

H A R T
A E S T H E T I C S

Designed by Chlarissa

Blepharoplasty

EYELID SURGERY



What is Blepharoplasty?

A procedure to remove excess skin, fat, or muscle from the upper and/or lower eyelids, reducing sagging, puffiness, and tired-looking eyes for a more youthful, refreshed appearance.

- Performed under local anaesthesia and/or conscious sedation.
- Small incisions made in natural eyelid creases or below the lash line.
- Excess skin and fat are removed or repositioned.
- Minimal scarring, with a procedure time of 60-90 minutes.

Recovery and Downtime

- First few days: Swelling and bruising peak around 48 hours, then improves. Cold compression helps.
- 1 Week: Most swelling/bruising subsides; sutures removed (if applicable)
- 2 Weeks: Patients usually return to work/social activities.
- 4-6 Weeks: Final Results become visible as scars fade.

Aftercare Tips

- Avoid rubbing eyes or applying pressure.
- Use prescribed eye drops/ointment
- Limit strenuous activities for 2 weeks.
- Wear sunglasses to protect healing eyelids.

Results are long-lasting, providing a natural, rejuvenated look.





Volume

JUVELOOK™

JuveLook is an innovative skin-booster treatment that combines poly-D-lactic acid (PDLA) and hyaluronic acid (HA) to rejuvenate and improve skin quality from within. It's designed to stimulate the skin's natural collagen production while providing deep hydration and firmness,



JUVELOOK: SIMPLE BREAKDOWN

1) DUAL ACTION

HA HYDRATES FAST FOR A DEWY, SMOOTH FINISH.

PDLA SIGNALS YOUR SKIN TO MAKE FRESH COLLAGEN AND ELASTIN OVER TIME.

2) COLLAGEN THAT KEEPS WORKING

PDLA MICROSPHERES FADE SLOWLY OVER MONTHS, KEEPING COLLAGEN RENEWAL GOING FOR LASTING FIRMNESS AND ELASTICITY.

3) USE IT HERE

FACE • NECK • DÉCOLLETAGE

BENEFITS: SMOOTHER TEXTURE, FEWER FINE LINES, BRIGHTER LOOK, AND IMPROVEMENTS THAT MAY LAST 24-48 MONTHS.

4) TREATMENT TIMELINE

TYPICALLY 2-3 SESSIONS SPACED AROUND 2 MONTHS. RESULTS APPEAR GRADUALLY AND STAY NATURAL; MAINTAIN ONCE A YEAR AFTER YOUR INITIAL SERIES.





AFTERCARE INSTRUCTIONS FOR JUVELOOK

Before treatment

- *Avoid alcohol and smoking: Do not drink alcohol or smoke for at least 24 hours before the procedure.*
- *Stop using certain products: Avoid products with retinol for one week prior to the treatment.*
- *Inform your doctor: Tell your doctor about any drug allergies, chronic diseases, or medications you are taking, especially those that affect blood clotting.*
- *Consult your doctor: Discuss all medications and supplements with your provider.*

After treatment

- *Manage common side effects: Mild redness, swelling, or warmth is normal and usually subsides in a few hours.*
- *Avoid heat and strenuous activity: Stay away from saunas, hot showers, heavy exercise, and other strenuous activities for 24-48 hours.*
- *Protect your skin from the sun: Avoid direct sun exposure and use a broad-spectrum sunscreen with SPF 50+ daily.*
- *Massage the area: Gently massage the treated area as directed by your doctor for the first few days to ensure even distribution.*
- *Be gentle with your skin: Avoid harsh or exfoliating skincare products for 3-5 days.*
- *Avoid certain medications: Do not take vitamins or medications that affect blood clotting, like aspirin or ibuprofen, for about a week to reduce bruising.*
- *Apply makeup carefully: You may be able to wear makeup 24 hours after the procedure, but avoid irritating products and scrubbing the area.*
- *Avoid touching the area: Do not rub, massage, or touch the treated area for at least 24 hours.*
- *Sleep with your head elevated: Sleeping on your back with your head elevated on pillows can help reduce swelling.*

Please consult with your medical doctor if further treatment is required.

Anti Wrinkle Injections

Refresh your look with our Anti-Wrinkle Injectables—subtle, targeted treatments that soften frown lines, crow’s feet, and forehead creases for a smoother, well-rested appearance. In a quick appointment with our qualified practitioners, we tailor dosing to your facial anatomy for natural-looking results that keep your expressions—just soften the creases. Minimal downtime means you can get back to your day straight away. Book a consultation to discuss your goals, treatment suitability, and a personalised plan that puts safety and confidence first.



BEFORE TREATMENT

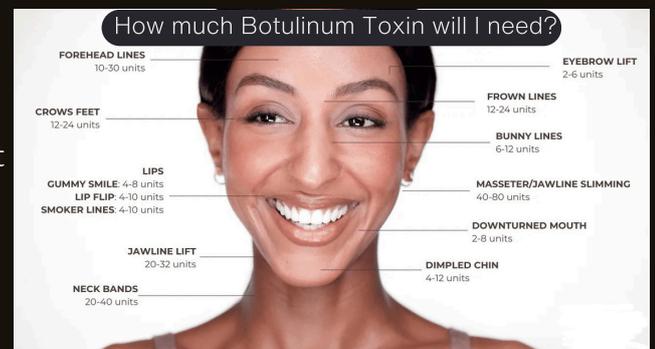
- *Appearance: Facial lines and wrinkles are visible, especially when making expressions.*
- *Preparation: Patients undergo a consultation to determine if they are a good candidate and to discuss their desired results*

IMMEDIATELY AFTER TREATMENT

- *Appearance: You will have a small injection site, but your overall appearance will remain largely the same.*
- *Care instructions: You will be asked to remain upright for at least 4 hours to prevent the toxin from migrating to other muscles.*
- *What to avoid: Do not lie down, nap, or excessively bend forward during this time.*

IMMEDIATELY AFTER TREATMENT

- **Timeline:** The effects of Botulinum Toxin last for an average of 3-4 months.
- **What happens:** As the effects wear off, muscle movement gradually returns and the wrinkles reappear.
- **Maintenance:** To maintain the results, a follow-up treatment is recommended every 3-4 months. Over time, some people may find they can space out treatments further as their muscles become conditioned to contract less.



The results are temporary, typically lasting three to four months, and the process can be repeated to maintain a more youthful and smooth appearance.



AFTERCARE INSTRUCTIONS FOR BOTULINUM TOXIN

PRE-CARE

(Before treatment)

One week prior to your Botulinum Toxin treatment, we advise you to avoid using alcohol, garlic, and/or aspirin, or any other non-steroidal anti-inflammatory drugs for pain, swelling and/or fever, such as medicines containing diclofenac, mefenamic acid, indomethacin or ibuprofen - ask your

doctor or pharmacist whether your medication includes any of these ingredients. Following these instructions will reduce the risk of bruising or bleeding at the point of injection.

If this is your first visit, you will need to provide your medical doctor with information on your medical history and any current problems, as well as details of any allergies you have or medications you are taking. There is no need for an allergy test, unless your medical practitioner feels it's necessary.

The aesthetic effects of Botulinum Toxin last for an average of 3-4 months but will vary depending on the condition of the skin, area treated, amount of product injected, injection technique and lifestyle factors such as sun exposure and smoking. Results of your treatment may take up to 14 days to take full effect.

After treatment:

- For 4 hours - do not lie down or do "strenuous" exercise and similar activities, nor should you do anything that increases the blood flow to the injection area.
- For 12 hours - avoid extreme facial expressions, alcohol consumption, and applying make-up.
- For 24 hours - do not rub or massage the treated areas as this could influence the effect of the product.
- For 2 weeks - avoid direct sun exposure, UV light, freezing temperatures and saunas

Please consult with your medical doctor if further treatment is required.

Dermal Filler



Dermal fillers are injectable, gel-like substances used to smooth wrinkles, restore lost volume, and enhance facial features by plumping and contouring areas like the cheeks, lips, and jawline. The most common type is hyaluronic acid (HA), which is naturally found in the skin, attracts water for a plumping effect, and can provide results lasting from months to over two years depending on the type and location

COMMON USES

- SMOOTHING FINE LINES AND WRINKLES
- ENHANCING FACIAL CONTOURS, SUCH AS THE LIPS, CHEEKS, AND JAWLINE
- RESTORING VOLUME LOSS DUE TO AGING
- CORRECTING NASOLABIAL FOLDS (SMILE LINES) AND MARIONETTE LINES

MECHANISM

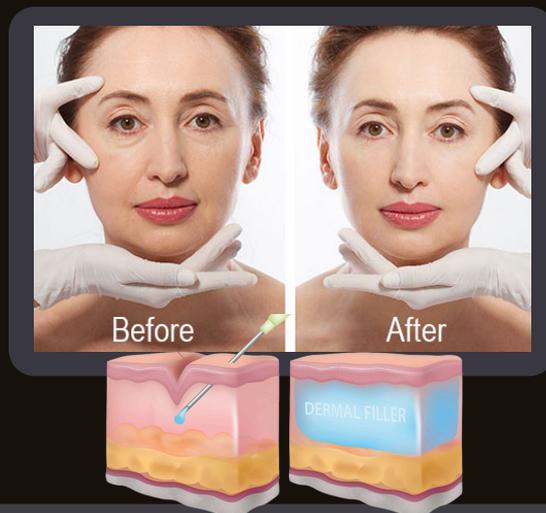
HA fillers work by drawing water to the injection site, which provides immediate volume and smoothness.

FUNCTION

When injected beneath the skin, they fill in creases and add volume to areas that have lost fullness due to aging, fat loss, or other factors

By understanding what influences the longevity of dermal fillers, you can make better decisions and manage your expectations effectively. Although dermal fillers aren't permanent, they can help you achieve a revitalized and youthful look when used expertly and complemented by a healthy lifestyle.

Setting realistic expectations involves acknowledging that fillers won't stop aging. They enhance your appearance temporarily, so regular touch-ups are needed to maintain results.



The longevity of dermal fillers depends on various factors including the type of filler, treatment area, and individual lifestyle choices. Understanding these factors helps set realistic expectations and ensures optimal results.



AFTERCARE INSTRUCTIONS FOR DERMAL FILLER

PRE-CARE

(Before treatment)

One week prior to your filler injection, we advise you to avoid using alcohol, garlic and/or aspirin, or any other non-steroidal anti-inflammatory medicines for pain, swelling and/or fever, such as medicines containing diclofenac, mefenamic acid, indomethacin or ibuprofen - ask your doctor or pharmacist whether your medication includes any of these ingredients. Following these instructions will reduce the risk of bruising or bleeding at the point of injection.

