

By Dr. *Mahmoud Said*

BEAUTY BOTOX BAR

GUIDE FOR AESTHETIC

BOTOX · FILLERS · SKIN BOOSTERS · REJUVENATION



Beauty Botox Bar

Medical Aesthetics & Wellness

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INTRODUCTION

AUTHOR'S INTRODUCTION



This book was created as a simple and practical guide for the general public to better understand injectable and aesthetic treatments and to help readers make informed decisions.

Be sure that there is nothing that can beat the natural look. No matter how pretty you look, if you do not look natural, you are not attractive anymore.



There are 4 principles I follow when I do injectables:

- 1 To restore the normal function of muscle
- 2 To restore the normal volume
- 3 To restore the normal skin component
- 4 To restore the normal fat position

Many people are interested in aesthetic procedures but feel confused by the variety of treatments, medical terms, and price differences. This book explains these treatments in a clear way and provides a general idea of costs, helping readers understand why some treatments are more expensive than others and how different procedures compare.



An important message of this book is that the most expensive treatment is not always the best option. In many cases, effective results can be achieved through alternative or combined treatments that may be more suitable for individual needs and budgets.

The aim is to empower readers with knowledge so they can approach aesthetic treatments with confidence and participate actively in treatment decisions with their doctor.



This book does not replace medical consultation but serves as a foundation for better understanding and informed choices.

THE SCIENCE BEHIND ELEGANT BEAUTY



Luxury beauty today is intelligent beauty. It combines science, technology, and personalization. Every face, body, and lifestyle is different, and refined care respects individuality.

Professionally designed aesthetic and wellness plans focus on:

- Skin regeneration rather than camouflage
- Natural facial balance rather than overcorrection
- Long-term skin health rather than short-lived effects

This is where medicine meets artistry—subtle, precise, and timeless.

Wellness: The Foundation of Lasting Beauty



No aesthetic treatment can replace a balanced internal system. Hormonal health, sleep quality, stress levels, hydration, and nutrition directly affect skin aging, inflammation, and overall appearance.

A luxury wellness lifestyle prioritizes:

- Mental clarity and emotional balance
- Physical vitality and circulation
- Recovery, relaxation, and stress control



TRUE LUXURY IS PERSONALIZATION.



When the body functions optimally, beauty becomes a reflection—not an illusion.

Personalized Care Is the New
Status Symbol



Cookie-cutter treatments are replaced by tailored medical assessments, customized protocols, and ongoing refinement. This level of care ensures safety, consistency, and harmony with your natural features.



Rather than chasing trends, refined clients invest in expert guidance, subtle enhancement, and long-term maintenance.



Confidence: The Ultimate Luxury Outcome

The most powerful result of investing in beauty and wellness is not visible in the mirror alone—it is felt. Confidence, ease, and self-assurance become part of your presence. You look rested, composed, and polished, without appearing “done.”

This quiet confidence is what defines modern luxury.

Beauty and Wellness as a Way of Living

Luxury medical beauty is not a one-time indulgence. It is a lifestyle built on regular care, professional follow-up, and conscious choices. Small, consistent investments deliver refined, lasting results that age beautifully over time.



Final Reflection

Investing in your beauty and wellness is investing in longevity, confidence, and quality of life. It is a commitment to yourself—guided by medical expertise, elevated by elegance, and sustained by balance.

Trends fade, but refined wellbeing remains timeless.



INVESTING IN YOUR BEAUTY AND WELLNESS:



A Luxury Medical Lifestyle Approach

In a world where time is the ultimate currency, investing in your beauty and wellness is no longer a luxury—it is a strategic lifestyle decision. True beauty today is defined by health, balance, and longevity, guided by medical expertise and elevated by refined self-care.



Luxury is not excess.

Luxury is precision, safety, and results.

Beauty as Preventive Medicine

Modern aesthetic medicine has shifted from correction to prevention.

Investing early in skin quality, facial harmony, and body wellness preserves youth rather than chasing it later.

Just as you maintain your health through regular checkups, refined beauty care protects your most visible asset—your appearance.



Medical-guided treatments, high-quality skincare, and wellness protocols work on a cellular level to maintain skin integrity, elasticity, and vitality. This approach delays aging naturally and gracefully, without dramatic change.

“HIGH EXPECTATIONS CAN LEAD TO BIGGER DISAPPOINTMENT.”

In the aesthetic field, this statement becomes even more true.

Many clients come with a picture in their minds of a perfect result — a photo from Instagram, a filtered image, or a celebrity’s face shape that may not match their natural anatomy. When expectations are unrealistic, even an excellent medical result can feel disappointing simply because it does not match the imagined “ideal.”



