



Sandringham Laser Clinic  
*...creating perfect skin*

## INTRODUCTION

The use of light as a medical treatment has grown significantly in recent years. There are now a number of devices delivering different types of light for an ever-increasing number of cosmetic treatments. Ultra Violet light, for example, has been used to treat psoriasis (a skin condition) for a number of years, and many people use light boxes during the winter to reduce the symptoms of seasonal affective disorder (SAD). Simply, the exposure to certain kinds of light makes people feel better. The use of laser light for medical procedures was developed in the 1960s when they were first used in operations as cutting tools by some surgeons and for other restorative surgery.

Laser technology has developed over the last few decades to treat patients with a variety of different skin problems including the effects of sun damage, the removal of body hair and more recently, the treatment of psoriasis, acne and vascular and pigmented lesions. Since the early 1990s lasers have become the high

tech equivalent of dermabrasion (a form of exfoliation) or of chemical peels for skin resurfacing (removal of outer layer of skin) resulting in a sometimes dramatic improvement to the complexion.

A laser is a high-energy beam of visible light that can be directed into certain areas or tissues within the skin. These beams of light are emitted in one wavelength or colour at a time and can vary in terms of their strength and the type of tissue that they can target whereas IPL (Intense Pulsed Light) systems are broadband and are able to convert and filter various colours into the required filter cut-off enabling a more effective treatment parameter. The spot size with IPL is usually larger and therefore treatment delivery time is much faster. So called 'ablative' or skin resurfacing lasers briefly direct and intense burst of laser energy onto the surface of the skin. This energy heats water within the surface layers of the skin, causing both the water and the tissue of the skin to turn to vapour.

## SPECIALIST TREATMENTS FOR THE DISCERNING CLIENT

**If you are looking for a more personalised solution to unwanted hair or would like to discuss skin rejuvenation, sun damaged skin, unsightly veins or acne, then consider our personalised local service.**

The founder of the Sandringham Laser Clinic, Neen Riseborough, has been in the cosmetic industry for over twenty years and in Aesthetics for the past nine. She is a member of the Guild of Beauty Therapists and The American

Society of Medical Laser Surgery. Neen was recently in Beverly Hills studying with Danne Montague King, an eminent bio chemist in the skin industry specialising in the treatment of acne and skin problems, when she qualified as a skin paramedic.

Our team of skin paramedics have undergone extensive and thorough training to HCC standards which include CRB checks to comply with the private and voluntary Health Care Regulation 2002, to ensure establishments using laser or intense pulse light for cosmetic treatments meet a National Minimum Standard.

We specialise in hair removal, skin rejuvenation, vascular and pigmented lesions. The Superior Intense Pulsed Light Med ATM™ Laser System produces exceptional results for all our clients.

## ACNE

### Deep cleansing for radiant skin

Acne is one of the most common diseases of the skin. Almost everyone suffers from this during puberty. The skin on the face, upper body and neck is most commonly affected. Increased sebum and perspiration block the pores and this becomes an ideal environment for bacteria on the skin, leading to infection.

The visible consequences are red, blistering spots of acne known as pustules or papules. The main long term hazard is the acne scarring which forms during the healing process of the acne lesions.

SANDRINGHAM LASER CLINIC uses Superior Intense Pulsed Light Med ATM™ Laser System technology in the treatment process, using precisely controlled pulses to penetrate the skin.

Blue light destroys the bacteria, so the inflammation heals quickly. The light works together with the radio frequency directly onto the infected glands to reduce excessive production of sebum. This dual effect on the sebaceous glands helps to maintain a long term effect. Such a successful, thorough cleansing of the skin is therefore only possible with Superior Intense Pulsed Light Med ATM™ Laser System technology.

The number of treatments depends on the severity of the infection. Your recognised SANDRINGHAM LASER CLINIC therapist can provide a detailed treatment plan based on your individual needs.

## WRINKLE REDUCTION AND SKIN TIGHTENING

### Look younger... you are worth it

The thermal effect of the state-of-the-art Superior Intense Pulsed Light Med ATM™ Laser System technology makes your skin look smooth and younger. Rejuvenate your appearance with Wrinkle Reduction and permanent fortification of facial contours.

