

FIONA GODDARD

Advanced Skincare Clinic



Treatment Guide

Stockists of

dermalogica[®]

STEREX



Dermalux[®]



CRYSTAL CLEAR
SKINCARE

every face
tells a
story

Gift Vouchers Are Available

INTRODUCTION

WELCOME

Established from 2002, Fiona opened her first Skincare health and beauty salon 'Tranquility' in Whiston village Rotherham, where she still works part time with her experienced team of skin therapists.

In 2015 Fiona opened her second skincare clinic at St Catherine's House Doncaster, specialising in more advanced skincare treatments.

Fiona and her team are proud to offer high quality treatments by using the latest technology to address most skin problems and concerns.

As a Dermalogica® skin expert, Fiona has completed ongoing postgraduate education at the International Dermal Institute, training with the worlds leading Skincare brand Dermalogica®.

To achieve the expert status, Fiona has completed a succession of specialist product, treatment and business workshops. The workshops are available only to the most skilled and knowledgeable therapists.

This has enabled Dermalogica® to award and recognise Fiona as being one of the best in the industry.

Qualified and trained in Advanced Cosmetic procedures using Electrolysis, Fiona can treat a range of vascular and fibrous skin blemishes including moles, thread veins, skin tags, warts and verrucas.

All treatments are carried out in a friendly and relaxing professional environment.

Thank you for choosing

FIONA GODDARD
Advanced Skincare Clinic

DERMALOGICA® FACE MAPPING

At Fiona Goddard Advanced Skincare Clinic the team of skin therapists are highly trained at the International Dermal institute. All treatments are customised to each individual client using the world wide brand Dermalogica®.

Face Mapping

Dermalogica's unique skin analysis provides insight into your skin's past and present, and allows the subsequent prescription of a targeted home care regime for a healthy skin future.

Developed by Dermalogica®, Face Mapping® takes no more than five to ten minutes and eliminates the guesswork when searching for products for results on your skin. Rather than analysing the skin in general terms a Dermalogica Professional Skin Therapist uses Face Mapping to divide the facial landscape into 14 zones. Each zone is thoroughly examined inch by inch through touch and sight, and findings are logged on a prescription sheet.

This prescription sheet serves as a customised visual guide for you, outlining on an actual facial landscape illustrating where conditions including congestion, breakouts, dehydration or pigmentation are present. Face Mapping maintains an accurate record of your skin, which provides you and your Dermalogica Skin Therapist an objective view into the results of any professional product recommendation.

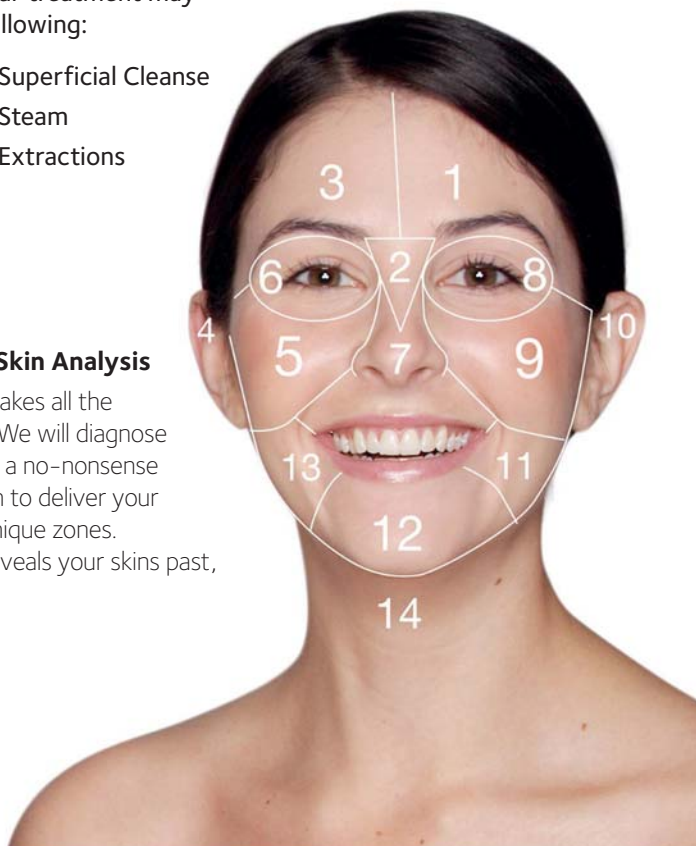
Based on your consultation, your treatment may include a combination of the following:

