

H A R T AESTHETICS

Information booklet by Chiarissa

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.

What it's for

Upper eyelids:

Removes excess skin and fat that can cause droopy or heavy lids (sometimes even blocking vision).

Lower eyelids:

Reduces under-eye bags, puffiness, and loose skin.

Why get it

To look more rested and refreshed

To reduce a tired, aged, or sad appearance

To improve vision if sagging skin is obstructing sight (medical indication)



What the procedure involves

Excess skin, fat, and sometimes muscle are removed or repositioned

Incisions are made in natural eyelid creases, so scars are usually minimal and well hidden

Usually done under local anesthesia

Recovery

Swelling and bruising for 1–2 weeks

Most people return to normal activities within 10–14 days

Final results become more visible over several weeks

Results

Brighter, more youthful-looking eyes

Long-lasting results



BEFORE INSTRUCTIONS FOR BLEPHAROPLASTY

Before Blepharoplasty (Pre-Op Care)

2 Weeks Before

Stop smoking & vaping

Avoid blood-thinning medication/supplements unless approved by your doctor

(Aspirin, Ibuprofen, Vitamin E, Omega-3, Ginkgo, Garlic)

Limit alcohol

Eat well and stay hydrated

1 Week Before

Arrange transport for surgery day

Prepare at home:

Cold compresses / ice packs

Prescribed eye drops or ointment

Extra pillows (for head elevation)

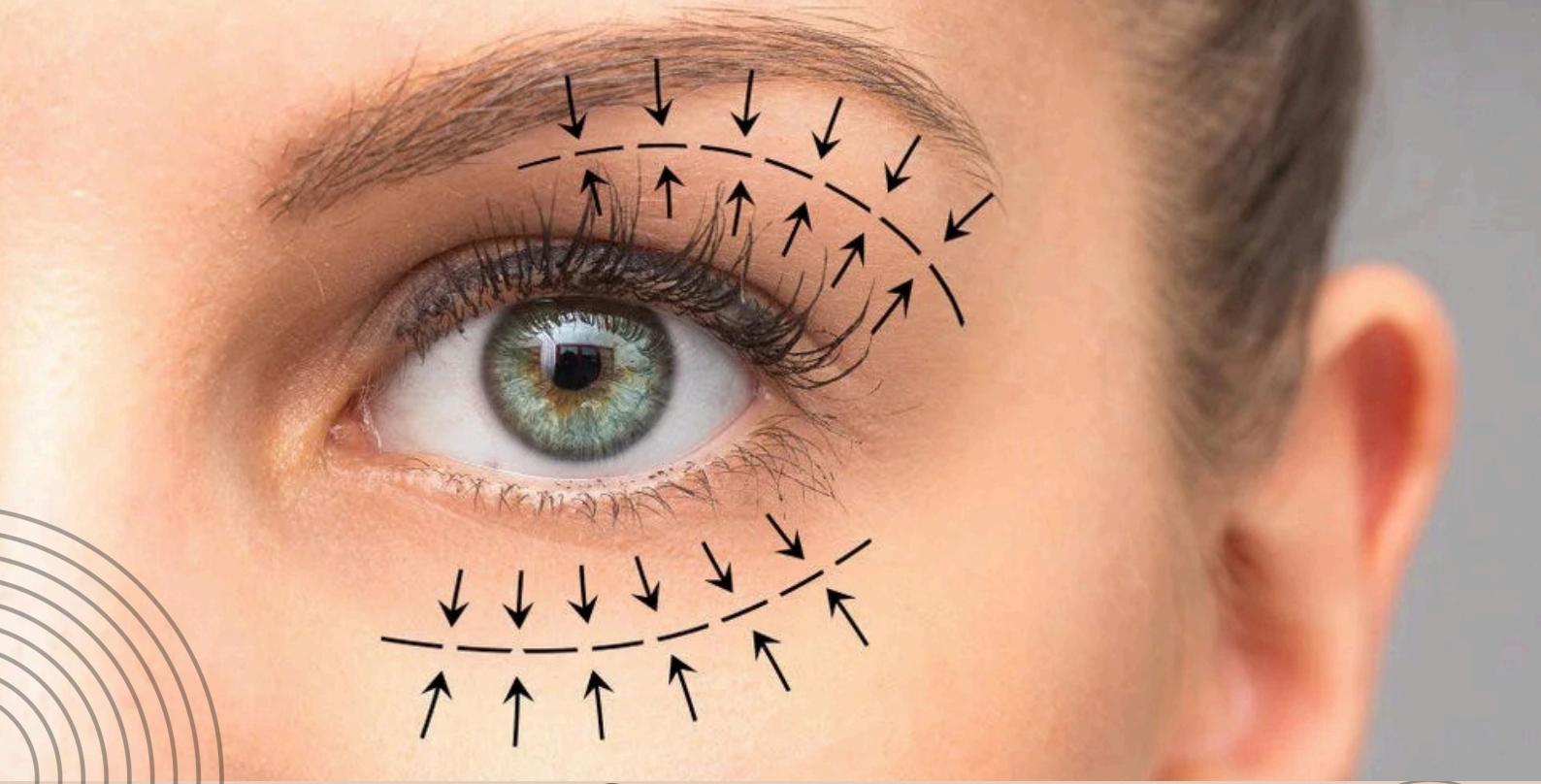
Day of Surgery

No makeup, lashes, or contact lenses

Clean face only (no creams or oils)

