

**DR KD**

ENHANCE | REFRESH | REJUVENATE



DR KD

EMPOWERING INDIVIDUALS TO ENHANCE THEIR NATURAL BEAUTY AND WELL-BEING THROUGH  
CUTTING-EDGE REGENERATIVE TREATMENTS THAT PROMOTE CELLULAR-LEVEL IMPROVEMENTS

## ABOUT DR KAREN DOHERTY

Dr. Karen Doherty is an experienced aesthetics practitioner and cosmetic dentist with a thorough understanding of facial anatomy and an excellent eye for detail.

Using the most advanced techniques and innovative products, Karen has gained a reputation as a trusted practitioner who empowers her patients through treatments that enhance, refresh and rejuvenate.

Renowned for her gentle and caring approach, Karen makes patients feel at ease by putting their health and well-being at the forefront of every treatment she offers.





## OUR SERVICES

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COSMETIC DENTISTRY

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AESTHETIC TREATMENTS

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BODY TREATMENTS

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INVISALIGN

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AESTHETICS

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NEOGEN PLASMA

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LIGHT EYES ULTRA

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MICRONEEDLING

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BOTOX

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DERMAFILLER

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# NEOGEN PLASMA

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## WHAT IS NEOGEN PLASMA?

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NeoGen Plasma is an FDA approved and CE cleared energy-based treatment clinically proven to provide multiple skin quality improvements and whole-skin regeneration.

NeoGen Plasma technology uses nitrogen gas converting it into pure Nitrogen Plasma energy, the thermal energy gives a non-ablative uniform delivery of heat deep into the dermis to stimulate the skin's fibroblasts creating the wound-healing effect.

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## WHAT DOES NEOGEN PLASMA TREAT?

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NeoGen is a groundbreaking treatment, that treats a multitude of skin issues and complaints, including: reducing melasma and pigmentation, improving the appearance of fine lines and wrinkles, reducing the appearance of acne scarring, treating active acne, removal of skin lesion, reducing pore size, improving skin laxity around the eyes (including crow's feet folds, heavy lids, under-eye folds), reducing the appearance of stretchmarks and improving overall skin tone and texture.

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## DOWNTIME & RESULTS

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Downtime can include redness and light peeling for 1-3 days for lower energy treatments, and 5-7 days for deeper treatments.

Results are long-lasting and continue to develop up to one year following treatment.

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## COSTS

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### Single treatments:

Full face, eyes & neck: £900

### Course of three:

Full face, eyes & neck: £2500

To optimize results, it is recommended to undergo three sessions spaced 4-6 weeks apart. To secure your reservation, an advance deposit of £150 is required for all appointments.

### Optional add ons:

Exosomes can be added as an optional enhancement of your treatment, derived from stem cells and paired with Hyaluronic Acid, Peptides, Amino Acids, Vitamins & Minerals, they speed up the skins healing process and support the regeneration and function of new skin cells.

Add on: £450 per treatment

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## PREPARATION

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At least three weeks before treatment, you should avoid excessive sun exposure or tanning and ensure that you are wearing SPF50+ daily across all areas intended for treatment. You must stop using any topical retinols, acids or manual exfoliants at least one week before your treatment.

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# POLYNUCLEOTIDES

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## WHAT ARE POLYNUCLEOTIDES?

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An innovative development in regenerative aesthetics that provides skin rejuvenation, wrinkle reduction and improved skin quality.

Polynucleotides are bio-stimulators - the building blocks of DNA. They support cell repair and regeneration, moisturisation and protection against harmful external agents.

They are derived from Salmon and activate stem cells, enhancing the body's natural capacity to regenerate skin cells.

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## WHAT DO POLYNUCLEOTIDES TREAT?

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Polynucleotides are known to be an amazing hero product to replace tear trough filler due to their better safety profile. They have significant water retention capabilities

Polynucleotides can be used in the face, neck, décolletage, jawline, cheeks, as well as the stomach and knees. Benefits include; improved skin tone and elasticity, reduced wrinkles & fine lines, faster healing and tissue improvement.

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## DOWNTIME & RESULTS

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Polynucleotides have zero downtime, though faint bruising may occur at the injection site. You can expect to see results within 1-4 weeks.

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## COSTS

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Single treatments:  
£400

Two treatments:  
£750

To optimize results, it is recommended to undergo two sessions spaced 2-4 weeks apart. To secure your reservation, an advance deposit of £150 is required for all appointments.

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## Optional add ons:

Polynucleotides are a very complimentary treatment when paired with trauma based treatments such as; NEOGEN or Microneedling.

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## NOTES

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People with: circulatory disorders, ongoing dermatitis, epilepsy, diabetes, active herpes, autoimmune disease are not suitable candidates for Polynucleotides, neither is it suitable during pregnancy or breastfeeding.



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# PROFHILO®

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## WHAT IS PROFHILO?

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Profhilo® is a revolutionary 'beneath the skin' hyaluronic acid moisturising treatment, made with the patented NAHYCO® technology, and is commonly referred to as the 'injectable moisturiser', it has the highest concentration of hyaluronic acid on the market.