As a doctor, one of my most important roles is to manage expectations. Before any treatment — whether Botox, fillers, threads, or surgery — I clearly explain what is possible, what is not possible, and what the realistic outcome will look like.

Why This Matters

Balanced expectations create satisfied clients. Unrealistic expectations create unnecessary disappointment.



In Aesthetics:

- Every face is unique
- Results depend on anatomy, age, skin quality, and genetics
- No treatment can make someone look like a completely different person
- Photos online are often edited, filtered, or taken with perfect lighting

My Approach

My goal is always to deliver the best, safest, and most natural result, while guiding clients to understand what is achievable for them personally.

When expectations are realistic, satisfaction is very high and clients love their results. When expectations are too high, even a beautiful improvement can feel “not enough.”

My Philosophy

I prefer to be honest, clear, and transparent from the beginning. I bring my clients’ expectations closer to reality, so the final result brings happiness – not disappointment.

This is the foundation of ethical, safe, and successful aesthetic practice.



WHEN DOES AGING REALLY START – AND WHEN SHOULD WE ACT?

Introduction

Many women believe that aging suddenly begins at a specific age—often 40 or 50. In reality, aging is a gradual, silent process that starts much earlier than most people expect. Understanding when aging begins and when intervention is appropriate is essential for making smart, natural, and effective aesthetic decisions.



**The key is not to fight aging,
but to manage it wisely.**

The Early Signs of Aging

Aging does not begin with wrinkles. The earliest changes are often subtle and overlooked:

- Loss of skin hydration
- Reduced skin glow and elasticity
- Fine lines during facial movement
- Uneven skin tone
- Slower skin recovery after stress or sun exposure





These changes can start in the mid to late 20s, especially in individuals exposed to sun, stress, smoking, or poor sleep.

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Aging Is Not Just About Skin

Facial aging affects multiple layers:

- Skin: loss of collagen, elastin, and moisture
- Fat: redistribution and volume loss
- Muscles: changes in tone and balance
- Bone: gradual resorption over time



This is why aging cannot be treated with a single product or procedure. Effective care requires a layered and personalized approach.

Prevention vs. Correction

One of the most important concepts in aesthetic medicine is the difference between prevention and correction.



Prevention focuses on:

- Protecting collagen
- Maintaining hydration
- Preserving facial balance
- Slowing visible aging

Preventive treatments are usually simpler, less invasive, and produce more natural long-term results.



When Is the Right Time to Start?

One of the most important concepts in aesthetic medicine is the difference between prevention and correction.

As explained earlier, there is no fixed age at which aesthetic treatments should begin. The correct timing is determined not by a number, but by principles.

As long as we follow the four fundamental anti-aging treatment principles, aesthetic care can be safely and effectively started at any age – even before the age of 20, when appropriate.

The goal is always to restore what is normal, not to exaggerate or create artificial features.

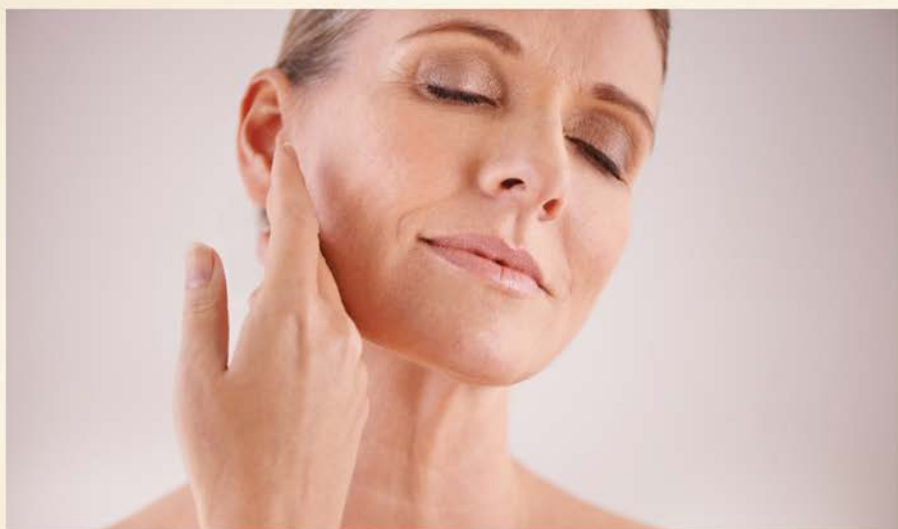


Aesthetic treatments should aim to:

- Restore natural balance
- Correct structural deficiencies
- Improve facial harmony
- Preserve individual identity

When treatments respect these principles, age becomes secondary.

