

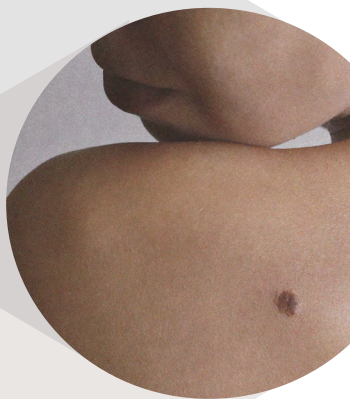


# SKINESIS

M E D I C A L

AT SARAH CHAPMAN

TREATMENT MENU



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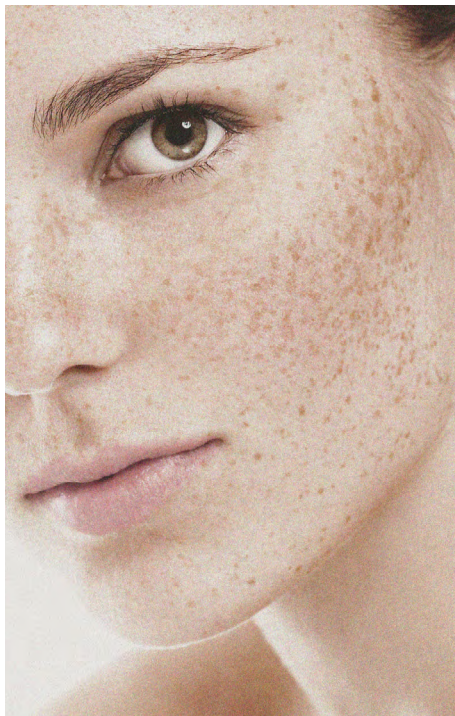
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*Skinesis*  
**MEDICAL**  
AT SARAH CHAPMAN



## Introduction

At Sarah Chapman, we believe that the best results are achieved when transformative clinical facials and performance-proven skincare work synergistically alongside dermatology, aesthetics and nutrition. Hence Skinesis Medical focuses on optimising the quality of your skin with the most cutting-edge techniques, applied with the refined eye and expertise of our world-renowned team. Our holistic approach delivers medical treatment and nutritional advice within the supportive context of the Skinesis Clinic, bridging scientific, personalised facials with medical-grade skin therapies and lifestyle recommendations. The Skinesis Medical treatment offering incorporates rejuvenating aesthetic and targeted dermatological technologies performed by Dr Alexis Granite, and bespoke health and nutritional guidance from Nutritional Therapist Marianne Grechko. This ensures that clients have access to a 360-degree approach to skincare in which every aspect contributing to skin health is considered.

*Skinesis Medical is fully CQC accredited, so you can be confident that all of our services meet the very highest standards. The CQC (Care Quality Commission) is the independent regulator of health and social care in England. This organisation ensures health services are safe, of a high quality, effective, compassionate and meet legal requirements.*



## Dr Alexis Granite BA, MD, CESR

CONSULTANT DERMATOLOGIST

With over 13 years of clinical experience in the United States and United Kingdom, Dr Granite is one of London's most sought-after dermatologists and aesthetic consultants, now bringing her expertise to Skinesis Medical. In addition to skin cancer detection and skin allergy testing, Dr Granite has a special focus in women's dermatology including management of hormone-related skin conditions such as acne and hair loss.

“*My wide breadth of practice helps me to optimise all aspects of skin health for each patient. First and foremost, the wellbeing of my patients is paramount. Beyond that, I feel that cosmetic work should never look obvious, or even worse, overstated. You should look like you, simply refreshed. I achieve this through subtle treatments to improve skin quality and harmonise facial proportions.*”

It is exactly this realistic, broad and judicious approach that sets Dr Granite's work aside.

Dr Granite earned a Bachelor of Arts degree from the Ivy League's University of Pennsylvania, graduating magna cum laude. She received her medical degree from Weill Cornell Medical College in New York City and while there was elected into the Alpha Omega Alpha National Honour Society. Dr Granite completed her dermatology training at New York Presbyterian Hospital-Cornell, one of the leading hospital centres in the United States, where she served as Chief Resident. While on her training post, Dr Granite received the Distinguished Housestaff Award for overall excellence in her field.

Dr Granite spent the first several years of her career working in private practice in New York City, at the celebrated Tribeca Skin Centre. She was also a Clinical Instructor in Dermatology at NY Presbyterian Hospital-Weill Cornell Medical College. Since relocating to the United Kingdom with her family in 2012, Dr Granite has worked in private practice in London, building up an intensely loyal clientele from all reaches of the city and abroad.

Dr Granite is a consultant on the Specialist Registrar in Dermatology in the United Kingdom and is board certified in dermatology in the United States. She is a member of the British Association of Dermatologists (BAD), the British Cosmetic Dermatology Group (BCDG) and the American Academy of Dermatology (AAD).