- Face Mapping
- Superficial Cleanse
- Deep Cleanse
- Steam
- Exfoliation
- Extractions
- Facial Masques
- Treatment Masques
- Tone & Moisturise

Dermalogica Face Mapping® Skin Analysis

Our Face Mapping® skin analysis takes all the guesswork out of getting results. We will diagnose your skin's concerns and prescribe a no-nonsense home care and treatment regimen to deliver your optimum skin health in your 14 unique zones.

A professional consultation that reveals your skin's past, present... and healthiest future.



DERMALOGICA® SKIN TREATMENTS

Express Facial 30 mins

An introduction to Dermalogica®. Revitalise the skin with a cleanse, exfoliation, tone masque and moisture.

Treatment price - £27.00

Prescriptive Facial 60 mins

Deep cleanse, customised exfoliation, steam to open blocked pores and extractions. A face, neck and shoulder massage, treatment masque, tone and moisture to help hydrate and protect the skin.

Treatment price - £45.00

AGESmart Facial 60 mins

Give your skin a revitalising power boost with this treatment designed to nourish, regenerate and energise your skin! Potent vitamin and hydroxy acid exfoliation resurfaces and retextures the skin. While energising massage techniques release tension in the facial muscles for the ultimate in skin therapy for prematurely ageing, mature or devitalised skin. Firmer, smoother, revived skin you'll love is yours with this amazing treatment.

Treatment price - £45.00

Powerbright TRx Facial 60 mins

Enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants smooth skin and slough off dulling surface cells. Botanical extracts help treat pigmentation and age spots. Intense moisture helps smooth fine lines and improve the barrier protection.

Treatment price - £45.00

MediBac Clearing Facial 60 mins

A powerful clearing treatment that jump starts acne clearing and helps prevent acne. A thorough deep cleanse followed by a powerful exfoliation helps remove pore clogging skin cells that will clear breakouts without spreading acne-causing bacteria. A soothing masque helps detoxify and calm irritated skin. Oil free moisturiser completes this facial by controlling excess surface oil, whilst keeping the skin protected.

Treatment price - £45.00

UltraCalming™ Facial 60 mins

The Dermalogica UltraCalming™ products are serious relief for sensitised skin that calms, soothes and replenishes the most aggravated, irritated or inflamed skin.

Treatment price - £45.00

dermalogica® BioSurface™ Peel

No scarring. No downtime.

Experience the power of **BioSurface™ Peel**, the brand new skin resurfacing system from Dermalogica® and The International Dermal Institute. It helps reduce acne, pigmentation and signs of premature ageing to reveal smoother, brighter and softer skin.

- **How does it work?** BioSurface™ Peel is designed to work with the skin's chemistry, not against it. When performed by a specialist skin care professional, it safely removes dull outer layers of skin and helps to regenerate the skin underneath for a smooth, radiant complexion - without the usual chemical peel side effects of inflammation and peeling, there is no need for downtime.
- **What to expect:** Your skin condition, concern and dedication to post-treatment care will impact the frequency and results of treatments. A course of three to six treatments are recommended depending on skin condition and concerns, multiple treatments may need to be performed to achieve desired results.
- **Pre treatment:** Before BioSurface™ Peel, your skin must be prepared for a powerful level four exfoliation therefore a pre -treatment regimen will be prescribed. It is recommended to have a minimum of three Dermalogica® Express Facials with a level one exfoliation, building up to a level four Peel stage.
- **Post treatment:** After BioSurface™ Peel, you may feel flushed and have some redness - this is normal as the skin goes through the renewal process, potential peeling or flaking may also occur within one week. These effects can subside quickly using the BioSurface™ Peel 72 hour Aftercare Kit which is free when you pay for your BioSurface™ Peel. It is also essential to use Dermalogica® products at home to gain the best out of your skin and treatments, prolonging results.

