

LAB Skin Clinic Newsletter

JUNE 2022

Always something new... a message from Lesley Morgan-Wesson

I surprise myself with the myriad small (and sometimes large) changes and innovations that we make every month... I guess it's a testament to the constant effort we continue to make to keep up-to-date and bring you the very best offerings in anti-ageing, skin correction and age prevention treatments.

This month is possibly one of the most exciting for a long time...

I encourage you to come along to one of our special Events later this month. Not only will you meet the new faces who'll be joining our team, but you'll also SAVE on new programs, courses and skincare (**up to 50%**) and learn about two important new pieces of equipment that will give you even more treatment possibilities.

As we extend our working lives (many of us into our 60s), it's important that we maintain a youthful appearance to look credible. Age is no barrier to reaching the pinnacle of success, but looking grey, wrinkled and infirm is!

Already proving popular is the introduction of a dermatologist/cosmetic physician who will be visiting LAB once per month to do skin checks and perform minor procedures. In fact, you'll probably meet him at our Events.

Also, we'll be adding another doctor to our team, who'll be performing injectable treatments and advanced laser procedures. He'll be here every Saturday.



Welcome to

Natalie Barr

We are very excited to share with you all, that Natalie Barr is the face of Dermaividuals for 2022! Natalie is the co-host of the breakfast TV show, Sunrise, on the Seven Network in Australia.

Relatable, open, honest, and funny, Natalie shares the same values we live by here at LAB Skin Clinic. We are honoured to have Natalie working with Dermaividuals, especially as she has been a long-time supporter and advocate of the brand, having used Dermaividuals for several years!



Quote: *"The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble."* – **Serena Williams**

The Exfoliation Reveal

Exfoliation

At LAB Skin Clinic, we choose exfoliation, peels and microdermabrasion in varying strengths to treat a variety of different skin concerns. Careful analysis goes into prescribing the right kind of exfoliating option and far exceeds the value of any advice found on YouTube or Instagram!

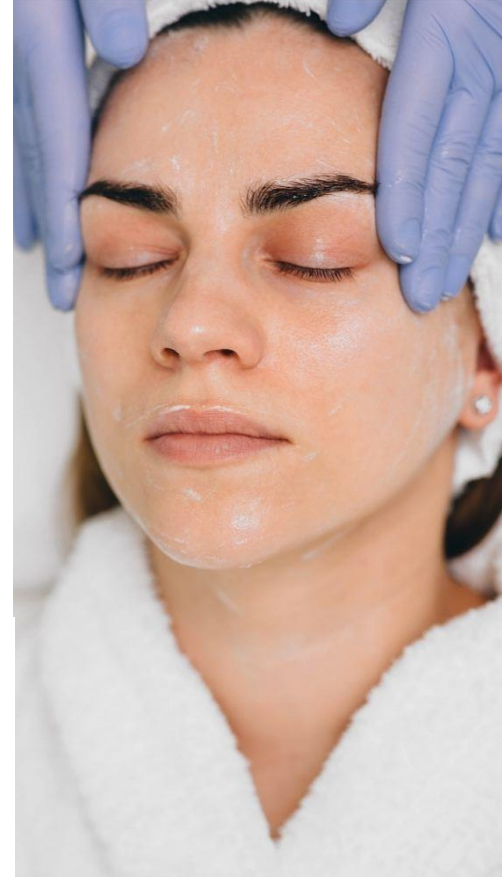
Exfoliation has been popular for thousands of years... The Egyptians bathed in sour milk to benefit from lactic acid whilst women during the Middle Ages used a cloth soaked in lime, mustard and Sulphur to freshen their complexions.

In professional hands, today's exfoliants are safe and easy, but in the hands of the untrained consumer, without any knowledge or understanding, often at-home clinical strength exfoliants can cause extreme sensitivity. This lack of awareness becomes positively dangerous when consumers mix and layer exfoliants with peels.

In the current era of mass-market beauty advertising, one would be forgiven for thinking that exfoliation is the solution to every skin concern. In fact, it's a useful element in solving complex skin problems but it's not the full story...

A Caution About Over-Exfoliation

Over-exfoliating removes skin cells faster than they can be replaced, resulting in a huge rise in the presentation of sensitised skin. In the short term, exfoliation will result in a dewy glow by revealing younger and fresher skin cells, but those cells aren't yet ready to become a strong healthy skin barrier and haven't matured sufficiently for the role... It's rather like sending a preschooler to university and being disappointed when they fail!



