

# H A R T AESTHETICS

Information booklet 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.

# JUVELOOK VOLUME



Juvelook is an advanced skin-booster and biostimulatory treatment that combines Poly-D-Lactic Acid (PDLA) with Hyaluronic Acid (HA) to restore volume, improve skin quality, and stimulate natural collagen production from within. This innovative dual-action approach provides immediate hydration and firmness, while working progressively to strengthen the skin's structure for long-term rejuvenation.

## HOW JUVELOOK WORKS – A SIMPLE BREAKDOWN

### 1. Dual Action Formula

- Hyaluronic Acid (HA): Provides immediate hydration and a smoother, fresher appearance
- Poly-D-Lactic Acid (PDLA): Stimulates your skin to regenerate collagen and elastin over time

### 2. Collagen That Keeps Working

PDLA microspheres gradually break down over several months, continuously encouraging collagen renewal for lasting firmness, elasticity, and volume

### 3. Treatment Areas

Juvelook is suitable for:

- Face • Neck • Décolletage • Hands

Benefits include:

Smoother skin texture, reduced fine lines, brighter tone, and improvements that may last 24–48 months.

### 4. Treatment Timeline

- Typically 2–3 sessions, spaced 4–6 weeks apart
- Results develop gradually and remain natural-looking
- Annual maintenance is recommended after the initial treatment course





# AFTERCARE INSTRUCTIONS FOR JUVELOOK

## ***Before treatment***

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

## ***After Treatment Care***

*Mild redness or swelling is normal and usually settles within a few hours. Remain upright for 4 hours and avoid rubbing or touching the treated areas for 24 hours. Avoid strenuous exercise, heat (saunas, hot showers), and alcohol for 24-48 hours. Protect your skin from the sun and use SPF 50+. Avoid harsh or active skincare for 3-5 days. Makeup may be applied after 12-24 hours using gentle application. Sleep on your back with your head slightly elevated on the first night.*

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

# Anti Wrinkle Injections

## Botulinum toxin

Refresh Your Look with Anti-Wrinkle Injectables  
Subtle, targeted treatments that soften frown lines, crow's feet, and forehead creases for a smoother, well-rested appearance. Our qualified practitioners customize each treatment for natural-looking results with minimal downtime..



### Before & After Treatment

**Before:** Facial lines and wrinkles are visible, particularly with expression. A consultation is carried out to assess suitability and discuss your desired results.  
Immediately

**After:** Small injection sites may be visible, but your overall appearance will remain largely unchanged. You will be advised to remain upright for at least 4 hours and avoid lying down, napping, or excessive forward bending to prevent product migration.

### Results & Maintenance

Results typically last 3–4 months. As the effects wear off, muscle movement gradually returns and lines may reappear. To maintain results, repeat treatments are recommended every 3–4 months, with some patients able to extend treatment intervals over time.

Botulinum toxin is used for both aesthetic and medical purposes.

### Aesthetic Uses

- Softening frown lines, forehead lines, and crow's feet
- Reducing fine lines caused by repeated facial expressions
- Slimming the jawline (masseter muscle reduction)
- Treating gummy smiles
- Lifting the brows or subtly adjusting facial balance
- Improving the appearance of neck bands

### Medical Uses

- Treating chronic migraines
- Managing excessive sweating (hyperhidrosis) in areas such as underarms, hands, and feet
- Reducing teeth grinding and jaw clenching (bruxism)
- Treating muscle spasms and certain neurological conditions
- Managing overactive bladder
- Reducing eye conditions such as blepharospasm (eyelid twitching)



# AFTERCARE INSTRUCTIONS BOTULINUM TOXIN

## **Pre-Treatment Care**

One week before your Botulinum Toxin treatment, avoid alcohol, garlic, aspirin, and other anti-inflammatory medications (including diclofenac, mefenamic acid, indomethacin, or ibuprofen) to reduce the risk of bruising or bleeding.

If this is your first visit, provide your doctor with your medical history, current medications, and any allergies. An allergy test is only required if your doctor deems it necessary.

## **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 gentle, gel-like injections that smooth wrinkles, add volume, and enhance features like lips, cheeks, and jawline. The most common type is hyaluronic acid (HA), which naturally plumps skin by attracting water. Results can last from several months up to a couple of years.

Dermal fillers smooth wrinkles, restore lost volume, and enhance features like lips, cheeks, and jawline. Hyaluronic acid (HA) fillers work by attracting water to the treated area, creating instant plumpness and smoothness. They help lift, fill, and contour areas that have thinned over time.

Dermal fillers can refresh your look and restore youthful volume. Results are temporary, so touch-ups are needed, and they don't stop the natural aging process.

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**The lifespan of dermal fillers depends on the type of filler, where it's applied, and your lifestyle. Knowing these factors helps set realistic expectations and achieve the best results.**



# AFTERCARE INSTRUCTIONS DERMAL FILLER

## ***Dermal Filler Pre-Treatment***

*Avoid alcohol for 24–48 hours before treatment.*

*Avoid blood thinners and supplements for 5–7 days (unless prescribed).*

*Eat and hydrate before your appointment.*

*No dental work, vaccines, or facial treatments for 2 weeks prior.*

*Arrive with a clean face and no makeup.*

*Inform your provider of cold sores, pregnancy, illness, or skin infections.*

## ***Dermal Filler Aftercare***

*Mild swelling, redness, tenderness, or bruising is normal and should resolve in a few days.*

*Apply a cold compress for 10–15 minutes as needed during the first 24 hours.*

*Avoid touching, rubbing, or massaging the treated area.*

*No strenuous exercise, heat (saunas, hot tubs), or alcohol for 24–48 hours.*

*Avoid makeup on the treated area for 12–24 hours.*

*Sleep with your head elevated the first night.*

*Avoid facial treatments or massages for 1 week.*

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



Plump, define, refresh! Subtle, natural lip fillers for volume, shape, and hydration—tailored to you with minimal downtime and instant results.

### Lip Filler vs. Lip Flip

- **Lip Filler:** Adds volume and shape for fuller lips. Lasts 6–18 months.
- **Lip Flip:** Relaxes upper lip for a subtle lift without extra volume. Lasts 2–3 months.

**Tip:** They can be combined for a natural, enhanced look!



### What Are Lip Fillers For?

Lip fillers add volume, smooth lines and wrinkles, define the lip border, and correct asymmetry for a more balanced, natural-looking smile.

**Lip Filler Typically last 12–18 months. Results may vary depending on age and metabolism. Younger people may see results fade sooner.**

#### Why Get Lip Fillers

**Restore volume:** Lips can become thinner with age, the philtrum may lengthen, and the distance between mouth corners can increase.