If this is your first visit, you will need to provide your medical doctor with information on your medical history and any current problems, as well as details of any allergies you have or medications you are taking. There is no need for an allergy test, unless your medical practitioner feels it's necessary.

The average life of treatment in the lips is less than in other areas because of the increased activity of the lip area. A touch-up procedure may be required 1-3 weeks after the first injection and helps to optimise the results and maximise the duration of the results.

After treatment, please avoid extreme facial expressions, alcohol consumption and applying make-up for 12 hours. Please avoid extreme sun exposure, UV light, freezing temperatures and saunas for 2 weeks after treatment.

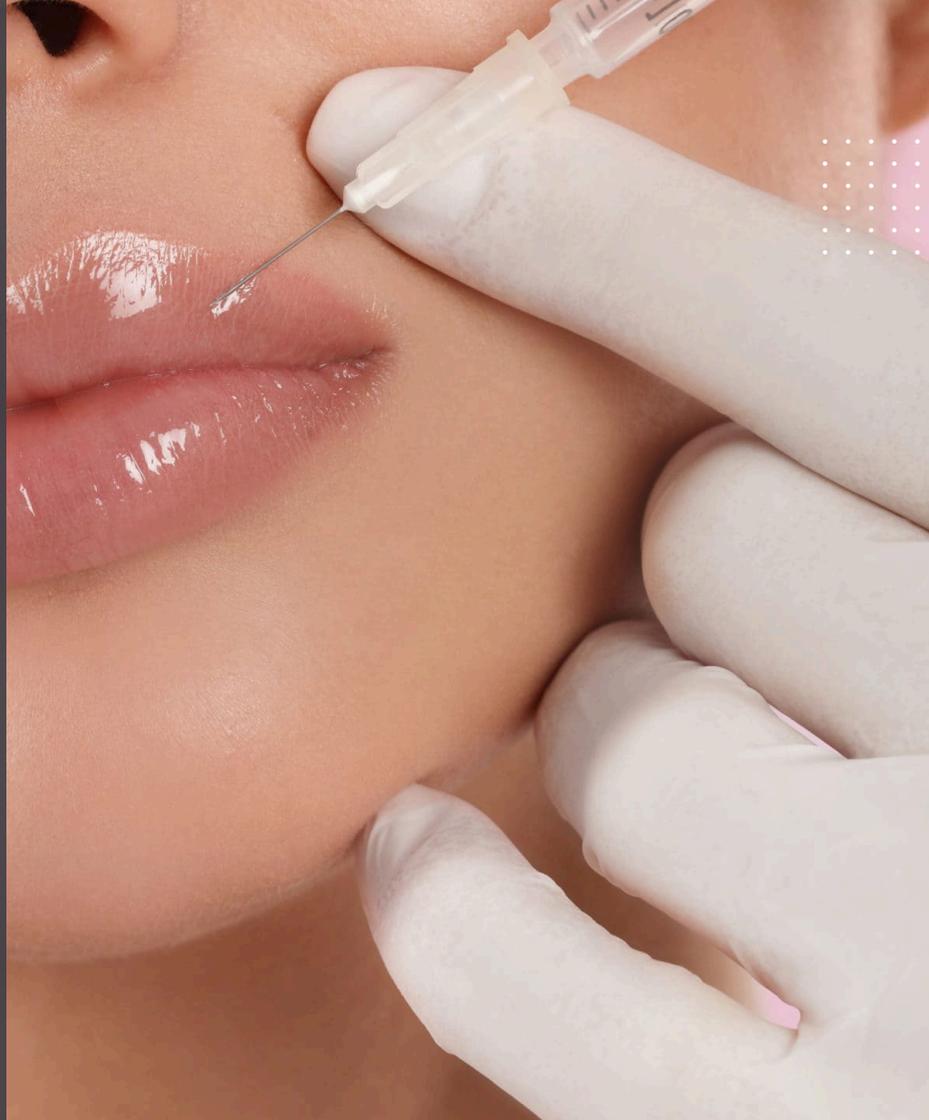
After treatment:

Because the filler injectable gel is a non-surgical treatment, there is minimal recovery time. For the first 24 hours following treatment, you should avoid strenuous exercise, excessive sun or heat exposure, and alcoholic beverages, in order to help minimise the risk of temporary redness, swelling and/ or itching. No treatment can halt the ageing process; you will require top-ups if you want to maintain the effect so ask your medical doctor when he/she would recommend rescheduling another appointment

Please consult with your medical doctor if further treatment is required.

Lip Filler

Plump, define, and refresh your smile with expertly placed lip fillers designed for soft, natural-looking results. Our qualified injectors use premium hyaluronic acid to enhance shape, add subtle volume, and boost hydration—without the overdone look. Whether you want a whisper of fullness, a more defined Cupid's bow, or balanced symmetry, your treatment is tailored to your features after a thorough consultation. Expect minimal downtime, visible improvements right away, and results that feel as good as they look



LIP FILLERS TYPICALLY LAST 12 TO 18 MONTHS. HOWEVER, IT DEPENDS ON YOUR AGE AND HOW FAST YOUR BODY BREAKS DOWN CALORIES INTO ENERGY (METABOLISM). YOUNGER PEOPLE TEND TO BURN CALORIES FASTER, SO LIP FILLERS DON'T LAST AS LONG.

Fillers are used to add volume, smooth wrinkles and lines, define the lip border, and correct asymmetry for a more balanced look.

Restoring a previous lip size. As you age, your lips may get smaller or thinner, your philtrum (the groove between your upper lip and septum) may get longer and flatter and the distance between the corners of your mouth (intercommissural distance) may increase. Correcting the shape of your lips. It's common for your lips to be different sizes or shapes (asymmetrical). Smoothing wrinkles. When you smile or laugh, wrinkles sometimes develop on the sides of your mouth. Boosting confidence. Lip fillers can help improve your self-esteem and body image.



During a lip filler procedure, your healthcare provider will apply a topical anesthetic to your lips. The topical anesthetic will numb your lips so you won't feel any pain and the process is as comfortable as possible.



AFTERCARE INSTRUCTIONS FOR LIP FILLER

Before your appointment

- ***Avoid blood thinners:*** Stop taking aspirin, ibuprofen, fish oil, and other blood-thinning supplements for 24–48 hours beforehand, as they can increase bruising and bleeding.
- ***Limit alcohol:*** Avoid alcohol consumption for at least 24 hours prior, as it can increase swelling.
- ***Ask about medications:*** Consult your provider about any other medications or supplements you are taking.

After your appointment

- ***Ice the area:*** Apply a cold compress or ice pack for up to 15 minutes every hour to help reduce swelling.
- ***Elevate your head:*** Sleep with an extra pillow or two to keep your head elevated, which helps minimize swelling.
- ***Stay hydrated:*** Drink plenty of water to help your body heal.
- ***Do not massage or apply pressure:*** Avoid touching, rubbing, or massaging the lips unless specifically instructed by your provider.
- ***Skip the straw:*** Do not drink through a straw for at least 24–48 hours to avoid pressure on your lips.
- ***Avoid makeup and products:*** Do not wear makeup, lipstick, or other products on or near your lips for at least 24 hours to prevent infection.
- ***Avoid certain treatments:*** Wait at least 2 weeks before getting dental work, laser treatments, facials, or chemical peels.
- ***Manage discomfort:*** You can take acetaminophen (Tylenol) for discomfort, but avoid NSAIDs like ibuprofen and aspirin for the first 24 hours.
- ***Consider Arnica:*** Some find that taking Arnica supplements can help with bruising and swelling.

What to expect

- ***Swelling, redness, and tenderness are normal and typically most noticeable in the first 24–72 hours.***
- ***Bruising is also common and may appear a day or two after the treatment.***
- ***Your final results will be most visible after about two weeks, once all swelling has subsided.***

Liquid Facelift

A liquid facelift is a non-surgical facial rejuvenation procedure that uses a combination of injectable dermal fillers and botulinum toxin to restore volume, smooth wrinkles, and improve facial contours. It offers a more subtle and less invasive alternative to a surgical facelift, with minimal to no downtime, though results are not permanent like those from a surgical facelift.

What Areas Can Be Treated?

- Cheeks: Restores lost volume for a more lifted look.
- Nasolabial Folds: Smooths the lines between the nose and mouth.
- Marionette Lines: Reduces the downward lines at the corners of the mouth.
- Lips: Enhances lip volume and shape.
- Jawline: Creates a more defined jawline and reduces jowls.

How it works:

- Dermal fillers: These are injected to add volume and fill in areas that have lost fullness due to aging, such as the cheeks, lips, and under the eyes.
- Botulinum toxin: Also known as a neuromodulator, it is used to relax muscles that cause dynamic wrinkles, such as crow's feet and frown lines.
- Combined effect: The strategic placement of these injectables lifts and rejuvenates the face, softening lines and wrinkles, while also enhancing and redefining facial contours.

Results: Results are often immediately visible, though some fillers may take a few weeks to fully settle.

Discover the Liquid Facelift

Your subtle, sculpted refresh without the downtime. This advanced injectable treatment softly restores lost volume, smooths fine lines around the mouth, and refines lip shape and definition for a naturally lifted, youthful look. Expect hydrated, pillowy lips with balanced proportions, seamless contours, and results that still look like you—only brighter. Book your consultation today and let our experts tailor a treatment plan that enhances your features, not changes them.





AFTERCARE INSTRUCTIONS FOR LIQUID FACELIFT

PRE-CARE

(Before treatment)

- *Avoid blood thinners: Do not take aspirin, ibuprofen, fish oil, or other blood-thinning supplements for at least a week before the procedure to minimise bruising.*
- *Avoid alcohol: Do not drink alcohol for 24 hours before the treatment, as it can increase the risk of bruising and swelling.*
- *Follow all instructions: Adhere to any other specific instructions from your practitioner.*

After treatment:

- *Use cold compresses: Apply a cold compress to the treated area to help reduce swelling and discomfort, but avoid direct pressure on the injection sites.*
- *Avoid strenuous activity: Do not engage in intense workouts or other strenuous activities for the first 24-48 hours.*
- *Stay out of the sun and heat: Avoid direct sunlight and excessive heat for a few days.*
- *Do not touch or massage: Avoid touching, pressing, or massaging your face for at least 24 hours unless your provider gives specific instructions to do so (as with certain fillers like Sculptra).*
- *Keep your head elevated: Prop your head up, even while sleeping, for the first night to help prevent pressure on the treated areas.*
- *Skip makeup: Avoid wearing makeup for a few hours, or until any redness has completely subsided.*
- *Follow practitioner's advice: Always follow your practitioner's specific aftercare guidelines, as they may vary based on the injectables used.*

Please consult with your medical doctor if further treatment is required.