Pre-Peel 30 mins £20.00

BioSurface Peel 60 mins
£65.00 per peel

3-6 treatments
recommended for
optimum results





Dermalogica® IonActive Power Treatment (60 mins)

An action-packed treatment, from the Dermalogica® Professional Expert Treatment Menu, with rapid, visible results. The IonActive Power Treatment combines thermal activity and is super charged with advanced treatment room technology to optimise product penetration. The results? ... cutting edge skin treatment ingredients with dramatically, improved skin results in a reduced treatment time.

This treatment combines highly active microencapsulated ingredients, advanced & traditional electrical equipment such as galvanic iontophoresis, micro current, ultrasound and ultrasonic as well as Japanese massage techniques to result in biological changes to the skin and therefore providing optimal results.

Advanced actives available in the IonActive System:

- Retinol to firm and reduce visible signs of skin aging.
- Niacinamide - controls and prevent adult acne breakouts.
- Hyaluronic Acid - relieves dry & dehydrated and/or sensitised skin.
- Oligopeptide - brightens hyperpigmentation for a more balanced skin tone.

Visible results after one treatment however a treatment plan course is recommended for ultimate results.

Treatment price - £65.00 to include a 30 minute Dermalux skin treatment.



CACI NON-SURGICAL FACE & BODY TREATMENTS

CACI Non-Surgical face and body treatments deliver visible and corrective results without the need for surgery or invasive procedures.

A course of 10 - 15 are recommended on all CACI treatments followed by a monthly maintenance treatment for ultimate results



CACI Signature Non-Surgical Facial Toning 1 hour

CACI's signature Non-Surgical Facial Toning is an advanced non-invasive facial, with twenty years medical research behind it. Microcurrent impulses will lift and tone the facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance and glow.

Treatment price - £53.00
course of 10 £530.00



Microcurrent Benefits

- Lifts and tones facial muscles
- Reduces appearance of lines and wrinkles
- Increases blood and lymph circulation
- Enhances the penetration of skincare formulations
- Increases the production of collagen and elastin

Microcurrent stimulation works by a process called muscle re-education to achieve results.

Due to its dramatic lifting and toning effect, the CACI microcurrent treatment has become known as the "Non Surgical Face Lift"

CACI NON-SURGICAL FACE & BODY TREATMENTS



Eye Revive Benefits

- Soothes tired and puffy eyes
- Combats dark circles
- Reduces fine lines and wrinkles
- Lifts hooded eyes

CACI Eye Revive 40 mins

The CACI Eye Revive treatment uses serum filled CACI microcurrent rollers together with deeply nourishing Hydro Eye Mask to lift hooded eye lids, reduces puffiness and dark circles and soften the appearance of fine lines and wrinkles around the eyes.

Treatment price - £32.00

CACI Jowl Lift 30 mins

The CACI Jowl Lift has been developed to specifically target muscle laxity around the jawline which can cause drooping jowls and loose skin. This treatment is specially designed to lift and firm the muscles and refine facial contours to give a firmer, more toned appearance.

Treatment price - £28.00



CACI NON-SURGICAL FACE & BODY TREATMENTS

CACI ULTIMATE TREATMENTS

CACI Ultimate Anti-Ageing Facial 90 mins

The CACI Ultimate facial will leave your skin smoother, lifted, plumped and hydrated. Individual microdermabrasion is used to resurface, non-surgical facelift with Jowl Lift to tone facial contours, use of the wrinkle comb with LED light therapy to target your areas of concern and the Hydratone mask to soften, plump and rehydrate the skin.

Treatment price - *£82.00

*Non-surgical facelift worth £53.00

*Microdermabrasion worth £47.00

*Wrinkle Comb worth £25.00

*Receive a £42.00
discount with the
CACI Ultimate !*

CACI Orbital Microdermabrasion 60 mins

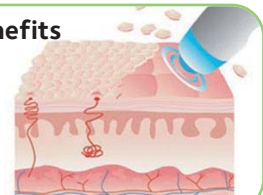
The orbital rotation of the abrasive head performs a progressive and controlled skin exfoliation, removing imperfections and impurities. By removing the superficial layers of skin, the complexion is left clearer, smoother and more youthful looking. Results are visible after one treatment.