She has published articles in several peer-reviewed journals, and has authored book chapters on dermatology related topics and is frequently quoted in print and online media.



# Marianne Grechko DipCNM, mBANT, mCNHC

NUTRITIONAL THERAPIST

Marianne is a registered, evidence-based nutritional therapist specialising in skin health, mental wellness and hormonal balance. Having suffered with acne for over a decade herself, it became evident to her that clear skin starts from within.

Her seven years of experience in the natural health field and functional medicine approach give her a deep understanding of how modern lifestyles, sleep deprivation, poor diet and external stress factors can negatively impact our wellbeing.

“  
*My extensive experience has demonstrated that when we address internal root causes of disease by adjusting deficiencies and biochemical imbalances, we achieve long-lasting wellbeing and equilibrium*  
”

explains Marianne.

# Dermatology

Dermatology and aesthetics are two integral and complementary fields. Our specialism in dermatology underpins the Skinesis Medical philosophy that a youthful and rejuvenated appearance begins with healthy, radiant skin. We are proud to offer a comprehensive array of effective, safe and technically advanced treatments to address your skin's specific needs and a variety of dermatological conditions, including:

- Acne and acne scarring
- Allergic dermatitis
- Eczema
- Hair loss
- Hirsutism (excess hair)
- Hyperhidrosis
- Lumps and bumps
- Pigmentation and melasma
- Psoriasis
- Moles
- Rosacea
- Scars
- Skin cancer
- Skin infections
- Urticaria (hives)
- Verruca
- Vitiligo

## CONSULTATION

A thorough consultation prior to treatment is a vital first step for all of our dermatology patients. We will discuss your wishes, assess your complexion and compile a strategic treatment plan to target your concerns and achieve your very best skin. Follow-up consultations monitor your progress to ensure that your treatment protocol is always optimised and/or modified as necessary.

INITIAL CONSULTATION £250;  
FOLLOW-UP CONSULTATION £200

## BLOOD TESTING

Internal imbalances may underpin a variety of dermatological conditions; therefore we offer convenient and comprehensive blood testing on-site at Skinesis Medical. Blood tests may be ordered by one of our medical team as part of your consultation and results are typically available within 48 hours.

FROM £200

## CRYOTHERAPY

Cryotherapy involves the application of liquid nitrogen to remove skin lesions such as verruca and benign keratoses. Treated areas scab and then peel, revealing smoother skin underneath. Patients typically return for a review 3-6 weeks post-treatment to ensure complete lesion removal. Intense sun exposure should be avoided 3 weeks prior to and following cryotherapy.

FROM £100

## MOLE MAPPING

Mole mapping begins with a consultation and thorough skin examination. We then utilise state-of-the-art FotoFinder Bodystudio ATBM technology to take digital total-body photographs and digitally magnified dermoscopic images of any moles that require more rigorous evaluation. This comprehensive 'mole map' is then used alongside subsequent skin examinations to track any potentially problematic changes in your moles and guide further treatment.

