

## Happy Heart Health

Beauty • Aesthetics • Healthcare

# Meso-Therapy

*Natural results • Glow without filler*



## What it is

Mesotherapy is a skin-nourishing treatment where a customised blend of hydrating ingredients is delivered into the skin to support radiance, hydration and smoother-looking texture.

No fillers. No drastic changes — just skin nutrition.

## What it can improve

- Dull, tired-looking skin
- Dehydration
- Fine lines (appearance)
- Uneven texture
- Pigmentation / uneven tone (appearance)
- Acne scarring (appearance)
- Under-eye brightness (appearance)
- General “lack of glow”

## Ideal if you want

- Hydrated, plump, healthy-looking skin
- Brightening and radiance support
- A boost before events
- A reset after dull winter skin

## Why it's effective

Mesotherapy supports an “inside out glow” by delivering skin-loving ingredients beyond the surface — closer to where the skin can use them, supporting deeper hydration and better-looking skin function.

## Your blend may include

- Hyaluronic acid
- Vitamins A, B, C & E
- Amino acids
- Peptides
- Minerals
- Skin brightening complexes

## Results timeline

- Instant: hydration + glow (appearance)
- 1–2 weeks: texture improvement (appearance)
- A course of sessions gives the best long lasting results

## What to expect

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- Approx. 20–30 minutes (area dependent)
- Gentle micro treatment to deliver your customised blend
- Slight redness afterwards can happen
- Minimal downtime for most clients
- Best results with a course (usually 4–6 sessions), then maintenance

## Aftercare tips

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- Keep skin clean and hydrated
- Avoid makeup for 24 hours (where possible)
- Avoid heavy sweating/steam/saunas for 24–48 hours
- Use SPF daily and avoid direct sun exposure
- Pause strong acids/retinoids for a few days as advised



## Suitability

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We'll confirm suitability during a consultation. Please tell us about allergies, medications and any active skin concerns before your appointment.

## Not suitable if you're

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- Pregnant or breastfeeding
- Experiencing an active skin infection or irritation
- Allergic/sensitive to ingredients in the blend
- On certain medications (your practitioner will advise)

## Treatment options

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- Full Face
- Face & Neck
- Face, Neck & Chest
- Under eye focus
- Targeted areas (size dependent)
- Hair growth mesotherapy (selected clients)



## Bookings

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## Cancellation policy

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If you need to cancel or move an appointment, please give 24 hours' notice. Late cancellations or missed appointments may result in a charge. If you are more than 15 minutes late, your appointment may be treated as a no show.

Disclaimer: Results vary. This pamphlet is informational and does not replace medical advice. Suitability is confirmed during consultation.

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