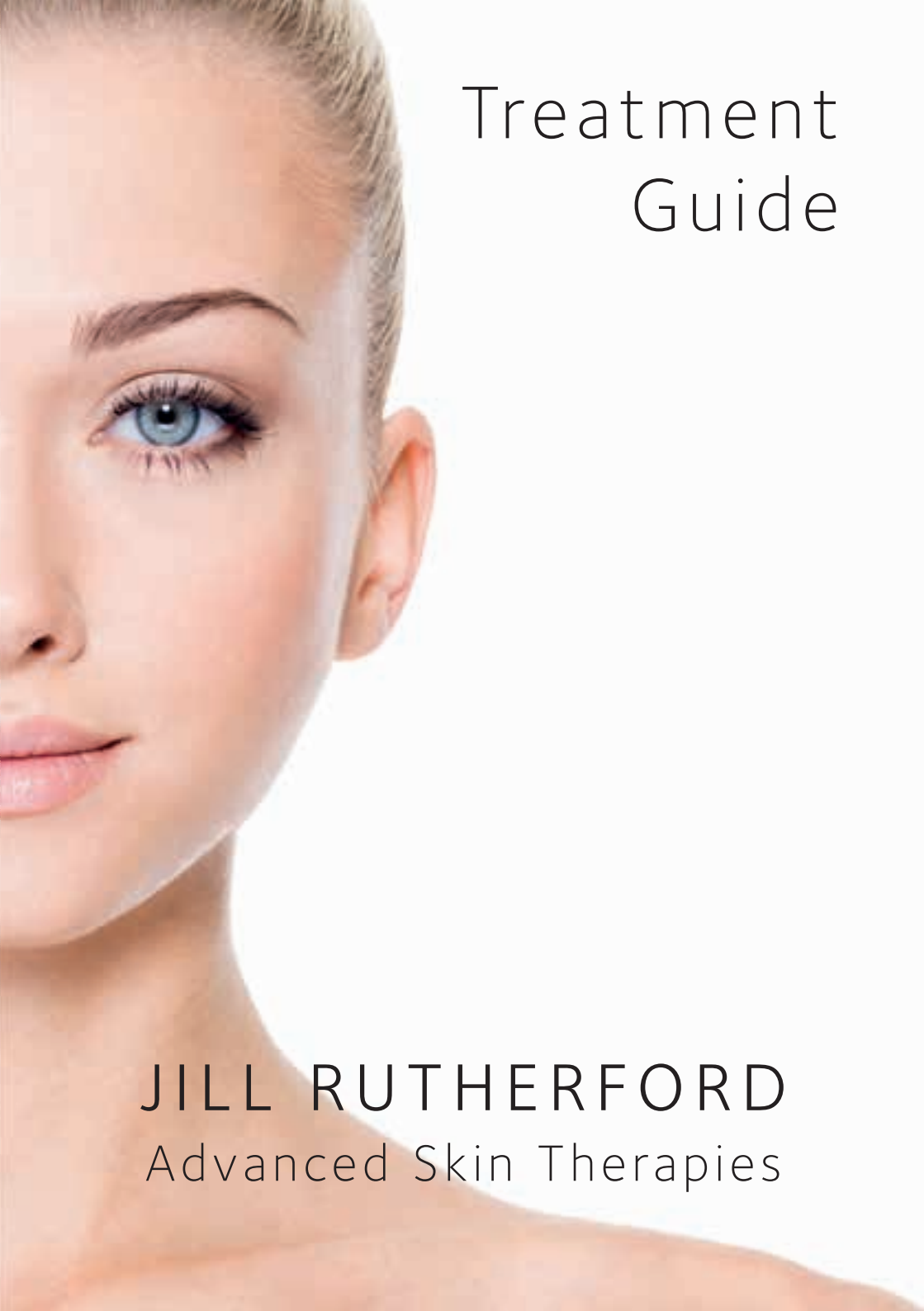


A close-up, high-quality portrait of a woman's face, focusing on her eyes, nose, and mouth. She has light blue eyes, well-defined eyebrows, and a soft smile. Her hair is pulled back, and her skin is clear and radiant. The background is a plain, light color.