**Correct shape:** Fillers can balance asymmetrical lips.

**Smooth wrinkles:** Smile or laugh lines around the mouth can be softened.

**Boost confidence:** Many feel more confident and enjoy improved self-image after treatment.

**Lip Filler Comfort:** A numbing cream is applied to keep your lips comfortable and pain-free during treatment.



# AFTERCARE INSTRUCTIONS LIP FILLER

## ***Lip Filler Pre-Treatment***

*Avoid alcohol for 24–48 hours before treatment.*

*Avoid blood-thinning medications and supplements for 5–7 days (unless prescribed).*

*Eat and hydrate before your appointment.*

*If you have a history of cold sores, inform your provider in advance.*

*Arrive with clean lips and no makeup.*

## ***Lip Filler Aftercare***

*Swelling, tenderness, and bruising are normal for a few days.*

*Apply a cold compress for 10–15 minutes as needed during the first 24 hours.*

*Avoid touching, rubbing, or massaging the lips.*

*No strenuous exercise, heat, or alcohol for 24–48 hours.*

*Avoid makeup and lip products for 24 hours.*

*Sleep with your head elevated the first night.*

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

# Liquid FACE LIFT



**A liquid facelift is a non-surgical treatment using dermal fillers and botulinum toxin to restore volume, smooth wrinkles, and enhance facial contours. It's a subtle alternative to surgery with minimal downtime, though results are not permanent.**

## TREATED AREAS:

**Cheeks:** Restore volume & lift

**Nasolabial Folds:** Smooth lines

**Marionette Lines:** Soften corners of the mouth

**Lips:** Enhance shape & volume

**Jawline:** Define & reduce jowls

## HOW IT WORKS:

Dermal fillers restore volume, while botulinum toxin relaxes wrinkle-causing muscles. Together, they lift, soften lines, and enhance facial contours.

### Discover the Liquid Facelift

A subtle, sculpted refresh—without the downtime. This advanced injectable treatment restores lost volume, softens fine lines around the mouth, and refines lip shape and definition for a naturally lifted, youthful appearance. Expect hydrated, pillow-like lips with balanced proportions, seamless contours, and results that still look like you—only brighter and refreshed..

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



# AFTERCARE INSTRUCTIONS LIQUID FACELIFT

## ***Pre-Treatment***

**Avoid blood thinners:** Do not take aspirin, ibuprofen, fish oil, or other blood-thinning supplements for at least 7 days before treatment to minimize bruising.

**Avoid alcohol:** Do not consume alcohol for 24 hours prior to treatment, as it may increase swelling and bruising.

**Follow instructions:** Please follow any additional pre-treatment instructions provided by your practitioner

## ***After Treatment***

*Apply a cold compress as needed; avoid pressure on the area.  
No strenuous exercise for 24-48 hours.*

*Avoid sun and heat exposure for several days.*

*Do not touch or massage the treated area for 24 hours unless instructed.*

*Sleep with your head elevated the first night.*

*Avoid makeup until redness has resolved.*

*Follow your practitioner's aftercare instructions.*

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

# PROFHIL<sup>®</sup>



Prophilo 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.

- 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.

## 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





# AFTERCARE INSTRUCTIONS PROFHILO

## ***Pre-Treatment***

Attend consultation & discuss medical history

Keep skin clean & hydrated

Avoid alcohol, smoking & blood-thinning meds 24–48 hrs before

Avoid tanning, harsh peels, or laser 1 week prior

## ***After Treatment (First 48 hrs)***

*Avoid rubbing or massaging treated areas*

*Apply ice if swollen*

*Avoid heavy makeup*

*Skip alcohol, intense workouts, saunas, or hot baths*

## ***First 1–2 Weeks***

*Mild redness, swelling, or bumps are normal*

*Avoid facials, chemical peels, and laser treatments*

*Use SPF 30+ daily*

*Drink plenty of water*

## ***Long-Term Care***

*Schedule follow-up session in 4 weeks*

*Maintain hydration & healthy skin routine*

*Avoid smoking & excessive alcohol*

*Results last 6–9 months*

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

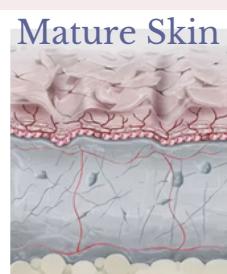
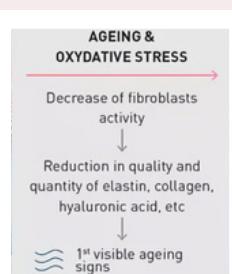
# Undereye Treatment

## About Undereye Treatment

NCTF under-eye treatment uses micro-injections of a vitamin- and hyaluronic acid-rich serum to hydrate the skin, reduce dark circles and fine lines, and improve firmness and radiance. A course of treatments is recommended for best results.

## What it does:

- Rejuvenates and restores the delicate under-eye area
- Helps reduce dark circles
- Softens fine lines
- Improves overall skin quality and hydration
- Fine injections of hyaluronic acid
- Minimal discomfort with the use of numbing cream
- Targets fine lines
- Improves overall skin quality and hydration



## Important Considerations:

NCTF does not add volume, so it is not suitable for treating under-eye hollows or bags caused by volume loss.

A consultation is essential to determine if NCTF is the right treatment and to create a personalised treatment plan.





# AFTERCARE INSTRUCTIONS UNDEREYE TREATMENT

## **Immediate Aftercare (First 24–48 Hours)**

Avoid touching or rubbing the under-eye area.

Apply cold compresses gently (10–15 minutes at a time) to reduce swelling or bruising.

Keep the area clean; use a gentle cleanser only.

Sleep on your back with your head slightly elevated.

Avoid makeup for at least 24 hours (or longer if advised by your provider).

No alcohol for 24–48 hours (can worsen swelling/bruising).

Avoid strenuous exercise, saunas, steam rooms, or hot showers for 24–48 hours

## **Swelling & Bruising**

*Mild swelling, redness, or bruising is normal and may last a few days.*

*Arnica or bromelain supplements may help (if approved by your provider).*

*Do not massage the area unless specifically instructed.*

## **Skin Care**

*Use only gentle, fragrance-free products.*

*Avoid retinol, acids, exfoliants, or active ingredients for 3–7 days.*

*Apply a light, hydrating eye cream if recommended.*

*Daily sunscreen is essential (SPF 30+), but avoid rubbing during application.*

## **What to Avoid (First 3–7 Days)**

*Excessive sun or heat exposure*

*Facials or other cosmetic treatments in the area*

*Smoking (can delay healing)*

*Sleeping face-down or on your side*

## **Typical Recovery Timeline**

*Day 1–3: Swelling/bruising possible*

*Day 3–7: Improvement, area softens*

*2 weeks: Final results usually visible*

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

# Collegan Biosimulator

Reveal firmer, naturally refreshed skin with our BioStimulator treatments—designed to activate your skin's own collagen production. Rather than simply “filling,” BioStimulators work gradually to rebuild structure from within, softening fine lines, improving elasticity, and restoring youthful contours. The result is a subtle, natural-looking lift that continues to improve over time, delivering long-lasting radiance with minimal downtime. Ideal for those seeking true rejuvenation without an overdone appearance.