PROFHILO[®]

How it works:

Profhilo is a bioremodeling treatment that works by delivering pure, fluid hyaluronic acid into the deeper layers of the skin. It acts as a hydrator, drawing in water and improving the skin's overall moisture levels.

The high concentration of hyaluronic acid then gradually stimulates the skin to produce its own collagen and elastin, which are essential for firmness and elasticity.

This process helps to remodel the skin and improve its quality, leading to a more youthful and rejuvenated appearance.

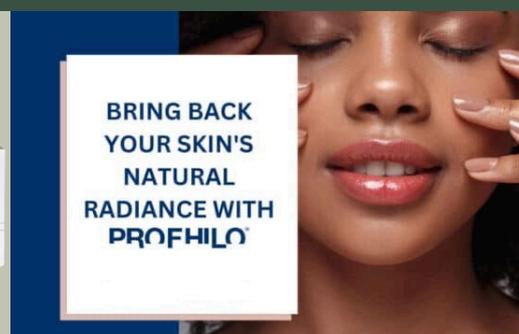
Key benefits:

- Hydration: Intensely hydrates the skin, making it look plumper and more radiant.
- Skin quality: Improves skin tone, texture, and elasticity.
- Tightening: Stimulates collagen and elastin to tighten and lift the skin, which can reduce
- fine lines and sagging.
- Subtle results: Provides a more natural, subtle result compared to traditional fillers, as it
- focuses on bio-remodeling rather than just adding volume.

- **Profhilo is an injectable skin treatment that uses a high concentration of hyaluronic acid**
- **to hydrate, plump, and improve overall skin quality. Unlike traditional fillers, it's designed**
- **to spread evenly under the skin to stimulate the production of collagen and elastin, which**
- **tightens and rejuvenates the skin over time. This results in improved skin tone, texture,**
- **firmness, and elasticity, and it can be used on the face, neck, chest, and hands.**

Treatment process:

- **The treatment is a quick procedure, typically taking about 25 minutes.**
- **It involves 2 initial sessions, spaced about one month apart.**
- **The hyaluronic acid is injected at 5 specific points on each side of the face, a technique**
- **designed for safety and to help the product spread evenly.**
- **Results are gradual, with immediate hydration benefits and longer-term improvements**
- **from stimulated collagen and elastin production.**
- **Maintenance sessions may be needed after 6 to 9 months to maintain results**



**BRING BACK
YOUR SKIN'S
NATURAL
RADIANCE WITH
PROFHILO**



AFTERCARE INSTRUCTIONS FOR PROFHILO

Before care

- *Avoid certain medications and supplements: Do not take aspirin, ibuprofen, and other anti-inflammatory medications or supplements like ginkgo biloba, vitamin E, and garlic in the 24 hours leading up to the treatment, as they can increase bruising and swelling.*
- *Stay hydrated: Drink plenty of water to ensure your skin is well-hydrated for the treatment.*
- *Avoid other procedures: Do not have chemical peels, laser treatments, or microdermabrasion for two weeks prior to treatment.*

After care

- *Avoid touching the area: Do not touch, rub, or massage the treated areas for at least 24 hours to prevent irritation and infection.*
- *Avoid strenuous activity: Refrain from vigorous exercise, saunas, steam rooms, and hot showers for at least 48 hours.*
- *Skip makeup and alcohol: Avoid applying makeup to the treated areas for at least 24 hours and do not drink alcohol for at least 48 hours.*
- *Protect from sun: Avoid direct sun exposure, sunbeds, and extreme heat or cold for two weeks. Apply a broad-spectrum SPF sunscreen to protect your skin.*
- *Stay hydrated: Drink plenty of water to help maximize the effects of the treatment.*
- *Sleep on your back: The first night or two, try to sleep on your back to avoid pressure on the treated areas.*
- *Follow up: Avoid other cosmetic procedures on the treated area for at least two weeks. Contact your practitioner if you experience any signs of infection or other concerns.*

Please consult with your medical doctor if further treatment is required.

Undereye treatment

NCTF under-eye treatment is a skin-rejuvenating procedure that involves micro-injections of a serum containing hyaluronic acid, vitamins, amino acids, and other anti-aging ingredients to address dark circles, fine lines, and dullness. The treatment aims to improve skin hydration, firmness, and radiance by stimulating natural collagen and elastin production. A series of treatments is usually recommended for optimal results.



WHAT IT DOES:

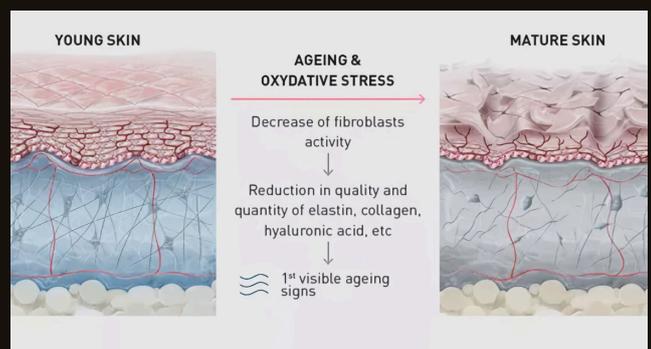
- Rejuvenates and restores the delicate undereye area
- Helps with dark circles
- Reduces fine lines
- Improves overall skin quality and hydration

THE PROCESS:

- Fine injections of hyalurnoic acid
- Minimal discomfort with numbing cream
- Reduces fine lines
- Improves overall skin quality and hydration

IMPORTANT CONSIDERATIONS

- NCTF does not add volume, so it's not suitable for treating under-eye bags caused by a volume deficit.
- For best results, a consultation is essential to determine if NCTF is the right treatment for you and to create a suitable plan.



An undereye treatment at Hart Aesthetics uses NCTF from Fillmed - a specialized Hyaluronic acid skin booster!



AFTERCARE INSTRUCTIONS FOR UNDEREYE TREATMENT

Before care

- **Avoid certain foods and drinks:** For a few days before treatment, avoid a high-salt diet, alcohol, and supplements that increase blood circulation, as these can worsen swelling and bruising.
- **Hydrate:** Drink plenty of water in the days leading up to the procedure.
- **Consider stress:** High stress levels can impact the appearance of puffiness and dark circles, so managing stress is beneficial.

After care

- **Do not touch the area:** Avoid massaging, rubbing, itching, or applying pressure to the treated area for the first 24–48 hours to prevent the filler from shifting.
- **Avoid makeup:** Do not apply makeup, especially concealer, for the first 4–24 hours, depending on the treatment, to prevent infection.
- **Elevate your head:** For the first 2–3 nights, sleep with your head elevated on an extra pillow to help reduce swelling.
- **Apply cold compresses:** Use cold compresses or ice packs for 5–10 minutes at a time to help reduce swelling and bruising in the first 24–48 hours. After 48 hours, some suggest switching to warm compresses.
- **Avoid intense heat and exercise:** Stay away from saunas, intense workouts, and direct sunlight for at least 48 hours (or up to 14 days for some treatments) to prevent swelling.
- **Stay hydrated:** Drink plenty of water to help the filler work effectively and maintain its plumping effect.
- **Be aware of potential complications:** If you experience intense redness, paleness, whiteness, or purplish discoloration, contact your clinic immediately, as this could indicate a more serious issue.

Please consult with your medical doctor if further treatment is required.

BIOSTIMULATION IS THE TERM USED TO DESCRIBE A METHOD TO STIMULATE YOUR IMMUNE SYSTEM TO PRODUCE COLLAGEN. INJECTABLES ARE EMPLOYED TO AWAKEN YOUR COLLAGEN PRODUCING CELLS KNOWN AS FIBROBLASTS, IN TURN PREVENTING FURTHER COLLAGEN LOSS. THINK OF BIOSTIMULATORS AS AGENTS TO MITIGATE FACIAL AGING. BIOSTIMULATOR INJECTIONS ARE DIFFERENT FROM DERMAL FILLERS WHICH CORRECT VOLUME LOSS.



BioStimulator

Reveal firmer, naturally refreshed skin with our BioStimulator treatments—designed to wake up your skin's own collagen. Instead of simply "filling," BioStimulators gradually rebuild structure from within, softening lines, improving elasticity, and restoring youthful contour with results that look effortlessly you. Expect a subtle lift that improves over weeks, long-lasting radiance, and minimal downtime—perfect for anyone who wants real rejuvenation without the "overdone" look. Book your consultation to see how BioStimulator can smooth, sculpt, and revitalize your skin—beautifully, naturally, confidently.

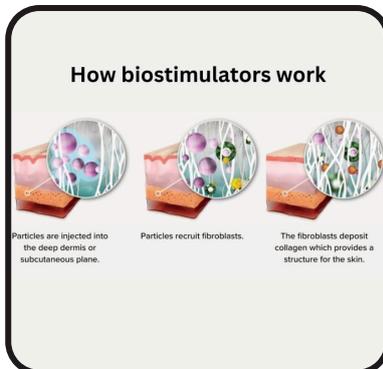
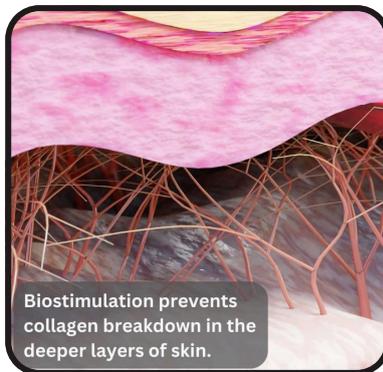
BOOK YOUR FIRST SESSION TODAY!

How BioStimulators work

- Stimulate collagen: They work by encouraging your skin to produce more collagen, the protein that provides firmness and structure.
- Rebuild from within: Instead of just filling in wrinkles, they gradually rebuild the skin's underlying structure.
- Improve skin quality: This leads to smoother, firmer, and more elastic skin, addressing concerns like fine lines and laxity.