Treatment Guide

JILL RUTHERFORD
Advanced Skin Therapies

Stockists of
dermalogica®

O·P·I



LENGTH / VOLUME / LIFT

RevitaLash®



HD BROWS
HIGH DEFINITION BEAUTY



ST. TROPEZ
The Ultimate Tan

Gift Vouchers Are Available

INTRODUCTION



WELCOME

Jill is a Medical Aesthetician and an Electrolysis Specialist, qualified and trained in advanced cosmetic procedures.

Jill can treat a range of up to 30 vascular and fibrous skin blemishes including moles, red veins, skin tags, warts and verrucas along with permanent hair removal.

Jill is a member of the British Institute & Association of Electrolysis as well as a member of **MASCED®** (Melanoma and Skin Cancer Early Detection) a national accreditation programme for health industry professionals.

Established since 2004, Jill prides herself in high quality beauty treatments using the best products and technologies available.

A Dermalogica Skin Expert, Jill is recognised as one of the highest trained skin care professionals in the country who will help give you healthy radiant skin, achieving amazing results.

As a therapist, Jill has completed ongoing postgraduate education at the International Dermal Institute, training with the world's leading professional skincare brand, Dermalogica.

To achieve this expert status Jill has completed a succession of specialist product, treatment and business workshops, and has also been involved in a range of unique workshops, which are offered to only the most skilled and knowledgeable therapists.

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

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

Thank you for choosing

JILL RUTHERFORD
Advanced Skin Therapies

ADVANCED COSMETIC PROCEDURES



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

Advanced Cosmetic Procedures (APC) using electrolysis are becoming increasingly popular. A wide range of skin blemishes can be quickly and easily treated with immediate and effective results offering an eventual blemish free smooth skin. The demand for these procedures have always been high but unfortunately GP's are reluctant to do anything about benign lesions due to lack of time and restricted NHS funding.

The techniques used are not new. As far back as the early 1900's electrolysis has been used for the treatment of skin blemishes. It has obviously progressed and improved beyond recognition with modern technology, and is the least invasive, safe and effective method of treatment for such a wide variety of blemishes. Results are often instantaneous, pleasing and life enhancing.

If you have ever felt embarrassed by what you feel are unsightly blemishes on your face or body then please make an appointment for a private consultation. I will discuss your concerns, explain the process used, the likely effects of treatment and your home care requirements.

Free 15 minute consultation - Treatment price starting from - £50.00

ADVANCED COSMETIC PROCEDURES



Age Spots



Blood Spots



Skin Tags



Mole Reduction



Hairs in Moles



Common Warts



Seborrheic
Keratoses



Dermatosis
Papulosa Nigra



Milia



Spider Naevi



Syringoma



Thread Veins



Verruca



Xanthelasma



Plane Wart



Sebaceous
Hyperplasia

Please refer to website
www.advancedskintherapies.co.uk
for procedure information

HEALTHY GLOWING SKIN FOR LIFE

SKIN ANALYSIS

Your skin is unique, let's treat it that way!

Discover how to achieve your best skin ever with your complimentary skin fitness plan.

Complimentary treatment - 10 minutes

PROSKIN 30

Our customised treatment, in your time!

Targeting your key skin concern for maximum impact in minimum time, this treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.

Treatment price - £30.00 for 30 minutes

PROSKIN 60

The ultimate treatment, different every time!

Customised with advanced products, techniques and technology in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

Treatment price - £45.00 for 60 minutes

DERMALOGICA CLEAR START TEEN SKIN TREATMENT

The perfect facial for teenage skins!

