



## **Sarah-Frances McCarthy**

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# ABOUT ME

My name is Sarah-Frances McCarthy and I am a qualified and registered Advanced Aesthetic Practitioner. I have a clinical career that spans over 18 years and I am a qualified Anaesthetic and Post-Surgical Practitioner specialising in pain management. I am a registered member of HCPC and have worked as a Lecturer for the past 8 years alongside my clinical work. I am fully insured and have a wealth of experience managing complications and have worked in a wide range of specialties.

My philosophy at SFAesthetics Forever You is to provide a high-quality, personal and clinically safe service to my clients. I realise that, although these procedures are made famous by wealthy celebrities, our clients are normal people. I know that you want to make the most of yourself, yet not alter your face beyond recognition; you want to increase your self-esteem, to feel proud of yourself and why not? In the current financial climate, however, I also realise that you need to keep to a budget and I can help you do that by giving you honest and reliable advice during your initial free consultation. If you don't you need to have any treatments, we'll let you know! After your treatment we offer a free follow up consultation to assess the results.

I have worked at a number of hospitals over the Midlands and over the last 8 years working for a number of nursing agencies mainly in operating theatres. I worked as a clinical educator and mentor before training to be a teacher. I teach ages 16 plus and specialise in health-related subjects and biology. I am currently studying for a Masters in Educational Research with a focus on policy and curriculum. I have worked for a number of exam boards, advising on vocational curriculum and writing content for exams. In 2018 I won a Spotlight on Great Teaching Award and was awarded this at the Town Hall in Birmingham. I have been involved in World Skills in Health and Social Care as a coach and inspired many young people to train as Nurses. I have trained at a number of high-profile training institutions across the country and practice as an advanced aesthetic practitioner. I am complications trained, so you have the safest and most effective treatment and I have worked as a senior member of the trauma and cardiac arrest team.

# **QUALIFICATIONS**

DipHE Nursing (Operating Department Practice)

BSC Professional Practice

PGCE, QTLS

TAQA, DTLLS and SLaIP.

Registered with HCPC and SET

I will also be adding MEd on completion.

## **I have training certificates in :**

Foundation anti-ageing injections

Dermal filler and universal lips

Advanced dermal fillers and anti-ageing injections

PDO threads,

Mesotherapy

Microneedling

Chemical peels

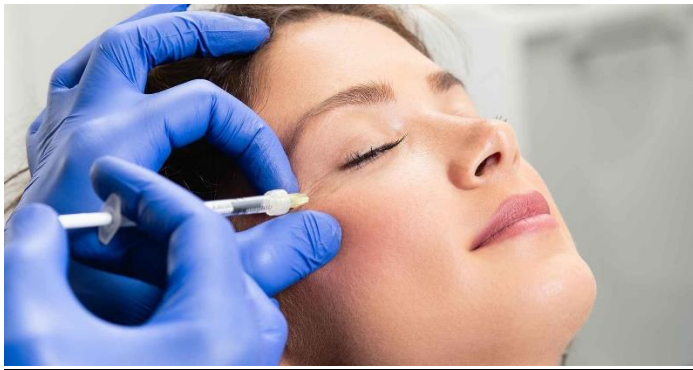
Fat dissolving injections

Brazilian bum lift

Botox for migraines and sweating.

# TREATMENTS

## Anti-Wrinkle Treatment



**Forehead Lines** – Horizontal lines that usually become apparent when we are surprised or shocked. Without realising, we raise our eye brows daily, in excess of over a 100 times.

**Frown Lines** – Lines in between our eyebrows. As the name suggests, they become apparent when frowning. Also known as the 11 lines or glabellar lines.

**Crows Feet** – Lines that develop around the outer corner of our eyes, often become visible when we smile.

**Cobblestone Chin** – Ever noticed a bumpy uneven texture to your chin when you're lifting your lips? Try pursing your lips together or pouting. If you notice dimpling of the skin that is bothering you, Botox can be injected to smooth the skin texture out.

**Bunny Lines** – Wrinkles seen on the sides of the nose, often when smiling or scrunching your tightly.

**Gummy Smile** – The effects of a strong levator labii muscles, causing gums to show when smiling.

**Eyebrow Lift** – In some people, a lift can be created on the ends of the eyebrows by injecting Botox in specific areas of the forehead and outer eye.

## Dermal Fillers



We provide dermal fillers that are used to soften and fill lines, folds and wrinkles. As we age, our skin loses its firm, soft appearance because of loss of hydration and its underlying supportive structure because of collagen breakdown. Dermal fillers are made of a gel-like substance which is injected under the skin to add volume. Imagine it as a table for the skin which lies over it like a cloth. Fillers also draw in water, which further fills out the skin, helping to create a more youthful appearance.

