

# Welcome to ISPA Skin.

We offer a unique focus on achieving results and are passionate about delivering excellence in evidence-based clinical skin care and advice, dermal therapies and laser treatments.

Our fully registered nurse (RN) has achieved the highest nationally recognised qualification with the Australasian Academy of Dermal Science and practices with the support of Wollongong's own Specialist Plastic Surgeon Dr Robert Knight.

Whatever your goal, whether it be to merely improve the overall quality of your skin health all the way through to surgery, our highly trained, fully accredited and professional team, work in unison to provide state of the art care.

Available Monday, Wednesday and Thursday.

## SKIN CONSULT

**\$100 (45 mins)**

This is most essential component to any skin treatment plan and achieving the desired results. Maintenance and baseline correction are an essential part of any healthy skin regime with dermal therapies added as an adjunct to achieve the desired result.

**Please note:** that the cost of the skin consult is redeemable on services purchased.

## CHEMICAL PEELS

### ASPECT DR LACTOBOTANICAL PEELS

**Face - \$80-100**

**Face, neck, décolletage- \$120- \$140**

**Hands- \$80**

A gentle, yet powerful peel. Lactic acid, derived from milk, is paired with Canadian Willowherb Extract to offer a synergistic partnership that offers hydration, detoxification, excellent cellular renewal and exfoliation with less risk of irritation.

**Ideal candidates:** Dull, lifeless skin requiring exfoliation, epidermal hyperpigmentation, congested skin, dehydrated skin, sun damaged skin and in-grown hairs.

**Downtime:** Variable, light- moderate peeling for up to 7 days.

**Recommended treatment guide:** Six to 12 treatments every 4 weeks for ideal effect.

## **ASPECT DR COMPLETE PIGMENT PEEL- \$120**

Brown spots, hormonal marks and other skin discolouration's are targeted with Complete Pigment Peel, where professional strength alpha hydroxy acids are paired with beta hydroxy acids to lift away dull, discoloured skin cells, while vitamin C and melanin inhibiting ingredients work to prevent further darkening of epidermal cells.

**Ideal candidates:** Epidermal hyperpigmentation and uneven skin tone.

**Recommended treatment guide:** Three to 6 treatments at 4 weekly intervals to achieve maximal results.

**Downtime:** Variable, light- moderate flaking that may last up to 7 days.

## **ASPECT DR AGE DEFINING PEEL- \$120**

With the combination of powerful alpha- hydroxy acids and beta- hydroxy acids, Aspect Dr Age Defining Peel focusses on resurfacing old skin cells with potent antioxidant support to energise, protect and rebuild the appearance of firmer, smoother looking skin.

**Ideal candidate:** Sun damaged skin, fine static wrinkles/ lines, uneven skin tone, skin lacking texture and lustre.

**Downtime:** Varying degree of peeling that may last up to 7 days.

**Recommended Treatment Guide:** Three to 6 treatments at 4 weekly intervals.

## ASPECT DR VITA-A PEEL- \$130

A powerful anti-aging, resurfacing peel that helps to smooth skin texture, improve the appearance of fine lines/ wrinkles and uneven skin tone. A 14- day skin preparation regime must be commenced prior to treatment.

**Ideal candidate:** Sun damaged skin, fine lines and wrinkles, oily congested skin once resurfaced with AHA/BHAs.

**Downtime:** Variable, mild flaking for up to 7 days.

**Recommended treatment guide:** Three to 6 treatments at 4 weekly intervals.

## JESSNER'S PEEL- \$150

The Jessner's Peel has been used for hundreds of years and is a medium depth peel that is great for oily, blemish- prone skin. Peeling is guaranteed to reveal the baby soft skin below. Skin preparation is essential.

**Ideal candidate:** Oily, congested, blemish- prone skin, enlarged pores, fine lines and sun damage.

**Downtime:** Up to 7 days with moderate peeling and discolouration.

**Recommended treatment guide:** Three to 6 treatments at 4 weekly intervals.

## MEDICAL GRADE MICRONEEDLING

**Full face, neck & décolletage - \$400**

**Full face - \$300**

**Individual scar treatment:** Price on assessment.

Skin Pen is the most precise micro-needling

device on the market today. It is a pen like device that moves over the skin with an attached sterile, disposable head containing 11 needles that puncture the surface of the skin and break down old and damaged strands of collagen. These tiny punctures stimulate collagen regeneration which improves the structure, function and appearance of the skin. Physical results can be seen after approximately 3 months.

**Ideal candidate:** Acne scars, surgical scars, melasma, sun damaged skin, fine lines/ wrinkles.

**Downtime:** Less than 24 hours, occasionally longer depending on skin sensitivity.

**Recommended course:** Three to 6 treatments at 4-6 weekly intervals

## LASER/IPL TREATMENTS

### IPL PHOTO REJUVENATION

Intense Pulsed Light (IPL) Therapy is excellent for sun damaged skin. It is a non-ablative treatment that uses high intensity pulses of visible light at different wavelengths to target and breakdown pigmentation and redness. Perfect for general rejuvenation and brightening of the skin with minimal downtime!

**Full face: \$300**

**Face, neck & décolletage: \$500**

**Ideal candidate:** Sun damaged skin, pigmentation, skin discoloration, freckles, facial veins, broken capillaries, fine lines, Poikiloderma of Civatte, uneven skin tone.

**Downtime:** Minimal

**Recommended course:** Two to 4 treatments at 4 weekly intervals.

## RESURFX FRACTIONATED LASER

ResurFx is non- ablative, fractionated laser where the laser beam is divided into thousands of tiny columns deep into the skin allowing the surrounding tissue to be spared. This controlled damage breaks down tight collagen strands while stimulating the production of new, healthy collagen and the remodelling and reformation of new cells. The result: smoother skin, and improved texture and tone.

**Topical anaesthetic is recommended for this procedure.**

**Full face: \$500**

**Face & neck: \$700**

**Face, neck & décolletage: \$900**

**Ideal candidate:** Aging skin, sun- damaged skin, acne scarring, surgical scars, stretch marks, fine lines and wrinkles.

**Downtime:** Two days moderate redness, swelling and sensitivity; Mild redness for 5-7 days; Up to 14 days of micro crusting followed by natural exfoliation.

**Recommended course:** Four to 6 treatments at 6-8 weekly intervals.

## Q- SWITCH LASER

Excellent for deeper pigment within the skin and safe for all skin types.

**Full face: \$200/ treatment**

**Prepaid package: \$1000 for 6 treatments**

**Ideal candidate:** Uneven skin tone, melasma, hormonal pigmentation.

**Downtime:** 2-3 hours.

Recommended course (dermal pigment/ melasma): Six to 8 treatments every 2 weeks.

## COSMETIC INJECTABLES

**Wrinkles relaxers:** \$10/ unit

**Dermal fillers:** From \$400/ ml

### **Please note:**

Skin preparation with professional skin products is integral to achieving the desired results. Correct skin preparation is strongly encouraged for a period of 2-4 weeks prior to your first treatment. Our cosmetic nurse can advise on the appropriate products during your skin consultation.

Please be aware that we will only perform higher strength peels on those clients who have been prepared with appropriate skin care.

We also stock a range of Aspect Dr and Cosmedix products.

**A deposit of \$50 will be requested on booking to confirm your appointment.**

