



HARMONY MEDICAL

AESTHETIC DERMATOLOGY

SERVICES CATALOGUE

At Harmony Medical, we're not just in the business of treating acne or reducing the appearance of fine lines and wrinkles. We're in the business of transforming lives—empowering individuals to feel confident and beautiful both inside and out. We believe that everyone has the power to be their best possible self with the right guidance and focused treatments, especially for them.

So if you're ready to take control of your own well-being and achieve the results you've always dreamed of, come join us on this transformative journey.

Let's empower your essence & elevate your life.

CONSULTATIONS



In Clinic Consultations

Available in both our Halifax and London Clinic Locations.

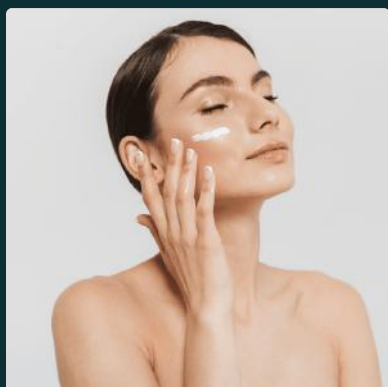
The consultation process includes a comprehensive dive into your medical history, a treatment area analysis, a photographic assessment and we curate a skin routine and treatment plan bespoke to you. We take great care to understand your concerns and assess the underlying causes. We will guide you through treatment choices and you will receive a detailed report. Consultations are available with Dr Ayah and our Associate Jigna*



Virtual Consultations

Completed virtually using an online platform.

The consultation process includes a comprehensive dive into your medical history, a treatment area analysis, a photographic assessment and we curate a skin routine and treatment plan bespoke to you. We take great care to understand your concerns and assess the underlying causes. We will guide you through treatment choices and you will receive a details report. Consultations are available with Dr Ayah and our Associate Jigna*



Personalised Skin Routine

A comprehensive skin routine with specific skin treatments is analysed and curated by our experienced team of clinicians to help you reach your skin goal.

This routine has all the key ingredients to help your concerns, including: improving texture, hydration, reducing fine lines and wrinkles, synthesising more collagen, reducing inflammation, reducing oil production and improving your overall skin health and skin barrier.



Shop Skin Products

As well as personalising your routine, we can provide the products needed for maximum optimal results. Our range of stock includes medical grade skincare such as Obagi* or Zo Skin* and we also stock a range of Korean and Japanese skin care, such as Mugwort*, Pukyangkul* and Isntree*. You can purchase products through our App or our administration team and if you're not sure which products are best for you, get in touch for a consultation!

BOTULINUM TOXIN



Full Face Botox

Facial asymmetry is an inherent aspect of every individual's appearance, but when it becomes a concern, our expert clinicians are here to help. Our skilled practitioners utilise neurotoxin treatments to balance facial features, achieving a more aesthetically pleasing look.

In Harmony Medical we specialise in 'full face botox' because we understand if one face muscle is relaxed, the other can compensate resulting in further lines and wrinkles. For a naturally uplifted, open and bright face, choose full face Harmony!



1-3 Areas Botox

As we age, fine lines and wrinkles can develop due to repetitive movement in the muscle, which after time progresses to become static lines or wrinkles which are visible even at rest. Botox continues to be one of the most popular non-surgical treatments in the UK. It can help with fine lines, crow's feet, forehead wrinkles, and lines between each eyebrow. We would always encourage you to speak with our clinicians if you're not sure what is most suitable for you.



Jaw Slimming / Clenching

When we use botulinum toxin (Botox) in the jaw muscle, also known as the masseter muscles, it "relaxes" them. As a result, the weakening effect of Botox reduces the size of your masseter muscles. This creates a slimmer V-shaped jawline. Functionally, this treatment can improve the pain that some people experience in their jaw and also helps to alleviate uncomfortable night grinding. From a cosmetic perspective, it will also work to slim the muscle and create a more narrow lower face and sleeker jaw appearance for you.



Lip Flip

Lip Flip involves the precise placement of just a few units of botox along with the upper lip muscle, and cupid's bow at certain points, near the border, to relax and 'flip' the lip to make the lip much more visible. This results in a fuller, plumper, but natural-appearing upper lip.