## Lip Enhancements



Whether you already have full lips and simply want to enhance them further, or have thin lips and have always longed for a full, perfect pout, Lip Fillers could be the treatment to suit you. We use a wide range of high-quality research-based dermal fillers. We are experts in the latest Russian lip filler technique, which is used to give extra volume and lift to the lips. We can use smaller amounts of dermal filler to give natural results or 1ml for a more noticeable volume. Ideal for: Erasing smokers lines  
Creating definition to the cupid's bow and lip border  
Giving natural, long-lasting volume to the lips.

## Mesotherapy



Skin booster treatment includes microinjections of vitals that are used to rejuvenate the entire face. The procedure is similar to Mesolift. However, the substance is administered deep, making it more suitable for aged skin. The vitals are made out of hyaluronic acid, which is naturally found in the skin epidermis. Prohilo Prohilo is a hyaluronic acid-based gel that is injected. Prohilo is a gel that has a long-lasting stimulating effect on the skin's epidermal cells; thus, when administered, it activates the specific cell receptors to fight indications of ageing like drooping skin. This improves elasticity and gives the skin a radiant shine right away.

Sunekos This medication helps to build collagen and hydrate the skin by using a tailored combination of amino acid residues that operate by nourishing the connective tissues beneath the epidermis. Sunekos treatment can help you achieve a healthier and soft complexion by restoring the skin's elastic structure. Treatment to face, hands, scalp and cleavage.

## Fat Dissolving Injections



We understand that losing weight can be a huge challenge, even if you try your best. Most people consider liposuction treatment to reduce weight, but you know undergoing the knife has its own risk. Luckily, fat reduction has become easy and safe with Aqualyx Fat Dissolving Injections. Fat-dissolving or reduction injections are the most popular way to get rid of unwanted body fat without undergoing surgery. These injections use a solution to eliminate localised pockets of extra fat. Fat reduction with injectable treatments such as Aqualyx prevents the risk liposuction or any other surgical treatment might present. At SFAesthetics, we appreciate your efforts towards a healthy and active lifestyle and help with a safe, non-surgical & pocket-friendly fat reduction treatment.

Areas: chin, arms, stomach, knees, bra fat and back. Dependent on the area, some areas will take 1-3 sessions.

# Skin Treatments

## Chemical Peels



Chemical peels involve the application of a chemical solution to the surface of the skin to produce the careful removal of its outer layers. The amount of skin removed will depend on the type of chemical used, the strength of the product (superficial, medium or deep) and how long it is left on the skin. By removing the upper layers of the skin which are often dead or damaged, we can improve the texture and radiance of the skin, and leaving it looking and feeling younger, softer and smoother. Prices: £40 - Three Treatments are required.

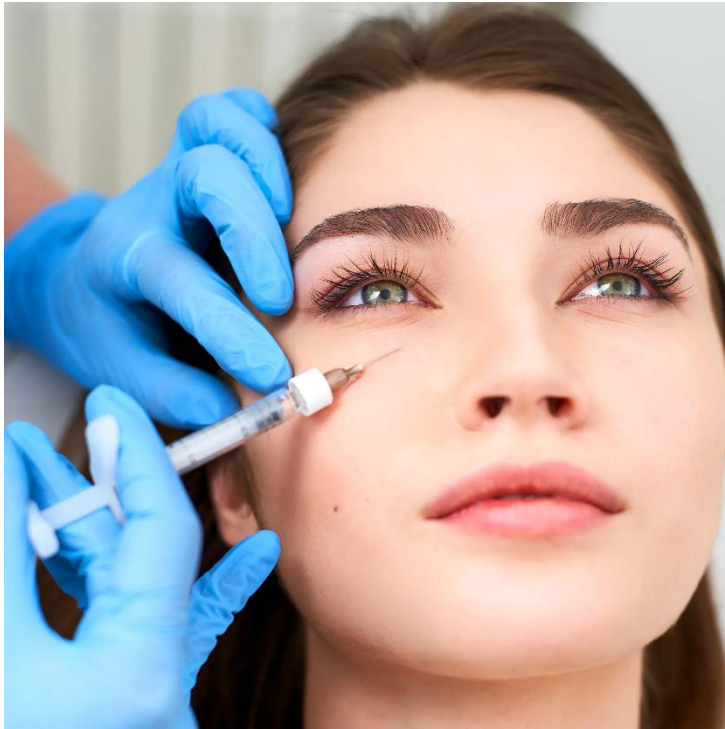
Micro-needling Facial Micro needling facial treatment can do this whilst also giving the skin a rejuvenated, fresh appearance. Micro needling is suitable for use on the face and body, for both male and female clients – including those who wish to treat stretch marks, surgical scars or loose skin.