Restoring Facial Harmony and Proportions



Facial beauty is based on proportion and harmony, not isolated features. The relationship between the chin, nose, lips, and overall facial dimensions—including facial length and width—plays a critical role in how the face is perceived.



When there are imbalances in these dimensions, carefully planned aesthetic treatments can be used to correct structural defaults and enhance harmony. These corrections are not age-dependent; they are anatomy-dependent.

For this reason, aesthetic treatments may be appropriate even at a young age when the goal is correction, balance, and restoration—not anti-aging in the traditional sense.

Early 30s: Prevention First, Correction When Needed

At this stage, aging changes are still mild and often dynamic rather than static. Preventive treatments such as botulinum toxin (Botox) and skin boosters can help:

- Reduce repetitive muscle stress
- Preserve skin quality
- Delay the formation of deep lines
- Maintain facial freshness

Correction should be performed only when necessary, and without waiting for problems to become advanced. Addressing small changes early often prevents the need for more aggressive interventions later.



The Importance of Acting Without Delay

Waiting until aging signs become obvious is not always the best strategy. Early, conservative correction—when indicated—helps maintain facial balance and reduces the risk of overtreatment in the future. The goal is to act before aging becomes difficult to reverse, not after.





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The Importance of Acting Without Delay

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Why Waiting Too Long Can Be a Mistake

Many women delay treatment until changes become very noticeable. At that point:

- More aggressive treatments may be needed
- Results may look less natural
- Recovery time may be longer

Early, conservative intervention often reduces the need for major procedures later.



Acting Too Early: Is That a Risk?

Starting too early can also be problematic if treatments are unnecessary or excessive. The solution is medical judgment, not age-based decisions.

Treatments should be based on:

- Skin quality
- Facial dynamics
- Lifestyle factors
- Genetic predisposition



Not on trends or peer pressure.

The Importance of Individual Assessment



Two women of the same age may age very differently. Factors such as:

- Genetics
- Sun exposure
- Hormonal changes
- Stress levels
- Skincare habits

All influence how and when aging appears.

This is why personalized consultation is essential.

Building a Long-Term Aging Strategy

The smartest approach to aging includes:

- Daily sun protection
- Consistent skincare
- Healthy sleep and nutrition
- Periodic professional assessment
- Minimal, well-timed aesthetic treatments



**Aging well is not about stopping time—
it is about aging with control and
confidence.**

Conclusion

Aging does not start at a specific birthday. It begins quietly and progresses differently for every woman. Acting too late can make treatment harder, while acting too early without reason can be unnecessary.





All influence how and when aging appears. This is why personalized consultation is essential.

The best results come from understanding your own aging pattern and choosing the right moment to act—calmly, conservatively, and intelligently. The key is not early treatment, but appropriate treatment.

HOW TO START WITH AESTHETIC TREATMENTS

If you're trying injections for the first time and don't know where to begin

Many people look at their faces and feel unsure where to start. In aesthetics, there is a clear, logical, and medically correct sequence – because some areas influence others, and some treatments must come before others to create harmony. There are guidelines for this, and today I explain them simply and honestly. **By Dr. Mahmoud Said**

1) The Eyes Come First

When we communicate, the first thing people notice are the eyes. If your eyes look tired, dull, or aged, no jawline or cheek contour will compensate. {fresh eyes = fresh face . Tired eyes = tired face}

Upper and Outer Eye Area

This area almost always needs Botox first. Botox opens the eyes, softens the lines, reduces heaviness, and gives a fresh, awake appearance.





Under the Eyes

Depending on the case, treatment may include:

- Tear trough fillers to correct hollowness
- Skin boosters to lighten and thicken the thin under-eye skin
- Pigmentation treatments when needed

Midface (Cheek) Support – The Most Overlooked Secret

The eye area depends heavily on cheek fat for support. When cheek volume decreases:

- The lower eyelid loses its natural support
- The eyelid begins creating its own fat bags
- The orbicularis muscle becomes overworked
- This stress causes puffiness and edema
- Fragile capillaries leak, causing dark pigmentation



Important Note

This can also happen even without volume loss, such as from:

- Genetics
- Smoking
- Too much coffee
- Chronic stress
- Eye strain / vision problems

How We Correct It

If the midface has lost volume, I restore it with cheek fillers. These fillers are not the same as tear trough fillers – each has a different viscosity and role.

Does under-eye filler make puffiness worse?

No. Absolutely not. When done correctly, tear trough filler reduces the visibility of puffiness by blending the contour – it does NOT create more swelling.

2) Lips and the Area Around the lips

After correcting the eyes, we move to the lips. Modern beauty prefers naturally full lips – never migrated, never overfilled, and definitely not duck lips.