£350



## PATCH ALLERGY TEST

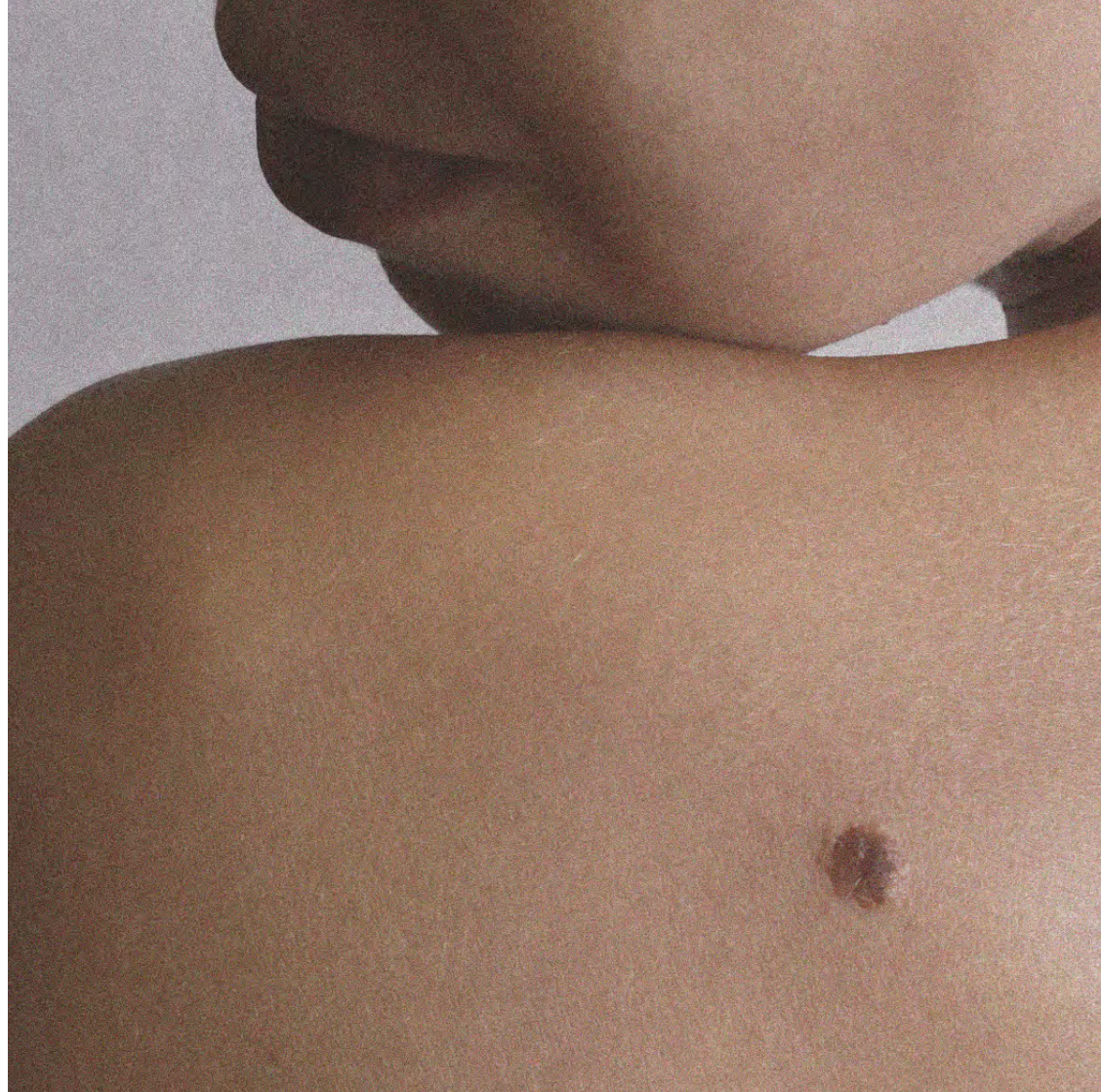
Skinesis Medical offers TRUE® TEST patch allergy testing for patients suffering with dermatitis for which an allergic cause is suspected. Patch allergy testing is conducted over 3 visits; patches are applied at your 1st visit and assessment takes place over 2 follow-up appointments. Once testing is complete, detailed information regarding potential allergens is provided alongside a customised database of products suitable for your skin.

£375

## SKIN BIOPSIES AND EXCISIONS

Skinesis Medical offers skilled biopsy and removal of suspicious moles and skin cancers as well as unwanted lumps and bumps such as skin tags and cysts. These procedures are performed under local anaesthetic and may require sutures. Detailed aftercare, results analysis and follow-up are provided.

SKIN BIOPSIES £400 PLUS HISTOLOGY FEE  
(£185 up to 3 specimens and £50 per additional specimen);  
SKIN EXCISION £700 PLUS HISTOLOGY FEE  
(£185 up to 3 specimens and £50 per additional specimen)