It has a prolonged stimulating activity on the collagen and elastin, that attracts water into the deeper layers of the skin. This stimulation results in a significant tightening and lifting effect on the tissue.

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## WHAT DOES PROFHILO TREAT?

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When injected into skin, Profhilo® stimulates the skin cell receptors to counteract skin laxity whilst improving and restoring firmness of the skin. Unlike wrinkle reducing and dermal filler treatments, Profhilo® stimulates collagen and elastin, attracting water in the deeper layers of the skin.

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## DOWNTIME & RESULTS

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Profhilo® has little to no downtime, though faint bruising may occur at the injection site.

Profhilo® treatment lasts for around 6 months, and two treatments are recommended, though this can vary from person to person.

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## COSTS

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Single treatments:  
£400

Two treatments:  
£750

To optimize results, it is recommended to undergo two sessions spaced 4 weeks apart. To secure your reservation, an advance deposit of £150 is required for all appointments.

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## POST TREATMENT

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Post Profhilo® treatment, it is important to not massage or manipulate the treated area as this can cause the product to spread outside of the injection area and result in uneven results. It is also important to not expose the treated area to extreme heat or cold, as this can affect the product's efficacy.

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## LIGHT EYES ULTRA

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### WHAT IS LIGHT EYES ULTRA?

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Light Eyes Ultra is a hydrating skin booster that specialises in skin revitalisation, specifically designed for treatment around the eyes and eyelids. It's an effective alternative to the popular tear trough filler.

With an innovative blend of ingredients, it works to revitalise and rejuvenate the periocular space with enhancing components such as; Hyaluronic Acid, Rosemary Extract, Argireline, Vitamin C, Ruscus and Blueberry Extract. The treatment is administered by injecting into multiple points around the eye area using a fine needle tip to deliver an intense surge of enhancing ingredients into the skin.

### WHAT DOES LIGHT EYES ULTRA TREAT?

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Light Eyes Ultra is a great treatment to reduce puffiness, swelling and bags around the eyes, as well as reduction of dark circles, superficial wrinkles and dry skin that's typically associated with premature ageing. This specific ingredient mix improves blood circulation to aid skin health and encourages the body's natural production of collagen, Hyaluronic acid and intercellular substances, whilst giving protection from free radicals and strengthening cutaneous tissues

### DOWNTIME & RESULTS

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With minimal to no downtime, though faint bruising may occur at the injection site.

Results are usually seen within 24 hours and expected to last for 3 months.

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### COSTS

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Single treatments:  
£400

To optimize results, we recommend a course of 2 treatments to be carried out 2 weeks apart to achieve the best results

To maintain results, it is recommended to have top-up treatments every 3-4 months. To secure your reservation, an advance deposit of £150 is required for all appointments.

### POST TREATMENT

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Post treatment, it is important to not massage or manipulate the treated area as this can cause the product to spread outside of the injection area and result in uneven results.

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# MICRONEEDLING

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## WHAT IS MICRONEEDLING?

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Microneedling is an aesthetic procedure that is used to encourage collagen production using a medical-grade, state-of-the-art precision microneedling tool that helps repair deep skin damage without causing scarring or discomfort.

The SkinPen's microneedles pierce the skin, triggering the immune system to disinfect the skin, remove debris, increase blood flow, and begin to create new tissue

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## WHAT DOES MICRONEEDLING TREAT?

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Microneedling can be used for facial and body areas for concerns such as; ageing skin, fine lines & wrinkles and acne scarring.

The wound healing response stimulates new collagen and elastin formation which then assists with plumping out skin. It can also reduce the appearance of pigmentation, enlarged pores, and stretch marks.

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## DOWNTIME & RESULTS

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Downtime can include redness and light peeling for 4-5 hours post treatment. For the first 48 hours, avoid excessive sun exposure, hot showers, and saunas, strenuous exercise.

Avoid active/exfoliating products for the 5-7 days after the treatment.

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## COSTS

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Single treatments:  
£300

The number of treatments you will need to achieve your desired results will depend on factors such as your age, skin concerns, and overall skin health.

In general, Dr KD recommends three consecutive treatments spaced about four weeks apart as a good starting point to help you achieve your desired results.

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## Optional Add On:

Exosomes can be added as an optional enhancement of your treatment, derived from stem cells and paired with Hyaluronic Acid, Peptides, Amino Acids, Vitamins & Minerals, they speed up the skins healing process and support the regeneration and function of new skin cells.

Microneedling + Exosomes, £550 per treatment

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## PREPARATION

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Microneedling is not suitable for all skin types, clients are required to have a consultation prior to treatment to determine suitability.

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## 2 weeks prior to treatment:

No Laser Hair Removal, waxing and IPL treatments on the face  
No Cosmetic Grade Peels  
No Cosmetic Injectables  
Avoid sun exposure, always wear SPF

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# BOTOX

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## WHAT IS BOTOX?

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Botulinum Toxin is an injectable treatment that helps to restore harmony to the face and neck by gently lifting and relaxing the muscles, minimising the appearance of dynamic wrinkles.

