sandison, the clinic manager and long time friend of Dr Brooks, has run the clinic since 2010.

Receptionists Tanya Savage and Tracey Rudman have years of customer service between them and guarantee a warm welcome.



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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.

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

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



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