## HOW BIOSTIMULATORS WORK

BioStimulators are injectable treatments that stimulate your body's natural collagen production. By activating fibroblasts, they strengthen the skin from within and slow collagen loss. Unlike traditional fillers that give instant volume, BioStimulators work gradually—improving firmness, elasticity, and overall skin quality over time.

## BENEFITS OF BIOSTIMULATORS

Natural-looking, gradual results  
Subtle lift and contour without overfilling  
Long-lasting results (up to two years)  
Little to no downtime  
Treats cheeks, temples, smile lines, and areas needing skin support

## IDEAL CANDIDATES

BioStimulators may be ideal for individuals who want natural-looking rejuvenation, improved skin texture, firmness, and elasticity, and are experiencing facial volume loss or deeper wrinkles.



## COLLAGEN BIOSTIMULATORS VS ANTI WRINKLE INJECTIONS

**BioStimulators:** Stimulate your body's natural collagen to improve skin firmness, texture, and volume over time. Results develop gradually and can last up to 1-2 years.

**Anti wrinkle injections:** Relaxes facial muscles to smooth movement-related wrinkles like frown lines and crow's feet. Results appear in days and last about 3-4 months.

BioStimulators rebuild skin structure for long-term rejuvenation, while anti wrinkle injections softens expression lines quickly. Many patients benefit from using both together for balanced, natural results.



# AFTERCARE INSTRUCTIONS COLLAGEN BIOSTIMULATORS

## ***Immediately After Treatment***

Gently massage the treated area as directed by your clinician (often 5 minutes, 5 times a day for 5 days).

Avoid touching or rubbing the area excessively beyond the recommended massage.

## ***First 24-48 Hours***

*Skip strenuous exercise, sauna/steam, hot tubs, and heavy sweating.*

*Avoid alcohol for at least 24 hours – it can increase swelling or bruising.*

*No facial treatments (e.g., laser, chemical peels) until cleared by your clinician.*

## ***Day-to-Day Care***

*Stay hydrated and maintain good skin care.*

*Use sunscreen daily (SPF 30+) to protect healing skin.*

*Continue your regular gentle skincare routine unless advised otherwise.*

## ***Activities to Avoid***

*Excessive heat (sunbathing, tanning beds) for 1-2 weeks.*

*Pressure on treated areas (tight headbands, resting face on hands) for 24-48 hours.*

## ***What's Normal***

*Mild swelling, redness, bruising, or tenderness may occur and usually resolves in a few days.*

*Results develop gradually over weeks to months as collagen forms.*

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

# Nefertiti Lift

The Nefertiti Lift is a non-surgical cosmetic treatment that uses Anti wrinkle 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, this procedure targets the platysma muscles in the neck to reduce vertical bands, lift the jawline, and improve sagging along the neck and jowls. Ideal for those with mild to moderate neck aging, the Nefertiti Lift offers a subtle, natural-looking rejuvenation and serves as a less invasive alternative to a surgical neck lift.

## *How the Nefertiti Lift Works*

### *Strategic injections*

A skilled provider injects anti wrinkle injections into the platysma muscles along the sides of the neck, which can pull the jawline downward.

### *Muscle relaxation*

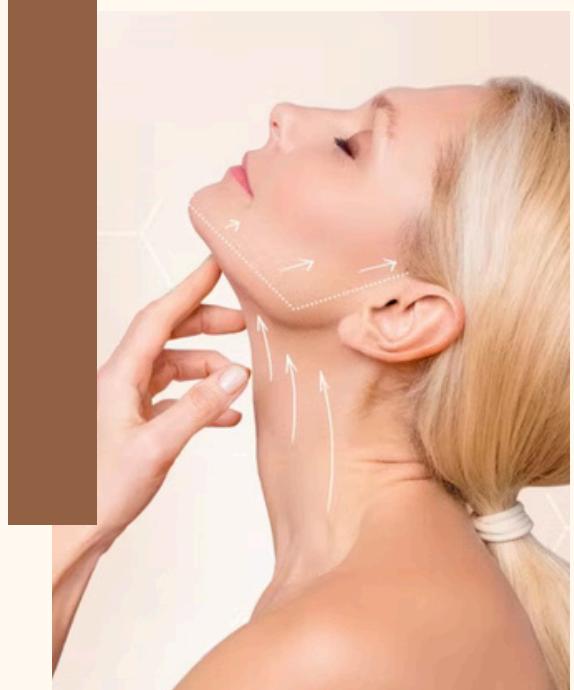
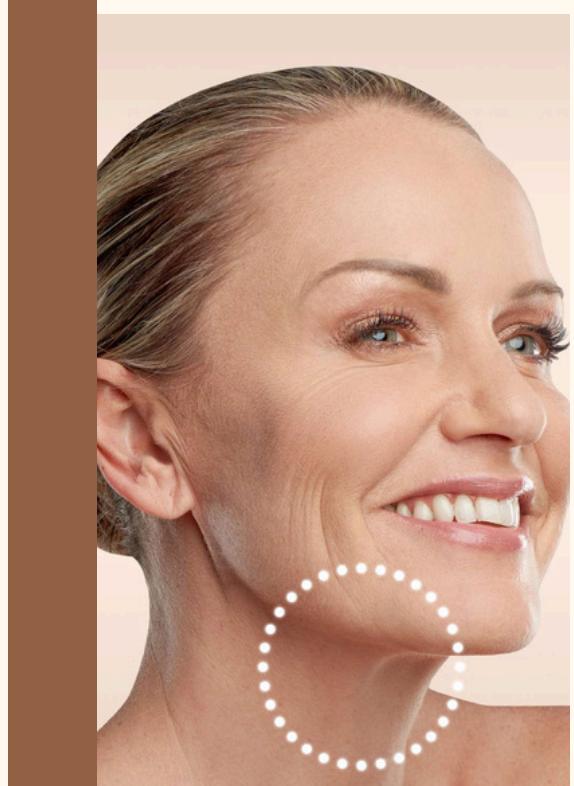
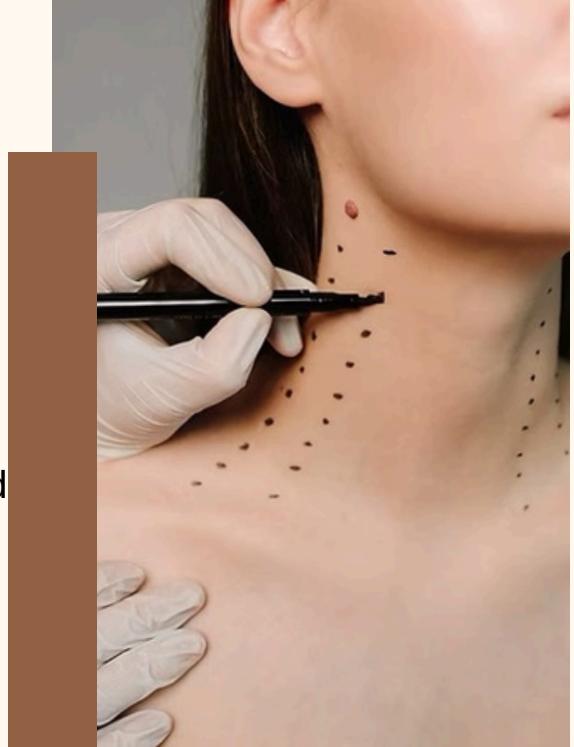
The injections relax these muscles, reducing their downward pull and allowing the upward-lifting facial muscles to dominate.