Why Lip Enhancement Matters

We lose natural lip volume every year. Your lips today are smaller, drier, and less firm than they were years ago. Adding small, natural amounts:

- Restores youthful volume
- Improves hydration
- Refreshes the whole face
- Makes the smile look more defined
- Creates a softer, younger appearance

Small steps are always better than big jumps. This is the secret of natural beauty.



The Area Around the Lips

After lips, we treat:

1. Smile lines
2. Marionette lines
3. Chin wrinkles and chin shape

These lines come from:

- Muscle movement
- Volume loss
- Skin thinning
- Fat repositioning with age

We treat each cause appropriately.



3) The Side Profile

A balanced profile follows a sequence:

1. Nose-lips-chin line
2. The nose
3. The cheekbones
4. The jawline

When these elements align, the face becomes harmonious from every angle.

4) your Neck and chest Decolette

And one important aesthetic rule:

Never forget your neck. A youthful face with an aging neck is never in harmony.



Understanding the Cause of Every Problem

Before treating any area, we must understand why the problem appears. Aging is never caused by one factor alone – it is a combination.



Every aesthetic concern can be reduced to four elements:

1. Muscle problem
 - Treated with Botox
2. Volume loss
 - Treated with fillers
3. Skin quality and thickness
 - Treated with boosters, mesotherapy, or skin treatments
4. Fat position problems
 - Treated with threads or minor surgical corrections



With age, these problems never come alone – they arrive together, hand in hand.



That is why a professional assessment always gives better results than treating one isolated area.

Your Doctor's Role



This is where my experience comes in.

I examine the face as a whole, identify the priorities, and explain:

- What you truly need
- What is optional
- What will give the biggest improvement
- How to be cost-effective
- How to start safely and naturally



PATIENT GUIDE

PATIENT EDUCATION GUIDE

Aesthetic Injectable Treatments

Botox – Dermal Fillers – Skin Boosters – Facial Rejuvenation
Frequently Asked Questions

1. BOTOX – HOW DOES IT WORK?

Botulinum toxin is a purified protein that temporarily relaxes specific facial muscles responsible for dynamic facial expressions.

What Botox Treats:

Forehead lines

Frown lines (between the eyebrows)

Crow's feet

Bunny lines

Gummy smile

Jaw muscle hypertrophy (for face slimming)

Excessive sweating (hyperhidrosis)

How Botox Works:

Botox blocks nerve signals to targeted muscles, reducing muscle contraction. This softens dynamic wrinkles caused by repeated facial expressions.

Key Facts:

Botox does not fill wrinkles.

Botox does not freeze the face when used correctly.

Results are temporary and reversible.



2. DERMAL FILLERS – WHAT THEY ARE

Dermal fillers are injectable gels used to restore volume, contour the face, and improve facial proportions.

Common Uses:

Lip enhancement
Cheek augmentation
Jawline definition
Chin projection
Nasolabial folds
Marionette lines
Tear troughs (under-eye hollows)

Types of Fillers:

Hyaluronic Acid (HA) – temporary, dissolvable, and most commonly used
Calcium Hydroxylapatite (CaHA)
Most modern fillers are temporary and biodegradable. Product selection depends on the treatment area, desired result, and the practitioner's medical assessment.



3. SKIN BOOSTERS – WHAT MAKES THEM DIFFERENT

Skin boosters are not designed to add volume or change facial shape. Instead, they are designed to improve skin quality.



They improve:

Skin hydration
Elasticity
Texture
Glow and overall skin quality

Common Skin Boosters:

Hyaluronic acid-based boosters
Polynucleotides
Profilo-type treatments
Skin boosters are ideal for patients seeking natural-looking skin rejuvenation rather than contouring or reshaping.

4. SAFETY – ARE INJECTABLES SAFE?

When performed by a qualified medical professional, injectable treatments are considered safe. Safety is strongly linked to medical training, anatomy knowledge, product authenticity, and correct injection technique.

Safety Depends On:

Practitioner's medical training

Facial anatomy knowledge

Quality and authenticity of products used

Proper injection techniques and sterile practice

Important:

Injectables should only be performed by licensed medical professionals.

Products must be approved, traceable, and stored/handled correctly.



5. COMMON FEARS AND MISCONCEPTIONS

“Will Botox paralyze my face?”

No. Properly dosed Botox relaxes muscles without eliminating natural facial expression. Unnatural results usually occur when the dose is excessive or placed incorrectly.

“Will fillers migrate or deform my face?”

High-quality fillers placed correctly do not migrate. Migration or distortion is most commonly linked to overfilling, using the wrong product for the area, or incorrect injection technique.