Ideal candidates

- Individuals looking for natural-looking rejuvenation without an "overdone" appearance.
- Those who want to improve skin texture and firmness.
- People with facial volume loss or deep wrinkles.



What to expect

- Natural results: The results appear gradually over several weeks or months as your body produces more collagen, creating a natural and refreshed appearance.
- Subtle lift: Expect a subtle lift that improves over time, restoring a more youthful contour.
- Long-lasting effects: Results can last for up to two years, depending on the specific product used.
- Minimal downtime: There is virtually no downtime, making it a convenient option for those who want real rejuvenation without significant disruption to their routine.
- Suitable for many areas: BioStimulators can be used to restore volume in areas like the cheeks and temples, or to address nasolabial folds (smile lines).



AFTERCARE INSTRUCTIONS FOR BIOSIMULATOR

Before care

- **Avoid Blood Thinners:** For at least one week prior to treatment (if approved by your doctor), stop taking before care blood-thinning medications and supplements such as aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), Vitamin E, fish oil, and St. John's Wort. Tylenol (acetaminophen) is generally an acceptable alternative for pain relief.
- **Limit Alcohol:** Avoid alcohol consumption for at least 24–48 hours before your appointment, as it can increase the risk of bruising and swelling.
- **Stay Hydrated:** Drink plenty of water in the days leading up to your appointment. Well-hydrated skin responds better to treatment.
- **Arrive Clean:** On the day of the procedure, arrive with a clean face, free from makeup, lotions, or heavy skincare products.
- **Inform Your Provider:** Disclose any medical conditions, allergies, or current medications to your practitioner during the consultation to ensure safety.
- **Reschedule if Necessary:** If you have an active skin infection, cold sore, or breakout in the treatment area, reschedule your appointment to avoid complications.

After Care (Post-Treatment)

- **Apply Cold Compress:** Gently apply a cold compress or ice pack to the treated areas intermittently for the first 24–48 hours to help minimize swelling and bruising.
- **Follow Massage Rule (if applicable):** For certain biostimulators like Sculptra, your provider will recommend massaging the treated area: typically 5 times a day, for 5 minutes, for 5 days to ensure even product distribution and prevent lumps.
- **Avoid Strenuous Activity:** Refrain from vigorous exercise or activities that increase blood flow to the face for at least 24–48 hours.
- **Limit Heat Exposure:** Avoid excessive heat, including direct sun exposure, saunas, hot tubs, and hot showers, for 24–48 hours.
- **Keep Head Elevated:** Sleep with your head elevated on extra pillows for the first night to help reduce swelling.
- **Avoid Touching/Rubbing:** Do not touch, rub, or apply pressure to the treated areas unnecessarily to allow the product to settle and prevent infection.
- **Delay Other Treatments:** Avoid other facial treatments (e.g., facials, chemical peels, laser therapy, or dental procedures) for at least two weeks post-treatment, or until cleared by your provider.
- **Be Patient:** Results develop gradually over several weeks to months as new collagen is produced. Be patient and attend any scheduled follow-up appointments.
- **Contact Provider if Concerned:** While mild swelling, redness, and bruising are normal, contact your healthcare provider immediately if you experience severe pain, unusual discoloration, or signs of infection.

Please consult with your medical doctor if further treatment is required.

Nefertiti lift

A NEFERTITI LIFT IS A NON-SURGICAL COSMETIC PROCEDURE THAT USES BOTOX INJECTIONS TO TIGHTEN THE JAWLINE AND NECK, CREATING A MORE DEFINED AND YOUTHFUL APPEARANCE. INSPIRED BY THE ELEGANT NECKLINE OF THE ANCIENT EGYPTIAN QUEEN NEFERTITI, THE TREATMENT TARGETS THE PLATYSMA MUSCLES IN THE NECK TO REDUCE VERTICAL BANDS AND SAGGING, AND TO LIFT THE JAW AND JOWLS. IT IS SUITABLE FOR THOSE WITH MILD TO MODERATE NECK AGING AND IS A LESS INVASIVE ALTERNATIVE TO A SURGICAL NECK LIFT.

How it works

Injections:

A provider strategically injects botulinum toxin into the platysma muscles that run along the sides of the neck and pull down the jawline.

Muscle relaxation:

The Botox relaxes these muscles, which reduces their downward pull on the jaw.

Lifting effect:

This allows the upward-pulling facial muscles to become more dominant, resulting in a subtle but noticeable lifting and tightening effect along the jaw and neck.

What to expect

Procedure time: The injection process is quick, often taking 15 to 30 minutes.

Recovery: There is typically very little downtime, and most people can return to daily activities immediately.

Results: Full results usually appear within 10 to 14 days and can last for approximately 3 to 4 months.

Maintenance: To maintain the results, follow-up treatments are recommended.





AFTERCARE INSTRUCTIONS FOR NEFERTITI LIFT

A Nefertiti lift before and after shows a more defined jawline and lifted neck, with effects becoming noticeable within a few days and lasting 3 to 6 months. The "before" state typically shows a sagging jawline and visible neck bands, while "after" results show a smoother neck, reduced sagging, and an improved jawline contour. Common side effects before the results are visible include mild swelling, redness, or bruising at the injection sites, which resolve quickly.

BEFORE

A prominent, sagging jawline and drooping corners of the mouth are often visible.

Vertical lines, also known as platysmal bands, can be noticeable in the neck area.

The lower face may appear tired or lack definition.

AFTER

Jawline: The jawline becomes more contoured and defined, with less drooping.

Neck: The vertical neck bands are softened, and the neck appears smoother and more elongated.

Overall appearance: The lower third of the face looks more lifted, refreshed, and balanced.

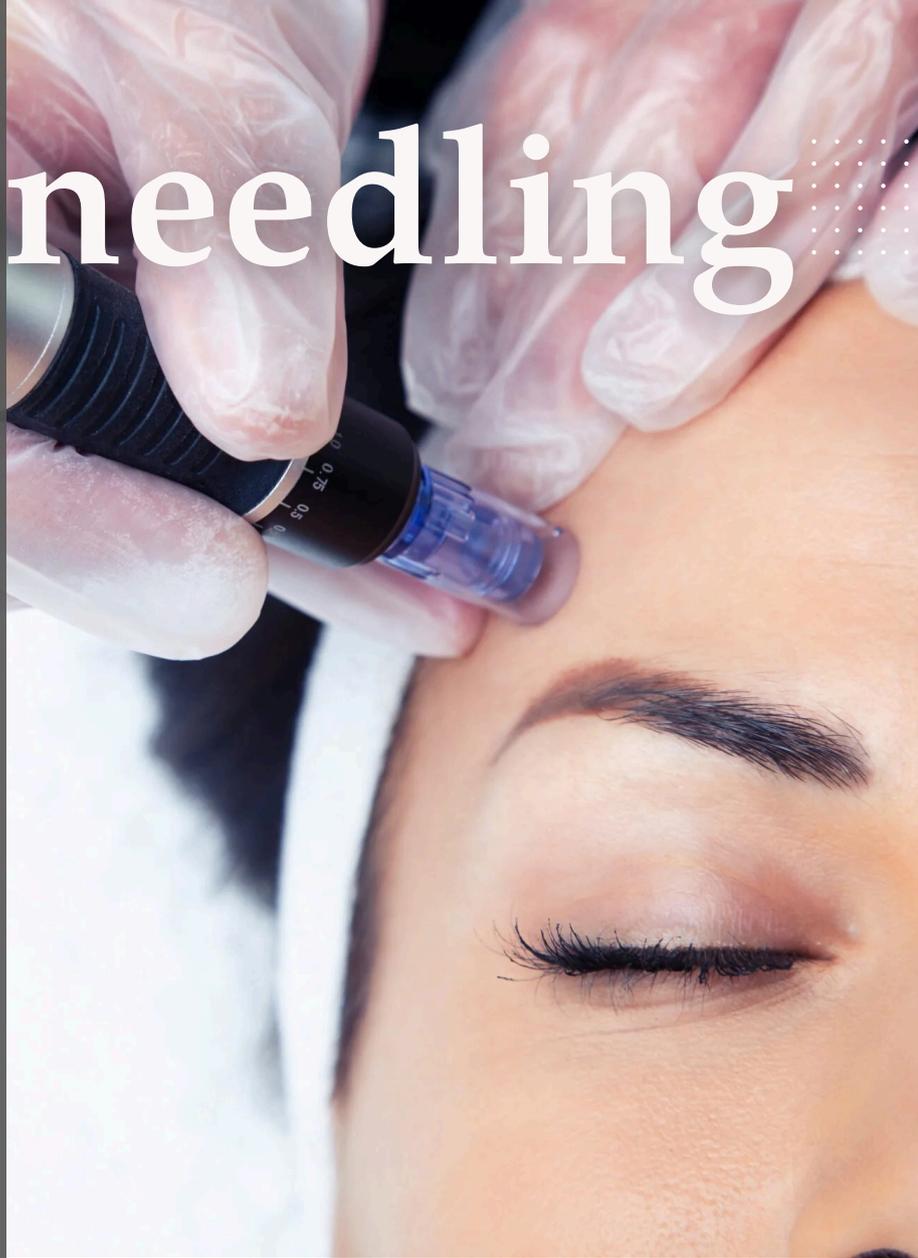
Results timeline: Initial improvements are often seen within 3-7 days, with full effects visible after about two weeks.

Duration: The results are temporary and typically last for 3 to 6 months, requiring repeat treatments to maintain the effect.

Please consult with your medical doctor if further treatment is required.

Microneedling

Reveal your best skin with professional Microneedling—our targeted, minimally invasive treatment that jumpstarts your skin’s natural collagen production for a smoother, firmer, more radiant complexion. By creating precise micro-channels, we help soften the look of fine lines, acne scars, and uneven texture while boosting absorption of nourishing serums for amplified results. Expect a quick appointment, minimal downtime, and a healthy glow that keeps improving over the weeks to come. Ready to refresh your skin from within? Book your personalised consultation today



WHAT TO EXPECT:

- *Smother Skin Texture*
- *Reduced Fine Lines & Wrinkles*
- *Minimized Pores & Acne Scars*
- *Enhanced Skin Glow*
- *Youthful Appearance*

OUR SERVICES:

- *Microneedling Face Rejuvenation*
- *Scar Reduction Treatments*
- *Collagen Induction Therapy*
- *Post-Treatment Skin Care Guidance*
- *Personalized Skin Consultations*



An undereye treatment at Hart Aesthetics uses NCTF from Fillmed - a specialized Hyaluronic acid skin booster!