### *Subtle lift and tightening*

This results in a gentle, natural lift along the jawline and neck, softening sagging and creating a more youthful contour.

## *What to expect*

- Quick procedure: Most treatments take 15–30 minutes.
- Minimal downtime: Patients typically resume daily activities immediately.
- Visible results: Full effects appear in 10–14 days.
- Duration: Results last approximately 3–4 months.
- Maintenance: Follow-up treatments help maintain the lift over time.





# AFTERCARE INSTRUCTIONS NEFERTITI LIFT

## **Pre-Treatment**

*Jawline may appear sagging*

*Neck bands may be visible*

*Clean and hydrated skin is recommended*

*Avoid alcohol, smoking, or blood-thinning medications 24–48 hours prior*

*Avoid harsh skin treatments (peels, laser, tanning) 1 week before*

## **After Treatment**

*Jawline becomes more defined*

*Neck appears smoother and lifted*

*Reduced sagging and visible neck bands*

*Effects appear within a few days and last 3–6 months*

## **Common Temporary Side Effects**

*Mild swelling, redness, or bruising at injection sites*

*Usually resolves quickly as results appear*

## **Tips for Best Results**

*Avoid rubbing or massaging the treated area for at least 24 hours*

*Skip heavy workouts, saunas, or hot baths for 48 hours*

*Stay hydrated and use sunscreen daily*

*Contact your practitioner if swelling or lumps persist beyond a few days*

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



# Microneedling

## Benefits:

- Improves skin texture and tone
- Reduces fine lines and wrinkles
- Minimizes scars and stretch marks
- Shrinks enlarged pores
- Enhances absorption of skincare products

## Treatment & Recovery:

Usually takes 30–60 minutes per session

Mild redness, swelling, or pinpoint bleeding may occur

Minimal downtime; most people resume normal activities within a day or two

Multiple sessions may be recommended for best results

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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.

- Microneedling Face Rejuvenation
- Scar Reduction Treatments
- Collagen Induction Therapy
- Post-Treatment Skin Care Guidance
- Personalized Skin Consultations
- Aging skin/ fine lines
- Deep Wrinkles
- Enlarged pores
- Uneven texture/ Dull skin
- Hyperpigmentation / Dark Circles

## Aftercare Tips:

Keep skin gentle and clean

Avoid makeup for 24 hours

Apply moisturizer and sunscreen

Skip saunas, hot tubs, and

strenuous exercise for 1–2 days

Avoid strong skincare (retinoids, acids) for 3–5 days



# AFTERCARE INSTRUCTIONS MICRONEEDLING

## ***After Treatment***

*Keep your skin clean and gentle; avoid picking or rubbing.  
Moisturize and drink water to help healing.  
Avoid makeup for 24 hours.  
Stay out of the sun and use SPF 30+.  
Skip saunas, hot tubs, and intense exercise for 1–2 days.  
Avoid strong skincare (retinoids, acids) for 3–5 days.  
Mild redness or swelling is normal.  
Call your provider if you notice infection, severe swelling, or unusual pain.*

