

A close-up photograph of two women. The woman on the right is smiling broadly, showing her teeth, and looking towards the camera. The woman on the left is leaning in and whispering into her ear, with her hand near her mouth. The background is softly blurred.

ENHANCE THE  
LOOK AND FEEL  
OF YOUR SKIN

The Bupa logo, consisting of the word "Bupa" in a white, sans-serif font, followed by a white heartbeat line graphic.

Bupa

### **Bupa Cosmetic Treatments**

Let our Bupa experts help bring out the best in you with an extensive range of non-surgical cosmetic treatments

[www.bupa.co.uk/cosmetics](http://www.bupa.co.uk/cosmetics)

# COSMETIC TREATMENTS FROM BUPA



Would you like younger and smoother looking skin that's positively glowing with health, or a confident, winning smile? Non-surgical cosmetic treatments are growing in popularity because, naturally, everyone wants to bring out the best in themselves. And why not? It can have such a positive impact on the way you look and feel.

By aiming to bring out your natural beauty, cosmetic treatments can help enhance your appearance – and boost your self-confidence. For those with dermatological conditions such as excess hair, acne or rosacea, cosmetic treatments can also prove effective.

All our treatments are provided by cosmetic treatment experts in the relaxed, friendly surroundings of our Bupa Centres – giving you the reassurance of knowing Bupa's clinical expertise is behind you. No membership is necessary – Bupa Cosmetic Treatments are available to everyone.

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At Bupa, we always aim to give our customers the highest quality of care. That also applies to the range of cosmetic treatments we offer.

### LINES AND WRINKLES

**Wrinkle treatments** to soften and reduce lines

**Dermal fillers** to plump out lines and enhance contours and lips

### SKIN REJUVENATION

**Medical microdermabrasion** to deeply exfoliate skin, reducing blemishes and fine lines

**Skin peels** to reveal fresher, smoother skin

**Laser skin rejuvenation** to help improve texture and fullness

**Skin tightening** to help tighten skin and improve elasticity

**Acne and rosacea reduction** to calm and improve clarity of skin

**Thread vein removal** to reduce the appearance of unsightly veins

### LASER HAIR REMOVAL

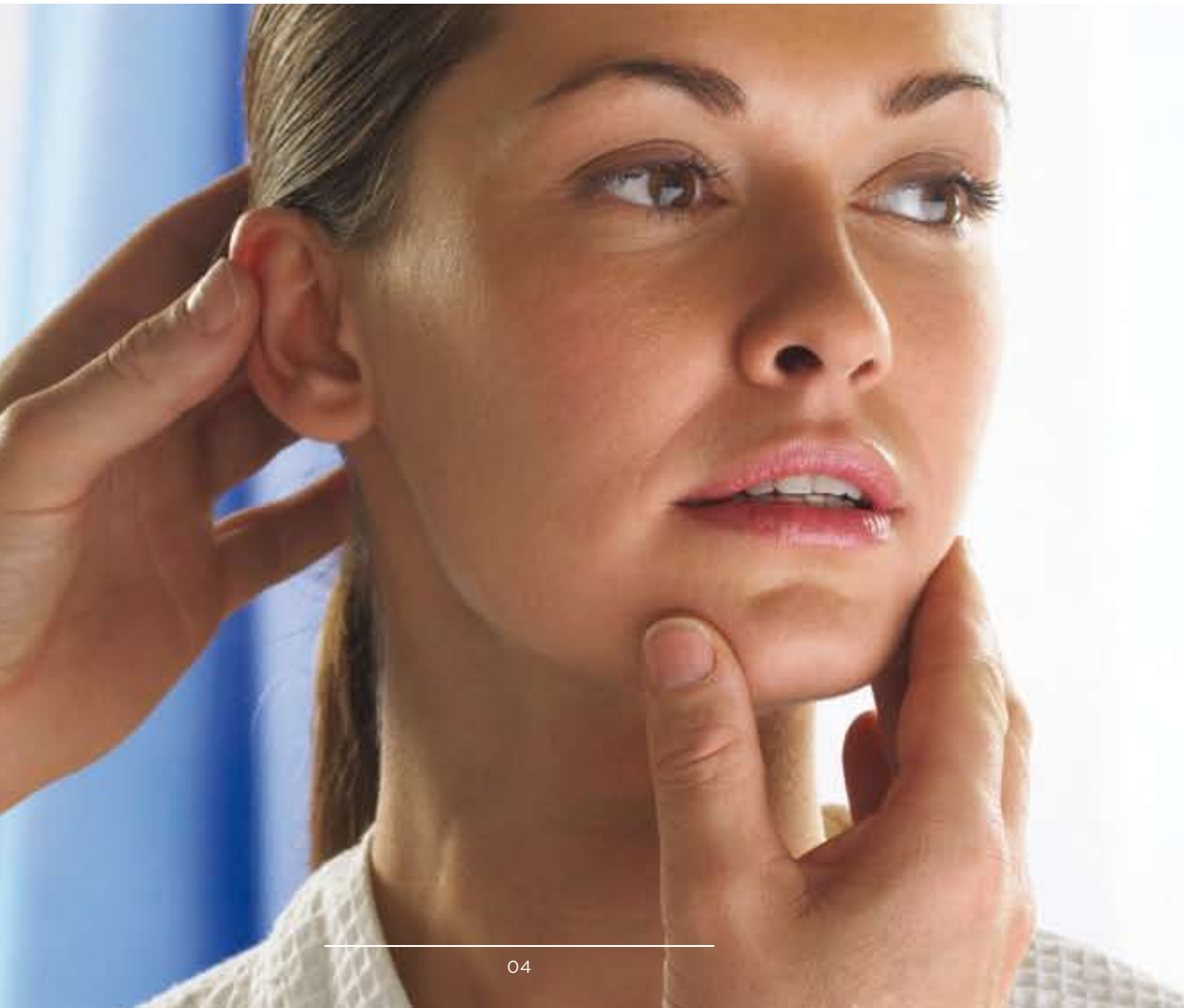
For a quick, safe, long lasting way to remove unwanted hair, suitable for all skin types

