



Spring into Spring

**MAN BEAUTY
- NOT JUST A
PRETTY FACE**

**ENRICH'S Spring
Racing Tips**

**EMPOWERMENT AND
COSMETIC TREATMENTS**

ENRICH

DERMATOLOGY

COSMETIC CLINIC

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Spring has sprung 2018!

The weather is warming and the days are getting longer. Spring Racing and the start of the party season are finally upon us! It's time shake off the winter slumber and refresh with some of our most effective lunch-time treatments, or some of our tried and tested to rejuvenate and revitalise.

In this issue, we highlight ENRICH Clinic's holistic approach to treatments. At ENRICH, we treat the person not just the need with individually tailored treatments and skin solutions.

Our Head Specialty Nurse, Helen Solonsch talks empowerment and explains ENRICH's approach and Dr Anthony Rixon talks about men's treatments and gym for the skin.

We also have an enticing range of spring specials for you as the season changes, so you can launch into spring festivities with a pep in your step.

We look forward to welcoming you in clinic soon!

The ENRICH Team



DERMATOLOGISTS ARE US!

At ENRICH we pride ourselves on our expertise in skin treatments. We are also the home of some of the best dermatologists in Melbourne.

ENRICH's founder, Dr Michael Rich is also one of the founding members of the Skin and Cancer Foundation. As a specialist dermatologist who is a Fellow of Australasian College of Dermatology and Australian Society of Cosmetic Dermatology, he has spent over 30 years in the field and has a passion for skin care and treatment.

He also believes in surrounding himself with like-minded dermatologists, so at ENRICH we have two other incredibly experienced dermatologists in Dr Yan Pan and Dr Lena Ly.

Dr Pan is a Fellow of the Australasian College of Dermatologists. He trained in Melbourne at St. Vincent's Hospital, the Alfred Hospital, Austin Hospital, and also at the National Skin Centre in Singapore.

Dr Pan has a long-standing interest in melanoma and has published numerous articles in peer reviewed journals and presented papers, both locally and internationally. He maintains an active interest in the treatment of general dermatological conditions such as acne, psoriasis and eczema.

Dr Lena Ly is passionate about dermatology. Completing her medical degree at Melbourne University, Dr Ly went on to train at the renowned St Georges Hospital, London. Highly qualified, she has worked in all the major Victorian hospitals and is currently a consultant dermatologist at The Skin and Cancer Foundation where she also teaches.

Dr Ly specialises in skin cancer diagnosis and management, dermatological treatments both surgical and non-surgical and is very committed to treating the patient, not just the issue.

Recently back from maternity leave we welcome Dr Lena Ly back to us at ENRICH Clinic.

ENRICH'S RACE TIPS AS WE MOVE INTO THE PARTY SEASON

Spring is when we all emerge from our winter hibernation and smell the scent of freshly cut grass and flowers blooming. That first sunny spring day, how can you not smile?

It is also the time when our skin gets the first kiss of the sun and wearing 50+ sunscreen is the most important thing you can do to prevent anti-aging.

Of course it's the season for racing and all the glamour and fun that surrounds this Melbourne festival. As the fashion for sporting a broad brim hat changes each year and fascinators creep back in as headwear of choice, it's import to remember your face needs that extra protection when outdoors.

Need a little skin pep up before a party? Perfect time to try a HydraFacial or a China Doll. These lunchtime treatments, a week before, can give your skin that natural glow that says "Hello to Spring"!

Of course, at ENRICH, our doctors are here to help with any of your anti-wrinkle injection or filler needs. Our injectables are all performed by our doctors who are experts in the field.

Now who's up for a little champas?

Our five top tips for racing season:

- 1 50+ sunscreen
- 2 Drink plenty of water in between those cocktails
- 3 Keep your face out of direct sunlight where possible
- 4 Wear sunglasses - not just a great fashion accessory!
- 5 Re-apply sunscreen during the day

Our favourite "Ready for races" treatments

ANTI-WRINKLE INJECTIONS

Targets: Fine lines around the facial area
Cost: \$102 per injection
Downtime: 1-2 days
Frequency: 3-6 months