Dermalogica ClearStart is a range of products specifically designed to treat teenage breakouts while also improving their overall skin condition. Many teenagers make the mistake of using products they see advertised to treat spots but sometimes these products can aggravate the concern. This is where consulting with a professional skin therapist can be invaluable, providing education on how best to look after your skin in the long term.

Treatment price - £30.00 for 30 minutes



PRO POWER PEEL

The Pro Power Peel redefines the peel experience. The strongest and fastest peel yet. The Pro Power Peel collection features a full suite of peel products, including Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs). Customised specifically for your individual skin needs, experience a different peel every time.

PRO POWER PEEL 30

Looking for a professional peel experience?

In this express 30 minute treatment, we will create a customised peel to instantly rejuvenate and refresh your skin. With a unique system of different acids for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts.

Treatment price – £50.00 for 30 minutes

PRO POWER PEEL 60

Want to experience a truly transformative experience?

All the benefits of our Pro Power Peel 30 with additional advanced techniques and technologies. Peel results are dramatically enhanced by a supplementary deep treatment process incorporating powerful IonActive Serum™, a customised masque, LED light therapy and relaxing massage to ensure your skin is left clear, smooth and glowing.

Treatment price – £80.00 for 60 minutes

Course of 3 Treatments – £220.00

THE BENEFITS

Our strongest peel yet using Salicylic, Lactic and Glycolic Acids.

Ideal to target fine lines, breakouts and hyperpigmentation.

Powerful results with minimal downtime.



CELLUMA LED LIGHT THERAPY



Celluma LED Light Therapy is a non-invasive treatment that can be used to treat acne, fight wrinkles, and ease pain. The Celluma helps compromised cells regenerate by utilizing a combination of blue, red, and near-infrared light.

What is LED Light Therapy?

Originally researched and developed by NASA, low-level light therapy is the application of light energy to the body & tissue to help compromised cells regenerate. It produces a natural photobiochemical reaction similar to the process of plant photosynthesis, and has a wide range of beneficial applications across many medical fields. The light (photons) energy is absorbed by photoacceptors in the mitochondria and used to create adenosine triphosphate (ATP). The ATP produced then stimulates various metabolic processes which can result in the repair and regeneration of cell and tissue components. It increases the production of collagen & elastin, increases blood circulation and decreases inflammation.

How long does it take to work, will I feel anything and is it safe?

For maximum benefit, a 30 minute treatment is recommended. Most people feel, or see, an improvement with one or two uses. LED therapy is a highly versatile modality and can be used as a powerful stand-alone or add-on treatment. For optimal results, it is important to use the Celluma on a regular basis – twice a week for 6 to 8 weeks is recommended. There is little or no sensation as Celluma helps tissue heal naturally from the inside out. Afterwards you should feel rejuvenated, effective for teenage acne & adult onset acne as well as wrinkles, arthritic pain, muscle spasms, muscle & joint pain.

CELLUMA LED LIGHT THERAPY

How does it work for acne?

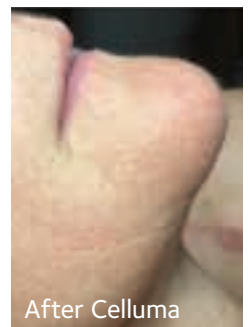
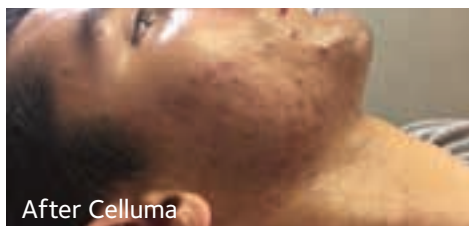
When P. acne bacteria builds up in pores, skin becomes inflamed, causing acne lesions and blemishes. The Blue light penetrates through the epidermis and is known to kill P. acnes bacteria. Celluma light therapy works safely and effectively to destroy this acne causing bacteria, not only clearing up existing blemishes, but preventing future breakouts before they happen.

How does it work for anti-aging?