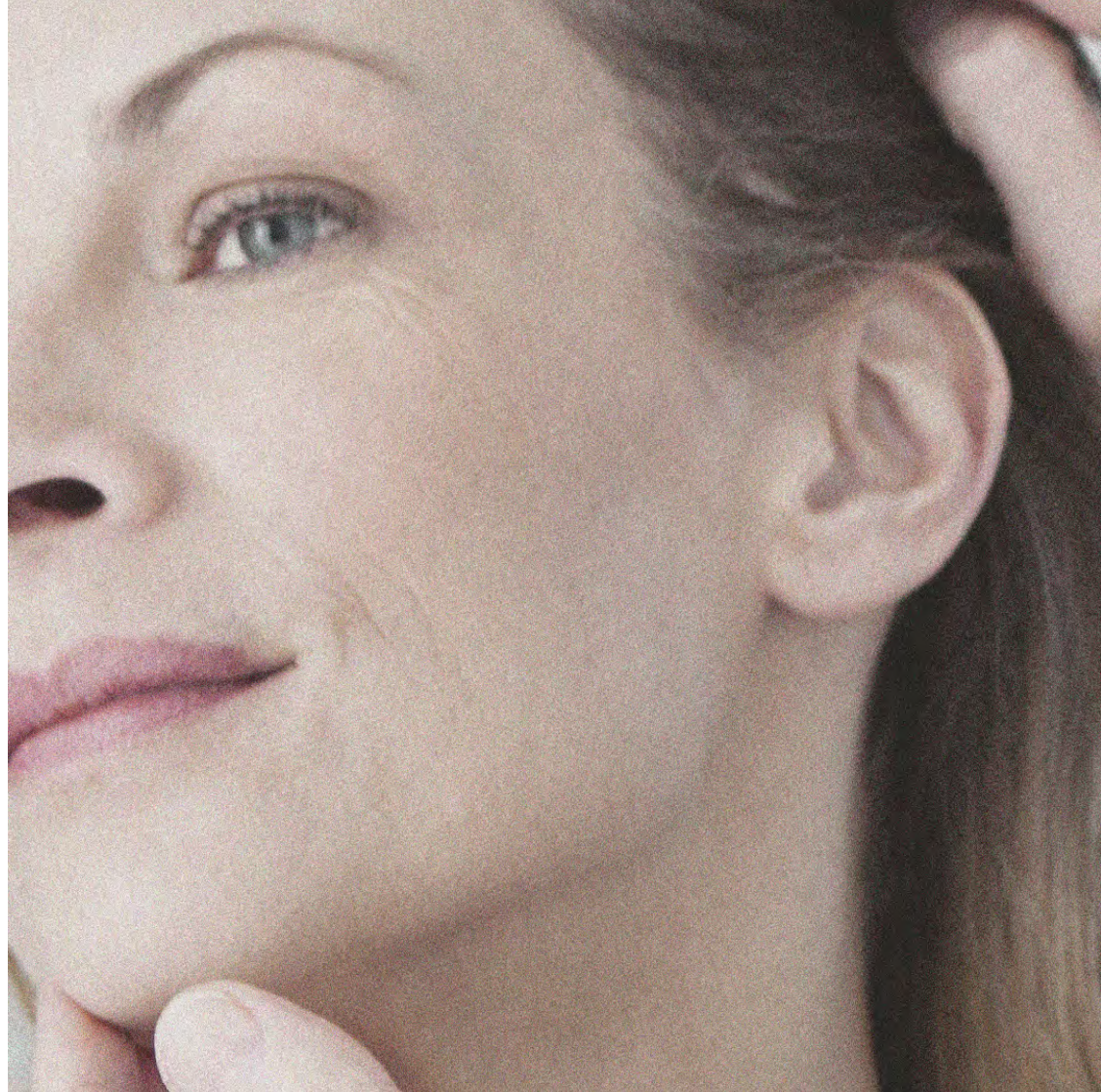
# Aesthetics

We believe that the best aesthetic treatments should enhance your appearance in a subtle and harmonious manner. Our specialism in injectables, microneedling, and skin-refining lasers and peels works to deliver a glowing and naturally rejuvenated effect. “It’s about feeling good and looking your best, rather than attempting to dramatically turn back the clock or fundamentally alter your appearance,” says Dr Granite of our honest, non-pressured and reassuringly realistic approach to aesthetic treatments.

## CONSULTATION

We understand that providing unparalleled results starts with a thorough consultation, the first step for all of our aesthetic patients. Most vitally, a consultation is your opportunity to voice what you wish to achieve. It is also our chance to assess your face and provide a balanced, professional opinion of treatment options and expectations. Together we compile a treatment plan that matches your needs, understanding that each client is unique and every client journey evolves.

PLEASE NOTE, INITIAL AESTHETIC CONSULTATION WITH DR GRANITE IS CHARGEABLE AT £250



# Injectables

We employ finely tuned techniques to administer neurotoxin and hyaluronic acid filler for facial rejuvenation. A vital point of difference to the injectable treatments at Skinesis Medical is our nuanced approach. We carefully examine your face at rest, in motion and across varied angles to determine optimal product placement. We believe that the best injectable treatments should bring a refreshed harmony to the face.

## NEUROTOXIN

Our precise and refined placement and detailed dosing of neurotoxin enhances the unique symmetry and mobility of your face. No two expression lines are the same, so every neurotoxin treatment should be specifically tailored to the individual. Neurotoxin is typically used to soften dynamic wrinkles and lift the face.

Results are seen within 2 weeks and complimentary review appointments are offered to all neurotoxin patients 2 weeks post-treatment.

PAIN SCALE: MILD

SOCIAL DOWNTIME: 24-48 HOURS, POTENTIAL FOR BRUISING

RESULTS LAST: 3-6 MONTHS

1 AREA £295; 2 AREAS £395; 3 AREAS £485

NECK FROM £395

MASSETER FROM £395

## HYALURONIC ACID FILLERS

Our meticulous placement of hyaluronic acid fillers effectively and naturally restores lost facial volume, one of the most common signs of skin ageing. Hyaluronic acid fillers help to support the skin's structure to gently improve laxity, refine contours and enhance facial features. This may involve dermal filler to fine-tune the lips, soften tear troughs under the eyes, or to subtly augment the cheeks and tighten the jawline. "There is no rush; we start with small amounts of product and the treatment evolves as the patient's journey continues," says Dr Granite.

Results may be seen immediately and will settle over 2 weeks. Patients are seen 2 weeks post-treatment for review.