AFTERCARE INSTRUCTIONS FOR MICRONEEDLING

Before microneedling

- *Avoid sun exposure: Stay out of the sun and avoid tanning beds for at least a week, and wear sunscreen daily leading up to the procedure.*
- *Limit certain products: Stop using retinoids (like Retin-A or retinol) and exfoliants (like AHAs, BHAs) for about a week before the treatment.*
- *Avoid other procedures: Refrain from waxing, laser treatments, or chemical peels for a specified period before your appointment, as advised by your provider.*
- *Consider supplements: Some providers recommend taking Arnica supplements to help with bruising.*

After microneedling

- *Cleanse gently: Use a gentle cleanser and lukewarm water to wash your face, and pat it dry with a clean towel. Avoid scrubbing or rubbing.*
- *Moisturize: Apply a gentle, hydrating moisturizer to keep the skin hydrated and help soothe any dryness or tightness. Hyaluronic acid is often recommended.*
- *Avoid sun exposure: Stay out of direct sunlight and wear a broad-spectrum sunscreen with at least SPF 30 every day for several weeks.*
- *Do not wear makeup: Avoid wearing makeup for at least 24 hours after the procedure. If you must wear makeup, use a mineral-based formula after the initial 24-hour period, and ensure your brushes are clean.*
- *Stay out of heat: Avoid strenuous exercise, saunas, steam rooms, and hot tubs for at least 48 hours to prevent irritation.*
- *Hands off: Do not pick at any scabs or flaking skin. Let your skin shed naturally to prevent infection and scarring.*
- *Avoid harsh products: Do not use products containing retinoids, vitamin C, or other exfoliants for several days or as long as recommended by your provider.*
- *Listen to your skin: If you experience prolonged discomfort or irritation, contact your provider for guidance.*

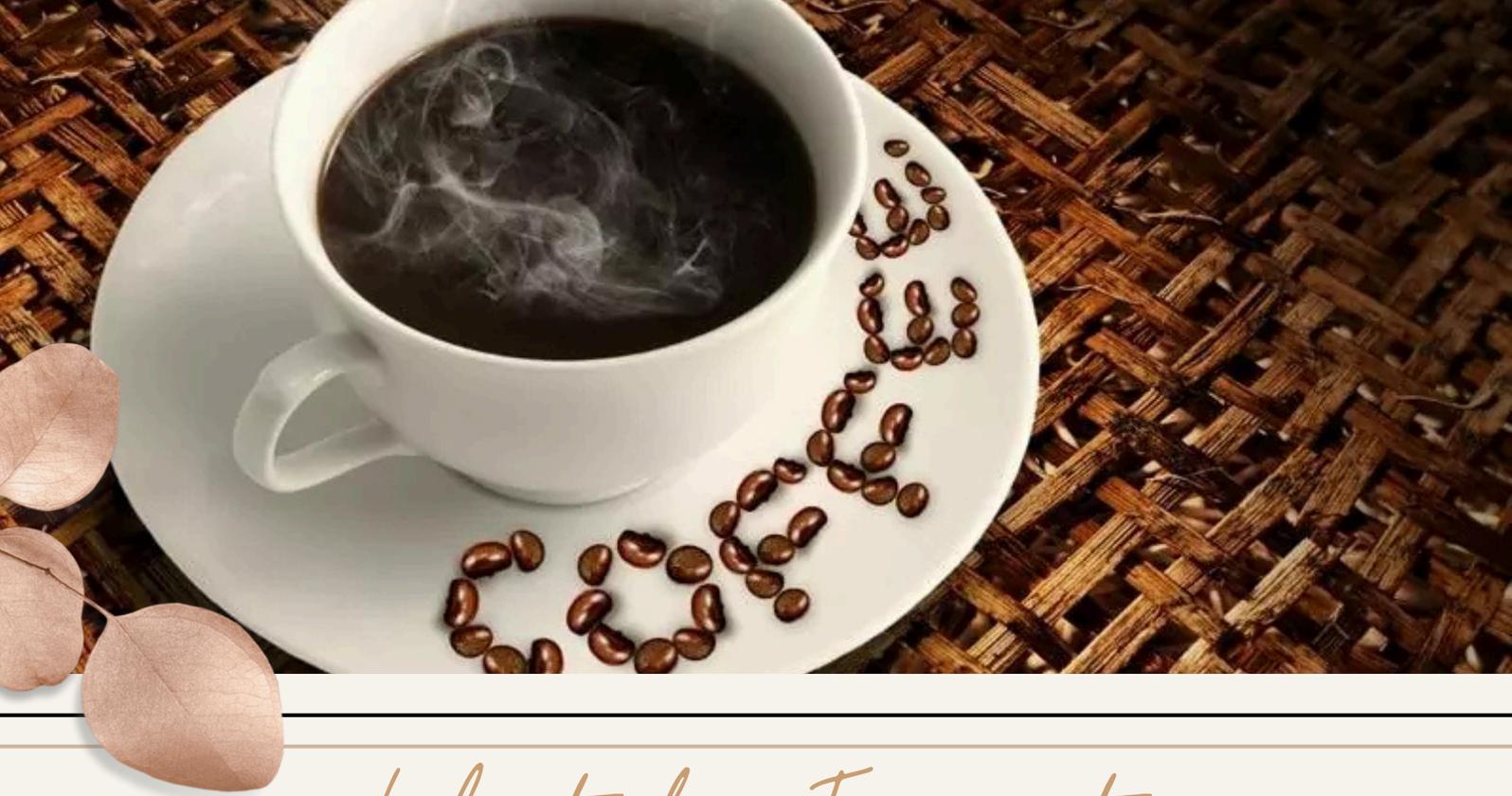
Please consult with your medical doctor if further treatment is required.



*Did you
know*

**MANY FACTORS
CAN INFLUENCE YOUR LONGEVITY
OF YOUR BOTULINUM TOXIN**





Lifestyle Impacts

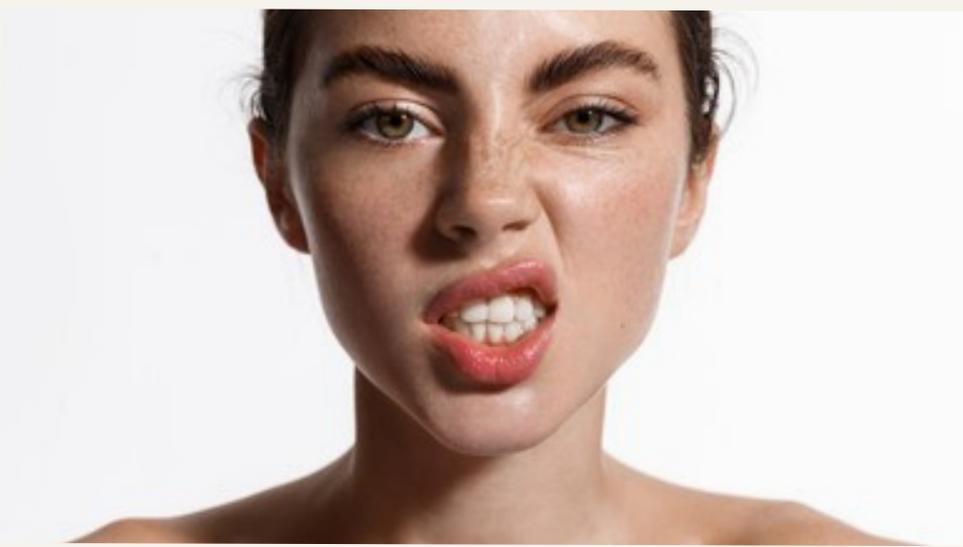
Protecting your skin from UV rays and avoiding smoking or vaping can enhance the effects of Botulinum Toxin and prolong its cosmetic benefits. Furthermore, this is for the coffee lovers, caffeine enhance your metabolic rate and anxiety, therefore you might benefit from reducing your cuppa