Using wavelengths that are scientifically proven to stimulate fibroblasts to increase collagen and elastin, Celluma's low-level red light therapy is a safe, effective and convenient way to achieve a healthy, youthful glow in a natural, non-toxic, non-invasive manner. It will reduce the appearance of fine lines and wrinkles, while experiencing an improvement in skin texture, quality and smoothness.

How does it work for pain?

Scientifically proven, near-infrared light penetrates deepest and increases micro-circulation (tissue repair), decreases inflammation and reduces pain in order to relieve arthritic pain, muscle and joint pain and stiffness, Celluma provides compromised cells with the energy to regain and restore vitality naturally. Its powerful, deeply penetrating wavelengths are absorbed by photoacceptors in the mitochondria. This process increases the production of adenosine triphosphate (ATP) - the fuel that drives all cells. This boost of cellular energy results in a cascade of metabolic events leading to an increase in micro-circulation, tissue repair, and a decrease in inflammation and pain.



These images show the results from a 30 minute Celluma treatment, 2 times a week for 4 to 5 weeks. No other treatments were used.

celluma

Treatment price £30.00 per treatment. Course of 10 treatments (recommended) £280.00

add on to the **CACI** treatment for the 'WOW' factor for an extra £15.00

réjuvapen® SKIN TREATMENTS

réjuvapen NXT®

What Is Rejuvapen NXT?

Rejuvapen NXT is a state of the art, medical grade micro-needling tool. It is designed to stimulate your skin's natural ability to produce new collagen formation creating healthier skin, and can be used to improve the appearance of acne scars, hyper pigmentation, stretch marks, skin texture as well as, fine lines and wrinkles. The repair process of your skin is accelerated through the creation of microscopic channels, which also allow products to penetrate into the deeper layers of the skin resulting in better product outcomes.

How does Rejuvapen NXT work?

The concept of micro-needling is based upon the skin's ability to naturally repair itself when injured. Immediately following an injury, our skin begins the process of dissolving tissue damage and replacing it with new cells. Micro-needling allows for controlled induction of the skin's self-repair process by creating precise, micro-injuries in the skin, which automatically trigger new collagen synthesis without causing scar tissue formation.

What are the benefits?

There are numerous benefits received through use of Rejuvapen NXT because new collagen production can reverse years of sun damage, improve the appearance of acne scars, stretch marks, and hyper-pigmentation as well as, enhance the overall appearance of aging skin.

Who is a candidate?

Rejuvapen NXT can be used on all types of skin and can be used to address a wide range of problems such as acne scars, stretch marks, fine lines and wrinkles.

One Treatment Face, or Neck - £150.00

Course of 3 Treatments (Recommended) - £400.00

One Treatment Face and Neck Combined - £180.00

Course of 3 Treatments (Recommended) - £500.00

One Treatment Stomach - £180.00

Course of 3 Treatments (Recommended) - £500.00

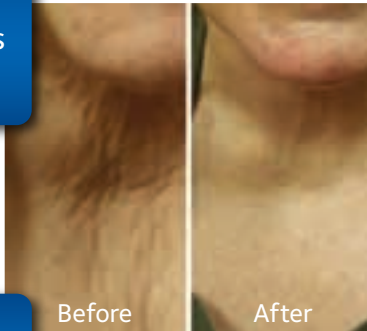


réjuvapen® SKIN TREATMENTS

Acne Scarring



Wrinkles



Tighten



Firm



Testimonials

"Réjuvapen® is an amazing technology! My experience after 6 Réjuvapen® treatments has been nothing short of life-changing. Not only has Réjuvapen® improved my skin, it has improved my confidence, my relationships and the way I compose myself in public."

S.S

"Réjuvapen® has been a quick and painless treatment that has provided fantastic results. I am amazed by the progress I have seen thus far and would highly recommend it to others suffering from acne scarring."

D.G

"Fantastic results after just two treatments. This treatment is a 5 star winner and highly recommended as my skin has never looked this great."