Superior Intense Pulsed Light Med ATM™ Laser System works with radio frequency and laser energy in one treatment session. It is only thanks to this high-energy combination which is transferred almost pain-free via the skin surface to the connective tissue of the skin that it is possible to achieve such excellent cosmetic results. The collagen fibres that are stimulated during treatment start rebuilding their structures by themselves in a natural manner.

## SKIN REJUVENATION

### Skin Rejuvenation with Anti-Wrinkle Effect.

All year round the skin has to defend itself against external influences and is exposed to damaging light on a daily basis. With time, visible red thread veins, pigment marks, enlarged pores and fine lines damage the appearance of the skin. With Superior Intense Pulsed Light Med ATM™ Laser System technology the skin is rejuvenated, looks fresh and smooth with an even tone.

Small wrinkles are removed, deeper wrinkles are reduced visibly, and the texture of your skin becomes more and more smooth and elastic. In the course of a less-than-one-hour pleasant and comfortable thermal treatment, Superior Intense Pulsed Light Med ATM™ Laser System technology makes your skin look young and beautiful.

After a normal treatment, the skin looks rosy and fresh and appears tighter. You will feel the result at once. Normally, you won't need a downtime and can continue your business as usual. You can look forward to the compliments for your beautiful skin and your radiating appearance.

Radio frequency and laser therapy in the treatment process are a perfect mix of energies to achieve the best results. The anti-wrinkle and tightening effects are achieved through the renewal of collagen in the connective tissues.

The signs of ageing skin are removed as fine lines fade and the deep skin penetration creates a more youthful appearance without operation, chemical substances or skin removal.

**Superior Intense Pulsed Light Med ATM™ Laser System** technology achieves perfect results in less than an hour. In addition, the specially developed gel with pure Aloe Vera to be used during and after treatment ensures thorough moisturising and evenness of skin tone. After a treatment the skin may be slightly reddened, with mild swelling for a short time this is a normal response. Usually there are no other side effects and you can continue your usual activities immediately afterwards.

The number of treatments required depends on the skin condition. Usually the desired results can be seen after 3-5 treatments. You will receive an individual consultation from your recognised SANDRINGHAM LASER CLINIC specialist.

## PERMANENT HAIR REMOVAL

### An effective method for removal of unwanted hair-growth.

The technology SANDRINGHAM LASER CLINIC uses is a successful, gentle method of permanently reducing hair. Hair follicles are completely destroyed so that hair re-growth is impossible in the areas treated.

**Superior Intense Pulsed Light Med ATM™ Laser System** uses radio frequency and laser therapy in its treatment process. Precisely controlled pulses reach the hair follicles without damaging the skin. Active cooling of the skin surface as well as constant measurement of the skin's resistance ensures the utmost safety during treatment. Only SANDRINGHAM LASER CLINIC technology enables treatment of all hair colours and types and all skin types.

Say farewell to unwanted hair growth and come to SANDRINGHAM LASER CLINIC for a long term depilation. Blonde, grey and even the finest downy hair can be removed. Treatment is not painful and afterwards merely a slight reddening of the skin is sometimes visible.

Permanent hair reduction is successful for both men and women. All body areas can be treated: upper lip, cheeks, chin, arms, shoulders, bikini area, stomach, legs, bottom, breasts, neck and back. With this method, hair growth is permanently reduced after each treatment. The number of treatments required depends on skin and hair type. For this reason your treatment program will be based on an individual consultation with your SANDRINGHAM LASER CLINIC therapist.

## FLAWLESS LEGS

### Reduction of spider veins and varicose veins

Typical signs of vein problems are visible bluish-reddish small vessels on ankles, popliteal spaces and thighs or prominent veins on the calves. This is in most cases a genetic predisposition to weak connective tissue. With the state-of-the-art SANDRINGHAM LASER CLINIC technology, many vascular problems like spider veins and varicose veins can be once and for all eliminated without a surgical operation.

SANDRINGHAM LASER CLINIC works with radio frequency and laser energy in one treatment session. It is only thanks to this high-energy combination which is transferred via the skin surface to the target vessel that it is possible to achieve such excellent cosmetic results. The effect of the treatment is that the vessel walls stick together and the bluish-reddish vessel contours are subsequently metabolised in a natural physiological process.

### The smooth and safe treatment method

After a normal treatment, there is only a visible discoloration along the vessel line and a slight swelling which disappears within a few hours. In contrast to other methods to eliminate visible veins, SANDRINGHAM LASER CLINIC technology is a very smooth form of treatment and relatively pain-free. Since it is an outpatient treatment, you normally won't need a downtime and can continue your business as usual. Another advantage of this method: you don't need to wear uncomfortable compression stockings.