Wear comfortable clothing

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



AFTERCARE INSTRUCTIONS FOR BLEPHAROPLASTY

First 48 Hours

Apply cold compresses (10–15 min every hour while awake)

Keep head elevated at all times

Expect swelling, bruising, tightness, and mild discomfort

Use prescribed medication exactly as instructed

Do not rub or touch eyes

First Week

No makeup or false lashes

Avoid bending, lifting, or strenuous exercise

No swimming, sauna, or hot showers

Mild dryness or tearing is normal

Stitches are usually removed after 5–7 days (if applicable)

Weeks 2–4

Swelling and bruising continue to improve

Gradual return to normal activities

Wear sunglasses outdoors

Avoid sun exposure on healing scars

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

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

Initial Course: 2–3 sessions, with each session spaced 3–4 weeks apart.

Alternative Protocol: Some protocols, particularly for deeper rejuvenation, may space sessions 4–6 weeks apart.

Maintenance: After completing the initial series, maintenance sessions are recommended every 6 to 12 months or 12–18 months to sustain the results.





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.

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.



Lip Filler

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.

PROFHILO®



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.

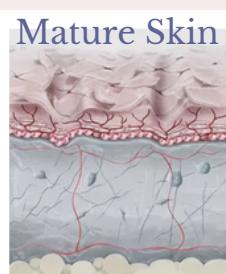
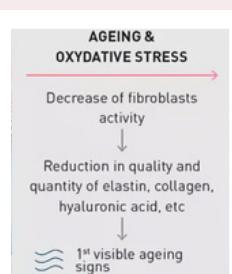
Undereye Treatment

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

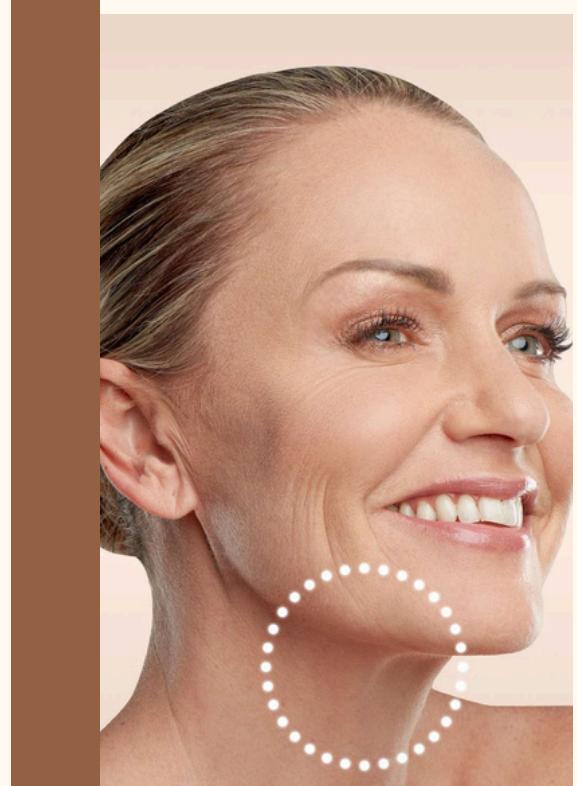
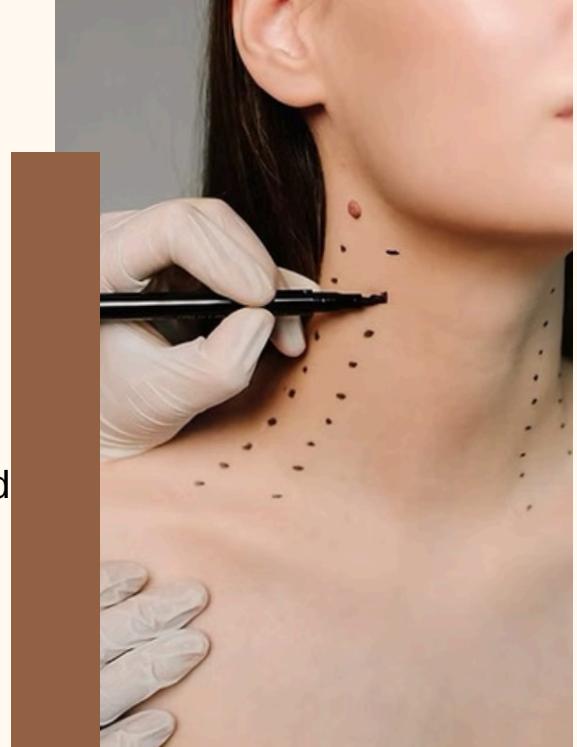
The injections relax these muscles, reducing their downward pull and allowing the upward-lifting facial muscles to dominate.