BEAUTIFUL EYE PACKAGE

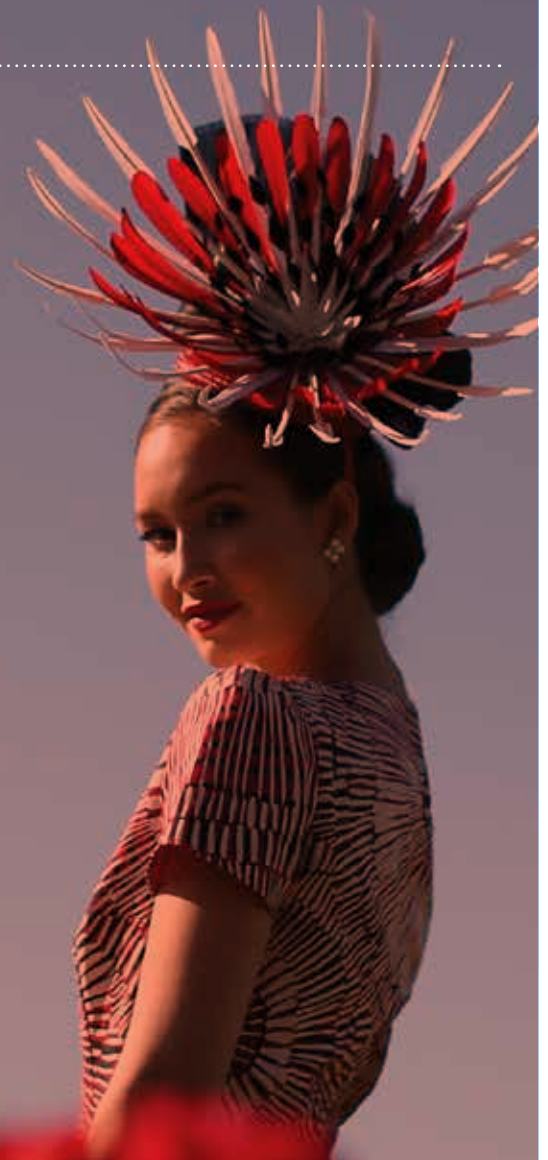
Includes: 1 x Ultraformer lower lid and high cheekbone lift
2 x Thermismooth eye treatments
Targets: Fine lines, crepey skin, activates skin tightening
Cost: \$1200
Downtime: Nil
Frequency: 6 week program

CHINA DOLL FACIAL

Targets: Skin rejuvenation
Cost: \$230 per treatment
Downtime: Nil
Frequency: Fortnightly - monthly

LASER HAIR REMOVAL

Targets: Hair removal
Cost: Dependant on required treatment area
Downtime: Nil
Frequency: Patient dependent



Dr.
ANTHONY
RIXON



Not just a pretty face

+ Dr Anthony Rixon talks men's treatments

“

All in all, we have devices to suit all your needs. One laser doesn't do everything.

”

It's easy to think that most of the cosmetic treatments at a skin clinic are for woman and centre around injectables. We know at ENRICH that this is completely incorrect assumption. It's a huge mix of people across a breadth of both cosmetic and medical reasons.

“Gym for the skin” is one of the first things Dr Anthony Rixon says when discussing skin treatments for men at ENRICH.

“For men, virility is important. It's about their masculinity. Good, healthy skin is a sign of male attractiveness and linked to this virility. If you are like a large portion of the population not necessarily blessed with the “good skin” genes, some simple laser treatments can improve skin quality.

We want to make sure for men who are just starting out on their skin journey that our treatments are relatively quick and have no real downtime. If the prospect of undergoing a cosmetic treatment feels to them a little feminine they just won't do it. The best thing about a laser treatment is no one need know that they have had anything cosmetic.

At ENRICH, we have multiple lasers so we can fine tune to give you a bespoke result. Different lasers treat different aspects of a person's skin. Fundamentally they target a certain layer of skin, depending on the need, can reduce or remove pigment, blood vessels, redness, scarring, wrinkles, liver spots, age spots and rosacea.”

Dr Rixon also speaks to regularity in skin care.

“If you want to improve your skin fitness even further, you could look at peels on a regular basis with a diode to follow. Of course, this takes a little bit of commitment, but the results are well worth it. Best of all, starting around \$40 each, our peels are a great way to get into skin care“

We have the devices that can suit any skin issue, with over 20 lasers and therapeutic devices on hand. This is just one of the advantages of a treatment at ENRICH. If you go somewhere that only has a soft-core laser they will possibly say that you just need more treatments to solve your hard-core laser problem.



AT ENRICH, FAVOURITE LASER TREATMENTS FOR MEN INCLUDE

The Genesis Laser

Lunchtime procedure

Primarily used on the face this laser uses a 1064nm wavelength that gently heats up the dermis (the layer underneath the outer layer, the epidermis). This tissue heating can shrink those tiny blood vessels that contribute to redness and flushing, particularly in cases of rosacea, or for those with pink complexions. The Genesis also boosts collagen production, tightening skin, and over time, contributing to a more youthful complexion.