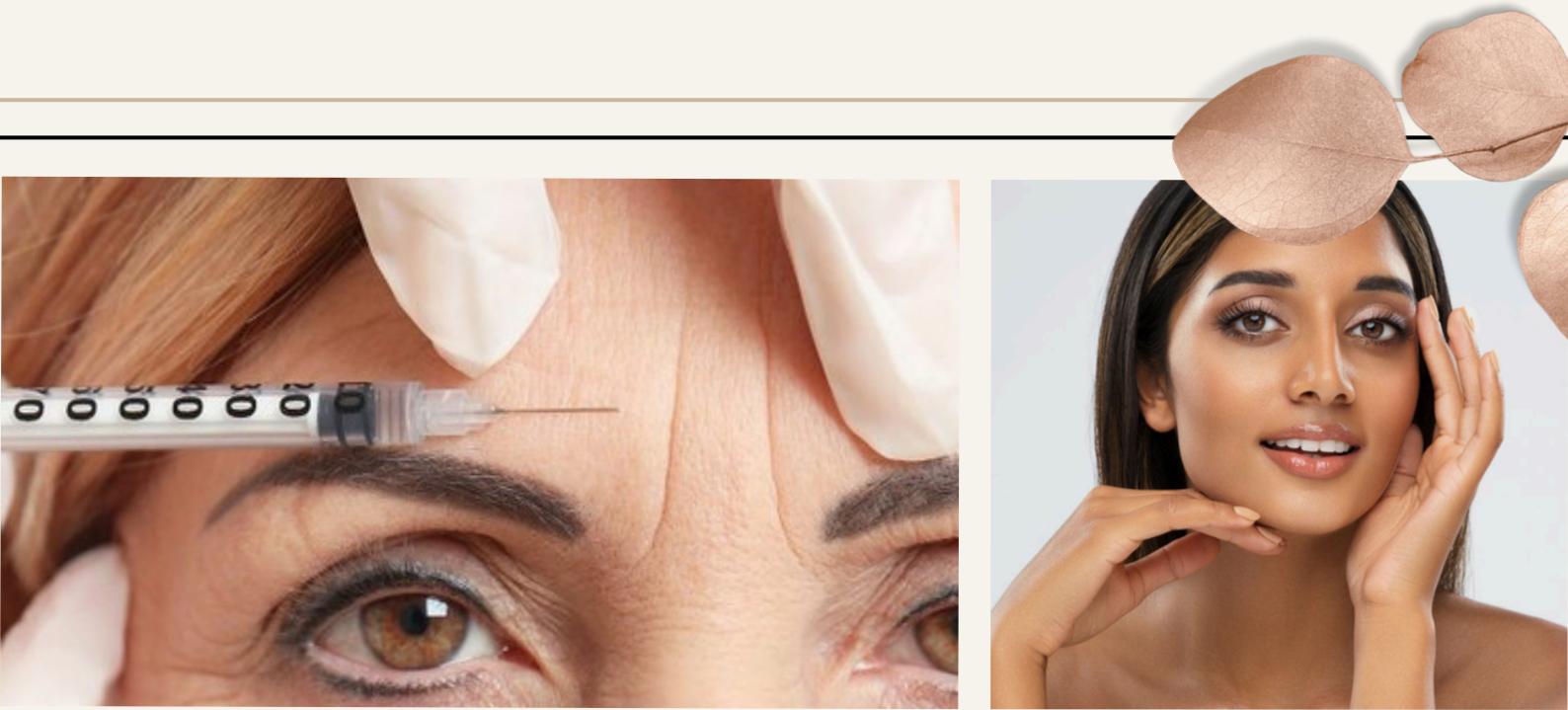
## ***Common Temporary Side Effects***

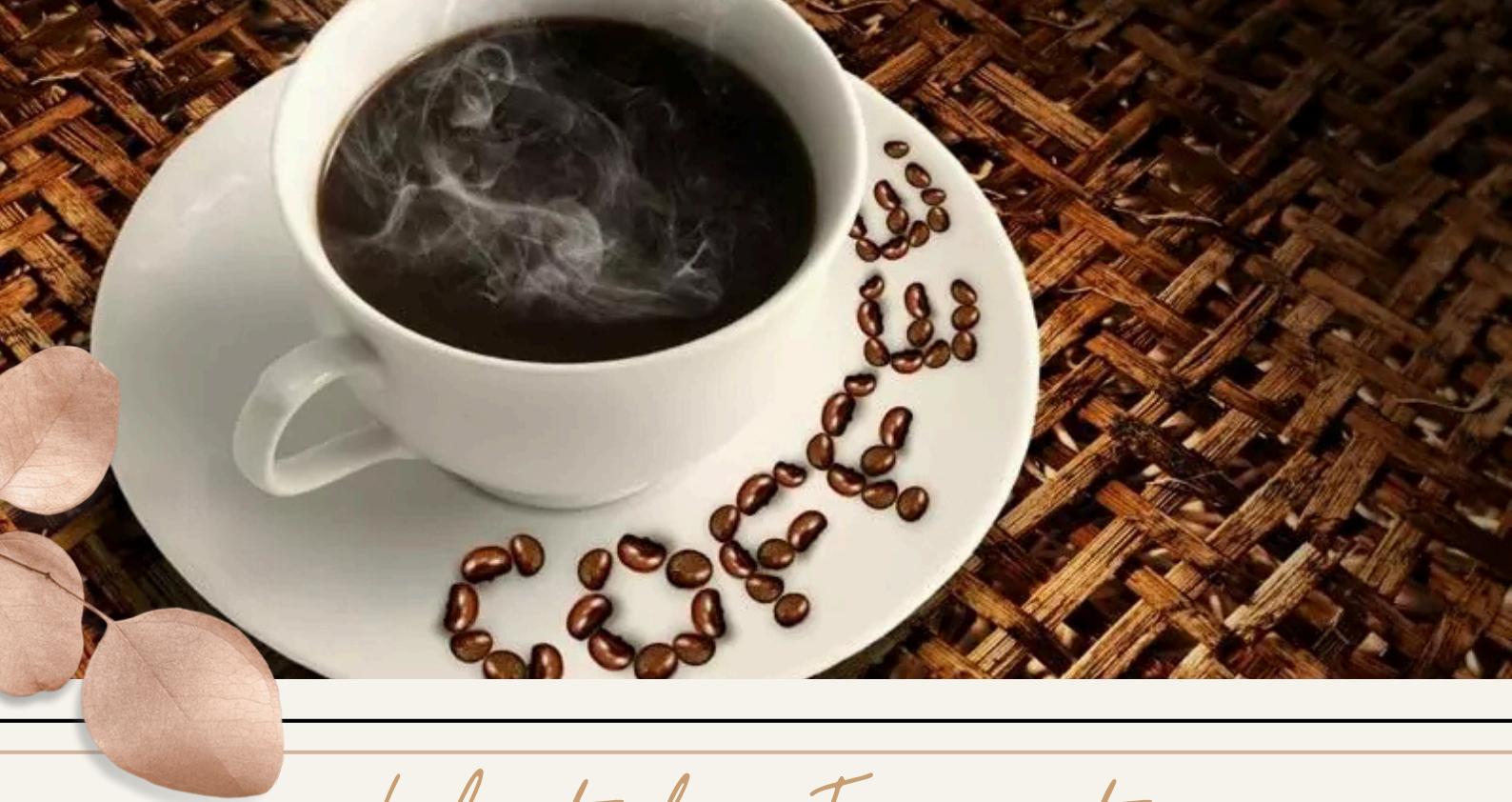
*Redness and mild swelling – usually lasts 1–3 days  
Tenderness or slight discomfort at the treatment site  
Minor bruising in some areas  
Dryness or flaking as skin heals  
Temporary pinpoint bleeding during or immediately after treatment  
Mild itching or tightness as new skin forms  
These effects are typically short-term and resolve within a few days.*

***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 BotulinumToxin 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