### COSMETIC DENTISTRY

For a confident, winning smile

# YOUR CONSULTATION

The first stage of any cosmetic treatment is your consultation. Depending on your desired outcomes and the treatments you have in mind, your appointment will be with one of our cosmetic doctors, dentists, nurses, therapists or plastic surgeons.



At Bupa, we understand that choosing a cosmetic treatment is an important decision. Our consultations are designed to give you the time to talk through your requirements and any concerns with our cosmetic treatment experts, in a relaxed, comfortable setting.

Each consultation begins with a full skin assessment. We may use a UV skin scanner to examine the surface of your skin and assess skin damage, or if you are interested in laser treatment, we'll assess your skin's type and perform a small test.

Our cosmetic treatment experts will then outline a recommended course of treatments to achieve your desired outcome. They will discuss their recommendations in detail, the outcomes you can expect and any aftercare that may be required.

At the end of the consultation, you will have all the information you need to begin your first treatment. There is no charge for your first consultation and no obligation to proceed.

For your peace of mind, we endeavour to ensure that the same cosmetic treatment expert is responsible for your treatment - from the consultation right through to aftercare. Our cosmetic treatment team are all trained and regularly assessed to ensure they have the expertise to advise and provide the most appropriate treatments for you.



# LINE AND WRINKLE TREATMENTS

Drinking water and maintaining a good skincare routine can help keep lines and wrinkles at bay. However, modern lifestyles, stress, smoking, sun exposure and lack of sleep can all lead to wrinkles appearing sooner than we'd prefer.

The non-surgical treatments available from Bupa can help you look fresher, less stressed and ultimately younger by helping to combat these first signs of ageing.

## **Areas which can be treated:**

- frown lines between eyes
- forehead lines
- 'crow's feet' - lines around the eyes
- lines around the mouth

We offer a range of treatments for lines and wrinkles including injections, such as dermal fillers. These can be combined with other procedures, such as skin rejuvenation, to enhance the overall result and help to create a fresher, younger looking you.

You'll find out more about the benefits of each treatment on the following pages.

# WRINKLE TREATMENTS

These treatments are often used to reduce frown lines, forehead lines and 'crow's feet' that form around your eyes.

## How the treatments work

Wrinkle treatments target specific facial muscles. This helps to stop the formation of lines and wrinkles, resulting in a smoother, more youthful appearance.

The whole process usually takes less than 30 minutes, allowing you to get back to your normal routine straight away. The benefits of each wrinkle treatment can last for up to four months, so it's perfect for those special occasions, such as birthdays or weddings.

Before your first course of treatment your cosmetic treatment expert will discuss the results you can expect to see and when you would need to repeat the treatment.

# DERMAL FILLERS

This procedure can be used to create fuller lips or fill out lines around the mouth, nose and cheeks to create a subtle, smoother appearance.

## How the treatments work

A skin-friendly gel is injected into deep wrinkles to lift and smooth out the skin. Whereas wrinkle treatments affect the muscles that cause lines, dermal fillers work by filling the wrinkles or creases to add volume to the skin.