Fractional Erbium Resurfacing laser

Resurfacing device, gentler than the Fractional Co2.

Good for deeper acne scarring and deeper lines. This laser gently removes the top layer of skin, polishing and smoothing the skin, whilst also stimulating collagen renewal. This helps to rejuvenate the texture and tone of the skin.

RF - The Secret Micro needling

The RF is great for pore size, minor wrinkles including smoker's lines, scars including acne scarring. It has minimal down time depending on your skin.

It's a great collagen stimulator with better collagen equalling fresher healthier looking skin.

Intense Pulsed Light (IPL)

Lunchtime procedure

IPL machines can work wonders on brown spots, pigmentation, and blood vessels. This is great for clearing up a spotty complexion and rejuvenation of the skin. Works well with people that have the red/brown complexion. There is hardly any downtime with this one.

PiQ04 picosecond laser China Doll Rejuvenation

Lunchtime procedure

The PiQ04 can treat pigmentation issues caused by moles, lentigines, café-au-lait birthmarks, melasma and seborrheic keratosis (wart-like skin growths). It is also the main laser we use for tattoo removal.

The new star treatment using the PiQ04 laser is the China Doll Rejuvenation. It is a non-invasive laser facial treatment using our state-of-the-art PiQ0 combined with a mask of medical-grade carbon serum. The serum acts like a target intensifier for the laser to destroy debris and the top layer of dull, dry skin, refreshing your complexion immediately with no downtime. It may have a bit of a feminine name, perhaps we need to call it China Bloke for men as it's a great treatment

Dr Rixon is a GP and cosmetic physician. With over 10-years experience he knows his stuff. In his spare time he lectures to cosmetic GP's. Give Dr Rixon a call at ENRICH clinic.

INTERVIEW

Head Specialty Nurse

HELEN
SOLONSCH



Empowerment and cosmetic treatments

+ Head Specialty Nurse Helen Solonsch
talks no judgment and empowering people

“No judgement is something we believe in here at ENRICH. It can be very confronting for people to make that first step to attend a consultation and to talk about their concerns, so it’s important to me to give them the benefit of my knowledge and experience, without biases. People should be well informed and comfortable in discussing the various options in treatment for their concerns.”

“Our range of treatments are extensive from skin care, lasers, including intimate treatments such as vaginal rejuvenation, to men’s treatments such as snoring or hair loss and, of course, the ever popular injectable rejuvenations. Everyone deserves to feel good about themselves and their treatment choices“

Helen gives examples of how a cosmetic treatment could change a person’s view and confidence.

“I think questions around personal appearance is the most common discussion I have had over my 20 years at ENRICH, however it was a young woman’s more intimate concern that really made me question my own views.

A young woman in her late 30’s, early 40’s attended for a chat. She had just finished having her children, the youngest was 14 months old and she found herself left with a legacy of urinary stress incontinence, a degree of vaginal laxity and, at times vaginal dryness, which had previously been

established by her GP but whom had also been in this woman’s eyes, very unhelpful.

Her condition was difficult for her to talk about as the situation was also having an effect on her relationship with her husband who was otherwise very supportive. Treatment options for situations like this have come a long way and I guess society has to catch up with how we view situations like this as there are various better options of treatments these days, you just need the knowledge of how to source them.

I feel passionate that all our clients are well educated and informed about any of our treatments including other options we might not have.

Treatments such as the Juliet or Thermiva in this woman’s case, helped alleviate her symptoms and attributed to an increase her wellbeing. It’s incredibly rewarding to give people confidence and overall personal empowerment with highly personal issues that can be easily treated.



“
It’s all about
empowerment.
”

This is almost Helen’s catch phrase if a speciality nurse can actually have one. Helen is passionate about empowering people via medical cosmetic treatments.

In similar situations there are men who are incredibly affected by a normal condition called Pearly Penile Papules, tiny little pearl shaped bumps on a man’s penis. This simple condition can affect a man’s confidence. The thing is they are easily treated in a simple, in-clinic treatment with Dr Rich. Whilst both these treatments may seem trivial to some, to those affected they are ‘game changers’ in their lives.

People can also seek help in their physical appearance as this can greatly affect people’s confidence both in the work force and socially. Simple things like acne scarring, redness, pigmentation, lumps and bumps can all lead people to seek advice. Good skin is not only healthy for us, but it is essential in regards to sun damage and skin cancers as I myself have learnt over time, having had three skin cancers that Dr Rich has treated for me. Good skin is a reflection of youthfulness and wellbeing. Whether it’s reducing wrinkles, increasing collagen, tightening or smoothing

the skin there are many different treatments that people can try to help with these concerns.