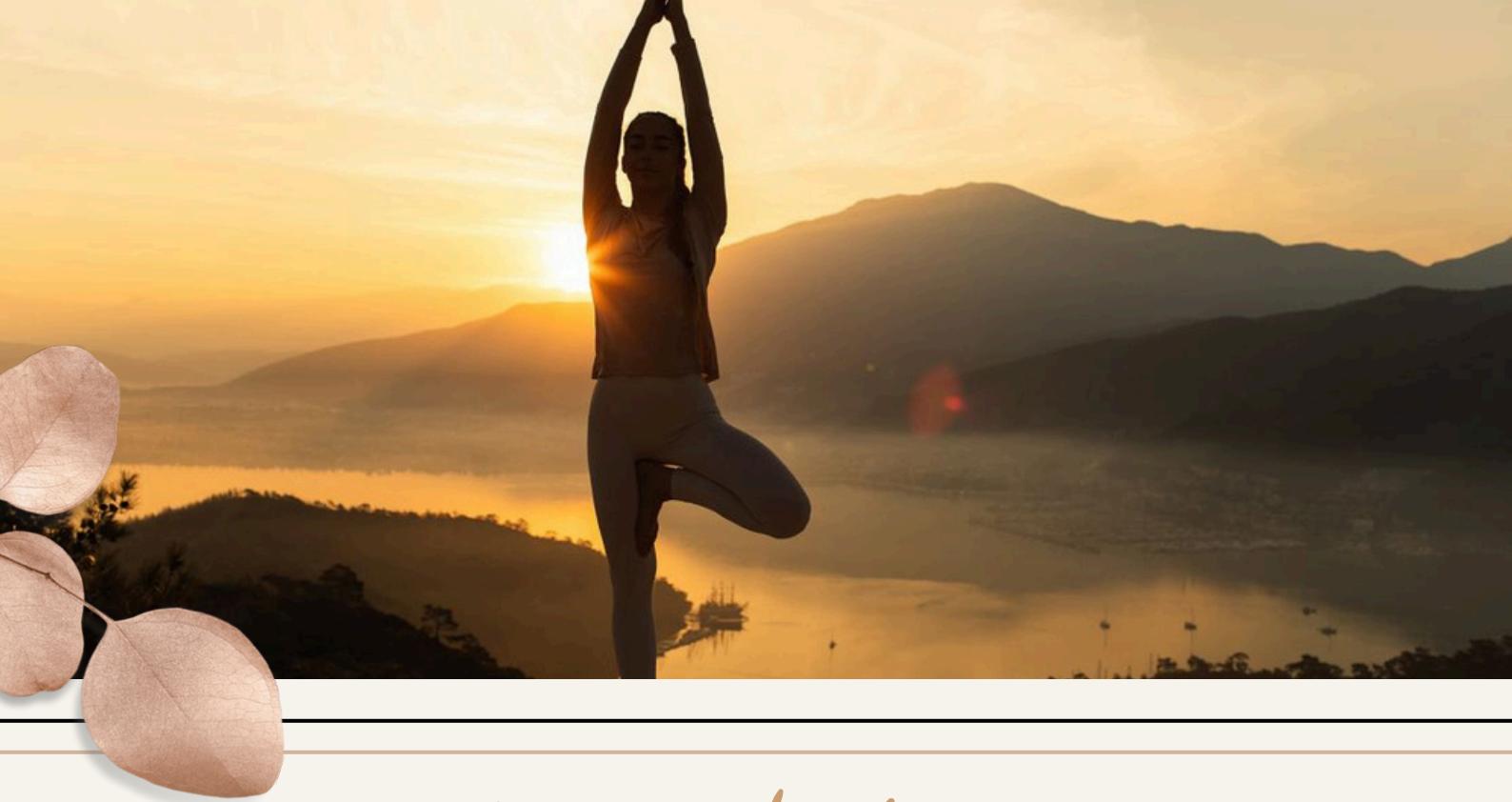




## *Muscle activity and Facial Expressions*

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*

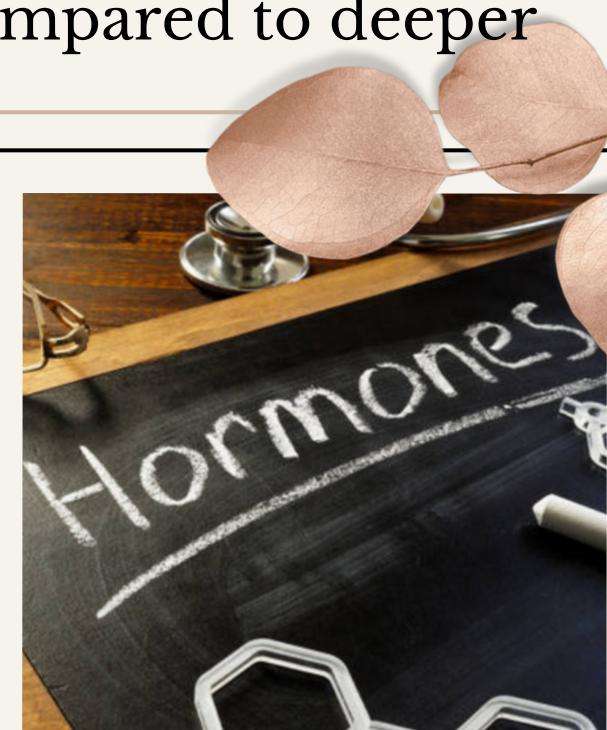
Individual metabolism can greatly impact the longevity of botulinumToxin, as each person's body processes BotulinumToxin on its own timeline. For those with a faster metabolism, the effects of BotulinumToxin may wear off more quickly as their bodies metabolize the toxin at an accelerated rate. The process 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

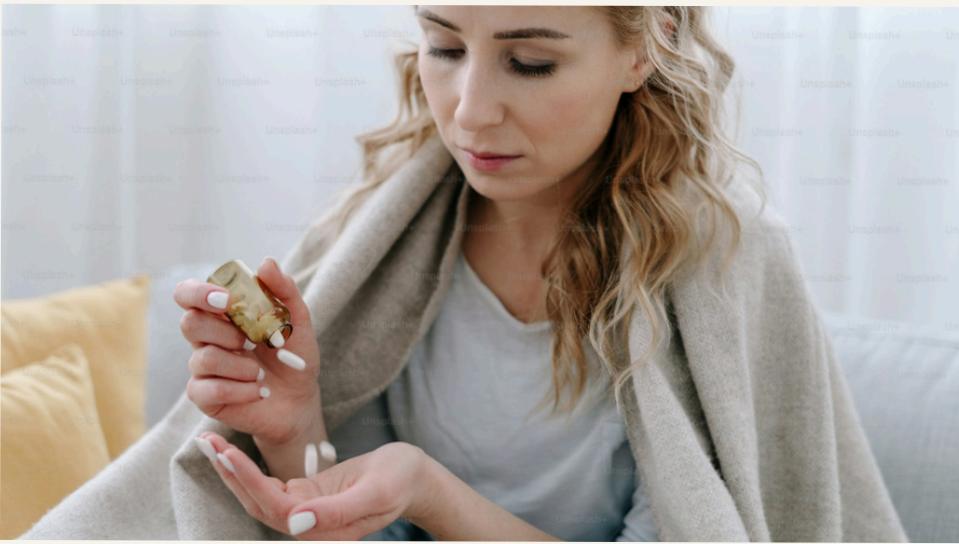
Multiple medical research studies has argued that age can influence the longevity of BotulinumToxin, with older patients often experiencing shorter-lasting effects. That's because of that word we all dread, menopAUSE. Furthermore, the size and depth of your wrinkles can also impact how long BotulinumToxin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