BOTULINUM TOXIN



Hyperhidrosis

Hyperhidrosis is a common condition in which a person sweats excessively. Botox has been shown to result in an 82-87% decrease in sweating. Results start to be noticeable approximately 2 to 4 days after treatment with the full effects usually noted within 2 weeks. Dryness typically lasts 4 to 12 months. Commonly affected areas include the: armpits



Neck Pain / Trapezius

Botox in your neck/trapezius can provide two main benefits. It provides pain relief to those experiencing muscle tightness, pain, or stress. It can also have a slimming effect on the neck.

It is characterised by acute or persistent neck-shoulder pain. TM is not a medical disorder or disease but rather a symptom of an existing underlying condition. The pain in the muscle can last a few days or longer.

DERMAL FILLER



Lip Filler

Lip fillers are injections that add volume to your lips. They're a type of dermal filler.

Lip fillers consist of synthetic hyaluronic acid (HA) — HA is a natural substance in your body. Lip fillers restore or add volume to your lips. They can also help you achieve a desired look, which boosts your self-esteem



Mid Face Dermal Filler

The great thing is that you'll see a noticeable difference straight away after getting fillers, but things will likely continue to improve even more over the course of the next few weeks.

It is best to do this alongside Botox (To weaken muscles around the area to prevent filler moving)

Placing hyaluronic acid (HA) filler into the midface area creates a lifted, more volumised and youthful look

DERMAL FILLER



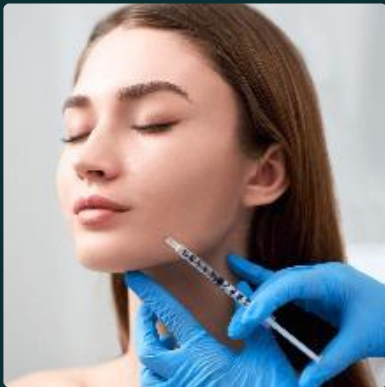
Full Face Dermal Filler

The great thing is that you'll see a noticeable difference straight away after getting fillers, but things will likely continue to improve even more over the course of the next few weeks.

It is best to do this alongside Botox (To weaken muscles around the area to prevent filler moving)

Placing hyaluronic acid (HA) filler into the face creates a lifted, more volumised and youthful look

SKIN BOOSTERS



Personalised Skin Booster

The skin is usually assessed on the day of treatment and a personalised skin booster is created to address your skin concerns and needs. This can include minerals, vitamins, amino acids, anti-oxidants, hyaluronic acid and botox. Skin boosters are injectables that improve skin texture, elasticity, hydration and overall appearance.



Profhilo

One of the highest concentrations of hyaluronic acid on the market, Profhilo not only boosts and hydrates the skin, but also remodels ageing and sagging tissue. Profhilo is different from other injectables because it is made of a lower molecular weight hyaluronic acid. This means that it can be injected into the skin without causing damage or pain. The lower molecular weight also allows it to be absorbed by the skin more easily, which leads to better results. Profhilo hydrates and moisturises the skin and improves and restores the firmness of the skin

SKIN REGENERATION



Alumier MD Peel

This Peel reduces the appearance of fine lines, wrinkles and hyperpigmentation by boosting collagen production and speeding cell turnover, creating a more radiant and even-toned complexion. Ideal for all skin types, including mature or sun damaged skin.

Options between, Radiant 20/10 / Radiant 30 + Detox / Vitamin-A Boost which your clinician will discuss with you prior to your treatment



Dermalux LED Therapy

Dermalux LED Phototherapy is a non-invasive treatment that uses clinically proven therapeutic light energy to trigger the skins natural rejuvenation and repair processes without pain or downtime. From the first treatment, Dermalux instantly boosts the complexion to restore vitality and glow.



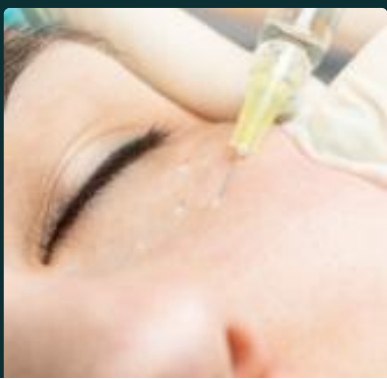
SkinPen

SkinPen works by creating microchannels, targeting precise depth of the skin and stimulating your skins natural wound healing process, producing elastin and collagen to rejuvenate your skin from the inside out. The treatment also boosts skin turnover, improves skin elasticity, firmness and regulates the distribution of skin pigments of the skin.