E.D

CACI SYNERGY NON-SURGICAL FACE & BODY TREATMENTS

CACI SYNERGY

S.P.E.D™ DUAL ACTION TECHNOLOGY

A breakthrough advancement that delivers simultaneous
LED Skin Rejuvenation and Microcurrent Facial Toning

FASTER • BETTER • LASTING • RESULTS



VOTED THE UK'S NO.1 MOST EFFECTIVE ANTI-AGEING TREATMENTS

CACI SYNERGY NON-SURGICAL FACE TREATMENTS

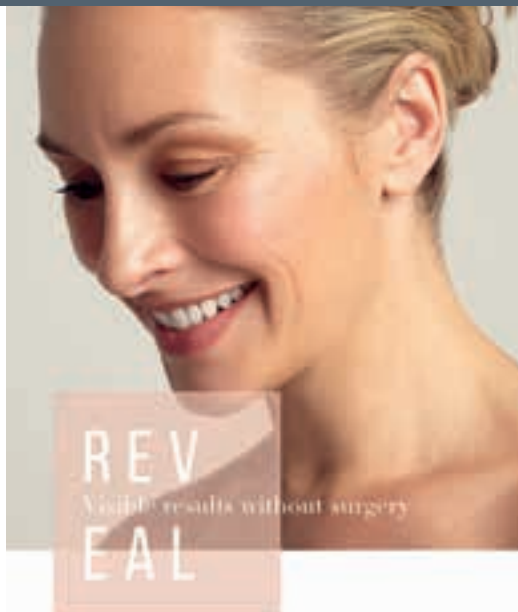
CACI

The Best Kept Celebrity Beauty Secret!

With a reputation built over the past 25 years, CACI is a brand you can trust to deliver results with every treatment.

CACI results are immediate after just one treatment. However, for longer lasting results a course is advised to maintain the beneficial effects. CACI recommends a course of 10–15 treatments followed by a maintenance treatment approximately every 4 weeks to maintain your achieved results.

Below is a selection of treatment before and after images which showcase exactly what CACI can do for skin and muscle tone.



Daily Mail

GUIDE TO ANTI-AGEING FACIALS

THE ONLY TREATMENT TO SCORE
10/10 FOR EFFECTIVENESS

Amazing Results With CACI



Before



After



Before



After



Before



After



Before



After

CACI SYNERGY NON-SURGICAL FACE TREATMENTS

The award winning multi-functional CACI Synergy is CACI International's flagship system and has gained the reputation as the finest and most versatile treatment system on the market. Synergy introduces pioneering S.P.E.D® dual action technology, a breakthrough new advancement in Microcurrent therapy.

For the first time on the market, skincare specialists can harness the power of LED light therapy at the same time as using Microcurrent. The dual action of simultaneous LED and Microcurrent energy stimulates tissue regeneration and helps in the production of collagen.

S.P.E.D® dual action technology has been clinically proven to deliver faster, better and longer lasting results than standard Microcurrent.

CACI Synergy Signature Non-Surgical Facial Toning 60 minutes

CACI's Signature Non-Surgical Facial Toning is an advanced non-invasive facial, with twenty five years medical research behind it. Micro-current impulses with LED light therapy 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. Much like a workout for your face, it takes you back years and presses the pause button on ageing.

Treatment price – £45.00 or a course of 10 treatments £420.00

CACI Synergy 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 especially designed to firm the muscles and refine facial contours to give a firmer, more toned appearance.

Treatment price – £32.00 or a course of 10 treatments £300.00

CACI Synergy Advanced Non-Surgical Facial Toning 90 minutes

The Synergy Advanced Non-Surgical Facial Toning treatment combines our signature Non-Surgical Facial Toning with skin rejuvenation. The treatment introduces CACI's breakthrough S.P.E.D® Dual Action Technology alongside ultrasonic peeling and orbital microdermabrasion which are used to exfoliate and rejuvenate the skin, resulting in brighter and smoother complexion. The ULTIMATE red carpet facial.

