

Welcome to Coastal Skinthetics Newsletter, if we haven't met already, let me introduce myself.



My name is Tracy Cullen. I am a full time specialist aesthetic nurse and prescriber. My interest in the plastics, cosmetic surgery and the aesthetic medicine industry began in 1989 whilst I was serving in Her Majesty's Forces and working on one of the busiest burns and plastics Unit in the army.

Since 2000 I have had the privilege of working for several of the souths leading Consultants in plastic, cosmetic and reconstructive surgery and in 2007 I accepted the role of Cosmetic Surgery Sister offering specialist nurse advice to the patients at the hospital. I knew that I wanted to offer aesthetic services to patients in order to enhance

and maintain the outcomes of their surgery.

It was then that I embarked on my career development in Aesthetic Medicine accepting the offer from the consultants to be my mentors (what an opportunity) and I haven't looked back since.

I now run several clinics covering the Dorset, Hampshire and Wiltshire area making us one of the most accessible aesthetic clinics in your area.

As a Save Face accredited practitioner, you can rest assured in the knowledge that the treatments I provide are safe, effective and carried out in a clean, clinical environment by a fully trained medical practitioner.



What treatments are available at Coastal Skinthetics?

As anti-ageing and well-being are amongst the clinics priorities, skincare, anti wrinkle treatments and lip enhancements are the most popular in our treatment range. There is also PDO Thread Lifting for facial rejuvenation, alongside cheek enhancement, skin needling, thread vein removal and collagen stimulating products.

In each Newsletter, I hope to be able to discuss a couple of treatment in more detail.

Is there anything new?

Yes, there is!

Coastal Skinthetics is delighted to announced the introduction of several new treatments.



The first will be available from the beginning of December and the Ultralift treatment is based on using focused high intensity medical ultrasound. This targets the muscle layer of the face, lifting and tightening, targets the dermis, stimulating collagen and the surface layer of the skin to reduce large pores, fine lines giving a more refined overall appearance.

Results may be seen after one treatment and could last up to 18 months without the need for cutting or piercing of the skin; **a totally non -invasive procedure.**

Its hoped that the launch of the new fat reduction treatment using Cryolipolysis (fat freezing) will take place in January 2017.



As an alternative to liposuction, the main areas of the body to be treated can be upper arms, back, upper and lower tummy, outer and inner thighs and bottom. All totally non-invasive and pain-free!

Unlike other and older machines, two areas can be treated at the same time, saving patients time and money.

Best results are usually seen around 12 weeks after the treatment.

Lastly and certainly not least; the laser hair removal using the Diode laser will be available from January 2017.

This treatment is safe and effective for all skin types and hair colour. It has an in-built cooling system which means your treatment is pain-free. The laser wave length destroys the hair follicle inhibiting future hair growth, eliminating the need for painful and irritating waxing or shaving.

The treatment is a known successful way of reducing excessive hair growth for any ladies suffering polycystic ovary syndrome, especially when combined with a prescriptive hair reducing cream if required. This can be assessed and prescribed in clinic.



Men are also looking forward to the laser being available within the clinical setting. The pain free hair removal will be a welcomed relief to waxing endured by both sexes; in particular, for men I have spoken to, will be the larger areas such as back and chest. Intimate areas, although not mentioned in conversation, i'm sure will be high on the list, again for both sexes.

How about the gift vouchers we have been asking for?

They're finally here!



It has been noted you want this facility in order for family, partners and friends to buy for you and vice versa and so Gift Vouchers are now to hand.

Feel free to purchase for loved ones and to leave this newsletter on show to them to see what you would like, or tell them point blank? The vouchers can be purchased by calling or emailing or messaging via Facebook and WhatsApp (details at bottom of

page). Card payment or bank transfer is accepted and post or collection (whichever preferred) will be arranged.

I hope that you have found the first newsletter useful and I would like to wish you a very happy Christmas and a prosperous New Year.

Best Wishes

Tracy and the Coastal Skintherics Team

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