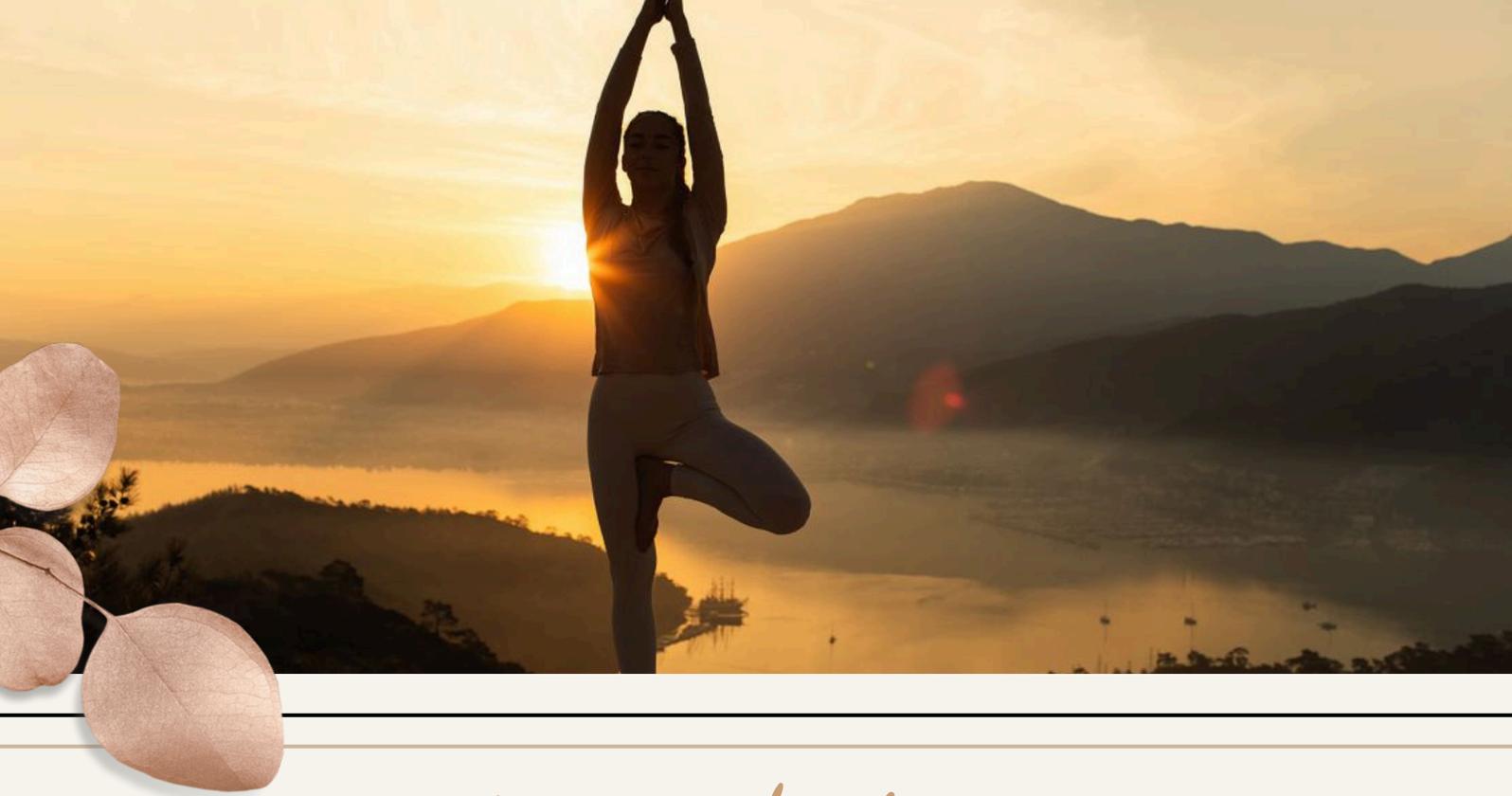




Muscle activity and Facial Expressions

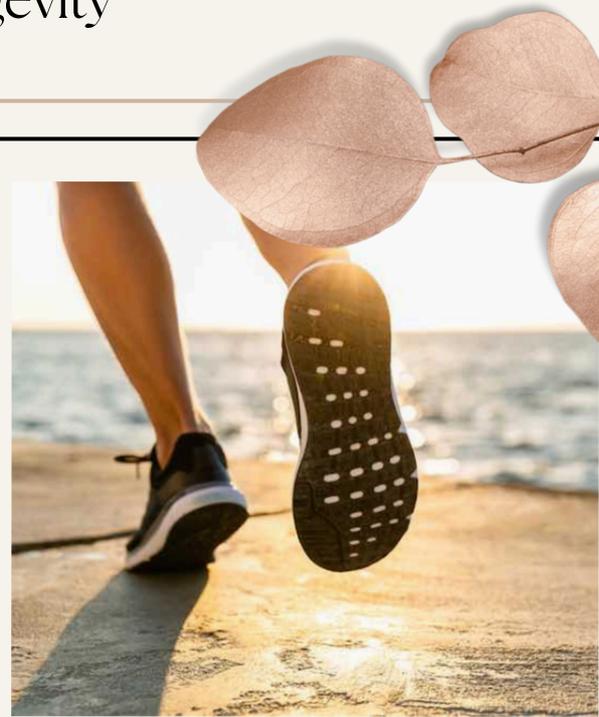
The muscles you use frequently, such as those around your eyes, tend to cause Botox to wear off faster due to their constant activity. Similarly, as botox gradually wears, Botox injections in larger or stronger facial muscles generally have a quicker botox wear-off period because of frequent muscle use and botox wearing.





Metabolism

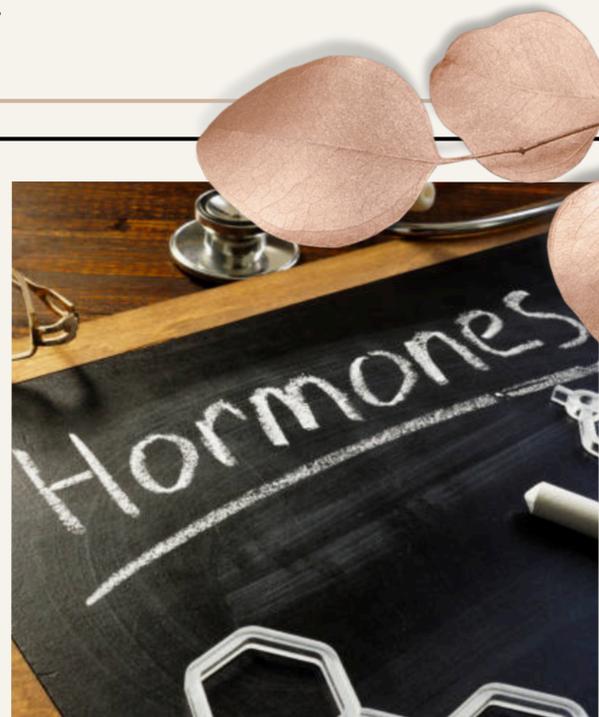
Individual metabolism can greatly impact the longevity of botulinumToxin, as each person's body processes BotuliNumtoxin on its own timeliNe. For those with a faster metabolism, the effects of BotulinumToxin may wear off more quickly as their bodies metabolize the toxin at an accelerated rate. The process by which the body breaks down and eliminates BotulinumToxin involves digestive proteins in nerve endings, which can vary between individuals and thus affect BotulinumToxin's longevity





Let's Talk Hormones

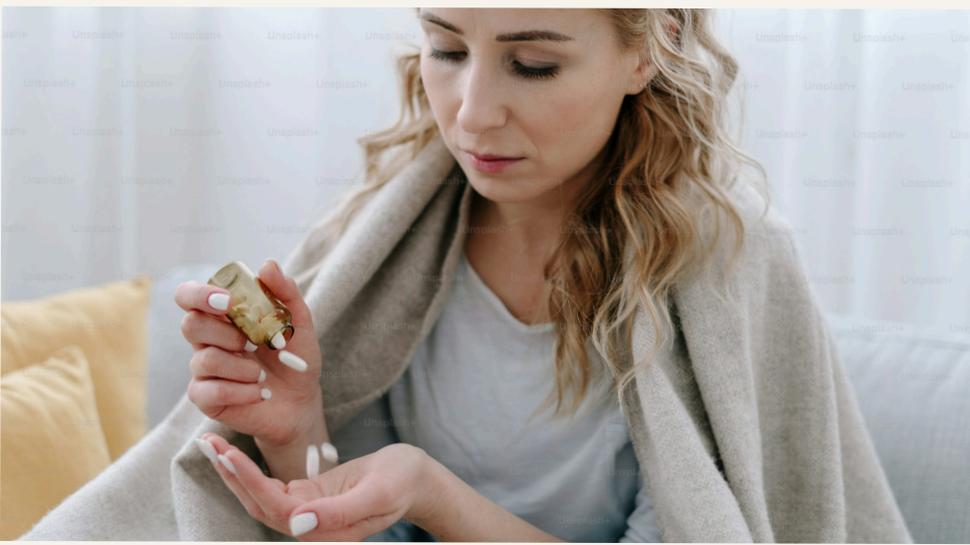
Multiple medical research studies has argued that age can influence the longevity of Botulinum Toxin, with older patients often experiencing shorter-lasting effects. That's because of that word we all dread, menopause. Furthermore, the size and depth of your wrinkles can also impact how long Botulinum Toxin lasts, with results potentially lasting longer on finer lines compared to deeper wrinkle.

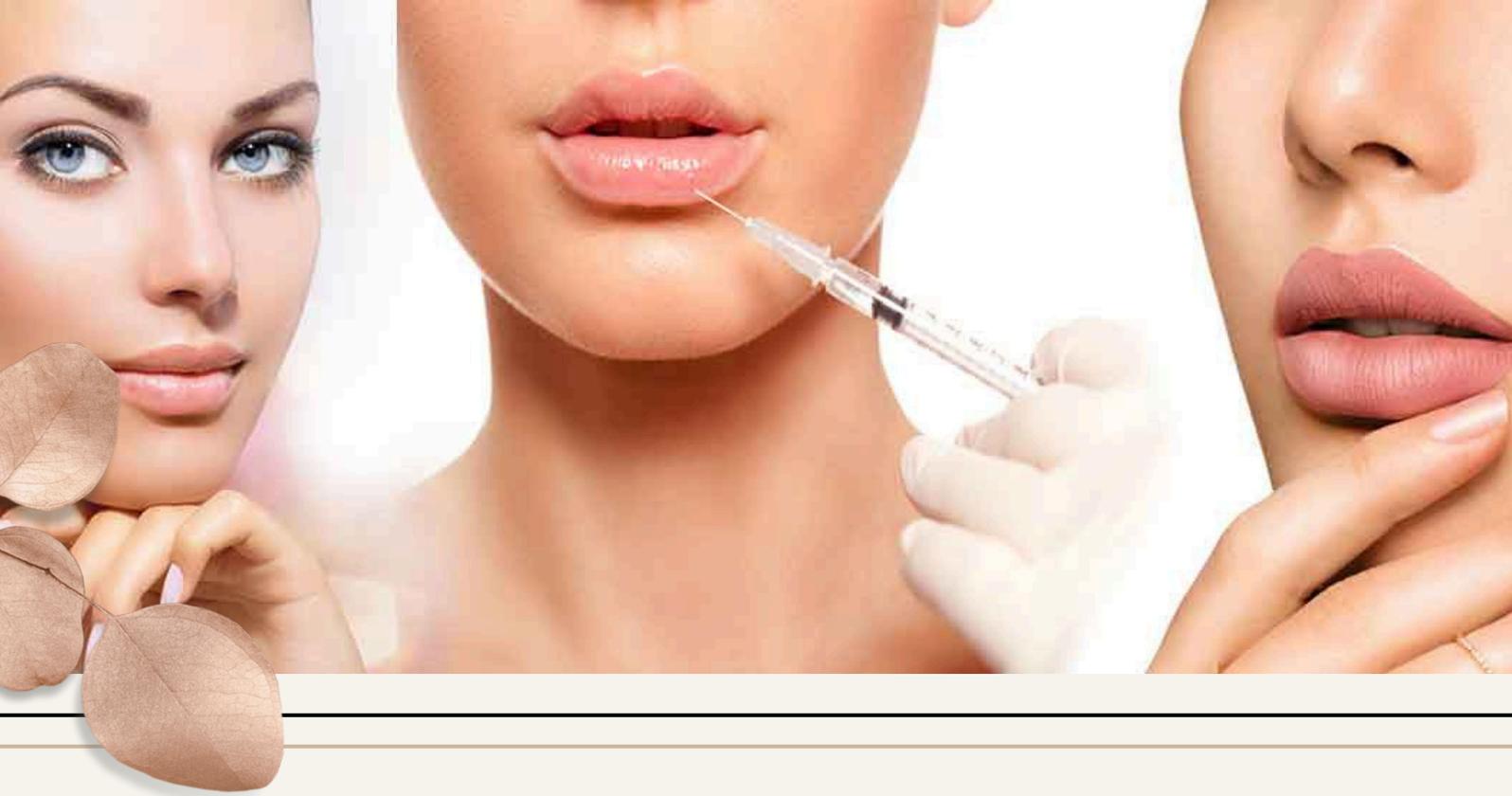




Underlying health conditions

Autoimmune diseases or chronic illnesses, for example, can influence how long the effects of Botulinum Toxin last. If you have any underlying health conditions it's crucial to talk about them with your healthcare provider before getting Botulinum Toxin treatments so that the approach can be tailored effectively.