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

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.



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



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 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.*

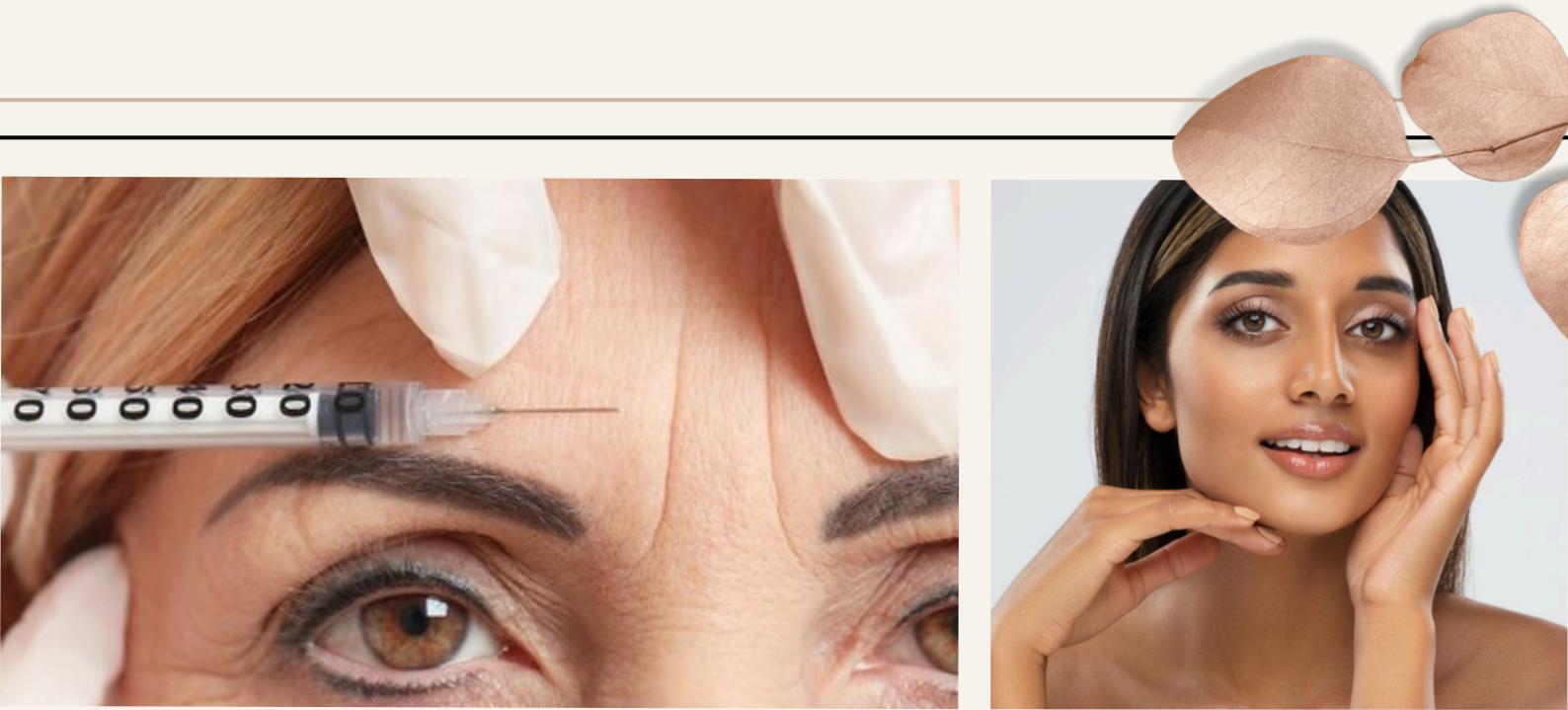
Common Temporary Side Effects

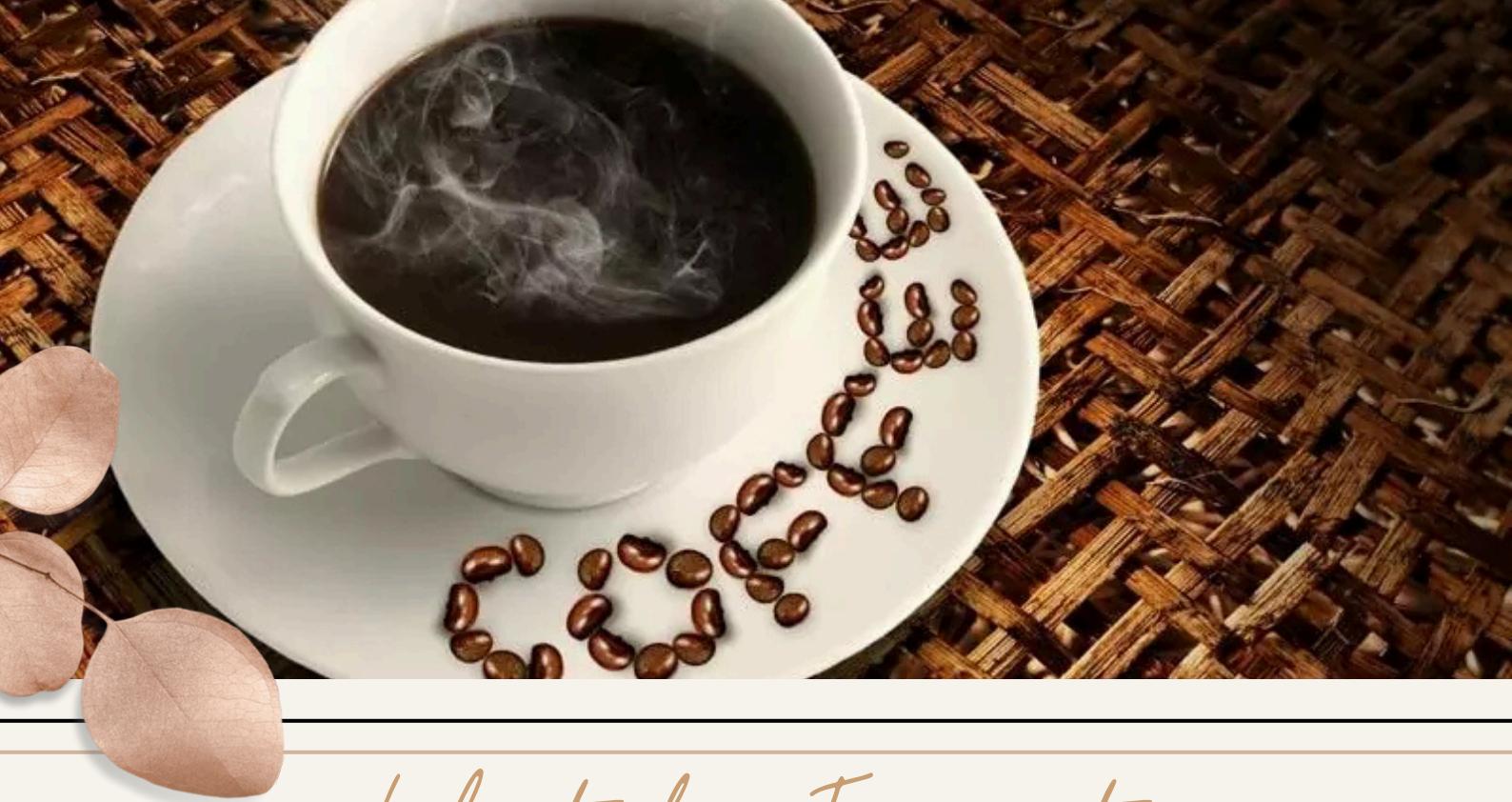
*Redness and mild swelling – usually lasts 1–3 days
Tenderness or slight discomfort at the treatment site
Minor bruising in some areas
Dryness or flaking as skin heals
Temporary pinpoint bleeding during or immediately after treatment
Mild itching or tightness as new skin forms
These effects are typically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