PAIN SCALE: MILD-MODERATE

SOCIAL DOWNTIME: 24-72 HOURS, POTENTIAL FOR BRUISING

RESULTS LAST: 9-18 MONTHS

£700 FOR THE FIRST SYRINGE;

£450 PER ADDITIONAL SYRINGE

# Skin Boosting Treatments

We understand that the more collagen and elastin your skin can retain and regain, the more youthfully firm, glowing and supple it will be. Hence our skin boosting treatments are a curated list of technologies, selected for their proven ability to amplify and maintain collagen and elastin production. These safe and effective techniques harness your skin's natural ability for renewal to achieve a refreshed and revitalised appearance.

## VOLITE/PROFHILO HYALURONIC ACID SKIN BOOSTER

By delivering hyaluronic acid directly into the dermis, these skin boosters work to improve skin quality from within, giving a beautifully natural result without altering facial contours. Skin boosters hydrate from the inside out, resulting in smoother, plumper and more glowing skin. Collagen production is also increased, helping to gently remodel and improve skin laxity. Treatment is customised based on your needs. Typical treated areas include the face, neck, décolletage and hands.

Results are seen within 1-2 weeks.

PAIN SCALE: MILD-MODERATE

SOCIAL DOWNTIME: 24-48 HOURS, POTENTIAL FOR BRUISING

RECOMMENDED COURSE: PROFHILO 2 TREATMENTS, 1 MONTH APART;

VOLITE 1 TREATMENT EVERY 6 MONTHS

RESULTS LAST: UP TO 6 MONTHS

PROFHILO £500 PER SESSION, VOLITE £1,000 (2 SYRINGES)

## PRP: ADVANCED COLLAGEN RESTORING SKIN BOOSTER

Our Platelet Rich Plasma (PRP) treatment, trademarked as Dracula Therapy, is an effective and natural skin rejuvenation therapy that utilises the power of your own blood plasma to stimulate growth factors within the skin responsible for healing and collagen and elastin production. PRP is most suitable for plumping and reconditioning the complexion, softening fine lines, naturally restoring the under-eye area, improving skin texture, and treating hair loss. After your blood is drawn, the richly nourishing plasma is separated and gently injected back into your skin, focusing on specific areas of need, which may include the face, neck, hands and scalp.

Results are visible in up to 2 weeks.

PAIN SCALE: MILD-MODERATE

SOCIAL DOWNTIME: UP TO 24 HOURS, POTENTIAL FOR BRUISING

RECOMMENDED COURSE: 3 TREATMENTS, 1-3 MONTHS APART

RESULTS LAST: UP TO 12-18 MONTHS

£700

## BRIGHTENING MESOTHERAPY

A customisable skin brightening and restoring treatment, AQUAGOLD® Fine Touch offers particularly impressive results in treating pigmentation, redness and dull skin whilst also refining pores and maximising hydration. Utilising a device tipped with 20 hair-fine gold-tipped needles, AQUAGOLD® painlessly creates micro-channels in the skin, feeding and nourishing the dermis with a bespoke-blended cocktail of ingredients including vitamins, hyaluronic acid, bio-active compounds and neurotoxin. AQUAGOLD® is an excellent adjunct to other treatments, particularly in combination with PRP for heightened skin rejuvenation.

Results are seen within 1 week.

PAIN SCALE: MILD  
SOCIAL DOWNTIME: UP TO 24 HOURS  
RECOMMENDED COURSE: 3 TREATMENTS, 1-3 MONTHS APART  
RESULTS LAST: 3-6 MONTHS

£650

## COLLAGEN REMODELLING MICRONEEDLING

An entirely natural yet supremely effective means to amplify collagen and elastin levels, medical-grade microneedling boosts the skin's tone, clarity, firmness and elasticity. We take a bespoke approach to optimise results, adjusting the depth of treatment according to your skin's individual needs. Microneedling is an excellent option for acne scarring, enlarged pores, fine lines, and early loss of elasticity.

Results are seen within 1 week.

PAIN SCALE: MILD, NUMBING CREAM IS APPLIED PRIOR TO TREATMENT  
SOCIAL DOWNTIME: UP TO 24 HOURS  
RECOMMENDED COURSE: 5 TREATMENTS, 4 WEEKS APART  
RESULTS LAST: UP TO 6-12 MONTHS

FROM £400

*Please note that we also offer EDSTM Dermaroller Collagen Therapy, Mesotherapy and Deep Derm Meso Glow within the Skinesis Clinic's Advanced Treatments Menu.*



# Clarifying Peels

The texture, clarity and brightness of your complexion play a significant role in projecting a healthy and rejuvenated appearance. Our rigorously calibrated medical-grade skin peels provide scrupulous, controlled exfoliation, leaving skin clearer and smoother. Chemical peels work well in combination with a variety of Skinesis Medical treatments to amplify and enhance their effects.