Treatment price - £47.00



CACI Orbital Microdermabrasion Benefits

- Exfoliates and deeply cleanses
- Removes imperfections and impurities
- Complexion is left clearer, smoother and more youthful looking
- Results are visible after just one treatment



CACI NON-SURGICAL FACE & BODY TREATMENTS

CACI ULTIMATE TREATMENTS

CACI Hydratone Enhanced Facial 75 mins

The Hydratone treatment is a combination of our non-surgical face lift with the added benefit of a super hydrating mask which is infused with collagen, hyaluronic acid and vitamin C and E. Dehydrated and environmentally damaged skin is quenched, whilst deep wrinkles are plumped out, leaving the skin looking radiant, softer and more youthful.

Treatment price - £68.00

CACI Ultimate Hand Treatment 30 mins

This treatment targets lines and age spots. With the use of microdermabrasion to smooth and exfoliate and the wrinkle comb to soften lines. Your hands will be left hydrated and appear younger.

Treatment price - £30.00



CACI SPECIALIST TREATMENTS

CACI Wrinkle Revolution 20 mins

Target deep lines and wrinkles, such as crows feet or laughter lines with the CACI Wrinkle Comb. This treatment is a non-invasive, needle free alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment.

Treatment price - £25.00



CACI Wrinkle Comb Benefits

- Stimulates collagen production
- Reduces wrinkle depth
- Encourages tissue repair and healing
- Speeds up cell renewal

CACI ADVANCED TREATMENTS

“The Bum Lift”

CACI Electro Cellulite Massager (ECM) 30 mins

The Electro Cellulite Massager treatment gives instant lifting and contouring on the buttocks and toning of the thighs. This treatment will improve the appearance of cellulite and break down fatty deposits. It will also stimulate circulation and lymphatic drainage, which will help to flush toxins away giving a smoother and tighter, dimple free appearance. Great as a pre-holiday body blitz.

Treatment price - £30.00

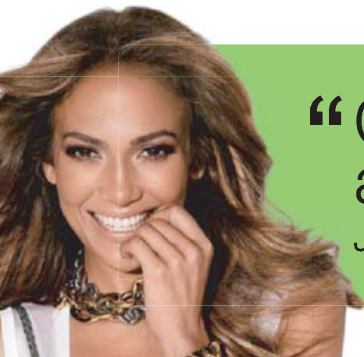
Course of 10 £270.00

*Voted best anti cellulite treatment
by Harper's Bazaar Magazine !*



ECM Benefits

- Reduces the appearance of cellulite
- Improves lymph drainage
- Breaks down fatty deposits
- Firms sagging muscles
- Soothes aching limbs



“CACI is
amazing!”

Jennifer Lopez

Dermalux®



Dermalux® is the brand new multi-award winning generation in Led Phototherapy, delivering clinically proven yet painless light wavelengths in safe therapeutic doses to stimulate skin rejuvenation and resolve problematic skin conditions for the face or body, with no downtime.

After just one treatment, Dermalux® instantly energises skin cells to revitalise a dull and tired complexion. A course of treatment offers long lasting visible results, stimulating the skin's natural rejuvenation and repair processes to accelerate cell renewal, resolve problem skin conditions and promote vibrant healthy looking skin.



Dermalux® LED Phototherapy

Dermalux® delivers skin specific treatments using combinations of clinically proven Blue, Red and Near Infrared wavelengths to boost collagen and elastin production, increase hydration, reduce redness & irritation and blitz blemish causing bacteria.

Utilising the latest generation LED technology, Dermalux® ensures a safe and targeted delivery of light at the optimum intensity for maximum skin enhancing results.

Dermalux® does not use heat or chemicals and does not harm the skin. It has an excellent safety profile and is beneficial for all skin types without downtime.



Dermalux® has been proven to aid these common skin concerns;

- Skin ageing prevention
- Spot prone skin
- Pigmentation
- Red / flushed / Sensitive skin
- Psoriasis / eczema / rosacea

To see long lasting results from the Dermalux® it is highly recommended to have a course of ten treatments followed by one every 4-6 weeks to maintain lasting results.