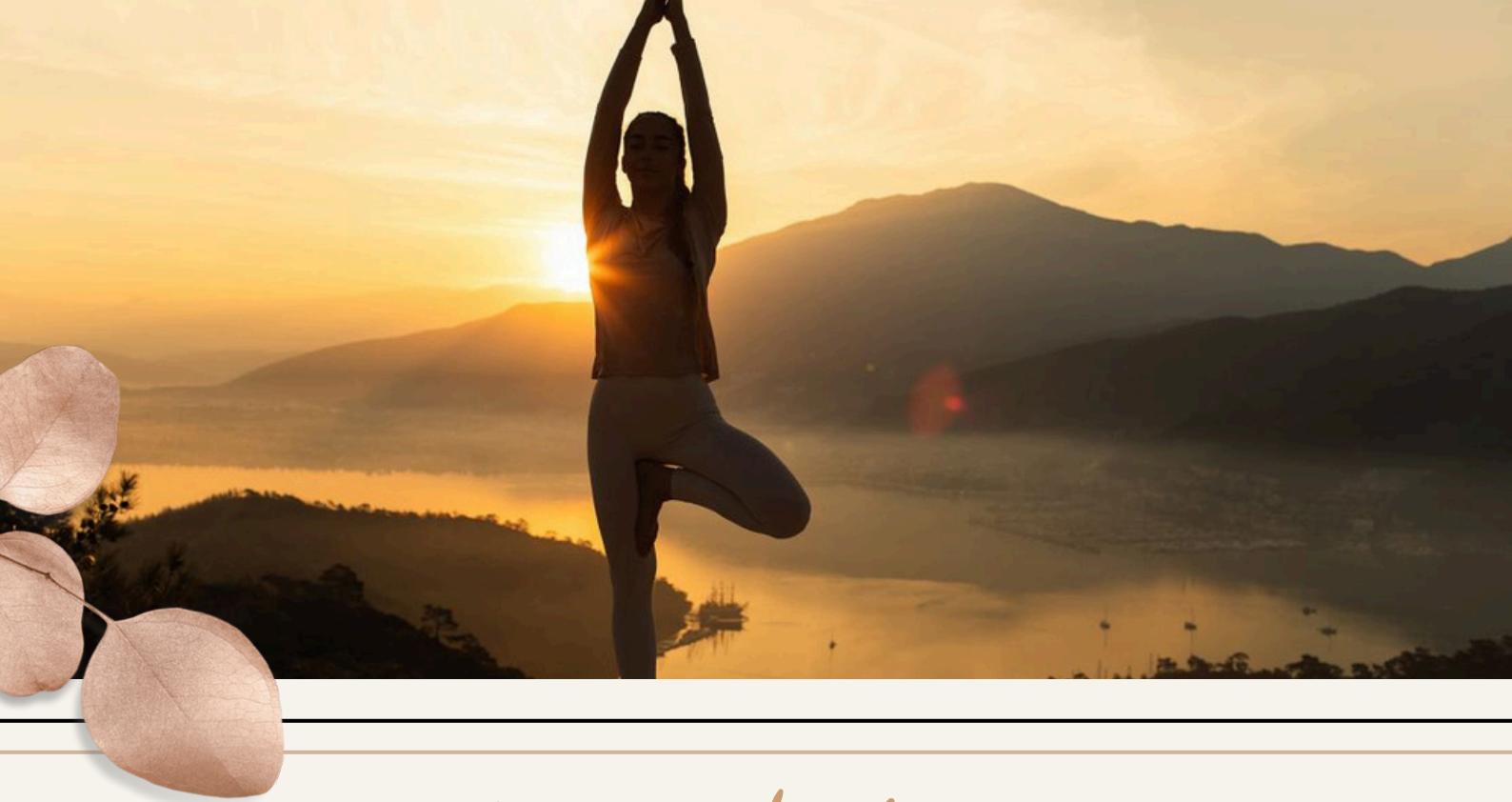




Muscle activity and Facial Expressions

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

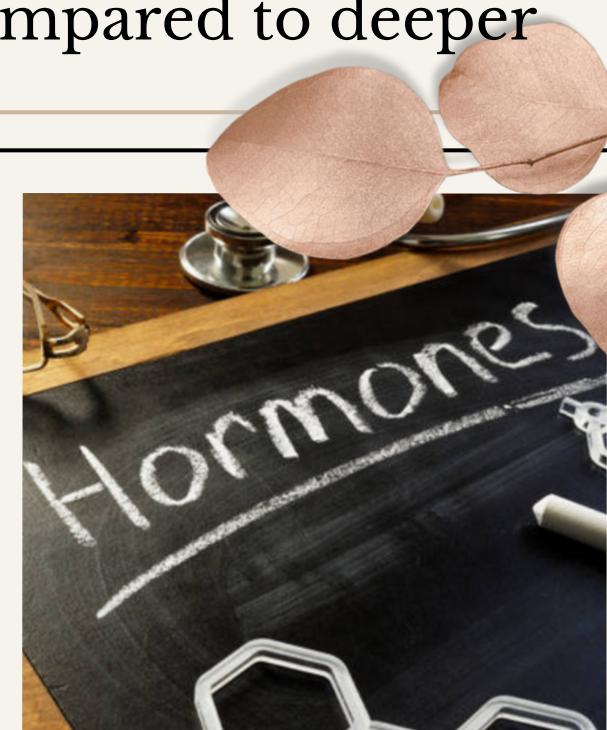
Individual metabolism can greatly impact the longevity of botulinumToxin, as each person's body processes BotulinumToxin on its own timeline. For those with a faster metabolism, the effects of BotulinumToxin may wear off more quickly as their bodies metabolize the toxin at an accelerated rate. The process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