Microdermabrasion

Microdermabrasion treats a range of skin problems such as ageing, sun exposure, acne, scar tissue and stretch marks and it improves the appearance and quality of your skin. It is relaxing, enjoyable and highly effective. There is no irritation or discomfort and results are apparent from the very first treatment.

Microdermabrasion is quick, safe, doesn't clog your pores and works by sloughing away dead skin cells from the surface of your skin. Microdermabrasion is especially compatible prior to a Peel treatment.

Peels

For most skin types, a chemical peel should not exceed 10% in strength as it can cause irritation, especially on blemished skin. For the most sensitive skin types, a very low percentage lactic acid peel is the least irritating of all peels.

For instance, a Jessner, salicylic or lactic acid peel is good for acneic and congested skin whereas a retinol peel is excellent for ageing and thickened skins.

For clients with Melasma or hyperpigmentation, we recommend a deep depigmenting Cosmelan peel, which is suitable for all skin types, unlike other peels where you have to consider skin types and the risk of post-inflammatory-hyper-pigmentation. A Cosmelan peel contains ingredients that work on addressing multiple processes at the same time as its peels leaving the skin radiant and incredibly smooth. There is some minimal downtime with Cosmelan.

Attend any Event in June & get 50% OFF microdermabrasion & peels

LAB's EVOLUTION

Events

25th & 26th June

**NOTE: June 18th & 19th
CANCELLED**

Not To Be Missed...

What you'll enjoy...

- **FREE** Gift Bag worth \$100
- **DISCOUNTS** on all Course Sales
- Meet the experts
- Learn about the exciting future for non-surgical skin rejuvenation
- Discounts **OFF NEW** treatments
- **30% OFF** all skincare products
- Gourmet refreshments & Champagne (vegetarian & gluten-free options available)



SPECIAL OFFERS AVAILABLE ONLY TO EVENT GUESTS

WHEN: Saturday 25th June | Sunday 26th June

STARTS: 2.00pm Saturday | 10am Sunday

WHERE: LAB Skin Clinic, Neutral Bay

TICKETS: \$20 includes Champagne & gourmet refreshments

The Benefits of Laser Treatments...

The History of Lasers

The origin of lasers dates back about 100 years to Albert Einstein and his theory of radiation and light. His theory was that you could use atoms containing a huge amount of energy to actually emit light. He called the process Light **A**mplification by the **S**timulated **E**mission of **R**adiation (hence the name, **laser**).

How Lasers Work

Very simply put, lasers are focussed single beams of light (red, blue, green etc.) that are converted into heat energy and directed onto specific areas of the skin. Whilst leaving the surrounding skin intact, these different wavelengths of light target different layers within the skin to remove unwanted problems.

Different Lasers for Different Jobs

There are many different lasers but they mostly fall into two different categories:

1. **Ablative** – these are intense treatments that remove the outer layer(s) of epidermal skin and heat the deep underlying skin to produce new collagen. As the skin heals, the area appears smoother and tighter.
2. **Non-ablative** – these lasers do not destroy the outer layer of skin. Instead, heat is directed into the dermal layers of the skin causing a controlled wound response, causing new collagen contraction and remodelling.

What Lasers Treat

A myriad of skin problems can be successfully treated using different lasers. For instance: skin resurfacing, sun damage & age spots, discolouration, fine lines & wrinkles, pigmentation, Melasma, improving skin tone, radiance and texture, acne, acne & surgical scars, vascular lesions, rosacea, psoriasis, eczema and leg spider veins.

We're seeking your help...

We'd like to know how many of you have leg spider veins (not varicose veins) and would like to have them removed at LAB?

These treatments require a different laser to the ones we currently use and we'd like to know how much general enthusiasm there is for this type of treatment and whether there is sufficient to warrant purchasing a new Laser.

Please call 02 9170 4693 or 0406 176 719 to let us know if you'd be interested.

For your help, you'll receive a \$50 gift voucher, which you may use on your first spider vein treatment.

If you are happy with LAB's services, please help us by posting a positive Google review.
Thank you.

LAB Skin Clinic
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