Mesobotox

Mesobotox is a cosmetic procedure that can reduce fine lines and wrinkles, resulting in smoother, younger-looking skin. This technique can also reduce pore size and oil production and decrease facial sweating. Botox is usually mixed with a skin booster and applied by either micro-needling or a Mesobotox.



Microneedling + Mesotherapy

Microneedling works by creating microchannels, targeting precise depth of the skin stimulating your skins natural wound healing process, producing elastin and collagen to rejuvenate your skin from the inside out. Mesotherapy involves a scientifically customised blend of collagen-stimulating vitamins, for a radiant, youthful and glowing appearance.

SKIN REGENERATION



Laser Genesis

Laser genesis is a non-invasive and comfortable procedure that uses a laser to gently heat the skin. It can help smooth the skin and reduce the look of fine lines, dark spots, and wrinkles. Typically, its primary use is to fade scarring, redness, and broken blood vessels, and improve the look of rosacea.



Vascular Laser

The treatment consists of a series of gentle light pulses targeted around the problem areas. The light from these pulses penetrates the sub-surface skin layers and is absorbed by the blood vessels or by pigmentation.



The Perfect Peel

A chemical peel is a form of exfoliation that uses a chemical solution to remove dead skin cells from the top layer of the skin. The Perfect peel contains 5x super acids + glutathione + vitamins + minerals. It will rejuvenate your skin, leaving it looking younger and healthier after just one application.



PRP Face / PRF Hair

A Platelet Rich Plasma (PRP) face treatment, also known as a Vampire facial, is an advanced skin treatment which is great for skin rejuvenation. It's a treatment which uses your own blood platelets to stimulate new cell growth, helping to improve your complexion and skin texture. PRP improves overall skin texture, decreases the appearance of fine lines and wrinkles around the mouth and eyes, and plumps hollowing areas such as tear trough grooves, cheeks, and temples. PRP can also help smooth both acne and surgical scars.

PRF hair treatment prevents hair loss and promotes new hair growth. PRF can also aid in the stimulation of hair growth after hair transplants.

EXOSOMES

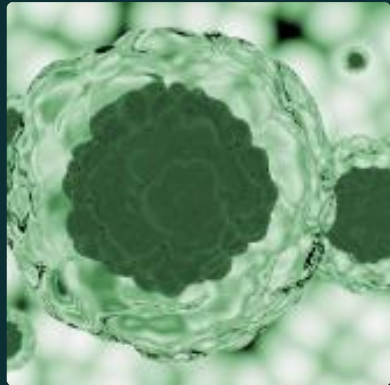


Skin Exosomes

The exosomes carry important components within them like proteins, DNA, and RNA from one cell to another, modifying the function of the recipient cells.

The increase in the collagen and elastin levels will result in:

- Visible reduction of fine lines, wrinkles and age spots
- Improved skin brightness and hydration
- Noticeable decrease in redness and skin irritation
- Improve the appearance of skin lesions and scars
- Noticeable improvement in skin texture and pore size
- Improvement in Melasma through anti-inflammatory + hydration properties of the exosomes



Hair Exosomes

Exosomes hair loss treatment is advanced in stem cell therapy without using actual stem cells but by using 'communicating vesicles' to stimulate your own stem cells to release growth factors. They are less risky than actual stem cells as they can not trigger autoimmune or allergic reactions. They are such small particles that even through a small skin injury can penetrate the skin and work locally as well as systemically through the bloodstream.

Exosomes enhance communication between epithelial and dermal cells, which in turn release growth factors and stimulate follicles to accelerate growth, improve their capillary supply, and activates the hair cycle. Exosomes can regulate the hair growth cycle, which can help to promote the growth of new hair and prevent hair loss. It also helps to reduce inflammation which can contribute to hair loss.