“If I stop injections, will my face get worse?”

No. Your face returns to its natural aging process. It does not become “worse” because you stopped; the temporary treatment simply wears off.

“Can fillers be reversed?”

Yes. Hyaluronic acid fillers can be safely dissolved if needed using a medical dissolving agent, when clinically appropriate.

6. RESULTS – WHAT TO EXPECT

Botox:

Initial effect: 3–5 days

Full effect: 10–14 days

Duration: 3–6 months (varies by individual and area)

Fillers:

Immediate visible improvement is common

Final result after swelling subsides (usually 7–14 days)

Duration:

commonly 9–18 months (depends on product, area, and metabolism)

Skin Boosters:

Gradual improvement over time

Best results typically appear after multiple sessions

Maintenance sessions may be recommended depending on skin goals

7. NATURAL VS OVERDONE RESULTS

Natural results depend on accurate diagnosis, conservative planning, and respect for facial harmony and proportions.

The goal of modern aesthetics is enhancement, not transformation. The safest and most beautiful results are typically achieved through subtle, balanced changes and a personalized treatment plan.



8. AREA-SPECIFIC CONSIDERATIONS

Lips:

Shape and balance matter more than volume.

Overfilling is a common cause of unnatural appearance.

Swelling after treatment is temporary and usually improves within days.

Under Eyes:

This area requires advanced technique and careful product selection.

Not every patient is suitable for under-eye filler.

Safety is critical because the anatomy is delicate.

Jawline & Chin:

These treatments can improve facial balance and profile.

Results should match facial proportions for a natural look.



9. AFTERCARE – WHAT TO DO AFTER INJECTIONS

After Botox:

Avoid rubbing treated areas for 24 hours.

Avoid intense exercise for 24 hours.

Remain upright for at least 4 hours after treatment.

After Fillers:

Avoid strong pressure on the treated area.

Avoid significant heat exposure for 48 hours (sauna, very hot showers, high heat).

Mild swelling or bruising can occur and is usually normal.



10. SIDE EFFECTS AND COMPLICATIONS

**Common temporary effects
(usually mild and short-lived)
may include:**

Redness

Swelling

Bruising

Tenderness

**Rare but serious complications
may include:**

Vascular occlusion (blockage of
a blood vessel)

Skin blanching or persistent
discoloration

Severe or worsening pain

Vision symptoms (very rare but
urgent)

Immediate medical attention is
required if warning signs
appear, especially severe pain,
skin color changes, or any
vision changes.



11. HOW TO CHOOSE THE RIGHT PRACTITIONER

Look for:

Medical degree and appropriate specialization

Experience in aesthetic injectables

Strong knowledge of facial anatomy

Honest consultation and realistic planning

Real before/after photos with consistent quality

Avoid:

Extremely low prices that suggest compromised quality or safety

Non-medical injectors

Unverified or untraceable products



12. PRICING – WHY COSTS DIFFER

Price can vary depending on:

Quality and authenticity of the product

Practitioner's experience and expertise

Amount of product used

Clinic safety standards and medical setting

Cheaper does not always mean better or safer. The goal is value, safety, and reliable outcomes—not simply the lowest cost.



13. AGE AND INJECTABLES

Preventive Botox can be started in the late 20s or early 30s depending on genetics, muscle activity, and early lines.

Fillers are typically used when volume loss or contour changes appear.

Skin boosters can be suitable for many ages when the goal is skin quality improvement.

A personalized approach is essential. The best plan depends on facial anatomy, skin quality, goals, and medical history.

14. FINAL MESSAGE TO PATIENTS

Aesthetic injectables are medical procedures, not beauty services.

The best results come from:

Proper medical assessment

Conservative and individualized treatments

Realistic expectations

Trust between patient and practitioner

Beauty is about balance, confidence, and health—not exaggeration.



AESTHETIC INJECTABLES

Frequently Asked Questions (Q&A Guide)

Q1: Are aesthetic injectable treatments safe?

A: Yes. Aesthetic injectable treatments are considered safe when performed by a qualified and licensed medical professional using approved, traceable products. Safety depends on proper medical assessment, correct injection technique, sterile practice, and deep knowledge of facial anatomy. When these standards are followed, complications are uncommon.



Q2: Can Botox or fillers cause facial paralysis?

A: No. Botox does not cause permanent paralysis. It temporarily relaxes targeted muscles. When injected correctly and with appropriate dosing, it preserves natural facial expressions. Unnatural weakness or “frozen” appearance usually results from excessive dosing or incorrect placement, which is why medical expertise is essential.

