



# A work of Art

*Every face is unique and beautiful in its own way. That's why the Aesthetic Skin Clinic tailors its treatment plans for each person, enhancing their natural qualities and leaving the complexion fresh and glowing, which in turn provides a welcome confidence boost. Aesthetic nurse practitioner HAYLEY JORDAN explains more.*

**A**t The Aesthetic Skin Clinic, the face is considered a work of art. Since each is unique, treatments are tailored to the individual, taking into account their lifestyle, budget and what they actually look like.

'We look at the blank canvas and paint the whole picture and patients can then decide how much or how little, if anything, they wish to proceed with,' explained Hayley.

This involves a thorough consultation, starting with an analysis of the skin and discussion about which treatments would be suitable.

Time is taken to listen to patients' needs and to plan a pathway, building a

## Creating a healthy canvas

OFTEN the first step on a patients aesthetic journey is to improve the health and quality of the skin to give you a beautiful canvas to work on. This can be achieved in many ways depending on the individual patient. Even just using a good sunblock everyday can have an impact.

### STEPS TO HEALTHY SKIN

– 1 –

**Obagi Skin Health** is a system of products used at home under supervision to rejuvenate and reverse the signs of damage with dramatic effects

– 2 –

**Hydrfacial** is a medical grade facial that deeply exfoliates, plumps and nourishes the skin.

– 3 –

**Photo rejuvenation** uses light and heat to stimulate the collagen and remove pigmentation and red veins.

– 4 –

**Peels**, such as a light radiance peel or a deeper medical blue peel, can remove sun damage.

– 5 –

**Fraxel resurfacing** gently renews the surface of the skin for improved tone and texture while stimulating deeper tissues to make new collagen.

relationship that continues to develop over time.

'Even small changes can make a massive difference, particularly to skin health,' said Hayley.

'Restoring natural beauty is important, rather than creating features that are not a natural fit. We often ask patients to bring in a photograph from five to 10 years ago so that we can turn back time in the correct way.

'When aesthetic treatment looks "bad" it is often because it is trying to create something which is not natural for that patient. We work with the face and not against it.

'A common complaint among my patients is "my face is sagging". This is often a combination of volume loss and loss of collagen. Again it is important to restore a natural look as the days of pillow cheeks are long gone.

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'I focus a lot on skin health. A lot of the time if the skin looks really healthy, it doesn't matter if you've got a few wrinkles.

'You need that healthy canvas.'

Hayley began her career in surgical nursing, before swapping the ward for a clinic environment. She has worked at the Aesthetic Skin Clinic for 12 years now.

'Having been in nursing from the age of 18, I am very sensitive to patients' needs and feel that one of my strengths is listening sympathetically and understanding patients and the emotions behind their treatments. Everybody has their own story and it is important to understand and respect that, and also to know when not to treat,' said Hayley.

'I like to make sure my patients are happy with their treatments and have real enjoyable results, so I always follow up their treatment and take careful before and after photographs to monitor their progress.

'Patients who have been coming for a long time are often surprised to look back over their old photographs, as they often look 10 years younger, 10 years down the line. This makes my job so rewarding as patients are happy, confident and enthusiastic about their treatment.'

Treatment does not have to be expensive either, as it can be tailored to suit anybody's budget.

Hayley said it is becoming much more socially acceptable to have aesthetic work done and in today's increasingly busy world those treatments with no down time are proving particularly popular.

One of the top treatments at present is the ultralift, combining targeted radio frequency and deep focused ultrasound.

This combination tightens right through all the layers of skin right down to the SMAS muscle layer. It is safe, effective and has no down time. Initial tightening is immediately evident and results improve over three to four months.

The treatment is suitable for men and women of all ages, whether the aim is to maintain or regain youthful looks. It can also be individually tailored to suit each patient's needs, and will often combine fillers and muscle-relaxing injections to enhance results.

Hayley also gets a lot of pleasure out of helping patients who suffer with pigmentation and acne.

'Having suffered with pigmentation myself, I can empathise with how distressing this can be, and how life-changing it can be to eliminate and control it,' she said.

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'Acne patients can achieve great results with the Obagi skin care systems, combined with blue light hydra facial treatments, and having controlled the acne, can eliminate a lot of scarring using intracel micro needling, a state-of-the-art radiofrequency needling that resurfaces the scars with minimal downtime.

'I am passionate about skin health and helping patients to achieve their desired portrait and, in such a rapidly growing industry, we pride ourselves with only introducing technology that works, achieving real results and providing the best outcome for our individual patients.'

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**Dr John Curran FBCAM,  
Mr Nick Percival FRCS**

Albert House, South Esplanade,  
St Peter Port, Guernsey GY1 1AW

**Call the Aesthetic Skin Clinic on 736699  
or visit [www.askinclinic.co.uk](http://www.askinclinic.co.uk)**