Summary

- Botulinum Toxin will respond differently from person to person
- There are many underlying factors that can influence the longevity not limiting it to the factors mentioned in this post (think alcohol consumption, anxiety etc.)
- It is important to mention any health issues, hormone replacement therapy, lifestyle habits etc. with our doctors before treatment commence.



MEET OUR DOCTORS



**DR. VINCENT
MCKINNON**

**DR. ADRIAAN
MALHERBE**

**DR. JANRI VAN
WYK**

GRADUATED FROM THE UNIVERSITY OF PRETORIA AS A MEDICAL DOCTOR IN 2020, FURTHERING HIS STUDIES WITH POSTGRADUATE COURSES IN AESTHETIC MEDICINE AS A QUALIFIED AESTHETIC DOCTOR, HE COMBINES ADVANCED EXPERTISE IN COSMETIC PROCEDURES WITH A PROFOUND UNDERSTANDING OF FACIAL ANATOMY TO DELIVER NATURAL, HARMONIOUS RESULTS. WITH METICULOUS ATTENTION TO DETAIL AND A COMMITMENT TO PERSONALIZED CARE, HE SPECIALISES IN NON-SURGICAL TREATMENTS, INCLUDING BOTULINUM TOXIN INJECTION, DERMAL FILLERS, AND INNOVATIVE SKIN REJUVENATION TECHNIQUES. EACH PROCEDURE IS TAILORED TO MEET THE UNIQUE NEEDS AND DESIRES OF HIS CLIENTS, ENSURING A BESPOKE EXPERIENCE.

IS AN AESTHETIC DOCTOR WITH A PASSION FOR HOLISTIC APPROACHES TO MODERN BEAUTY. HE GRADUATED CUM LAUDE FROM THE UNIVERSITY OF PRETORIA IN 2020 WITH A DEGREE IN MEDICINE AND HAS SINCE COMPLETED MULTIPLE POSTGRADUATE AESTHETIC COURSES BOTH LOCALLY AND INTERNATIONALLY. WITH OVER 8,000 AESTHETIC TREATMENTS PERFORMED, DR. MALHERBE COMBINES EXTENSIVE EXPERIENCE WITH AN ARTISTIC EYE TO DELIVER NATURAL, CONFIDENCE-BOOSTING RESULTS TAILORED TO EACH INDIVIDUAL.

IS A DEDICATED MEDICAL DOCTOR WITH A PASSION FOR AESTHETICS. A GRADUATE OF THE PRESTIGIOUS UNIVERSITY OF THE WITWATERSRAND IN 2018, DR. JANRI HAS FURTHER HONED HER EXPERTISE THROUGH MULTIPLE POSTGRADUATE AESTHETIC COURSES. HER JOURNEY INTO THE WORLD OF AESTHETICS STEMS FROM A HEARTFELT DESIRE TO EMPOWER WOMEN BY ENHANCING THEIR CONFIDENCE THROUGH SUBTLE AND NATURAL ENHANCEMENTS. WITH A "LESS IS MORE" PHILOSOPHY, DR. JANRI SPECIALIZES IN ACHIEVING NATURAL LOOKS THAT CELEBRATE INDIVIDUALITY AND BEAUTY. HER HONEST AND ETHICAL APPROACH ENSURES THAT CLIENTS RECEIVE TAILORED ADVICE AND ONLY UNDERGO TREATMENTS THAT ARE GENUINELY SUITED TO THEIR NEEDS. BY FOCUSING ON SMALL YET IMPACTFUL CHANGES, SHE HELPS HER CLIENTS FEEL THEIR BEST, INSIDE AND OUT.



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Dermal Cheek Fillers 2ML R6000

UNDER EYE SKIN BOOSTER

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BLEPHAROPLASTY

Eyelid surgery

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WHAT IS BLEPHAROPLASTY

A procedure to remove excess skin, fat, or muscle from the upper and/or lower eyelids, reducing sagging, puffiness, and tired-looking eyes for a more youthful, refreshed appearance. Performed under local anaesthesia and/or conscious sedation. Small incisions made in natural eyelid creases or below the lash line.

Excess skin and fat are removed or repositioned. Minimal scarring, with a procedure time of 60-90 minutes.

RECOVERY AND DOWNTIME

First few days: Swelling and bruising peak around 48 hours, then improves. Cold compression helps.

1 Week: Most swelling/bruising subsides; sutures removed (if applicable)

2 Weeks: Patients usually return to work/social activities.

4-6 Weeks: Final Results become visible as scars fade.

AFTERCARE TIPS

Avoid rubbing eyes or applying pressure.

Use prescribed eye drops/ointment

Limit strenuous activities for 2 weeks.

Wear sunglasses to protect healing eyelids.

UPPER EYELIDS

Purpose: Removes excess skin, fat and sometimes muscle to correct drooping or hooded eyes

R14 000

INCLUDES 64 units of  TOX
(For upper OR lower eyelids)

LOWER EYELIDS

Purpose: Reduces under eye bags and tightens loose skin.

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02 SOMERSET WES

Adore, 23 Lourensford Rd, Stuart's Hill

YOUR PARAGRAPH TEXT

03 STELLENBOSCH

Office 43, Block D, De Wagenweg Business Park, Stellantia Road, Stellenbosch

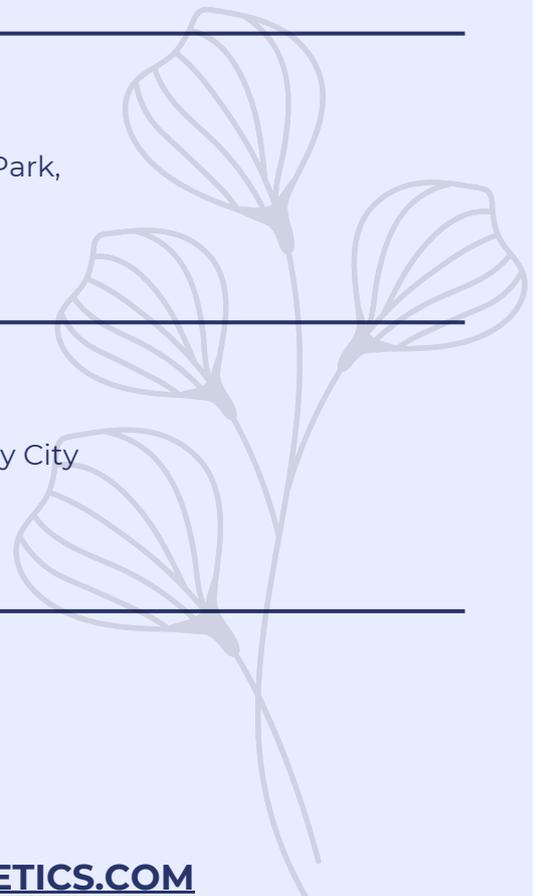
04 CENTURY CITY

Unit A, First Floor, 1 Waterford place, Century City

05 RONDEBOSCH

1st Floor, 95 Main Rd, Rondebosch

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LOCATIONS BRANCHES

**06
LITTLE FALLS**

Westwood Office Park, Allen's Nek, Roodepoort

**07
NORTHCLIFF**

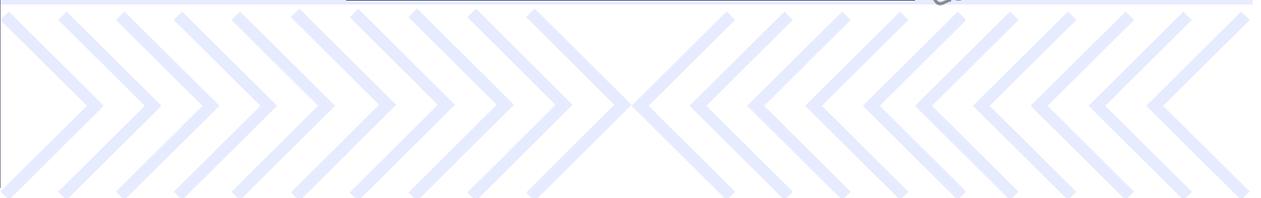
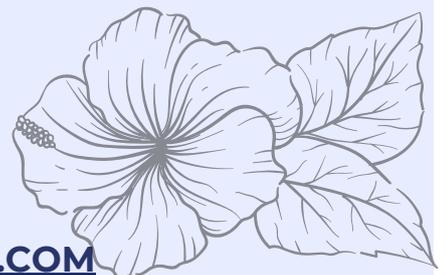
Judges Ave, Cresta. Located inside the Cresta Junction office park

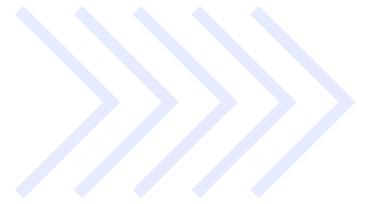
**08
ROSEBANK**

Dunkeld Medical & Dental Centre, Jan Smuts Avenue, Dunkeld West

**09
FOURWAYS**

1 Ruby Close, Witkoppen, Sandton





LOCATIONS BRANCHES

**10
ALBERTON**

2 Danie Theron,
Alberante

**11
BEDFORDVIEW**

9 Park Street, Bedfordview, Germiston

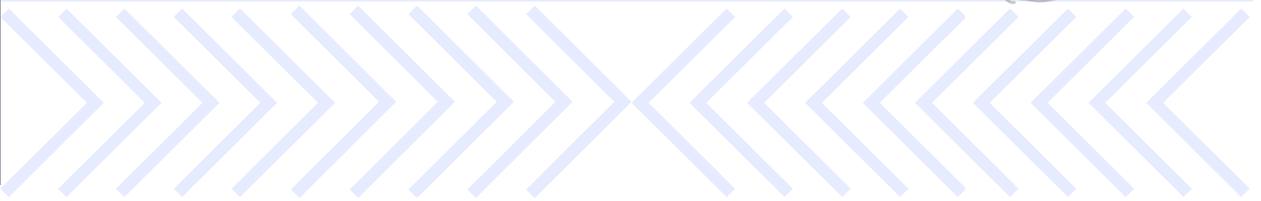
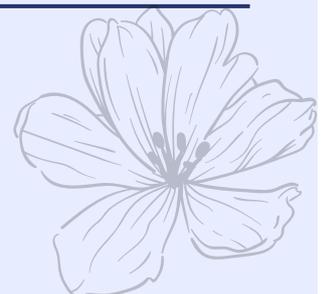
**12
BENONI**