Q3: Can fillers damage nerves or blood vessels?

A: Fillers are safe when injected correctly by a medically trained professional. However, incorrect placement or poor understanding of facial vascular anatomy can increase risk. This is why filler injections must be performed only by trained medical professionals who understand facial structures, blood vessels, and safe technique.



Q4: Are injectable treatments painful?

A: Most patients describe injectables as minimally uncomfortable. Many filler products contain local anesthetic, and topical numbing cream may be used. Sensitivity varies by area (for example, lips can be more sensitive), and your practitioner can tailor pain control options.



Q5: What is Botox and what does it do?

A: Botox is a purified protein (botulinum toxin) that temporarily relaxes muscles responsible for dynamic wrinkles. It is used to soften expression lines such as forehead lines, frown lines, and crow's feet, and can also be used for conditions like gummy smile, jaw slimming, and excessive sweating.

Q6: Will Botox make my face look frozen?

A: No, not when used properly. Modern Botox treatments aim for natural movement and softer lines. A frozen look typically occurs when too much product is used or if injection points are not well planned.

Q7: How long does Botox last?

A: Botox typically lasts between 3 and 6 months. Duration depends on muscle strength, metabolism, dosage, the treated area, and lifestyle factors. With repeated treatments, some patients notice longer-lasting results.



Q8: When will I see results after Botox?

A: You may notice early improvement within 3–5 days. Full results typically appear at 10–14 days. Many clinics schedule a review around the two-week mark to assess symmetry and fine-tune if needed.

Q9: If I stop Botox, will my wrinkles become worse?

A: No. If you stop Botox, your muscles gradually return to their normal activity, and your face continues its natural aging process. Wrinkles do not become worse because you stopped—your appearance simply returns to baseline.



Q10: What are dermal fillers made of?

A: Most modern dermal fillers are made of hyaluronic acid (HA), a substance naturally found in the body that attracts water and supports hydration and volume. Other fillers, such as calcium hydroxylapatite (CaHA), may provide structure and stimulate collagen in certain indications. Most fillers used today are temporary and biodegradable.

Q11: Can fillers migrate to other areas of the face?

A: Properly injected, high-quality fillers placed in the correct plane usually do not migrate. Migration is more often linked to overfilling, incorrect technique, inappropriate product choice, or treating a region that requires advanced expertise.

Q12: Can fillers permanently change my face?

A: Temporary fillers gradually break down and are absorbed by the body. They do not permanently change your face. Hyaluronic acid fillers are also reversible in many cases. Permanent-looking changes are usually related to repeated overfilling, poor planning, or unrealistic goals—not the correct use of temporary fillers.



Q13: How long do fillers last?

A: Depending on the product and the area treated, fillers commonly last between 9 and 18 months. Some areas with more movement (like lips) may metabolize filler faster, while deeper structural areas may last longer.



Q14: Is lip filler safe?

A: Yes, lip filler is safe when performed by an experienced medical professional using appropriate products and conservative volumes. Safety requires proper anatomical knowledge, careful injection technique, and correct aftercare guidance.

Q15: Will lip fillers feel hard or unnatural?

A: Early swelling or mild firmness can occur in the first days after treatment. Once the filler settles and swelling resolves, properly placed filler should feel soft and natural. If lumps persist, follow-up assessment is advised.

Q16: What are skin boosters?

A: Skin boosters are injectable treatments designed to improve hydration, elasticity, texture, and overall skin quality without creating volume or changing facial shape. They support a healthier, more radiant skin appearance.



Q17: How are skin boosters different from fillers?

A: Fillers are designed to add volume and contour (for example, lips, cheeks, chin, jawline). Skin boosters focus on improving skin quality—hydration, glow, and texture—rather than reshaping the face.

Q18: How many sessions of skin boosters are needed?

A: Many protocols recommend 2–3 sessions spaced several weeks apart, followed by maintenance sessions depending on your skin goals, age, and lifestyle. Your practitioner will recommend a plan based on your assessment.



Q19: When will I see final results after fillers?

A: Some improvement is visible immediately, but the final result is best judged after swelling has settled—usually within 7–14 days. This allows the filler to integrate and the tissues to calm.



Q20: Why do results differ between patients?

A: Results vary due to facial anatomy, skin quality, age-related changes, metabolism, lifestyle, product choice, amount used, and injector technique. A customized plan is essential for consistent, natural outcomes.

Q21: Can injectable treatments look natural?

A: Yes. Natural results are the standard goal in modern aesthetic medicine. This is achieved by conservative dosing, correct product selection, respecting facial proportions, and prioritizing balance over exaggeration.

Q22: What should I avoid after Botox?

