



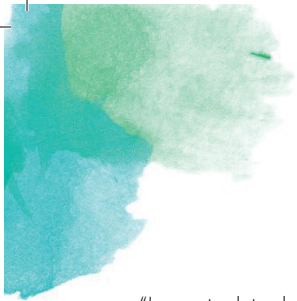
# LOOK AND FEEL AMAZING

CONFIDENT • REFRESHED • NATURAL



**Cosmetier**  
SUBTLE NON-SURGICAL ENHANCEMENTS





"I wanted to look refreshed, youthful and enjoy radiant, healthy skin. It was really important to me to not look 'fake' or 'plastic' with any treatments and to ensure I still looked natural and felt my authentic self.

As I get older, I actually feel more confident and relaxed in my life and I wanted my face and skin to reflect how I feel inside.

Most of all, I still wanted to look like me but be the best possible version of myself.

I now feel even more confident, am able to fully express my emotions and I have healthier skin that is professionally cared for by a clinic and products I trust."

**\*Natalie, 45, Cosmetier Client,**

*\*name changed for client discretion*



# Hello,

I am Dr. Rachna Sharma, Founder and Director of Cosmetier and I help women to look amazing, natural and achieve healthy, radiant skin for life.

My clinic is the only aesthetics clinic to offer a Frown Free Guarantee\* with a mission to help you look and feel your absolute best using a range of treatments that are safe and will never leave you looking 'fake.'

With a Masters (MSc) in Non-Surgical Facial Aesthetics, I am an expert in helping you to achieve the natural look you want alongside healthy, smooth, radiant skin. You can be confident in knowing you will be treated by a highly skilled medical professional you can trust. I listen to what you want, I put you first and I offer professional and client-focused bespoke advice. My clients are guaranteed an outstanding level of care and as a result, I am very proud to have many delighted women (and men) who return time and time again to Cosmetier for their treatments.

I constantly monitor and improve my levels of skill and knowledge to guarantee you will always receive the very best treatments possible with the results you want.

I look forward to welcoming you to the clinic.



**Dr. Rachna Sharma**

*BDS MFDS RCS (Eng), MSc Non-Surgical Facial Aesthetics*

*\*subject to terms and conditions - [www.cosmetier.com](http://www.cosmetier.com)*



# Dermal Fillers

The natural facial curvature you have in your youth is lost over time as the supporting facial structure changes and your skin produces less collagen, hyaluronic acid and elastin, making your skin looser. The deeper structures also shrink causing folds and lines to appear.

Dermal fillers are gels containing hyaluronic acid which is naturally present in the body but reduces with age. Some fillers provide support and tightening while others are skin boosters to improve skin texture.

The filler is used to 'lift and pull' back your skin, resulting in a tighter and smoother look. Your lower face is treated to soften the fold at the corners of the mouth and treat the jowls, providing support for your neck skin.

Your consultation will determine which dermal filler can achieve the result you want to achieve both short and long term goals.

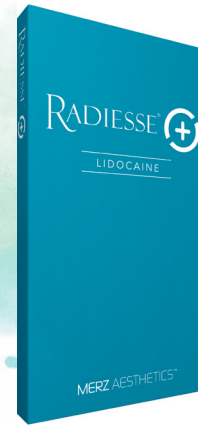


## Filler effects

Dermal fillers replace volume loss, soften lines/wrinkles, give fuller lips, cheek definition, shape eyebrows, add face curvature, rejuvenate, hydrate and nourish the skin and stimulate collagen production.

Filler can continue to help regenerate your skin from below too, meaning every time you have filler, it can compound the previous effect. By restoring fullness with fillers, you can regain a youthful, refreshed look with a natural appearance to highlight and contour your face.

Results are mostly instant and, over time, you will see an improvement in both the quality and texture of your skin. Look refreshed, youthful, feel more confident and still look natural.







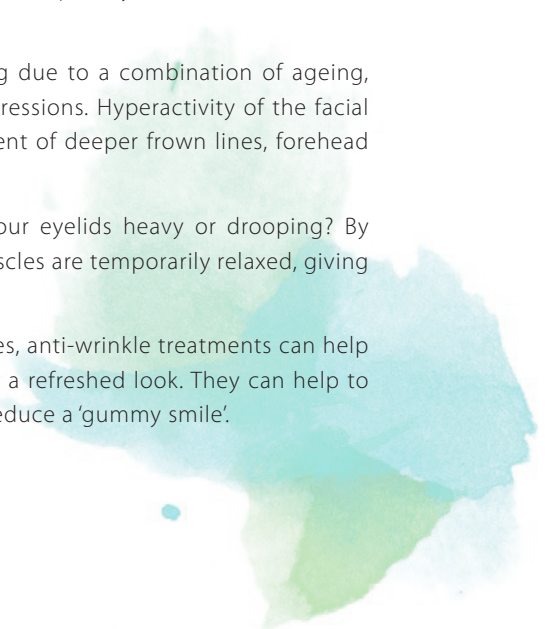
## Anti-Wrinkle Treatments

At Cosmetier, we believe you should still be able to express your emotions and not have a 'frozen' look.

Lines and wrinkles are a natural process of ageing due to a combination of ageing, sun damage, gravity and the muscle action of expressions. Hyperactivity of the facial expression muscles often results in the development of deeper frown lines, forehead lines and/or crow's feet.