## CHEMICAL PEELS

Glycolic, lactic, mandelic and salicylic acid skin peels may be used for gentle resurfacing without harsh abrasion. The depth of your treatment is customised to your skin concern as well as desired downtime. "I see chemical peels as a one-off treatment for a freshened complexion, or as a course of treatments to address specific skin concerns," says Dr Granite.

Results are seen within 1 week.

PAIN SCALE: MILD

SOCIAL DOWNTIME: UP TO 24 HOURS

RECOMMENDED COURSE: 5 TREATMENTS PERFORMED EVERY  
2-4 WEEKS

RESULTS LAST: 1-3 MONTHS

FROM £175

## DERMAMELAN FOR ADVANCED DEPIGMENTATION

Dermamelan is a deep, efficacious peel specifically formulated for pigmentation. Safe for all skin types, Dermamelan is an excellent option for melasma, one of the most stubborn forms of pigmentation. Radiance, skin texture and tone will also be boosted following this treatment. Before smoother, brighter and more even-toned skin appears, redness and peeling are to be expected.

Results are seen within 2 weeks and will continue to improve over 3 months.

PAIN SCALE: MODERATE

SOCIAL DOWNTIME: UP TO 1-2 WEEKS

RECOMMENDED COURSE: 1 TREATMENT FOLLOWED BY  
MAINTENANCE THERAPY FOR 3-6 MONTHS

RESULTS LAST: UP TO 12-24 MONTHS

£1,200

# Laser Treatments

We take a concise approach to lasers at Skinesis Medical, utilising the most effective and trusted technologies and administering them with a precision honed through years of experience. Our laser treatments target a broad range of skin imperfections, clarifying and smoothing the surface of the skin to result in a refreshed luminosity.

## INTENSE PULSED LIGHT

Intense pulsed light (IPL) utilises multiple wavelengths of light within a customised treatment to visibly reduce the appearance of redness, thread veins, brown spots and dilated pores. IPL photorejuvenation also diminishes fine lines and imparts a healthy, fresh glow. IPL is most commonly used on the face, neck, décolletage and hands and may be combined with a number of other aesthetic treatments. Intense sun exposure should be avoided 1 month prior to and following treatment.

Results are seen within 1 week.

PAIN SCALE: MILD-MODERATE

SOCIAL DOWNTIME: UP TO 24 HOURS

RECOMMENDED COURSE: 3-5 TREATMENTS, 4 WEEKS APART

RESULTS LAST: UP TO 12-24 MONTHS

£450 PER AREA

## IPIXEL

Our Alma iPixel Er:Yag 2940-nm laser is a fractional ablative laser that delivers short bursts of controlled energy to the skin's surface. These micro-injuries allow for accelerated skin turnover and collagen remodelling, helping to refine pores, smooth fine lines and wrinkles and fade scarring. Treatment intensity may be customised to your specific skin concerns and lifestyle, ranging from a light refresh to deep rejuvenation. iPixel is a very versatile technology that is particularly well-suited for mild to moderate wrinkling and may be combined with a range of treatments. Intense sun exposure should be avoided 1 month prior to and following treatment.

Results are seen within 2 weeks.

PAIN SCALE: MILD

SOCIAL DOWNTIME: UP TO 1 WEEK

RECOMMENDED COURSE: 3-5 TREATMENTS, 6 WEEKS APART

RESULTS LAST: UP TO 12-24 MONTHS

FROM £650

## TIXEL

An advanced tightening and retexturing treatment, Tixel utilises thermal-mechanical ablative technology to deliver heat energy to the skin. Tixel's rejuvenating effects are highly customisable, allowing us to strategically tailor each treatment for maximal benefit. Tixel can be used to improve the appearance of sagging skin, fine lines and wrinkles, as well as dilated pores, acne scars and uneven skin tone. It is suitable for the face, neck, décolletage and hands, and can even be applied right up to the lash line, making it an excellent choice for addressing eye concerns.

Results are seen within 2 weeks.

PAIN SCALE: MILD

SOCIAL DOWNTIME: TIXEL GLOW 24-72 HOURS,

TIXEL INTENSE UP TO 1 WEEK

RECOMMENDED COURSE: TIXEL GLOW 3-6 TREATMENTS, 4 WEEKS

APART; TIXEL INTENSE 1-3 TREATMENTS, 6 WEEKS APART

RESULTS LAST: UP TO 12-24 MONTHS

TIXEL GLOW FROM £500, TIXEL INTENSE £1,000 FULL FACE

## FRACTIONAL CO2 LASER

For treatment of moderate-severe photoageing, as well as deeper acne scars, Skinesis Medical offers the Alma Pixel CO2 treatment. This state-of-the-art technology utilises precision-focused fractional resurfacing for profound collagen stimulation, tightening and smoothing, while minimising recovery time and complications. As Dr Granite states, "Fractional CO2 technology is the gold standard for non-surgical rejuvenation." Skin is conditioned with a bespoke product cocktail both pre- and post-treatment. Intense sun exposure should be avoided 1 month prior to and following treatment.