A: Avoid rubbing or massaging the treated area for 24 hours, avoid intense exercise for 24 hours, and remain upright for at least 4 hours. These steps reduce the risk of product spread and help results settle properly.





Q23: What should I avoid after fillers?

A: Avoid strong pressure on treated areas, avoid excessive heat exposure for about 48 hours, and avoid strenuous activity for at least 24–48 hours. Follow your practitioner’s aftercare instructions, especially for lips and under-eye areas.

Q24: Can I travel or fly after injections?

A: Yes, flying is generally safe after injectables. Some people may experience mild temporary swelling, especially after filler, due to cabin pressure and dehydration. Staying hydrated and following aftercare helps.



Q25: What are common side effects?

A: Common side effects include temporary redness, swelling, bruising, and tenderness at the injection sites. These usually improve within a few days. Under-eye and lip areas may swell more than other regions.

Q26: What are warning signs of serious complications?

A: Severe or worsening pain, skin blanching or dark discoloration, persistent coldness or mottling, ulcers/blisters, or any vision changes are urgent warning signs. Immediate medical assessment is required if any of these occur.

Q27: How do I choose a qualified injector?

A: Choose a licensed medical professional with formal training, experience, anatomical expertise, and transparent consultation. Ask about product authenticity, complication management, and view real consistent before/after results.



Q28: Are cheap injectable treatments safe?

A: Extremely low prices can be a red flag for unapproved products, diluted products, poor storage, or inadequate training. Because injectables are medical procedures, safety and quality should always be prioritized over cost.



Q29: At what age should I start Botox?

A: There is no single correct age. Preventive Botox can be started in the late 20s or early 30s for some patients depending on genetics, muscle activity, and early expression lines. The decision should be based on medical assessment and patient goals.

Q30: Are injectables suitable for older patients?

A: Yes. Injectables can be beneficial at any age. In older patients, treatment often focuses on restoring volume, softening lines, improving skin quality, and maintaining natural facial harmony. Combination plans are commonly recommended.

Q31: Are injectable treatments addictive?

A: No. There is no physical dependency. However, patients may enjoy the improvement in appearance and confidence, which can increase interest in maintenance treatments. Ethical practice focuses on realistic goals and conservative planning.



Q32: Can injectable treatments replace surgery?

A: Yes. Injectables can be beneficial at any age. In older patients, treatment often focuses on restoring volume, softening lines, improving skin quality, and maintaining natural facial harmony. Combination plans are commonly recommended.

Q33: What is the most important factor for safe and beautiful results?

A: The most important factor is the medical expertise of the practitioner—especially anatomical knowledge, correct technique, appropriate product selection, and a conservative, personalized plan. High-quality products and safe clinical standards are essential.



Q34: If I used one brand of fillers or Botox one time, should I use the same brand next time?

A: Not necessarily. Using the same brand is not mandatory. What matters most is selecting the right product for your facial anatomy, treatment area, skin quality, and desired result. In future sessions, a practitioner may choose the same brand if it continues to be the best option, or may choose a different brand or formulation based on how you responded previously, changes in your facial needs, advances in product technology, and product availability. The key priorities are product authenticity, safety, appropriate indication, and the practitioner's clinical judgment.





FINAL MESSAGE

Aesthetic injectable treatments are medical procedures that require trust, expertise, and individualized care.

Natural beauty comes from balance, safety, and informed decisions.

1. Is it better to do Botox at the beginning of the holiday or at the end?

There is no scientific evidence that timing affects your final result.

As a clinic in a tropical touristic city treating thousands of international clients, our clinical experience proves:

There is no difference in the outcome

As long as you:

- Use sunblock SPF 50
- Stay in a cool place the day after treatment
- Avoid excessive facial movements in the injected areas





Why? Because after injection, there is competition between:

- Botulinum toxin
- Acetylcholine

Both compete for the same receptors in sweat glands and muscle fibers.

Keeping acetylcholine lower (by relaxing muscles and staying cool) helps Botox bind more efficiently.

2. How long does Botox last?

Botox attaches permanently to receptors. But the body naturally changes its receptors every 6 months.

Average duration: 6 months Our goal is restoring normal muscle function – not freezing the face.

3. How long does our Botox last?

Because we use top original brands:

Average: 6 months

Usually longer than previous Botox treatments you've had

Do not compare your current treatment with one from years ago. Your metabolism and body state are different now – usually more catabolic with age.

4. Is it a problem to fly immediately after Botox?

No problem at all. Flight cabin pressure does NOT affect Botox.

You can fly directly after treatment.



5. What if I need a retouch?

We are confident you won't need it due to accurate dosing.