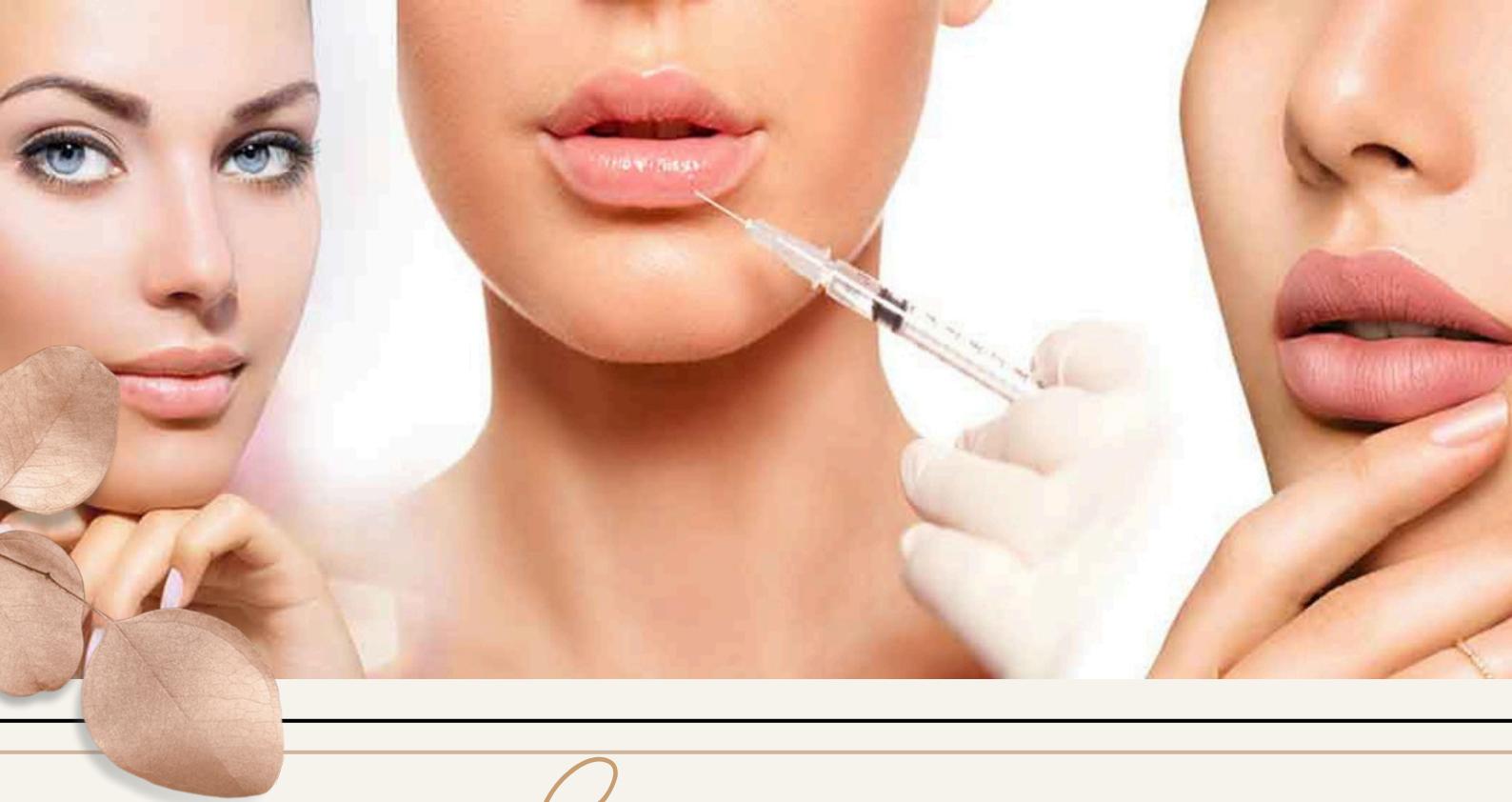




## *Underlying health conditions*

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





## *Summary*

BotulinumToxin will respond differently from person to person

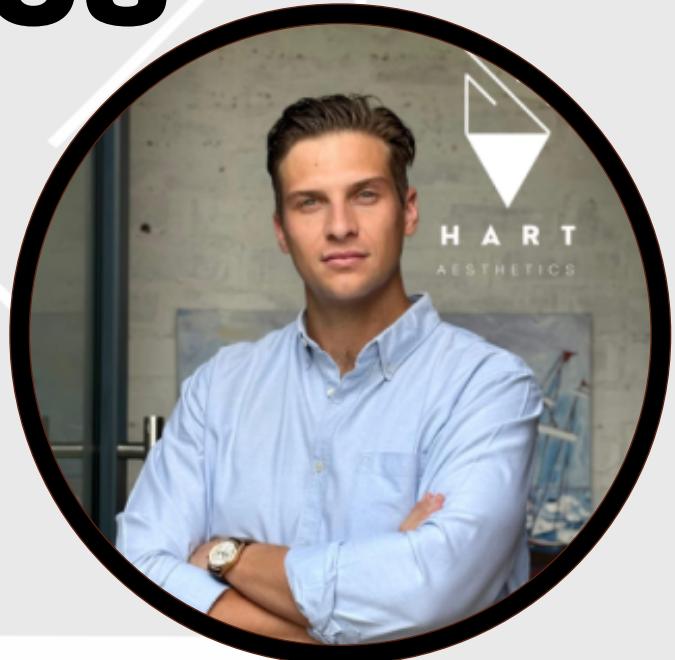
There are many underlying factors that can influence the longevity not limiting it to the factors mentioned in this post (think alcohol consumption, anxiety etc.)

It is important to mention any health issues, hormone replacement therapy, lifestyle habits etc. with our doctors before treatment commence.



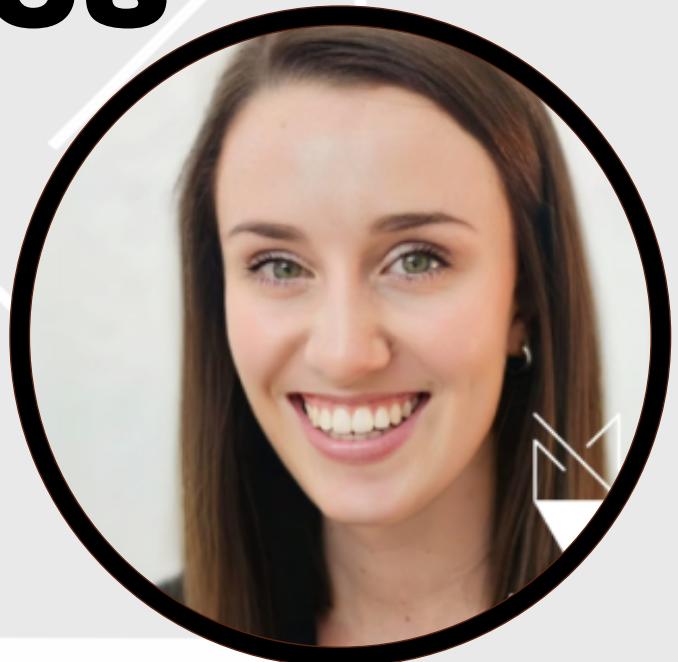
# HART AESTHETICS TEAM

## Dr. Adriaan Malherbe



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.