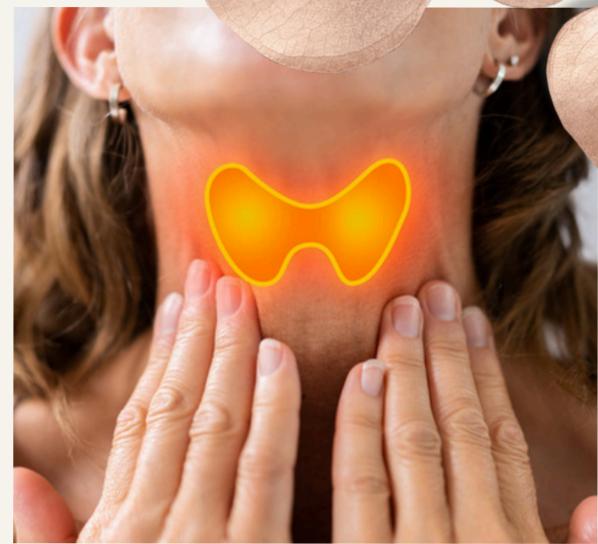
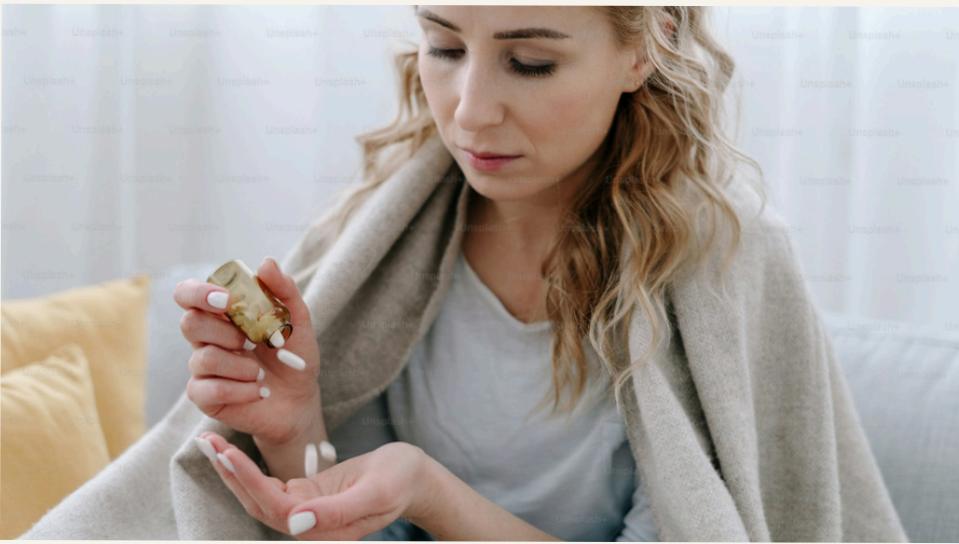
Multiple medical research studies has argued that age can influence the longevity of BotulinumToxin, with older patients often experiencing shorter-lasting effects. That's because of that word we all dread, menopAUSE. Furthermore, the size and depth of your wrinkles can also impact how long BotulinumToxin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



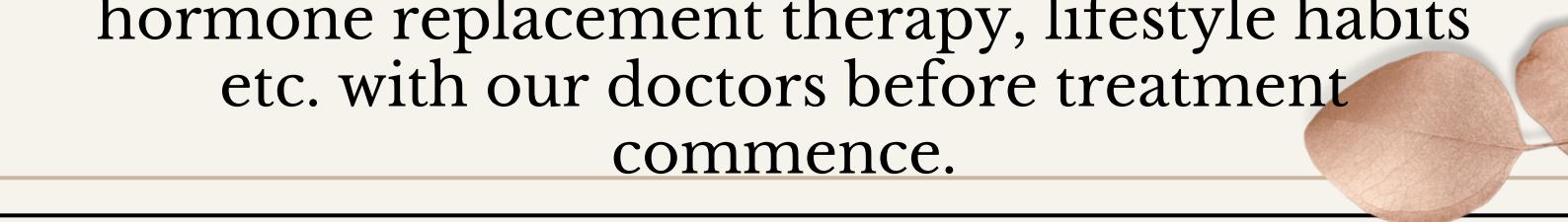


Summary

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

“YOUR SKIN, BUT
SMOOTHER.”

ABOUT DR ADRIAAN

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.



SERVICES



Lip Filler and Dermal Filler



Anti Wrinkle Injections



Undereye Treatment



Collegan Biosimulators



Blepharoplasty



CONTACT:



