



SDS REJUVENATE MEDISPA
MULTI AWARD WINNING CLINICS



Start your journey to clearer skin at SDS Rejuvenate MediSpa

This article was prompted by a patient's mum asking could she have a "quick word" with me. The quick word was – 'I just needed a minute of your time to tell you, I now have a teenage daughter who smiles, is joining in with her friends, going out holding her head up high. Her friends have commented on how good her skin looks. I honestly did not realise quite what an effect her skin was having on her confidence and self-esteem – she is a new person. I just had to come in to say Thank you! You really need to make sure that everyone out there knows what can be done and what treatments are available. I thought you only did 'Botox & Fillers' and beauty. I'm certainly going to spread the word – but I know my daughter already has!'

Acne is the most common skin condition, in fact nearly 85% of all people have acne at some point in their lives, most often on the face, chest, and back. For some, it may just be an occasional pimple, for others, acne can be severe and disfiguring. For most people affected, the condition falls somewhere between these two extremes. Acne also affects more than just a patient's skin. It can have an impact on their entire life in many ways. Acne has a dramatic impact on self-esteem and self-confidence. Even mild breakouts can negatively affect the way people feel about themselves in social and professional situations. Acne is also not just a teenage thing, it can occur at any age affecting both men and women.

There are many effective remedies and treatments that can help get acne breakouts under control for the short term and for the long term. There are many causes of acne and since the causes are diffuse, including genetics, hormones, excessive oil production, diet, sleeping habits, hygiene, and stress, a successful acne treatment must be specialised to each patient. Drug store treatments that claim to treat acne can actually perpetuate the problem. From synthetic oils in cleansers claiming to be 'oil-free' to pore-clogging agents in moisturisers, unnecessary ingredients can aggravate acne, leaving people afflicted with the condition to assume that their skin issues are incurable.

In all cases of acne, a regime of some form of topical therapy and/or oral prescription medications may be required to maintain clearance long term. Among the most widely used topical acne medications, retinoids, antibiotics, and benzoyl peroxide rank supreme. Oral medications include antibiotics, anti-androgen medications and retinoids, such as Roaccutane. We incorporate LED blue light therapy using the Multi Award Winning Demalux Tri Wave phototherapy treatment, as the blue light is imperative to kill the bacteria caused by P Acnes. Results can be life changing! We also advise the use of skin peels, medical grade facials and extractions.

An appropriate home care regime is vital for patient's to keep breakouts under control between clinic visits and we advise the use of cosmeceuticals such as Obagi, DermaQuest and BiRetix which can be purchased at clinic. We can also advise on Youngblood 100% mineral makeup which can camouflage without aggravating the problem.

At SDS Rejuvenate MediSpa we offer free skin consultations which includes a skin analysis and assessment. A treatment plan will be discussed and a bespoke tailor made treatment package will be designed. Interest Free Finance plans are available.

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158-160 Banks Road, West Kirby, Wirral CH48 0RH | Tel: 0151 625 8080
163-165 Telegraph Road, Heswall, Wirral CH60 7SE | Tel: 0151 348 4878