Does your frown makes you look angry or are your eyelids heavy or drooping? By injecting into the affected area, the underlying muscles are temporarily relaxed, giving the face a more relaxed and pleasant appearance.

As well as eliminating your frown and forehead lines, anti-wrinkle treatments can help open up your eyes with a subtle eyebrow raise for a refreshed look. They can help to soften lines around the eyes, soften the chin and reduce a 'gummy smile'.



## How long do the effects last?

The initial effects of treatment can be visible within 72 hours, with the maximum effect reached in 2 weeks. A top-up may be required at this stage.

Your facial expression will become more relaxed, but by no means mask-like, with a very natural overall result. The effect of treatment generally lasts for 3 to 4 months.

Re-treatment is then required and for an optimum effect, treatment is recommended 3-4 times a year.

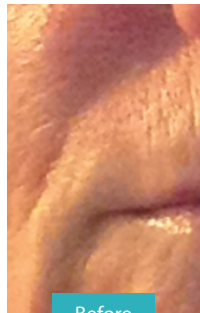
Your customised treatment plan can also include dermal fillers, allowing you to achieve the holistic look you want.

# Skin Rejuvenation

As you age, skin cell turnover slows down and the production of collagen and elastin declines, causing your skin to become congested or look dull and tired.

Skin rejuvenation encourages your body's own cells to produce collagen, hyaluronic acid and elastin so that the skin appears tighter, smoother and radiant.

Two of the main ways of rejuvenating skin include Microdermal Needling and Chemical Peels. These can be used separately or in combination, depending on your skin type and the result you desire.



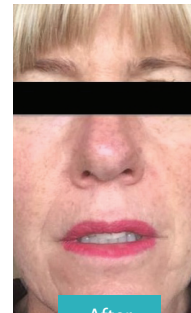
Before



After



Before



After



# Skin Needling

Using a micro-dermal needling pen, we can target your skin at different depths allowing it to rejuvenate safely and effectively. This treatment is undertaken to help the following:

- Tighten, lift and rejuvenate skin
- Brighten the under-eye area, reduce puffiness
- Acne scars and wound healing
- Improve wrinkles and fine lines
- Minimise pore size
- Improve stretch marks

Dermal pen micro-needling works by stimulating your skin's natural healing response causing your skin to tighten and remodel. Any scars that you may have will be broken up and new skin takes its place.

Your skin will look smoother, plumper and less sun-damaged.

This treatment has minimal downtime with your skin looking a little sunburnt immediately post-treatment, but this should resolve within 24-48 hours.

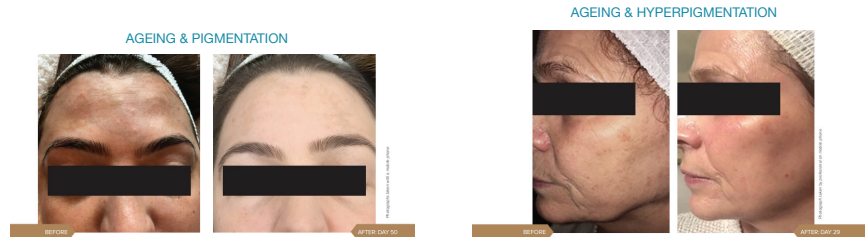
Your skin is anaesthetised by a cream 30 minutes before treatment which means that you have zero discomfort or very minimal, depending on your skin.

# Skin Peels

Chemical peels exfoliate the surface layers of the skin, forcing your body to quickly replenish these with new, healthier layers. Regular peels rejuvenate your skin so it looks and feels smoother, firmer and radiant.

Several different peels are offered to address lines/wrinkles, acne/congested skin, pigmentation and dull/tired skin. If you suffer from acne or rosacea, chemical peels are required first to retrain the skin before any further treatments. Breakouts or pigmentation will also be treated, ensuring that your skin is provided with all the ingredients it needs to be healthy.

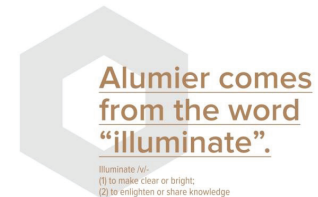
The clinic recommendation is The 6 Stage AlumierMD skin treatment.



**Cosmetier peels include the AlumierMD Glow peel, AlumierMD Radiant 30, AlumierMD Radiant 20/10, Enerpeel MA Peel and the Enerpeel Jessners Peel.**



**Brighter** Ideas in Skin Science



# Skin Products

AlumierMD skincare understands the physiology of different skin types and conditions and have translated this into a comprehensive medical grade, luxury skincare line. Combining state-of-the-art science-based formulations with innovative delivery systems. The products and professional treatments work together to address multiple skin concerns and perform progressively over time.

The P.R.I.S.M. approach targets the underlying physiology of each skin type, condition and individual: P: Protect – from UV and environmental damage R: Reduce – oxidative stress/inflammation I: Increase – collagen, elastin, clarity S: Stimulate – cellular turnover M: Moisturise - to maintain optimum hydration

Using AlumierMD, your skin regime is tailored to suit the unique needs of your skin. Paraben, mineral and sulphate free, they are highly effective. 'One-off' treatments can be undertaken to give a beautiful, radiant glow for special occasions but best results are achieved when the skin uses a daily bespoke, prescribed skincare routine.





# Cosmetier

SUBTLE NON-SURGICAL ENHANCEMENTS

Book your consultation with Dr Rachna Sharma:  
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