066 268 8370



www.hart-aesthetics.com



Gauteng, Cape Town &
Durban



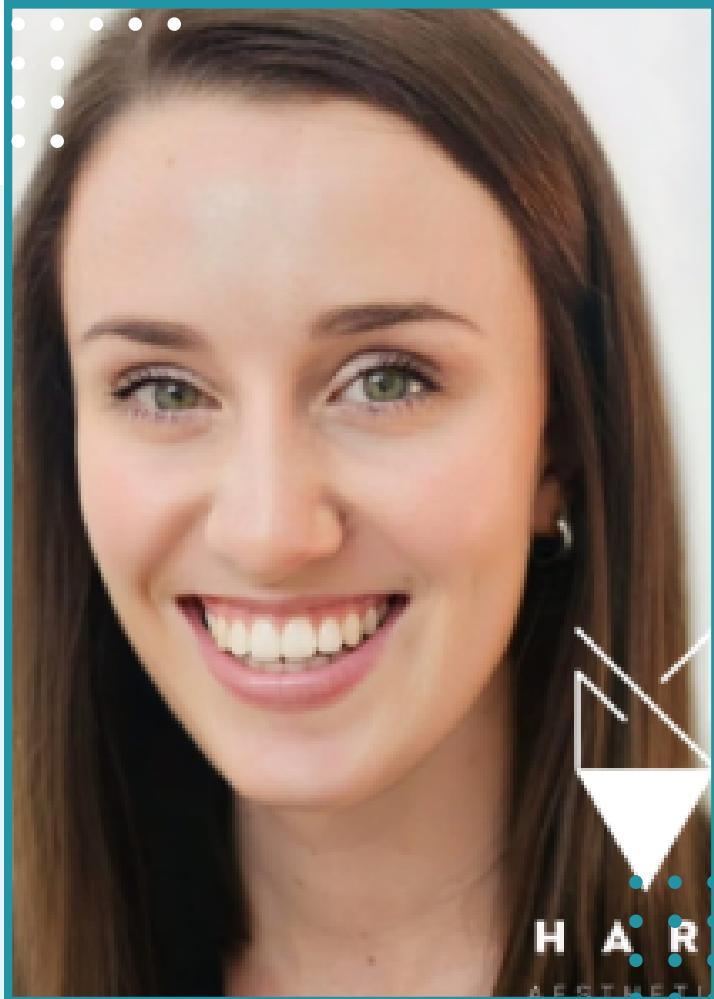


DR. JANRI VAN WYK

“LOOK GOOD, FEEL
GOOD”

ABOUT DR JANRI

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.



SERVICES



**Lip Filler and Dermal
Filler**



Anti Wrinkle Injections



Undereye Treatment



Collegan Biosimulators



CONTACT:



066 268 8370



www.hart-aesthetics.com



Gauteng



DR. VINCENT MCKINNON

“ENHANCE BEAUTY,
ERASE TIME.”

ABOUT DR VINCENT

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.



SERVICES



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Gauteng, Mpumalanga &
North West



HART AESTHETICS
TEAM

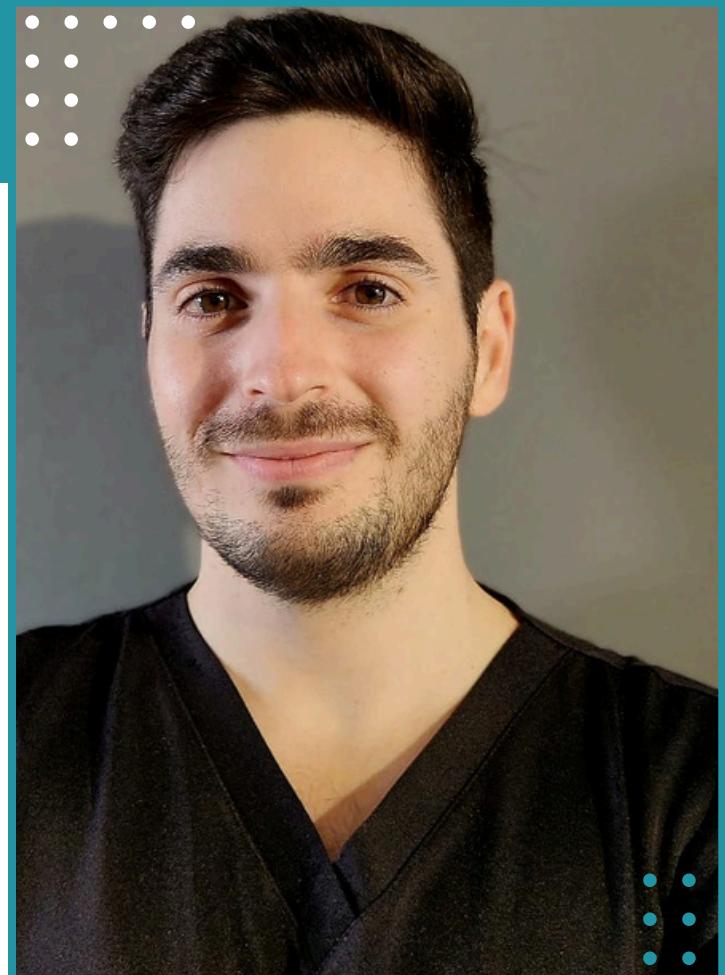
DR. PETER CARIDES

"REVEALING RADIANCE,
REDEFINING YOU."