Individual Treatments - £50.00

Course of 10 Treatments - £400.00



Testimonial

I am so happy with the results from having the Dermalux Light Therapy Treatments.

I have had Psoriasis from 2011 which erupted after a car accident.

I have had 2 courses of treatments on both legs so far and one leg has cleared totally.



I now have 1 to 2 per month for continued improvement and maintenance. It has boosted my confidence to wear skirts again!

Clare, Rotherham



*Taking anti-ageing
to the next level!*

Regain your youth with COMCIT™

Cryo Oxygen Microchannelling Collagen Induction Therapy offers the simultaneous delivery of Cryo Oxygen whilst our unique Microchannelling Roller creates hundreds of microscopic channels in the skin's epidermal/dermal junction, allowing the topical infusion of powerful skin rejuvenation ingredients to be driven into the skin.

Resulting in:

- Instantly smooth, fresh, firmer, plumper and more youthful skin.
- Reduces lines and wrinkles.
- Tighter, more rejuvenated skin.
- Promotion of new Collagen growth.

FACE

The Frozen Facial 60 mins

Freeze Signs of ageing with The Frozen Facial!

The most effective and advanced skin rejuvenation treatment yet, tackling lines, wrinkles and pigmentation. Enjoy a full cleanse and gentle exfoliation, followed by our ground-breaking COMIT™ treatment, using Cryo Oxygen and Micro Rollers to infuse the skin with a potent Infusion, tailored to tackle your skins concerns and stimulate collagen production. Then lie back while your therapist applies a Crystal Clear face mask to suit your skin type, giving you an extra hit of hydration, firming and lifting.

Treatment price - £75.00 Course of 6 Treatments Recommended

The celebrities' favourite Crystal Clear is THE original microdermabrasion brand!

By gently exfoliating the skin with Aluminium Oxide Crystals, Microdermabrasion can be used to solve a wide range of skin conditions on the face and body. Rejuvenating, smoothing lines and wrinkles, brightening dull, dehydrated skin and tackling blackheads and pores. It's also very effective for reducing acne scarring and pigmentation caused by sun damage. You'll see the difference after just one treatment but for even better results, a course of Microdermabrasion treatments is recommended.

Treatment price - £50.00 Course of 10 Treatments Recommended

COMCIT Elite™ 75 mins

The coolest skin rejuvenating treatment yet !

5 cutting edge simultaneous treatments in one pioneering machine!

- **Microdermabrasion**

The original, celebrity favourite and dermatologist approved skin resurfacing treatment using real crystal products to exfoliate and lift tired skin.

- **Cryo-Oxygen**

Cools skin using oxygen chilled to between -4 & -18 degrees to stimulate optimum collagen production conditions.

- **Microchannelling Roller**

A unique process that creates controlled microscopic trauma to open the skin's layers and boost the natural heal and repair process.

- **Active Product Infusion**

Stem cell serum with active ingredients that are delivered quicker and deeper into the layers of the skin where ageing starts.