Results are seen within 1-2 weeks and will continue to improve over 3-6 months.

PAIN SCALE: MILD-MODERATE; NUMBING CREAM IS APPLIED

PRIOR TO TREATMENT

SOCIAL DOWNTIME: UP TO 1-2 WEEKS

RECOMMENDED COURSE: 1-3 TREATMENTS, 3-6 MONTHS APART

RESULTS LAST: UP TO 24 MONTHS OR LONGER

£2,500

# Rejuvenating Combination Treatments

Our powerful rejuvenating duos pair specific technologies to deliver even greater benefits, enabling deeper, swifter and more pronounced results.

## AQUAGOLD® + PROFHILO

Designed to address the underlying cause and appearance of dull, crepey skin and enlarged pores, this treatment combines the bespoke skin-brightening and nourishing effects of AQUAGOLD® Fine Touch with the visible increase in hydration and plumpness achieved by Profhilo. This dual approach optimises your complexion in both its superficial and deep dermal layers, resulting in a noticeable brightness and bounce.

Results are visible within 1 week.

PAIN SCALE: MILD-MODERATE

SOCIAL DOWNTIME: 24-48 HOURS, POTENTIAL FOR BRUISING

RECOMMENDED COURSE: 2 SESSIONS, 1 MONTH APART

RESULTS LAST: UP TO 6 MONTHS

£1,050

## PRP + PROFHILO

Maintaining and replacing collagen is vital for retaining a lifted, supple and radiant complexion. This treatment powerfully stimulates collagen synthesis by combining the rejuvenating benefits of PRP alongside Profhilo. The nourishing growth factors derived from your blood plasma, combined with the stabilised hyaluronic acid within Profhilo, work synergistically to create a significant uplift in collagen and boost in hydration. “This treatment plumps the skin from the bottom up,” says Dr Granite. “It both gives an immediate improvement to the complexion, and makes it more robust and healthier in the long-term, making it an excellent option to incorporate as part of all anti-ageing treatment plans.”

Results are visible within 1-2 weeks.

PAIN SCALE: MILD-MODERATE

SOCIAL DOWNTIME: 24-48 HOURS, POTENTIAL FOR BRUISING

RECOMMENDED COURSE: 3 SESSIONS, 1 MONTH APART

RESULTS LAST: UP TO 12 MONTHS

£1,150

## PRP + AQUAGOLD®

This synergistic treatment works to profoundly rejuvenate the skin at both its deep and superficial levels, to reveal a brighter, plumper, firmer complexion. An efficacious clarity-boosting and pore-shrinking cocktail of hyaluronic acid, Botox, tranexamic acid and glutathione is administered via 20 micro-fine gold-tipped needles. "AQUAGOLD® micro-infusion of these potent actives allows for significant improvement in pigmentation, redness and enlarged pores," says Dr Granite. An adjunct of PRP nourishes the skin at its deepest levels, with collagen and elastin-stimulating growth factors drawn from your blood plasma providing the foundation for advanced restoration of the skin's elasticity, density and a visible improvement in lines and wrinkles.

Results are visible within 1-2 weeks.

PAIN SCALE: MILD-MODERATE

SOCIAL DOWNTIME: 24-48 HOURS, POTENTIAL FOR BRUISING

RECOMMENDED COURSE: 3-5 SESSIONS OVER 6 TO 12 MONTHS

RESULTS LAST: UP TO 12 MONTHS

£1,250





# Nutrition

Our belief is that a radiant and healthy complexion can truly be achieved for life when you treat and nourish the skin from both the inside, and the outside. Nutritional therapy is available at the Skinesis Clinic to support and complement our results-driven facials and the most efficacious dermatology and aesthetic treatments. Combined with our award-winning Skinesis product range, nutrition completes this total approach to skincare, where all elements can work together in perfect synergy to give you an unparalleled outcome.

We know that a healthy lifestyle translates to healthy skin, and our nutritional therapy consultations with Marianne Grechko take both an educational and customised approach.