RADIOFREQUENCY & CO2 LASER



Radiofrequency

The RF energy heats the underlying layers of skin, causing constriction and tightening of the skin, as well as the stimulation of collagen and elastin production. Because the RF energy is delivered so deeply, it can produce faster results that are more dramatic. The radio frequency heats at depths that provide cumulative and ongoing benefits of collagen stimulation, skin tightening and resurfacing.

The increase in the collagen and elastin levels will result in:

- Visible reduction of fine lines, wrinkles and age spots
- Improved skin brightness and hydration
- Noticeable decrease in redness and skin irritation
- Improve the appearance of skin lesions and scars
- Noticeable improvement in skin texture and pore size

RADIOFREQUENCY & CO2 LASER



RF + Exosomes

Skin Health Optimisation:

The RF energy heats the underlying layers of skin, causing constriction and tightening of the skin, as well as the stimulation of collagen and elastin production. The exosomes are messenger cells that carry important components within them like proteins, DNA, and RNA from one cell to another, modifying the function of the recipient cells. In this case, producing more collagen and elastin and reducing production of pigmentation.

Exosomes facial rejuvenation can increase skin collagen in the treated areas by up to six-fold and also increases elastin levels by up to 300%.

The increase in the collagen and elastin levels will result in:

- Visible reduction of fine lines, wrinkles and age spots
- Improved skin brightness and hydration
- Noticeable decrease in redness and skin irritation
- Improve the appearance of skin lesions and scars
- Noticeable improvement in skin texture and pore size



RF, Exosomes + Co2

Ultimate Skin Transformation:

All of the above treatments of Radiofrequency and Exosomes and the addition of Carbon dioxide lasers that can precisely remove thin layers of skin with minimal damage to the surrounding structures. These lasers treat sun damage, wrinkles, scars, warts, birthmarks and other skin conditions.

The increase in the collagen and elastin levels will result in:

- Visible reduction of ne lines, wrinkles and age spots
- Improved skin brightness and hydration
- Noticeable decrease in redness and skin irritation
- Improve the appearance of skin lesions and scars
- Noticeable improvement in skin texture and pore size



RF, Exosomes, Co2 + Subcision

Ultimate Acne Scarring:

As above, with the additional bonus of Subcision - perfect for the treatment of acne scarring.

Subcision is a minor procedure that's used to treat acne scars. It involves inserting a small needle into your skin to release the acne scar from the underlying tissue. This allows your skin to rise and to diminish the appearance of the acne scar.

COMPLICATIONS MANAGEMENT



Dermal Filler Dissolving + Ultrasound

Hyaluronidase is a soluble protein enzyme that is typically used to break down the hyaluronic acid found in dermal filler

The portable ultrasound scanner is a harmless way to visualise the superficial layers below the skin and for guiding the needle or cannula to the precise location of filler deposits in order to dissolve them. It can be used to map facial arteries, as required, and to verify and characterise existing facial fillers.

WELLNESS SERVICES



Vitamin B12

B12 can boost mood, energy, memory and more in people who are deficient. B12 is a nutrient needed to form red blood cells, DNA, and brain and nerve cells. In deficient people, the benefits of B12 injections include improved mood and increased energy levels.

This can be given as an IM. An IM injection goes directly into the blood stream and into your cells without needing to bypass the liver unlike oral supplements.



Vitamin D

If you are low in Vitamin D, restoring your levels via injections can have the following health benefits: Providing immune system support for staving off colds and other viruses. Maintaining strong and healthy bones and teeth. Maintaining bone density, particularly as we age, thus reducing risk of fractures. It also improves mood and concentration considerably. This can be given as an IM. An IM injection goes directly into the blood stream and into your cells without needing to bypass the liver unlike oral supplements.

Naturally, darker skin tones lack Vitamin D which is why we need extra supplementation.



Intolerance Testing + Nutritional Support

We offer Hair-Bioresonance testing which tests intolerance against 900 different food types. This non-invasive and painless procedure allows us to better understand your body and identify potential intolerances and imbalance. After all, Skin is massively affected by lifestyle too! We also offer nutritional and supplement support via our experienced doctors.

So, what's next?

At Harmony Medical, we pride ourselves in providing a holistic, multi-disciplinary approach for the most optimal, life-changing results!

Our team have a commitment to continuing their professional development and providing cutting-edge treatments.

So, why don't you book in for a consultation and let us curate a treatment plan and routine, just for you!