The number of treatment sessions depends on the extent and depth of the vascular lesions. Considering this, the desired result can usually be achieved in 1 to 5 treatments. Please get individual advice from your authorised SANDRINGHAM LASER CLINIC expert.



### Look as young as you feel

Creating and maintaining beautiful and youthful skin is at the very heart of Sandringham Laser Clinic. We provide effective, affordable and safe treatments for men and woman that enable you to look and feel your absolute best. Our experience, expertise and integrity underline our commitment to providing the highest quality of skin care and after care treatments.

Our expertise enables us to develop a skin care regime to protect, enhance and enliven your skin. We offer an extensive range of cosmeutical treatments that can reverse the effects of ageing and sun damage whilst also providing you with protection to maintain youthful looks.

Our extensive range of treatments involve the use of non-surgical procedures, using the very latest medically proven treatments for men and women.

## PRE & POST CARE information

This PRE & POST CARE information will help you to further understand the concept of our Class 4 laser. Intense Pulsed Light has moved into the next phase - Advanced Fluorescence Technology (AFT) and is indicated for use in aesthetic and cosmetic applications requiring selective photothermolysis such as photo-rejuvenation, vascular lesions, pigmentation, acne and permanent hair reduction.

Lasers emit specific energy through a single beam application and this type of treatment has been used in hospitals and clinics for many years. Intense Pulsed Light is a broadband application that is pulsed energy that again is selectively absorbed by the target, but enables larger areas to be treated with each discharge. It has been proven to target the varying depths of the hair follicle enabling successful treatment of excessive hair growth. The hair follicle is thermally heated to between 65-70 degrees centigrade and a denaturing of the proteins in the germinative cells takes place prohibiting re-growth. This process has to take place when the hair is in the Anagen growth stage, which is the active growing phase of the hair, for the treatment to be successful.

The ergonomically designed hand-pieces that are unique to the Superior AFT system, are able to emit specific wavelengths (measured in nanometres) that can target conditions that have in the past been more difficult to treat.

Research has shown that this type of selective photothermolysis, which targets the chromophore without damaging surrounding tissue, can successfully treat many conditions.

As with all treatments where Intense Pulsed Light is used it is essential to understand that

the results of such treatments will vary from client to client. You will have had the treatment fully explained to you prior to your decision to proceed. During the consultation you will have been advised of the procedures of the proposed treatment and will have discussed the area for treatment. You will have also been advised whether your skin type is suitable for treatment and that a patch test is required prior to commencement of proposed treatments. Whilst every precaution is taken to ensure that you achieve the maximum results, the reaction and results achieved by the Superior Med AFTTM will be dependant on factors such as medical conditions, hormonal, medication etc., and these have been explained to you during the consultation. It is extremely important that you advise us immediately if your medical circumstances change.

**It is advised that with all treatments that utilise laser energy, there are risks that should be considered and these are listed here:**

*Erythema (redness) and oedema (swelling) may occur within 2-24 hours of treatment.*

*Irritation, a mild itching or burning sensation or discomfort (similar to sunburn) may occur within 48 hours of treatment.*

*Blisters epidermal erosions or hyper-pigmentation may develop and remain for several days after treatment.*

*Exposure to UV light can cause hyper-pigmentation so should therefore be avoided.*

*Eye damage from therapeutic light. Protective goggles must be worn at all times during phototherapy treatment to prevent eye damage.*

### Other possible side effects that should be considered are:

*Discomfort: When a light pulse is triggered, some clients experience a mild sting, like a rubber band snapping. A mild burning sensation may be experienced but a topical cold compress usually calms the area.*

*Change of Pigmentation, Most cases of hypo or hyper pigmentation occur in darker skin or in people recently exposed to UV light. This discoloration usually fades within 3-6 months but in rare cases, the hypopigmentation can be permanent.*

*Scarring: There is a small risk of scarring on dark skin such as enlarged hyper-tropic scars. To reduce this possibility, it is essential to follow post-treatment care instructions.*

*Fragile Skin: If the skin near the treatment site is fragile, avoid make-up or any form of excessive rubbing as this could tear the skin.*

*Swelling: Immediately after treatment, usually around the nose and cheeks the skin may temporarily swell. This usually subsides within a short period of time.*

You will be given the utmost care and attention to avoid the occurrence of an adverse reaction. As advised, it is imperative that you notify us of any change in circumstances, particularly relating to medication prior to proceeding with treatments.