# HART AESTHETICS TEAM



## Dr. Janri Van Wyk

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.

# HART AESTHETICS TEAM

## Dr. Vincent McKinnon

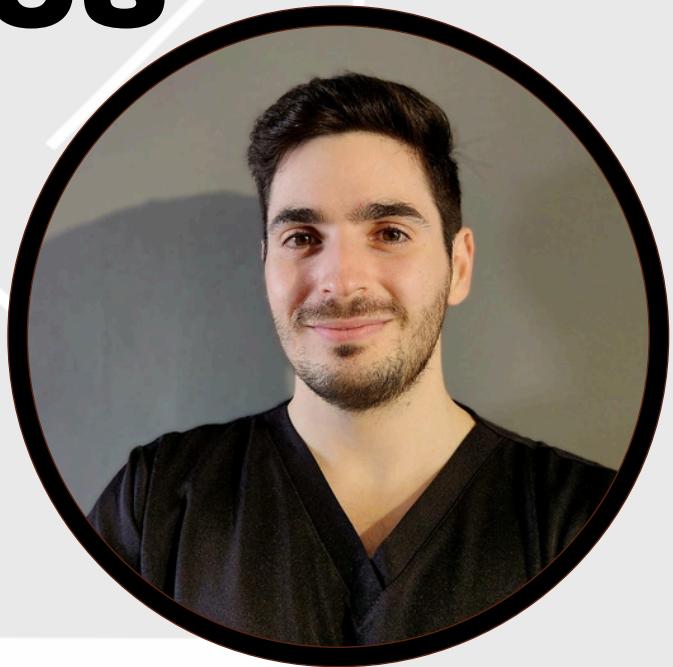


Graduated from the University of Pretoria as a medical doctor in 2020, furthering his studies with postgraduate courses in aesthetic medicine

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.

# HART AESTHETICS TEAM

## Dr.Peter Carides



Graduated from the University of Pretoria as a medical doctor in 2020, furthering his studies with postgraduate courses in aesthetic medicine

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# Frequently Asked Questions



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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).

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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.

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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.

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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 BotulinumToxin 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.

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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.

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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.

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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.

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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.

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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.

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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.



# Frequently Asked Questions



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13 What is the difference between a lip flip and lip filler?

Lip Flip: BotulinumToxin relaxes the upper lip, giving a subtle lift and shape. Lasts 2–3 months.

Lip Filler: Hyaluronic acid adds real volume and contour. Lasts 6–12 months.

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14 What is JuveLook

JuveLook is an injectable skin booster and collagen stimulator that combines PDLLA (to boost collagen over time) with hyaluronic acid (for immediate hydration). It's designed for overall skin quality and subtle rejuvenation, rather than instant volume like traditional fillers.

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15 What is Profhilo

Prohilo is best for overall skin rejuvenation and hydration rather than adding volume like fillers

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16 Is the Dr an actual Dr?

Yes, they're all licensed medical doctors (MBChB) HPCSA-registered

# CAPETOWN



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## LOCATIONS BRANCHES

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**01**

### **DURBANVILLE**

Cobble Walk Shopping Centre, Cr Verdi Bivd &  
Legato Dr. Sonstraal Heights, Durbanville

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**02**

### **SOMERSET WES**

Adore, 23 Lourensford Rd, Stuart's Hill

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**03**

### **STELLENBOSCH**

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

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**04**

### **CENTURY CITY**

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

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**05**

### **RONDEBOSCH**

1st Floor, 95 Main Rd, Rondebosch

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# GAUTENG



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## LOCATIONS BRANCHES

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**06**

### **LITTLE FALLS**

Westwood Office Park, Allen's Nek, Roodepoort

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**07**

### **NORTHCLIFF**

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

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**08**

### **ROSEBANK**

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

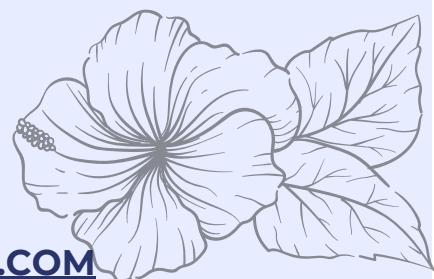
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**09**

### **FOURWAYS**

1 Ruby Close, Witkoppen, Sandton

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## LOCATIONS BRANCHES

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**10  
ALBERTON**

2 Danie Theron,  
Alberante

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**11  
BEDFORDVIEW**

9 Park Street, Bedfordview, Germiston

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**12  
BENONI**

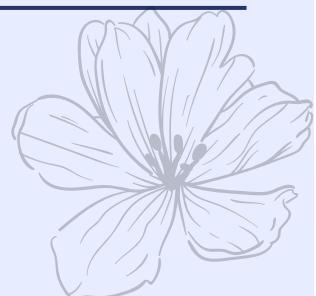
Block 2, Unit 202/1 The Benchmark, 6 Back Street Morehill

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**13  
KEMPTON**

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

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## LOCATIONS BRANCHES

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### 14 CENTURION

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

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### 15 BROOKLYN

336 Bourke Street, Muckleneuk, Pretoria

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### 16 MONTANA

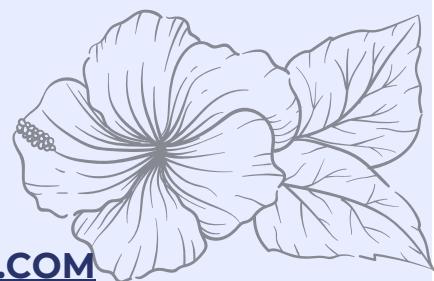
11 Doring Avenue, Montana, Pretoria

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### 17 WOODHILL

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

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# KWAZULU NATAL NORTH WEST & WITBANK



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## LOCATIONS BRANCHES

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**18**

### **HILLCREST**

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

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**19**

### **BALLITO**

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

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**20**

### **HARTEBEESPOORT**

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

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**21**

### **RUSTENBURG**

1st Floor, 193 Kock St, Rustenburg

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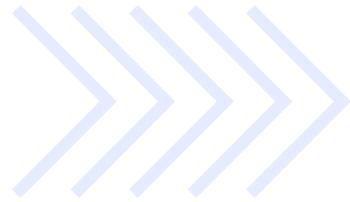
**22**

### **WITBANK**

1st Floor, 193 Kock St, Rustenburg

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## LOCATIONS BRANCHES

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**23**

### VANDERBIJLPARK

19 Olifantsrivier Street, SE4, Vanderbijlpark, 1911

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**24**

### COMING SOON

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**25**

### COMING SOON

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**26**

### COMING SOON

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**27**

### COMING SOON

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