Prior to your appointment, we will ask you to complete a thorough health and nutrition questionnaire, along with a food diary. This will then be followed by an in-person consultation in which the following areas will be discussed:

Current health concerns

Symptoms

Diagnosis and treatment (prescribed by your doctor)

Medical history

Family history

Lifestyle

Levels of physical activity

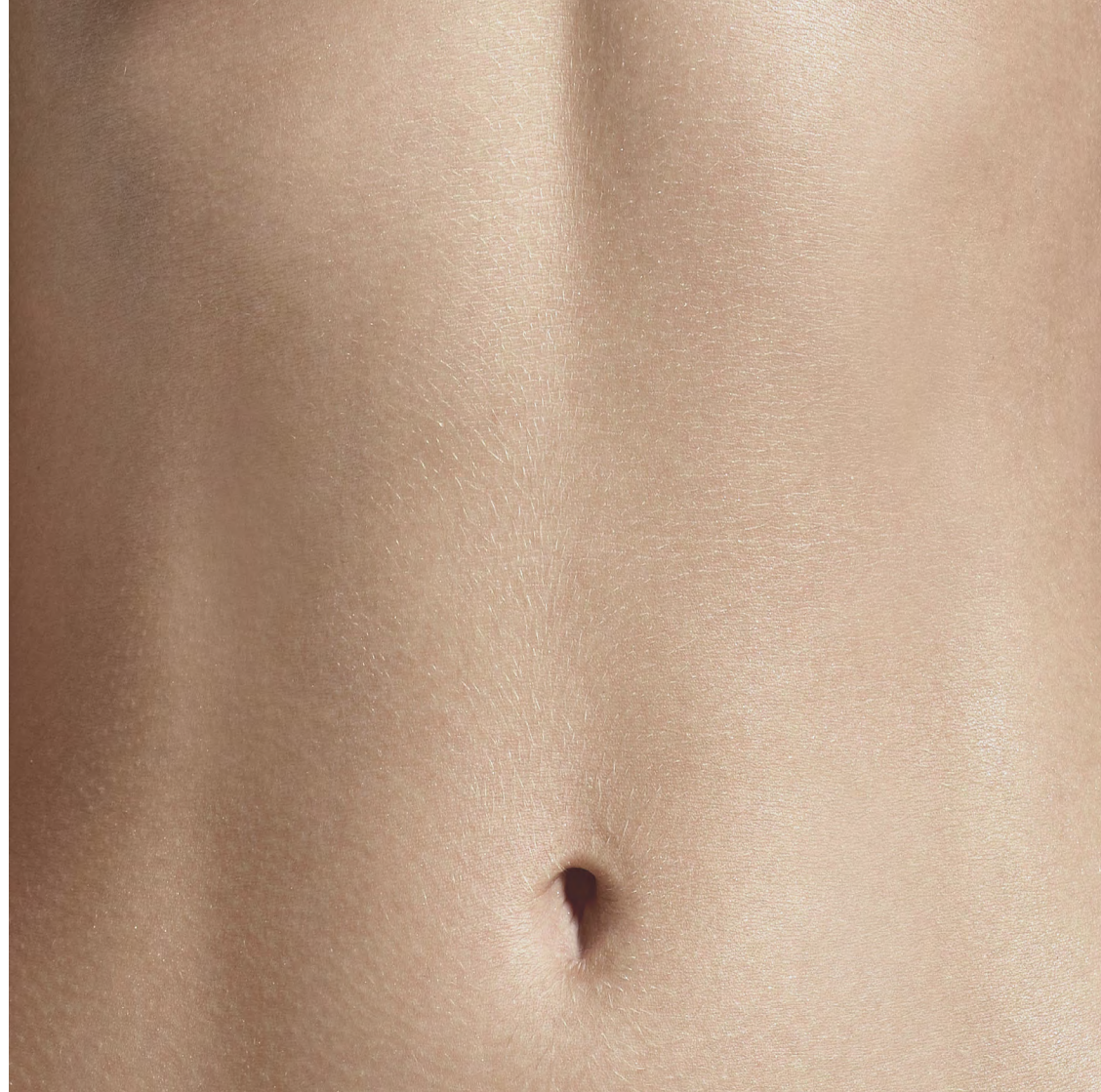
Use of medication and supplements

Diet

## NUTRITIONAL THERAPY CONSULTATION

Each client's case is individually evaluated using extensive evidence-based nutritional science and a naturopathic approach. Following this consultation, you will be given a personalised, safe and effective nutrition, supplement and lifestyle programme. A follow-up consultation will generally take place after four weeks in order to monitor progress and make any necessary adjustments. The length of this session will depend on the complexity of your concerns and your goals. Further follow-ups may be required depending on each individual situation, and where needed, referrals for functional testing will be given.

INITIAL CONSULTATION (60 MINUTES) £285;  
FOLLOW-UP CONSULTATION (45 MINUTES) £225;  
FOLLOW-UP CONSULTATION (30 MINUTES) £165



# *Terms &* CONDITIONS



Please note, initial aesthetic consultations with Dr Granite are chargeable at £250.

We operate a 48-hour cancellation policy. Missed appointments or late cancellations are charged at £200.

For existing dermatology patients who would like aesthetic treatments, no additional aesthetic consultation fee is charged.

Referrals to Dr Granite for specific treatments from Skinesis Clinic therapists will not require a consultation.

The health and nutrition questionnaire must be returned to Marianne Grechko at least 24 hours prior to the initial consultation.