Please call 01485 542143 for further information.

### PRE CARE - Organising yourself prior to treatment

1. Do not expose the skin to UV light or apply self tanning products. We advise that 30+ sun block is used at least 14 days prior to treatment.
2. Avoid alcohol the night before and the day of treatment.
3. If area to be treated is the body, wear loose fitting clothes if possible on the day of treatment.
4. Drink at least a litre of water the day before and on the day of treatment - this helps to regulate the body's temperature.
5. Do not exercise before or after the treatment - keeping the body cool.
6. Arrive five - ten minutes early so that you are relaxed prior to treatment.

### POST CARE - Protect your skin after the treatment

1. Skin should be treated gently for 4-5 days after treatment, avoid excessive rubbing or any trauma to the area to allow the skin to recover and to prevent infection.
2. Sunblock should be used on exposed areas after treatment (even if it is not a sunny day). Also avoid sunbeds and self-tanning lotions for the

*treatment period although a self-tan can be used for special occasions built is not advised for continuous use at this time.*

3. If skin appears blistered or broken, apply an antibiotic ointment, If severe call the Clinic Helpline (below), immediately. The effect should only be temporary but a call can be reassuring.
4. A cool pack can be used to ease any discomfort and to cool an irritated area.
5. Aloe Vera can also be used or specific recommended products only should be used to calm and protect a sensitised area.
6. Make-up can be used if skin is not broken and no adverse reaction is evident. Avoid make-up for 48 hours if the area is sensitised.
7. Avoid heat treatments i.e. sauna, steam etc., and also avoid exercise (as this heats up the body) for at least 24-48 hours to avoid an adverse reaction. In some cases it may be advisable to avoid any form of exertive exercise for up to 4 - 5 days after treatment.

8. Please call the Clinic Helpline on **01485 542143** immediately if you have any concerns or extreme reactions.

Our emergency mobile number is:  
**0782 806 1003**

Look beautiful and feel confident with the help of our professional team at Sandringham Laser Clinic

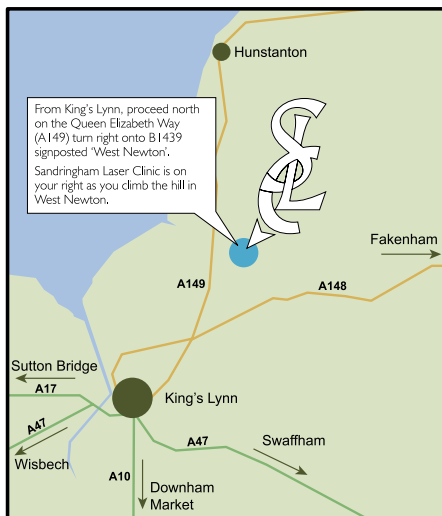
**Clinic Line 01485 542 143 or Mobile 0782 806 1003**

## SANDRINGHAM LASER CLINIC... leading the way in skin therapy

### Available treatments

- Laser treatments
- Hair removal
- Rejuvenation
- Thread vein/blood vessel removal
- Rosacea
- Acne
- Pseudofolliculitis barbae (bumps caused by shaving)
- Facials
- Wrinkle treatments
- Dermal fillers
- Microdermabrasion
- Chemical peels
- Cosmeceutical treatments
- Beauty therapy treatments
- Hyperhidrosis (excessive sweating)
- Reflexology
- Holistic therapies

### Where to find us...



### Address:

Sandringham Laser Clinic,  
West Newton House,  
Sandringham, Norfolk

### Telephone: 01485 542143

Our emergency mobile number is:  
0782 806 1003

### Email:

[information@sandringham-laser-clinic.com](mailto:information@sandringham-laser-clinic.com)

### Web site:

[www.sandringham-laser-clinic.com](http://www.sandringham-laser-clinic.com)



*While we offer our clients comfort and privacy in beautiful surroundings, we regret we are unable to offer treatments to persons under the age of 16.*

*In the interest of a peaceful environment we do not maintain a facility for client's children or pets within the clinic.*

*We are a non smoking establishment and we respectfully request that all mobile phones are turned off prior to entering Sandringham Laser Clinic.*