Common areas for Botox treatments include; forehead lines, frown lines, crow's feet and for a brow lift. Botox works to prevent the formation of static wrinkles by stopping the signal between the nerve and muscle.

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## WHAT DOES BOTOX TREAT?

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Botox can be used as a preventative measure to help soften the expression lines that form when the face moves and are a preventative measure for future lines.

Botox can also be used to lift certain parts of the face and balance asymmetrical features. As well as supporting jaw relief from clenching, preventing underarm sweating and reducing Nefertiti neck.

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## DOWNTIME & RESULTS

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Depending on the sensitivity of your skin and any medications (like aspirin, ibuprofen, and other blood thinners) you may be taking, there is the chance of temporary, minor side effects including;

Mild swelling at or around the injection site  
Mild tenderness or bruising at or around the injection site  
Tiny red dots at the injection site

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## COSTS

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Facial and Neck Wrinkle Relaxing:

1 Area: £300

2 Areas: £325

3 Areas: £350

Underarm Sweating Prevention: £500

Jaw Clenching Relief / Jaw Slimming: £350

Gummy Smile Relaxing: £250

Nefertiti neck lift: £350

As results may vary, we recommend a follow-up appointment 2 weeks post-treatment to discuss your tailored treatment results. To secure your reservation, an advance deposit of £150 is required for all appointments.

Options:

We offer both 4 month treatments and 6 month treatments.

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## POST TREATMENT

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Post Botox treatment, it is important to not massage or manipulate the treated area as this can cause the product to spread outside of the injection area and result in uneven results.

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## DERMA FILLER

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### WHAT IS DERMAFILLER?

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Predominantly Hyaluronic acid based gels Derma Fillers are used to enhance, correct and restore areas of concern such as; smoothing the appearance of fine lines and wrinkles or adding volume to areas such as the cheeks or lips, whilst also helping to increase collagen and elastin production.

DR KD understands the complexities of facial anatomy, and takes a 'less is more' approach to fillers, treating each case individually to leave clients with natural-looking enhancements.

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### WHAT CAN DERMAFILLER TREAT?

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Dermal fillers can be used to treat many areas of the face and address a range of concerns from; enhancing lip volume, defining the lip borders, and improving lip asymmetry to restoring lost volume in the cheeks and improving contour and definition to cheekbones. As well as, softening and smoothing fine lines like nasolabial folds and marionette lines and sculpting the jawline and chin, to create a more balanced facial profile.

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### DOWNTIME & RESULTS

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Downtime can include temporary redness, swelling, bruising, or tenderness at the injection site, which typically subside within a few days.

Results are almost immediate can last up to three to six months and in some cases longer depending on how fast the body metabolises the product.

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### COSTS

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Lip Augmentation:  
from £375

Cheek Augmentation:  
from £400

Chin & Jawline Augmentation:  
from £400

To secure your reservation, an advance deposit of £150 is required for all appointments.

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### PREPARATION

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Post Derma Filler treatment, it is important to not massage or manipulate the treated area as this can cause the product to spread outside of the injection area and result in uneven results.

No facial massage for at least 3 weeks following treatment.

BODY TREATMENTS

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EMERALD LASER

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BODY BALLANCER PRO

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## EMERALD LASER

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### WHAT IS THE EMERALD LASER?

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A groundbreaking treatment for fat loss that is both clinically-safe and effective. The EMERALD Laser™ is a new treatment for non-invasive, non-surgical laser device to help reduce stubborn body fat.

This treatment emulsifies the adipose tissue and releases excess fatty materials into the body, where it is lost through the natural course of detoxification through the lymphatic system.

Unlike other fat loss treatments, there is no heating or freezing, no pinching, bruising or incisions required.

### WHAT DOES THE EMERALD LASER TREAT?

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The EMERALD Laser™ removes unwanted fat deposits around the thighs, arms, hips, stomach, chin and back — nearly any part of the body where you have difficulty reducing fat. These stubborn pockets of fat are then broken down and a collagen remodelling effect works to improve the appearance of cellulite.

Clients have seen an average weight loss of 6 inches per 6 treatment course, faster metabolism, more energy, reduced appearance of cellulite, improved functioning of fat cells Improved Insulin Sensitivity reduced risk of developing Metabolic Syndrome and Type 2 Diabetes.

### DOWNTIME & RESULTS

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As there is no pain with the Emerald System and it has no side effects or downtime, patients can continue with their everyday routines immediately after treatment.

The gradual fat reduction process begins almost immediately after your first session, most patients see substantial changes in a 4 – 12 week period.

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### COSTS

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For body (per area):  
Eight sessions:  
£1800

Ten sessions:  
£2,000

For Chin & Neck area:  
Eight sessions:  
£900

Ten sessions:  
£1000

Maintenance treatment (Monthly membership): £150 after having one full treatment

To secure your reservation, an advance deposit of £150 is required for all appointments.

All Emerald treatments are provided with a 20 min session on the Body Ballancer Pro to promote lymphatic drainage.

### PREPARATION

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We do not recommend using Emerald™ on pregnant women, clients with a pacemaker, or clients with photosensitive epilepsy. We also do not recommend using the device over an area of known cancer.

**DR KD**