

IN SEARCH OF NATURAL BEAUTY

Your eyes are meant to be the best feature of your face, not your cheeks

A naturally beautiful face has natural curves, balance of features, clear skin, minimal lines and soft lips.

We have seen over the last 5 years more and more people having 'filler specials' into their faces. Filler is not meant to take over your face, but enhance gently what you have and fix deficits. What is your best facial feature, your eyes is being overtaken by excessive filler in the cheeks. You see people and their eyes become smaller and smaller due to the excessive amount of filler.

Fillers help to a point, but then you may require Cosmetic Plastic Surgery. People have asked, 'can I just keep having fillers'? The answer is yes, but as you develop more excess skin the results will not be as great.

People also look at your skin as a feature, beside your eyes. It does not matter how much filler and botox you have, if you don't have good skin, you don't have good skin. Evenly coloured skin is more attractive.

Our long term clients (thank you to you all for your loyalty and support) have better skin now than they did when they first came to us.



Have you liked us on Facebook and Instagram? For all the up to date news and specials at The Skin Institute follow us on Facebook and Instagram.

Thank you for your continued support and loyalty.

Keith, Michelle, Pauline, Colette, Georgia, Leanne and Viv.

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Newsletter Winter 14

You want your friends to say 'wow you look well',
not 'what have you had done?'

ASAPS Non Surgical Conference Sydney 2014

Wow! What a great meeting we all attended.

There is a big shift toward more non invasive procedures. Coolsculpt spent \$80 million US dollars on trials over 15 years. Prof Mitch Goldman (a very famous dermatologist) spoke on the Coolsculpt as being the best non invasive treatment for fat reduction.

Number one cause of dry itchy skin is fragrance in products. In England there is a huge push away from using essential oils on the skin, in particular lavender and tea tree oil as they increase irritation and dryness in the skin. Essential oils are concentrates – you do not put them directly on to your skin. Washing your skin with water alone can adversely affect skin and leach out your natural moisturising factors. Soap has a high ph of between 9–11 and this can't be altered. Oily skin has a low ph and dry skin has a high ph. By using soap you are increasing the dryness of your skin.



Did you know that Vitamin E is a powerful anti-oxidant but it is not active unless combined with vitamin C and A. Solution, Rationale ACE \$152.

American Dermatology Association did a study of over 10,000 patients who only used their make up as their SPF. After examination the ADA concluded the SPF in make up alone is not compliant for protection.

The consensus of all the speakers at the conference was that Niacinamide (Vit B) is more powerful than we first knew and that everyone should incorporate it in their daily routine.

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Transform your body without surgery or downtime.

Body contouring just got easier. If you've already improved your figure with diet and exercise, the pockets of fat you want to target are quite small, and you're just not interested in a surgical procedure, we have good news for you. There is a new way to accomplish your fat reduction goals without surgery.

This is an innovative, non-surgical and natural way to quickly lose those annoying bumps and bulges and stubborn fat. No cutting, no needles, no scars.

For your complimentary 45 min assessment please call 9592 7999.

If you book and pay for your treatment in the month of June receive a 20% discount.



CoolSculpting® Treatment Procedure by Kathleen Welsh, MD



CoolSculpting® Single Side Treatment Procedure by Eric Bernstein, MD

Living Moisture™ For Dry Skin

Reactivate your skin's internal hydration processes with **Rationale HydraVital**; a powerful new range of moisturisers created specifically for Chronically Dry and Combination Dry Skin.

Powered by Starflower Oil, nature's richest source of moisture-directing Essential Fatty Acids,

HydraVital boosts hydration levels by up to 183% and elasticity by up to 102% in 21 days*.

In just 3 weeks, skin feels firmer. Dewy. Rehydrated from within.

Visit **The Skin Institute** this month for a complimentary skin hydration assessment, to discover which **Rationale HydraVital** formula is right for you.

*Rationale Clinical Trials 2013

BALI BOOT CAMP

Pauline Swinkels attended the Aesthetic Training Camp in Bali in April. Delegates came from 17 countries. Dr. Per Henden, an associate professor of Plastic Surgery in Sweden (whom Mr Mutimer met and spent time with last year in Sweden) spoke of the Aesthetic trends in Europe. There is a clear desire for natural appearances and the best aesthetic treatment is the one you don't see.

NOT ALL SKIN TYPES ARE THE SAME

That is why we carry different skin care lines for different skin types.

All skin needs a 'holiday'. That is why changing your skincare will change the way your skin behaves. It is the same as dieting and exercise, as your skin has a metabolism and memory, it also needs variety. Remember we have a lot of skin treatments with minimal 'out of action time'. We also have the right skin care range to suit you. Relying on one brand in a clinic does not treat all skin types.

ALLERGAN WORKSHOP MARCH 2014 –SYDNEY

Mr Mutimer and Michelle Field were invited to attend a workshop in Sydney. There were speakers from Brazil, Belgium and Italy. The workshop concentrated on advanced injecting techniques with fillers and toxins. It was great to share information with others from the industry and know that most advanced injectors inject less, rather than more.

SPECIAL

10% off all skin care products† for the month of June*

†Excludes Rationale Range

*Not available in conjunction with any other offers

PRESTIGIOUS AWARD FOR MR MUTIMER

Mr Mutimer attended the Royal Australian College of Surgeons Scientific Congress in Singapore in May.

At this meeting Mr Mutimer received a very prestigious award. Mr Mutimer was awarded the ESR Hughes Award. This award is designed to recognise distinguished contributions to surgery by Fellows of the College. It was created in recognition of the outstanding contributions to surgery by Prof. Sir Edward Hughes.

Keith Mutimer served on the Council as the Specialty Councillor for Plastic and Reconstruction Surgery for 9 years from 2003 to 2012, including 3 as Treasurer and 2 as Vice President. Prior to joining the Council he was a Councillor with the Australian Society of Plastic Surgery from 1996, including a term as President in 2002. Mr Mutimer is the team doctor for the Melbourne Rebels Rugby and is a Paul Harris Fellow of Rotary international (2002).