

## Nutritional Support

The following supplements provide nutritional support to the skin, help healing, balance hormones and reduce inflammation:



### Superantioxidants

Working from the inside out, this unique formula contains all the antioxidants you need in one convenient capsule to protect from free radical damage



### Phytonutrients

This formula includes digestive enzymes, immune enhancing Mushrooms, acidophilus, Linseed and MSM making this a perfect daily multivitamin supplement, particularly to maintain strong hair, skin, nails and digestion.



### EFA + B Complex

Primrose, Linseed and Borage blended with EFA co-factors to aid and enhance absorption. Lecithin breaks down and emulsifies fats as well as help detoxify the liver. Phosphatidyl Choline and Inositol help stabilize cell membranes, supplying the building blocks for skin renewal and elasticity.

## Sun Damage Treatment Package

Your treatment includes and in depth nutritional and homeopathic consultation and body scan using the latest bioenergetic technology to enable us to determine nutritional deficiencies, hormonal imbalance, toxicity and weak organs. Our practitioner is then able to tailor make a programme suitable for you.

- Health Assessment  
45 Minute Consultation
- Ellipse Age Defence Treatment  
(Course of treatments depending on condition)
- Optional follow up Health Assessment  
Consultation

Available at:

396 Kings Road London SW10 0LN Tel: 020 7351 2232  
23 Great Marlborough Street W1F 7HU Tel: 020 7287 1607



Our skin ages due to excessive sun exposure and decreased production of collagen. Skin Rejuvenation treatment with Ellipse and The Organic Pharmacy helps you keep a younger and fresher look. The safe, visible light emitted from the Ellipse flash-lamp makes your face look smoother by removing age spots and diffuse redness and by improving your skin texture. Uneven pigmentation is also reduced. Many women report that it becomes easier to apply make-up. In conjunction with The Organic Pharmacy internal Health Assessment and products, results are even better.

## before your treatment Health Consultation

To Identify the possible causes and treatment for each individual as well as which homeopathic remedies are needed, it is essential to have either a Health Consultation. The Health Assessment combines a Homeopathic Consultation together with a body scan using BioEnergetic device which literally scans the body in three minutes. it gives profiles on: vitamin and mineral deficiencies, toxicity, organ function, hormone balance, viruses, bacteria, fungus, parasites, digestive disorders and stress. All results are available immediately and a personalised programme recommended.



The homeopath will ask about your sleep, digestion, diet, sensitivities and emotional response to the environment, amongst other aspects of your overall health. It's helpful to provide any medical information, family health history and details of medication. We provide professional, homeopathic over-the-counter advice for acute ailments. We also offer consultations with one of our practitioners in the clinic, for accurate and deep acting prescriptions for recurring or chronic complaints. Homeopathic treatment is an ongoing process to promote and maintain well-being and is most beneficial when follow-up consultations are held regularly throughout the year.



### Can I be treated?

As skin rejuvenation is based on light absorption in melanin and haemoglobin, treatments are most efficient in patients with light skin who are not sun-tanned at the time of the treatment. The lighter the skin, the more pronounced the contrast between the age spots/blood vessels and the skin, making treatment easier. However, Ellipse has pre-programmed settings for different skin colours that deliver the correct energy output for your complexion.

### How long does an Ellipse treatment take?

The glass prism within the Ellipse applicator that guides the light to the skin is 10mm by 48mm, so a large area can be targeted in one flash of light. A full-face treatment takes less than 20 minutes. You should expect a total of 1-3 treatments before you obtain the desired results.

### Does it hurt?

Tolerance of pain is very individual from person to person. No anaesthetics are required, and many patients describe the discomfort as a warming sensation similar to the feeling one has after a day on the beach. The lighter the skin colour, the less pain.



Before



After one treatment

## Pre Treatment Care

The light used is completely safe, visible light. Potentially harmful wavelengths are removed by the unique Ellipse Dual Mode Filtering system. Since tanning takes place by accumulation of pigment (melanin) in the skin, it is, however, important to avoid tanning (sun, solarium or self-tanning cream) before and during the treatment period. Otherwise your tanned skin will absorb more light, which makes treatment less effective.

## Post Treatment Care

People with sensitive skin may benefit from applying an ice pack to the face immediately after treatment or applying an ointment prescribed by the doctor. Furthermore, it is recommended to use a sunscreen for a few weeks following treatment.



### Cellular Protection SPF 25 Suitable as a daily SPF cream

For ultimate protection in the sun, The Organic Pharmacy's Sun Cream is full of natural ingredients which protect, nourish and moisturise. Suitable for babies and the most sensitive skins.



### Rosehip Seed Oil Scarring and sun damage

This gorgeous deep orange oil from the Andes contains a high percentage of essential fatty acids, Provitamin A, Carotenoid, Betacarotene and Lycopene. It has been clinically proven to act on scars (including acne scars), radiation burns and sun damage. Scars, sun spots and signs of premature ageing gradually disappear.



### Rose Plus Brightening Complex

A light brightening serum to lighten pigmentation as well as lift and smooth skin. Suitable for all skin types, particularly suitable for people concerned with pigmentation. The result is smooth, refined and brighter skin.

### Skin Radiance Capsules

A highly nutritious formula aimed at protecting and nourishing the skin helping to promote the formation of collagen and promoting tissue repair.

- Helps skin regeneration and healing.
- Contains important antioxidants for the skin.
- Helps circulation.
- Has potent anti-inflammatory action which along with its essential fatty acids and antioxidants protects the skin.
- Builds and maintains supple, permeable collagen cell walls in flesh tissues.
- Help to promote healthy, radiant beautiful skin.



## Skin Care Routine

There are many plant extracts which can help calm and strengthen the skin. Bilberry is rich in anthocyanins, it is known to strengthen capillaries and so help minimize capillary leakage. Rose is another extract known for its purifying and capillary strengthening abilities.

### Step 1 Cleanse



#### Rose & Chamomile Cleansing Milk Morning & Evening

A gentle cleanser that strengthen fragile capillaries and calms the skin with Aloe and Chamomile. Skin is left smooth, cleansed without irritation.

### Step 2 Hydrate



#### Rose Facial Spriz Morning & Evening

The finest quality Persian Rose Extract is packed with nutrients and vitamins for hydrated beautiful skin.

### Step 3 Repair



#### Antioxidant Serum Morning & Evening

Nicknamed the 'instant face-lift oil'. Infuses the skin with powerful antioxidants that give an immediate glow.

#### Antioxidant Gel Morning & Evening

Antioxidant Gel is light and rich in herbal extracts that lift, minimise pores, restore tone and elasticity.

### Step 4 Moisturise



#### Rose Plus Anti-ageing Face Cream Morning

Protects collagen and elastin fibres, lifts and firms sagging skin, boosts collagen production, protects from free radicals, and reduces pigmentation

The Organic Pharmacy anti-ageing products do not contain SPF to allow the actives to penetrate the skin well. Instead, we recommend our SPF on top of your moisturiser.