The treatment time can take around 30 minutes, though a larger area may take longer. The treatment may cause mild bruising or swelling that can last up to 24 hours, however you can wear make up straight away. Treatments can be repeated every eight to nine months, as required.

Your cosmetic treatment expert will assess your skin and advise on the best course to achieve and maintain your desired appearance.





# SKIN REJUVENATION TREATMENTS

Taking care of your skin is both an investment in yourself and an effective way to help reduce the impacts of ageing, sun damage, neglect or hormone-affected skin.

## **Healthier, younger looking skin**

Skin rejuvenation treatments could help to improve your skin's elasticity, remove unsightly skin pigmentation and acne quickly and easily, without surgery.

Bupa offers a number of skin rejuvenation treatments. Our cosmetic treatment experts will help you choose which treatments best meet your needs:

- medical microdermabrasion
- skin peels
- laser skin rejuvenation
- skin tightening
- acne and rosacea reduction
- thread vein removal

Our services and equipment have been selected to ensure you receive high quality treatment. During your consultation we will advise you on the treatments that are most appropriate for you.

You'll find out more about the benefits of each treatment on the following pages.

# MEDICAL MICRODERMABRASION

This modern procedure helps to treat fine lines, wrinkles, blocked pores, scarred tissue, sun damage and blemishes<sup>1</sup>.

## How the treatments work

Medical microdermabrasion involves spraying a micro-fine mist of crystals to exfoliate and resurface your skin, helping it look and feel smoother. It is ideal for all skin types, resulting in healthier, fresher looking skin with improved elasticity and texture<sup>1</sup>. Facial treatments usually take 20 to 30 minutes and you can apply make up straight away.

A healthy glow is often visible after the first session, with longer lasting effects achieved after a course of four to six sessions. Top-up treatments are then recommended every one to two months.

1. Maxillofacial Surgery, Booth, Shendel, Hausaman 2nd Edition

# SKIN PEELS

Hectic daily life and the environment can cause an excessive build up of dead skin cells that give your complexion a dull appearance. Skin peels will not only give your skin a healthy glow, they can successfully treat superficial discolouration, blemishes, blocked pores, acne scars, blackheads and fine lines. Removing the outer layer reveals fresher, smoother skin underneath.

## How the treatments work

By shedding the outer skin, a new and firmer layer is formed, which is both healthier and less mottled. The treatment will take around half an hour and you can return to your commitments straight away without any redness or flaking. However, we recommend you use the recovery cream as required after your treatment and wear sunblock when outdoors.

Although you will see improvements after your first treatment, your cosmetic treatment expert will discuss a recommended initial course and when top-ups should take place.