Treatment price – £65.00 or a course of 10 treatments £600.00

add the **CELLUMA** treatment to your CACI for the 'WOW' factor for an extra £15.00

CACI SYNERGY NON-SURGICAL FACE & BODY TREATMENTS



CACI Synergy Hydratone 30 mins

Deeply nourish, hydrate and tone your skin. The Hydrate and Tone Facial combines microcurrent with LED light therapy to help plump fine lines, wrinkles and rejuvenate your skin. This treatment will give your skin a quick boost of intense hydration.

Treatment price - £30.00

CACI Synergy Orbital Microdermabrasion 45 mins

This treatment uses controlled orbital microdermabrasion to exfoliate and deeply cleanse the skin, combined with LED light therapy for tissue repair and healing. The controlled removal of skin cells reveals more youthful looking skin and has a remarkable softening action on surface lines and wrinkles. Microdermabrasion with light therapy can also be used for treating sun damaged skin and acne scarring.

Treatment price - £45.00



"The Bum Lift"

CACI Synergy Electro Cellulite Massager

The Advanced Leg and Buttock treatment gives instant lifting and contouring on the buttocks and toning of the thighs. This treatment improves the appearance of cellulite and breaks down fatty deposits. It stimulates circulation and lymphatic drainage, giving a smoother and tighter, dimple free appearance.

Treatment price - £32.00

Course of 10 treatments - £300.00



BODY TREATMENTS

ST. TROPEZ



Tanning

A perfect tan for every skin tone!

Treatment price - £20.00

Back, Neck & Shoulder Massage

Pain, aching muscles, tension, fatigued body or if you just need time out to relax. A 30 minute back massage will ease tensions and stress while improving overall wellbeing.

Treatment price - £25.00

Leg Massage

Over worked tired aching legs, poor circulation or water retention. This massage will help eliminate these conditions.

Treatment price - £25.00

Hot Stone Therapy Back Massage

This deeply soothing massage combines the relaxing effects of hot volcanic stones with knot-busting deep tissue massage techniques. Once the hot stones have warmed up your muscles, the deep strokes will disperse any tension. This is the ultimate massage!

Treatment price - £30.00



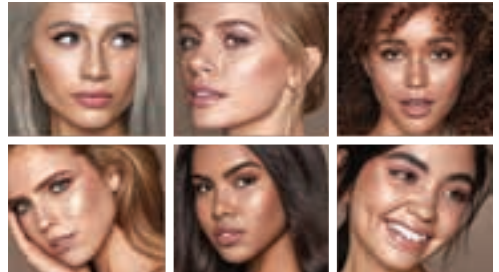
EYE TREATMENTS

Treatment	Price
Eye brow shape	£8.00
Eye brow tint*	£6.00
Eye brow shape & tint*	£12.00
Eyelash tint*	£12.00
Eyelash & eye brow tint*	£16.00
Eye brow shape, eye brow tint & eyelash tint*	£22.00



High Definition Brows*

Combining a variety of traditional methods of hair removal and colouring techniques together with a detailed consultation and precise aftercare advice, every HD Brows treatment is absolutely exclusive to you by assessing your face shape, skin tone and colouring.



Treatment price - £25.00

LVL Lashes*

Created exclusively by Nouveau Lashes, LVL enhance is the revolutionary natural lash treatment taking the beauty industry by storm. LVL enhance adds **Length, Volume** and **Lift** to natural eyelashes. Includes eyelash tint and lasts up to 8 weeks.

