



# Saffron Heighes



Saffron is a registered Independent Nurse Prescriber and Specialist Aesthetic Nurse with 15 years aesthetic experience, as well as being an NHS Accident and Emergency nurse practitioner.

Saffron has continually updated her skills and training within this field to offer you the very best in facial rejuvenation by using the most up to date products.

She has a kind, friendly, competent manner to make you feel at ease and comfortable with any treatment being carried out. Saffron is a member of the British Association of Cosmetic Nurses and insured by Cosmetic Insure. She is a fully qualified nurse who has over 30 years' experience and is fully trained in facial aesthetics by top Harley Street physicians.

## Treatments Available

### Botulinum Toxin

Lines on your face form over time as a result of repeated muscle activity.

The treatment commonly known as 'Botox' blocks transmission of nerve impulses causing the muscles to relax, creating a smoother, more youthful, and fresher look.

Wrinkle relaxing treatments are usually the treatment of choice for facial rejuvenation and for softening lines in the upper third of the face. Areas that are usually treated are the forehead, the lines between the eyebrows and the lines at the side of the eyes, commonly known as crow's feet. It can also be used in specific areas of the face i.e., the jaw, to soften an angular appearance, in nasal lines and smoker's lines as well as turning downward corners of the mouth up. It can also be used to balance the face and can be used in combination with fillers in an 8 point non-surgical lift of the face.

The effect of the treatment takes 2 weeks to fully develop and lasts 3 – 4 months, following which movement is regained and follow up treatments can be given.

If you don't have further treatments, the lines will return to their previous appearance.

#### Prices:

£225 one area

£295 two areas

£350 three areas.

Additional areas such as bunny lines/chin £49.

### Dermal filler

Dermal Fillers can be used to revitalise and re-hydrate the skin, fill in wrinkles and fine lines, volumize and contour the lips, cheeks, chin, jawline, and nose.

This popular injectable treatment lifts and plumps the skin, providing renewed facial contours and a more youthful complexion.

As we age, the face loses volume and begins to cause hollowing of the mid cheek, jowling, heavier nasolabial folds and marionette lines- these can all be treated with hyaluronic acid which comes in different grades. By boosting the skin's supply of hyaluronic acid, dermal fillers revitalise the skin and underlying fat pads. The gel is tissue-friendly and closely resembles the hyaluronic acid that exists naturally in the body. The results will last you around 9-18 months depending on the product used and area treated.

I use a non-animal based hyaluronic acid from Teosyal, or Juvederm which have a proven track record in facial aesthetics in safety and efficacy and avoids the need for allergy testing.

These products give lift with amazing natural results.

#### Prices:

Half ml £225

One ml £325

1.2ml £350

Additional 1ml syringe at time of treatment £225.

## Sclerotherapy



Sclerotherapy is an injectable procedure to treat thread veins on the legs, facial veins are normally treated with laser as the veins are too small to inject. The procedure involves injection of a sterile solution (called a sclerosing solution) into the small veins using a very fine needle. This solution irritates the vein lining causing it to undergo fibrosis and eventually disappear. Many veins are injected at each session. The sclerosing solution used may be either polidocanol (Sclerovein) or sodium tetradecylsulfate (Fibrovein). The chemical irritates the small vein and causes it to undergo fibrosis and eventually disappear. From treatment to veins disappearing takes around one month.

Normally 1-2 treatments suffice depending on the amount of thread veins you have. Support hold ups are recommended post treatment for 1-2 weeks.

As a rough guide x2 palm size area of your hand is one treatment session.

### Prices:

Please book for consultation prior to booking treatment. One treatment £295.

## Suneko

Sagging skin and severe wrinkles are mainly caused by loss of volume.

Sunekos is a new, intelligent injectable substance containing a potent cocktail of amino acids and hyaluronic acid (HA). These are vital building blocks of healthy and hydrated skin. Sunekos works by stimulating the fibroblasts in the skin to encourage it to produce a complete mix of collagen and elastin, restoring the vibrancy, youthful glow and health of the skin in a course of 4 treatment sessions every 7 to 10 days.

This new and exciting treatment is extremely versatile and can be used on the face, neck, décolletage and under the eyes.

Sunekos can effectively treat a wide range of symptoms of ageing which include:

- Loss of skin tone and skin sagging
- Skin ageing
- Severe wrinkles
- Lack of hydration
- Acne scarring
- Dark circles under eyes
- Sun damage
- Fine lines and wrinkles

Sunekos offers the following benefits for the skin:

- Lifting and tightening
- Increased volume and plumpness of the skin
- Improvement in the appearance of deep wrinkles
- Increased deep tissue hydration.

### What is involved in a Sunekos treatment?

Sunekos comes in 2 formulations – Sunekos 200 (suitable if you have less visible wrinkles) and Sunekos 1200 (if you have more advanced visible signs of ageing). They can also be used in combination to provide outstanding results.

You will have 4 sessions each between 7 to 10 days apart. I will inject in several points, surrounding your area of concern.

### When will I see results?

You can see a marked improvement as the treatments progress, but for the very best results possible, the complete course of 4 sessions must be completed in the time allocated.

### How long do results last?

Expect results to last around 6 months. However, you might be able to enjoy the results from Sunekos for longer, if you maintain a healthy lifestyle and good skincare routine at home.

### Prices:

Areas: Eyes, Forehead, Neck - £199 per treatment, £699 for a course of 4.

Areas: Face, Hands, décolletage- £275 per treatment, £899 for a course of 4.

Saffron offers a free consultation to discuss the line of treatment that best suits your needs.

**To make this booking please call the Spa on 01932 268 979.**