Treatments such as the popular non-invasive China Doll facial is a simple way to clean the skin and minimize pores. It leaves the skin feeling silky smooth and improves the clarity of skin whilst also stimulating collagen production.

We are so fortunate at ENRICH to have a great team of specialist dermatologists, doctors and nurses who care and are highly trained in all the areas and treatments we provide. Dr Rich has been a driving force of knowledge with his passion to stay ahead of all the new and reliable treatments around the world.

Advances in medicine both in dermatology and aesthetics can give people a better quality of life. I have been very fortunate to be at ENRICH and see the many changes from the inception of anti-wrinkle injections, when we only made up these injections

fresh on Tuesday afternoons, so if you wanted it, you had to have an appointment that day, to the changes to dermal fillers that now derived from a “plumping” substance that occurs in the body naturally and the biologics that are now used for psoriasis and melanomas.

We live in a time that gives us all options to have wonderful medical and aesthetic treatments that can improve people’s lives, yet it still surprises me when people aren’t aware of the many treatments available at a good dermatology clinic.”

Helen has made it her mission to educate and impart the knowledge she has learnt and seen at ENRICH. She spends a lot of her time talking through the multitude of options to all her patients.

Come and talk to Helen or any of our fully qualified nurses at ENRICH and they can give you options for your next cosmetic procedure.



SPRING PACKAGES

SPRING SMOOTHING

Smooth out that skin for summer fun.

Anti-Wrinkle Injection Package

**BUY 4 OR MORE &
GET 1 FREE (SAVE \$102)**

HAIR REMOVAL

Spruce up for Spring and remove that unwanted hair.

**20% OFF ANY HAIR REMOVAL
TREATMENT FOR WOMEN OR MEN**

Prepaid

SPRING REFRESH PACKAGE

3 x Glycolic Peels

3 x Microdermabrasions (Erbium Fractal Laser)

3 x healing light session from Diode

This beautiful package is taken over 3-4 months and has your skin refreshed and ready to go. Alternating between a microderma and a peel, you will be skin fit of the party season.

\$750 (SAVE \$250)

Note each microdermabrasion needs to be taken 4-6 weeks apart from each other.

THE EYES HAVE IT

Flutter away this season with this eye treatment.

Thermi Smooth Eye Treatment

1 x Hydra Active Facial

\$400 (SAVE \$200)

SKIN TIGHT JUST RIGHT

1 x Ultra Former III Full Face Treatment

2 x Secret RF Treatments

\$2800 (SAVE \$980)

Prepaid

COOLTECH

Want to get that summer bod without going through an invasive procedure? Try Cooltech a fat freezing procedure that can reduce up to 25% fat reduction in the treated area, without the downtime.

**15% OFF ANY TREATMENT
OF ANY AREA**

Prepaid

WELLNESS WEDNESDAY - JUST FOR YOU

Recently had a cosmetic treatment at ENRICH ?

ENRICH invites you to our Wellness Wednesday program. It's our way of giving back to you!

Come in and choose from our menu of Wellness complimentary treatments to promote you feeling good.

This could include a facial, a gentle laser rejuvenation, a massage or even having your brows done.

Thirty minutes of pure indulgence from us to you.

ENRICH Wellness Treatment Menu:

Choose from any of these treatments for your Wednesday Wellness experience:

- Beauty Facial* or 30 min mini Hydroactive facial
- 30 min Massage - choice of face, scalp, hand, shoulders, neck, upperback
- Brow Shaping &/or Tinting
- Glycolic Peel & Diode Light Treatment
- 20 mins Gentle Laser Rejuvenation - PIQO or Genesis

Terms & Conditions:

This offer is available if you have had the following treatments at ENRICH.

Anti-wrinkle injections (\$400 or over spend), Dermal Filler, Laser, Ultraformer II, The Secret, Sclerotherapy, Liposuction, Fraxel 1927, Intimate Program or any ENRICH personalised packages. Ask your doctor or nurse if you qualify.

*Facial offer does not include China Doll

Wellness Wednesday bookings must be redeemed within a month following treatment and are valid for one wellness treatment per patient, every three months.

Booking is essential, and availability is based on 'first come first served' basis.

Terms & Conditions

Our packages indicate if a doctor consultation is required prior to treatment. Treatment packages are designed to give our clients the best combination of treatments for a specific purpose or outcome. Packages can not be used in conjunction with any other promotional offer. Packages that require prepayment have this indicated. Packages will often have a value add or production reduction, highlighted in package copy, as part of the package. Packages are redesigned each season to suit the needs of our clients.

Spring packages must be booked by 3/12/2018 to be valid.