Block 2, Unit 202/1 The Benchmark, 6 Back Street Morehill

**13
KEMPTON**

Glen Eagle Office Park 10 Unit 1B. 37 Koorsboom
Ave, Glen Marais

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14 CENTURION

Wayne's Gym, Gordon Hood Road, Centurion
Central, Centurion

15 BROOKLYN

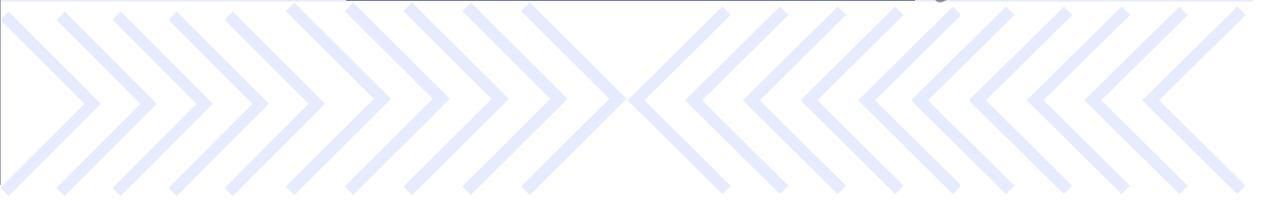
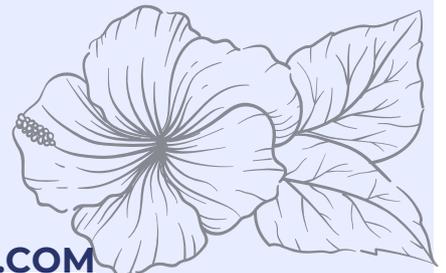
336 Bourke Street, Muckleneuk, Pretoria

16 MONTANA

11 Doring Avenue, Montana, Pretoria

17 WOODHILL

The Wellness House, 1015 St. Bernardstreet
Garsfontein Ext 11, Pretoria





LOCATIONS BRANCHES

**18
HILLCREST**

Bishops Court office park, cnr Delamore and
Warrior, Hilldene, Hillcrest, Durban

**19
BALLITO**

Unit 5 Preash Park, Garlicke Drive, Ballito Dr, Ballito,
4420

**20
HARTEBESPOORT**

Galeo Beauty, Landsmeer Equestrian Estate, Jan
Smuts Road, Hatebeespoort

**21
RUSTENBURG**

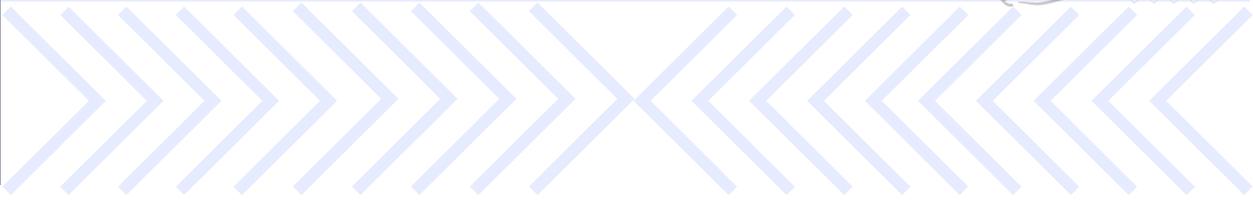
1st Floor, 193 Kock St, Rustenburg

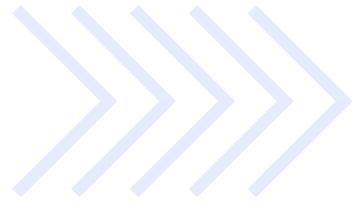
**22
WITBANK**

1st Floor, 193 Kock St, Rustenburg



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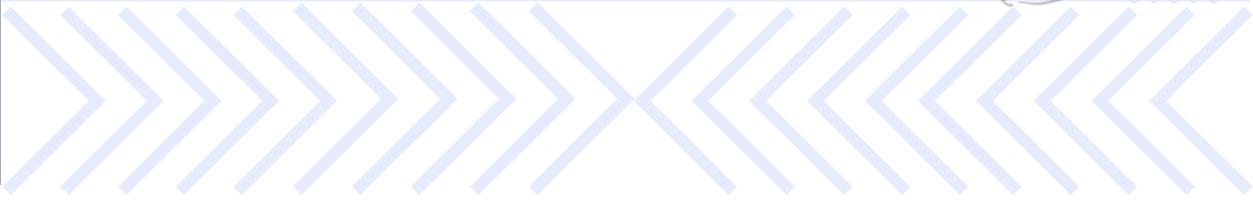
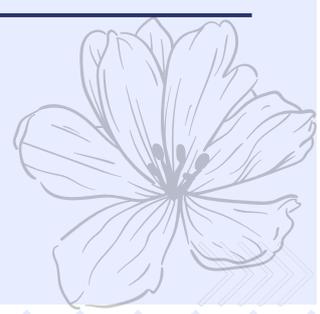




LOCATIONS BRANCHES

**23
VANDERBIJLPARK**

19 Olifantsrivier Street, SE4, Vanderbijlpark, 1911



Frequently Asked Questions



1 What is Anti Wrinkle injections

Anti-wrinkle injections are a non-surgical cosmetic treatment that uses a purified protein from bacteria to temporarily relax facial muscles, which smooths wrinkles and fine lines caused by repetitive movements like frowning or squinting. These injections, which contain a form of botulinum toxin, block nerve signals to the targeted muscles, and the effects typically last for about 3 to 6 months. Common areas for treatment include the forehead, between the eyebrows, and around the eyes (crow's feet).

2 What's the difference between anti wrinkle injections and fillers?

Anti-wrinkle injections relax facial muscles to smooth dynamic lines caused by repeated expression, while dermal fillers add volume and plumpness to the skin to address volume loss and static wrinkles. Anti-wrinkle injections are typically made from a purified toxin, while fillers are often a gel-like substance like hyaluronic acid that is injected into the skin or soft tissue.

3 How long does BotulinumToxin last?

Botulinum toxin injections typically last for 3 to 4 months, though this can vary significantly depending on the individual and the area being treated. Full effects are not immediate and may take up to two weeks to become fully visible. The duration can be shorter or longer based on factors like a person's metabolism, muscle activity, dosage, and treatment history.

4 What are the uses of BotulinumTxin?

Botulinum toxin is used for both cosmetic and medical purposes, such as smoothing facial wrinkles and treating conditions like cervical dystonia, chronic migraine, overactive bladder, excessive sweating, and muscle spasticity. It works by blocking nerve signals to muscles, temporarily weakening or paralyzing them and reducing gland activity.



Frequently Asked *Questions*



- 5 Can I get Botulinum Toxin if I am pregnant or Breastfeeding? No, you should not get Botulinum Toxin if you are pregnant or breastfeeding because there is insufficient data to prove its safety during these periods, and most doctors recommend avoiding it as a precaution. While the risk is considered very low since it's a local injection and doesn't circulate systemically, there are no clinical trials on pregnant or breastfeeding individuals. Therefore, the prevailing recommendation is to wait until after you have finished breastfeeding before getting the treatment.
-
- 6 What is a Biosimulator? Biostimulators are injectable treatments that stimulate the body's natural collagen production to rejuvenate the skin from within. Unlike traditional fillers that provide immediate volume, biostimulators gradually improve skin structure, firmness, and elasticity over time, leading to long-lasting, natural-looking results. Common uses include reducing wrinkles, addressing volume loss, and improving skin texture and contour.
-
- 7 Difference between normal and Russian Lip Filler? Russian lips focus on vertical injections to create a lifted, heart-shaped look with height, while normal filler uses horizontal injections to add overall volume and symmetry. The Russian technique is more about definition and structure, while traditional filler is for a fuller, more softened appearance.
-
- 8 What is lip dissolving? Lip dissolving is a cosmetic procedure that uses injections of an enzyme called hyaluronidase to break down and eliminate hyaluronic acid (HA) lip fillers. This is used to correct issues like overfilling, lumps, or migration, or to return lips to their natural state. The process involves injecting the enzyme after a topical numbing cream, and the effects are usually visible within a couple of weeks.



Frequently Asked Questions



9 How long does filler last? The longevity of fillers varies from six months to over two years, depending on the type of filler, the area treated, and individual metabolism. For example, hyaluronic acid fillers generally last 6 to 18 months, while synthetic fillers like poly-L-lactic acid can last two years or more.

10 What is the difference between aesplla and sculptra Both aesPLLA and Sculptra are collagen-stimulating injectables made of Poly-L-Lactic Acid (PLLA) that create gradual volume by prompting your body to produce more collagen. The main differences lie in their formulation and particle structure: aesPLLA particles are more uniform, potentially leading to a smoother injection experience and potentially faster subtle plumping within 1–2 weeks. Sculptra is a PLLA powder that requires clinic prep, while aesPLLA can be a ready-mixed liquid.

11 What is the difference between light and deep lip filler? The main difference is that light filler is thinner and more fluid, used for subtle plumping and hydration, while deep filler is thicker and denser, used for more dramatic volume, structure, and shape correction. Light fillers are best for fine lines and a natural enhancement, whereas deep fillers provide greater projection and can better address asymmetries and provide longer-lasting results due to their increased viscosity.

12 Does lip filler hurt? Lip fillers can involve some discomfort, but it is generally manageable with numbing cream or a local anesthetic, which makes the procedure feel like a slight pinching or pressure rather than a sharp pain. After the procedure, it is normal to experience some mild swelling, tenderness, and soreness, which typically subsides within a few days.



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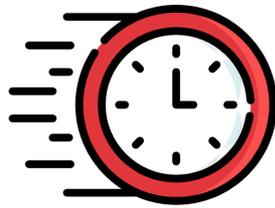


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