## **Advanced Treatments**

### **Tear Trough Treatment**

Tired of looking like you're tired? Do people ask you if you had a long night when you slept your daily recommended hours? Are you a victim of raccoon eyes? Well luckily, there is a non invasive treatment available now that addresses the eye circles and the delicate tissue in this area. For a long-lasting, natural treatment for the eye circles, Teosyal Redensity has been created as a three-in-one sophisticated combination.

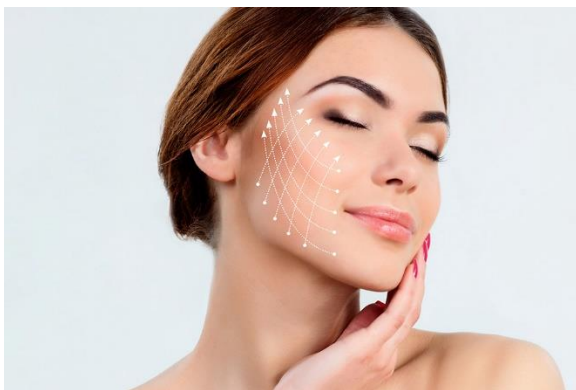


## **Non surgical Rhinoplasty**



The nonsurgical rhinoplasty (or nose fillers) is a real favourite of ours. This is one of our signature WOW factor procedures, as it magically reshapes noses, without the need for a scalpel. The non surgical nose shaping treatment takes only 5 minutes to perform, with no pain or side-effects and great results.

## **PDO Threads**



A PDO thread lift is a revolutionary new treatment in the world of aesthetics, but PDO threads themselves have been used safely for decades for various applications. First, it mechanically results in instant skin lifting. Second, it contracts fat tissue to result in instant skin tightening. Third, it promotes collagen production and neovascularisation to renew your skin at the cellular level. All of this works together to give you enhanced skin texture, fewer fine lines and wrinkles and more elastic skin. Prices on consultation.

## **Glow Up Parties**

What is a Glow Up party? You might be seeking ideas for a hen party, stag party, divorce party, or a party that needs no reason to take place. A glow up party is a celebration all on its own. You set the party to your vision and we provide the treatments. Packages: Bronze Aesthetic Package: Up to 4 friends. 10% off all treatments. Silver Aesthetic Package: 5-8 people. Host gets a free treatment. Gold Aesthetic Package : Over 8 people. Two people get a free treatment treatment. GLOW UP PARTIES Treatments Anti-ageing (botox) Lip filler/enhancements Cheek sculpture Jaw Sculpture Chin Shaping Smile lines and mouth lines Fat dissolve injections Chemical Peel Skin Booster: Prophilos Mesotherapy.



## **Brazilian Bum Lift**

Non-Surgical Brazilian Butt Lift (BBL) is one of the most popular bum augmentation procedures on the market using injectable Hyaluronic acid fillers.

The Non-Surgical BBL uses FDA approved injectable hyaluronic fillers to restore the volume and lift the bum with instant results. It is a highly skilled body sculpting procedure, and we ensure that every injection is applied to the area with skill and knowledge of muscle and body structure, so the appearance you want is achieved.

This procedure is best to attain the desired bikini and desired posterior, with minimal side effects in comparison to the surgical methods. The treatment results are immediate, and results can last up to 18 to 24 months depending on the dermal filler injected.

# **BOOKINGS**

We are always as accommodating as possible to assist our clients, however, due to the high volume and popularity of the treatments we offer, we have felt the need to introduce a formal Deposit and Cancellation Policy. We respect that your time is valuable and we appreciate that you understand ours is too. If appointments are cancelled or rescheduled at short notice, or if you do not attend an appointment, this means we are unable to re-use that time for other clients. We understand that occasionally a short-notice cancellation may be unavoidable and if it is possible to reschedule your appointment, without causing an issue for our clinic operations, we will try to do so. However, because it is often difficult to re-book an appointment slot within 48 hours, we have taken the decision to institute a 48-hour cancellation policy. A deposit will now be taken when booking any treatment. This will be deducted from your bill for the relevant treatment. Deposits for consultations will be refunded if no treatment is required or able due to medical grounds. You can book via call, text, email, website or on one of the social media streams.

# **CONTACT DETAILS**

Our social media streams

Website: [www.sfaesthetics.org](http://www.sfaesthetics.org)

Instagram: [sfaesthetics\\_forever\\_you](https://www.instagram.com/sfaesthetics_forever_you)

Phone: 07837488595

Email: [sfaesthetics1@gmail.com](mailto:sfaesthetics1@gmail.com) (bookings email to be set up).

LinkedIn - Sarah Frances McCarthy