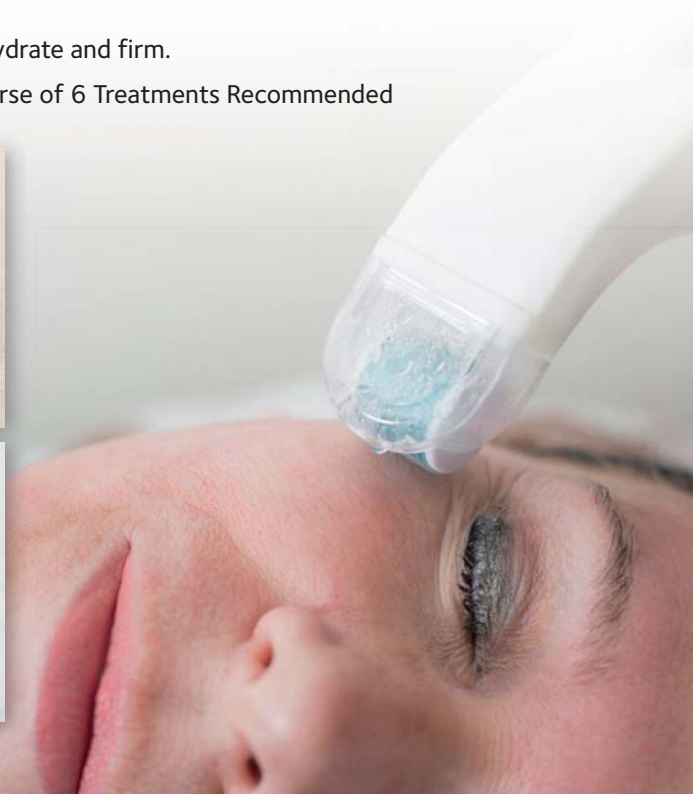
- **Puncture Jet Oxygen**

The Crystal Clear Oxygen system utilises puncture jet technology that allows oxygen and specially selected anti-ageing skin care actives to be driven into the skin.

- **Mask**

Mini lift mask is applied to hydrate and firm.

Treatment price - £95.00 Course of 6 Treatments Recommended



BODY

Additional treatments available with COMCIT Elite™

COMCIT™ Décolletage Rejuvenation

Anti-aging treatments don't need to stop at the face. Skin is cleansed and exfoliated, then our COMCIT™ treatment is performed to the décolletage, tackling sun damage, lax skin and wrinkles.

Additional Treatment price - £10.00

COMCIT™ Hand Rejuvenation

Pigmentation and sun damage are lessened while skin is plumped up and left looking more youthful, after being thoroughly cleansed, exfoliated and treated with COMCIT™.

Additional Treatment price - £10.00

COMCIT™ Thigh Rejuvenation

A full cleanse and exfoliation is followed by a COMCIT™ treatment to front and back of thighs to improve the look of skin and reduce the appearance of any stretch marks and cellulite.

Additional Treatment price - £20.00

COMCIT™ Abdomen Rejuvenation

Helps to visibly reduce stretch marks and scarring after just one treatment. Skin is expertly cleansed and exfoliated, then COMCIT™ technology is used to painlessly break down scar tissue and encourage collagen production.

Additional Treatment price - £20.00

COMCIT™ Arm Rejuvenation

Tone and smooth skin on the upper arm. Enjoy skin being expertly cleansed and exfoliated, then COMCIT™ is used to treat uneven skin tone and any stretch marks.

Additional Treatment price - £20.00



CRYSTAL CLEAR
SKINCARE

CRYSTAL CLEAR
SKINCARE

ADVANCED COSMETIC PROCEDURES

Advanced cosmetic procedures using electrolysis is an effective safe treatment for a wide range of skin disorders and blemishes on the face and body:

Age Spots / Pigmentation Marks
Bloodspots / Campbell de Morgans
Skin Tags or Papillomas
Mole Reduction
Hairs in Moles
Common Warts
Seborrhoeic Keratosis
Molluscum Contagiosum
Sabaceous Naevi
Dermatosis Papulosa
Spider Naevus
Syringoma
Thread Veins
Xanthelasma
Plane Warts
Sebaceous
Verrucas
Nigra
Cysts

Prices to be discussed during your consultation



Thread Veins



Blood Spots



Seborrheic Warts



Milia



Common Warts



Verrucas



Skin Tags



Plane Warts



Age Spots

EYE TREATMENTS

Treatment	Price
Eyebrow shape	£7.00
Eyebrow tint*	£7.50
Eyebrow shape & tint*	£13.00
Eyelash tint*	£10.00
Eyebrow shape, eyebrow tint & eyelash tint*	£20.00

***Skin test required at least 48 hours prior to treatment**

WAXING



PhD is the only waxing system which enables the therapist to eliminate the risk of cross infection. A disposable applicator is used for every client.

Treatment	Price
Half Leg Wax.....	£16.00
Full Leg Wax.....	£25.00
Bikini Wax (standard).....	£11.00
Bikini Wax (extended).....	From £17.50
Underarm Wax.....	£10.00
Forearm Wax.....	£13.00
Full Arm Wax.....	£18.00
Back Wax.....	£21.00
Chest Wax.....	£20.00
Upper Lip Wax.....	£6.50
Chin Wax.....	£6.50
Lip & Chin Wax.....	£12.00
Eyebrow Wax.....	£7.00

**CONTACT
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