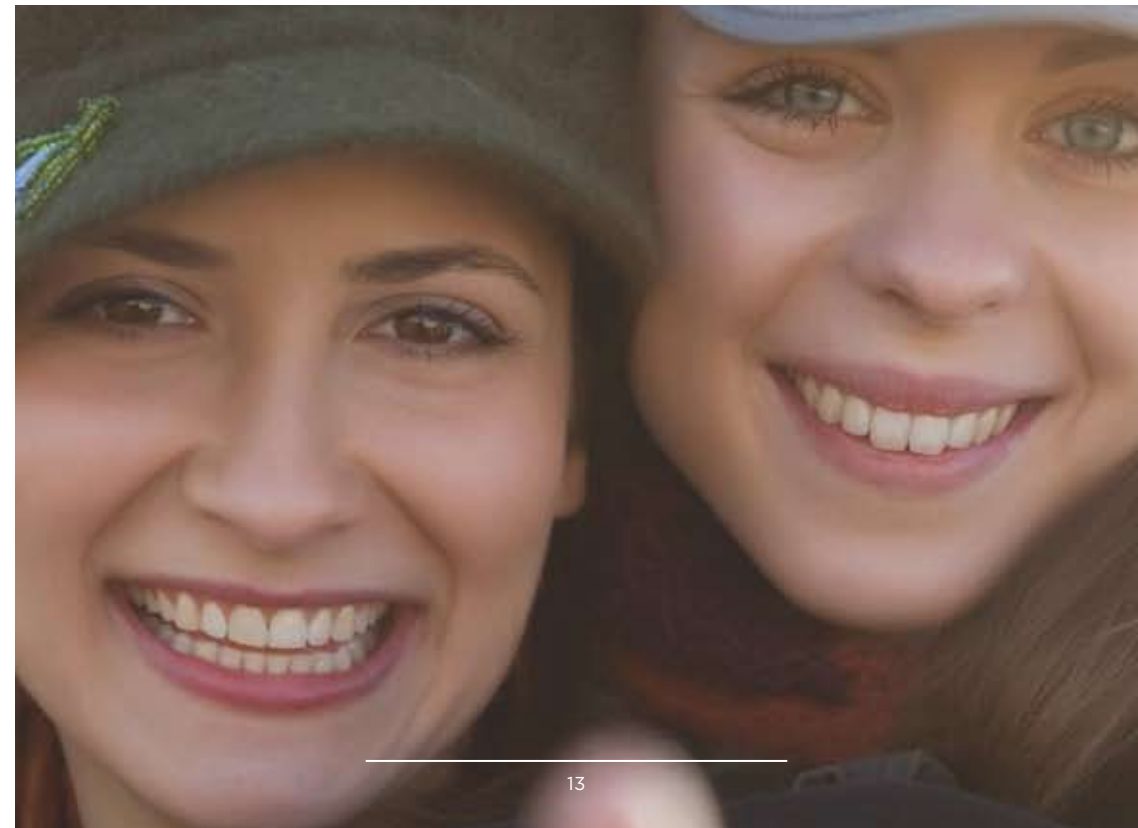
# LASER SKIN REJUVENATION

This rejuvenation treatment is designed to produce younger and healthier looking skin - ideal for reducing the visible signs of ageing, exposure to the sun, blemishes, blotching and acne.

## How the treatments work

Light energy from the laser helps to gradually plump up your skin to fill out shallow or superficial scars or fine lines leaving it with a healthier and more youthful look. Treatment takes around 5 to 10 minutes.

The skin may appear red or slightly swollen immediately after treatment, but this should disappear within 24 hours.



# SKIN TIGHTENING

Skin tightening is a laser treatment which improves skin texture and tone on the face and body. A course of treatments is required to obtain optimal results.

## How the treatments work

The laser heats an area of the inner layer of the skin (dermis). As the dermis is heated, a natural reaction occurs that encourages the creation of new collagen. This new collagen improves the texture, elasticity and tone of the skin.

# ACNE AND ROSACEA REDUCTION

Laser treatment has become a popular way to clear up acne, offering long lasting results.

## How the treatments work

Light from the laser helps destroy the bacteria that can cause acne.

# THREAD VEIN REMOVAL

Although harmless, thread veins tend to occur as the skin ages and becomes thinner. They usually affect the face, body and legs but can be removed.

## How the treatments work

Laser treatments can remove thread veins quickly and effectively, usually with little or no scarring. Two or three sessions are often all that is required to leave your skin looking smooth and blemish-free.





# LASER HAIR REMOVAL

Most hair removal techniques are temporary and require time consuming treatments, even on a daily basis. However, laser treatment is a long lasting solution for the removal of excess or unwanted hair.

## **How the treatments work**

Laser hair removal is an effective and proven method of long lasting hair removal. Advances in technology mean that treatment can now be offered for most skin types.

Treatment can take anything from a few minutes up to an hour depending on the area. As hairs enter the growth phase at different stages, removal of all hair can take from six to eight sessions.

The most commonly treated areas for women include upper lips, under arms, bikini and full legs and for men, backs, chests and abdomen.

Our cosmetic treatment experts are highly trained in the use of laser equipment. The number and frequency of treatments will be discussed at your first consultation following a review of your medical history, an assessment of your skin/hair type and the results of a test patch.

# COSMETIC DENTISTRY

Your smile can be one of the first things people notice about you and having an engaging, confident smile can really make an impact. If you'd like to improve your smile, we have a number of procedures and treatments that can help you achieve this. Cosmetic dental work will be carried out at a Bupa Centre by an experienced dentist, skilled in a range of specialist cosmetic dentistry techniques.

## **Following your initial consultation we offer:**

- advice on your options to improve your smile
- a choice of cosmetic dentistry procedures including veneers, implants, crowns, bridges, teeth straightening and whitening
- the most appropriate treatment options and techniques at fixed prices
- a relaxing experience within our outstanding treatment facilities
- evening and weekend appointments, to fit around your commitments



## BUPA COSMETIC TREATMENTS

Whether it's a glowing complexion or a brighter smile, Bupa offers all the latest cosmetic treatments to help you look and feel younger and happier.



NO MEMBERSHIP NECESSARY

TO ARRANGE YOUR FREE, NO OBLIGATION  
CONSULTATION CALL

**0845 600 6034\***

Or visit [www.bupa.co.uk/cosmetics](http://www.bupa.co.uk/cosmetics)  
to find out more

\*Calls may be monitored and recorded. Lines are open Monday to Friday 8am-6pm. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more.

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