ABOUT DR PETER

Is a medical doctor with a strong clinical background and meticulous attention to detail. From subtle treatments to highly personalised plans, he focuses on restoring youthfulness and rebalancing facial dynamics at every visit.

Guided by the Hart philosophy and a commitment to evidence-based, time-tested products and techniques, Dr Carides prioritises preserving your vitality, confidence, and natural expression..



SERVICES



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Gauteng, Mpumalanga &
North West





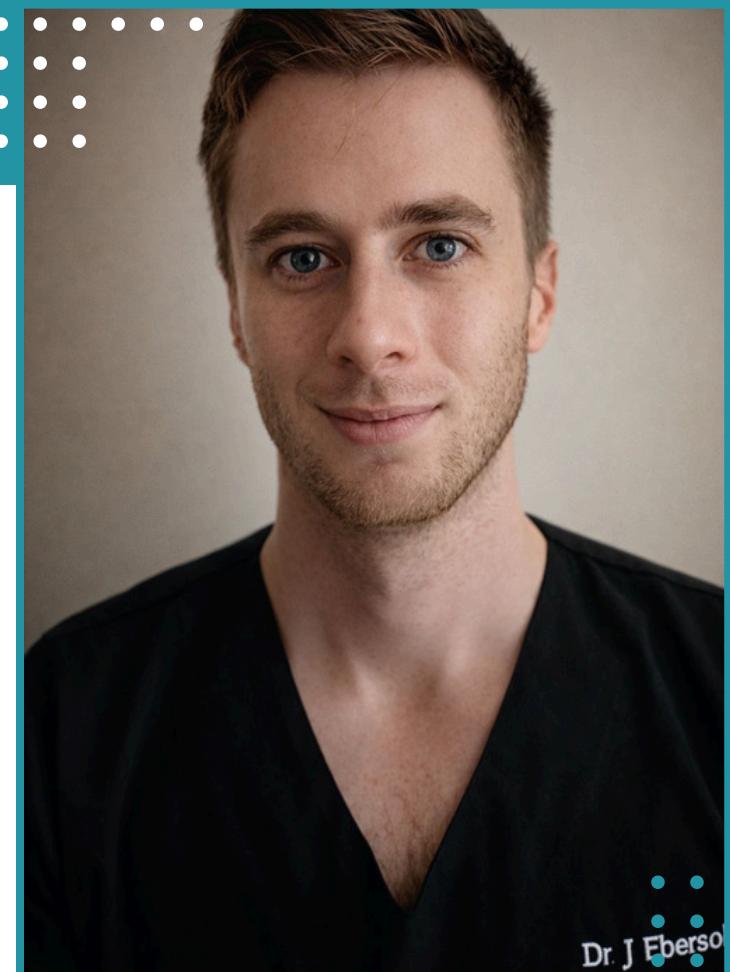
HART AESTHETICS
TEAM

DR. KOBUS EBERSOHN

"TIMELESS BEAUTY,
BOTTLED."

ABOUT DR KOBUS

With a foundation as a medical doctor, my approach to aesthetics is rooted in science and holistic well-being. I blend clinical precision with an artistic eye, believing that optimal results honor both structure and spirit. My background ensures every treatment is safe, effective, and tailored to reveal your most confident self. True beauty, in my view, is the harmonious reflection of inner health and outer radiance. Let's achieve that balance together.



Dr. J Ebersohn

SERVICES



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Cape Town

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 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.

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.



Frequently Asked *Questions*



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.

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.

15 What is Profhilo

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

16 Is the Dr an actual Dr?

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



CAPETOWN



H A R T
AESTHETICS

LOCATIONS BRANCHES

01

DURBANVILLE

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

02

SOMERSET WES

Adore, 23 Lourensford Rd, Stuart's Hill

03

STELLENBOSCH

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

04

CENTURY CITY

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

05

RONDEBOSCH

1st Floor, 95 Main Rd, Rondebosch



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GAUTENG



H A R T
AESTHETICS

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



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H A R T
AESTHETICS

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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H A R T
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LOCATIONS BRANCHES

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



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H A R T
AESTHETICS

LOCATIONS BRANCHES

18

VANDERBIJLPARK

19 Olifantsrivier Street, SE4, Vanderbijlpark, 1911

19

VEREENIGING

Maison De Beauté, 153 General Herzog Roac, Three Rivers, Vereeniging, 1935

20

GLEN VISTA

12-3 Sneeuberg st Glenvista, 2091



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KWAZULU NATAL NORTH WEST & MPUMALANGA



H A R T
AESTHETICS

LOCATIONS BRANCHES

21

HILLCREST

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

22

BALLITO

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

23

HARTEBEESPOORT

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

24

RUSTENBURG

1st Floor, 193 Kock St, Rustenburg

25

WITBANK

Langa Crescent Emalahleni Mpumalanga



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