Treatment price - £40.00

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



HANDS & FEET

OPI PRO SPA Complete Manicure *

A complete hand & nail treatment including a paraffin wax treatment followed by an OPI polish of your choice. **Treatment price – £22.00**

OPI PRO SPA Mini Manicure

This hand treatment is ideal for dry rough hands, nails and cuticles. Includes paraffin wax treatment. No polish included. **Treatment price – £18.00**

OPI File & Polish – Hands or Feet

Cuticle tidy, file & OPI polish of your choice. **Treatment price – £11.00**

OPI PRO SPA Complete Pedicure *

A complete foot & nail treatment including a paraffin wax treatment followed by a OPI polish of your choice. **Treatment price – £25.00**

OPI PRO SPA Mini Pedicure

This foot treatment is ideal for dry rough feet, nails and cuticles. Includes paraffin wax treatment, no polish included. **Treatment price – £20.00**

IBX Nail System

A nail treatment creating nail strength from within; great for nails that are weak, brittle, flaking or lacking in general strength. **Treatment price – £15.00**

***Add OPI Gel Polish to a manicure or pedicure for an additional £8.00**

OPI Gel Colour Fingers or Toes *

Hard wearing, long lasting gel polish, wears like a polish, last like a gel, get at least 2/3 weeks wear on fingers and at least 6 weeks on toes. **Treatment price – £20.00**

Gel Polish Refresh

An express refresh is good for nails that have had a couple of weeks gel wear and are still in good condition but need an infill. **Treatment price – £13.00**

Gel Re-apply/Fix single nail Treatment price – £2.50

***Add IBX Nail System prior to OPI gel polish for £6.00**

OPI Gel Colour Removal

Remove your OPI Gel Colour easily and safely causing no damage to your natural nails.

Removal of Gel including nail care and treatment. **Treatment price – £10.00**

Removal before Gel re-application. **Treatment price – £5.00**

Sculptured Gel Nails

Sculpted natural thin looking extensions with the strength and durability of acrylic, but much kinder to your own nails. Includes gel colour of your choice.

Treatment price – £30.00 Individual nails – £3.00 each

I Nails Express

The fastest, easiest permanent nail extension application. Guaranteed to last at least 2-3 weeks. Manageable length and suitable for all nail types.

Treatment price – £30.00 (including gel polish) Individual nails – £3.00 each

WAXING & WAX PACKAGES

Treatment	Price
Brazilian	£18.00
Hollywood	£20.00
Half Leg	£15.00
Full Leg	£22.00
Back	£15.00
Chest	£15.00
Eyebrow shape	£8.00
Lip	£6.00
Chin	£6.00
Underarm	£8.00
Forearm	£12.00
Bikini	£10.00

Treatment	Price
Full Leg & Bikini	£30.00
Full Leg & Brazilian	£36.00
Full Leg & Hollywood	£38.00
Full Leg, Bikini & Underarm	£36.00
Full Leg, Brazilian & Underarm	£40.00
Full Leg, Hollywood & Underarm	£42.00
Half Leg, Hollywood & Underarm	£37.00
Half Leg, Brazilian & Underarm	£35.00
Half Leg, Bikini & Underarm	£30.00
Half Leg & Hollywood	£32.00
Half Leg & Brazilian	£30.00
Half Leg & Bikini	£22.00
Eyebrow, Lip & Chin	£18.00
Lip & Chin	£11.00

ELECTROLYSIS



Electrolysis is a safe, effective, progressive and permanent method of removing unwanted hair. It remains the only method legally allowed to claim it offers truly permanent hair removal for ALL skin types and colours.

Treatment	Price
15 minutes consultation	FREE
Up to 15 minutes	£14.00
Up to 30 minutes	£24.00



OPENING TIMES

Mon - 9am - 4pm

Tue - 9am - 8pm

Wed closed

Thu - 9 am - 8pm

Fri - 9am - 8pm

Sat - 9am - 4pm

Sun closed

CONTACT

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North Yorkshire DL8 1XJ

Tel: 07936 388213 / 01677 423647

Email: enquiries@advancedskintherapies@yahoo.com

Web: www.advancedskintherapies.co.uk

Facebook: www.facebook.com/advancedskintherapies

24 hour cancellation policy is required or a 50% cancellation charge will be applied