Retouch is available after 14 days if requested.

BOTOX TREATMENT

Botox Price List

- One Unit – 1 €
- One Zone – 35 €
- Three Zones – 90 €
- Full Face – 120 €
- Neck Botox – 70 €
- Face-Lift Botox – 150 €
- Masseter Botox – 50-90 €
- Botox for Sweating:
 - One vial – 90 €
 - Two vials – 160 €
- Botox for Impotence – 200 €
- Botox for Premature Ejaculation – 200 €
- Lip Flip & Smokers' Lines – 30 €
- Slimming the Nose – 70 €
- Vaginismus Treatment – 200 €
- Migraine Botox – 150 €
- Neck Muscle Spasm – 90-150 €
- Face Slimming – 90 €





OUR PROMISE

You will experience the best Botox treatment ever – and we guarantee it.



Brands We Use We only use top-quality, internationally trusted brands:

Xiom.n

Allegan

And more

These ensure the strongest, longest-lasting, and safest results.

Our technique is based on restoring natural expression, not freezing or changing your identity. Our goal is to make you look refreshed, relaxed, and youthful – while keeping your natural beauty.

1) BOTOX FOR IMPOTENCE (ERECTILE DYSFUNCTION)

Session – 200€

Botox for impotence is a modern treatment that helps men achieve and maintain stronger erections by relaxing the smooth muscles inside the penis and improving blood flow. It is ideal for men who do not respond well to tablets or prefer a safe, non-systemic option.



How the Procedure Is Done

The treatment is performed under local anaesthesia. Small injections of Botox are delivered into the erectile tissue to relax the vascular smooth muscle and enhance blood circulation.

Injection Sites

- Right corpora cavernosa (2–3 tiny injections)
- Left corpora cavernosa (2–3 tiny injections)

In total 4–6 points.

The procedure takes 5–10 minutes and has no downtime.

2) BOTOX FOR PREMATURE EJACULATION

Session – 200€

Botox for premature ejaculation helps reduce hypersensitivity and overactive muscular reflexes that cause early climax. It increases ejaculatory control and sexual performance with long-lasting results.

How the Procedure Is Done

Performed under local anaesthesia. Small amounts of Botox are injected to relax the muscle responsible for ejaculation and reduce excessive sensitivity.



Injection Sites

- Bulbospongiosus muscle (main muscle controlling ejaculation)
- Optional: Base of the penis to reduce hypersensitivity

The procedure takes 5 minutes, and patients can continue normal activities the same day.

3) BOTOX FOR MIGRAINE

Botox 1 unit = 1€ or 150€ average more or less according to how many units are needed

Botox for migraine is an approved medical treatment that reduces the frequency, duration, and severity of chronic migraine attacks. It works by relaxing overactive muscles and blocking pain signals around the head and neck.



How the Procedure Is Done

The treatment follows the internationally recognized PREEMPT protocol. Botox is injected into specific migraine-trigger points across the head, face, and neck.

Injection Sites

- Forehead (frontalis)
- Frown area (procerus + corrugators)
- Temples (temporalis muscles)
- Back of the head (occipitalis)
- Neck and shoulders (trapezius)

Usually 31–39 injection points. Procedure time: 10–15 minutes. No downtime.

4) BOTOX FOR TENSION HEADACHE

Botox 1 unit = 1€ or 120€ average more or less according to how many units are needed

Botox for tension headache reduces chronic tightness of head, face, and neck muscles that cause pressure-type headaches. It is ideal for stress-related or posture-related head and neck pain.



How the Procedure Is Done

Small injections are given into the tight muscles responsible for chronic tension or spasm.

Injection Sites

- Forehead (frontalis)
- Frown muscles (corrugators + procerus)
- Temples (temporalis)
- Upper neck muscles
- Upper shoulders (trapezius)

Procedure time: 5–10 minutes. Results improve over the following 1–2 weeks.



5) BOTOX FOR MASSETER (JAW SLIMMING / BRUXISM RELIEF)

Botox 1 unit = 1€ or 50 - 90€ average more or less according to how many units are needed

Botox for the masseter muscle reduces jaw clenching, teeth grinding, and helps slim the lower face for a softer, more feminine contour. It also helps with TMJ pain and tension.

How the Procedure Is Done

Under topical anaesthesia cream if needed, Botox is injected directly into the masseter muscles.



Injection Sites

- Right masseter muscle – typically 3–4 deep injection points
- Left masseter muscle – typically 3–4 deep injection points

Covers the upper, middle, and lower sections of the muscle belly. Procedure time:

5 minutes. Results appear in 1–2 weeks.

BOTOX 3 AREAS (ZONES) - EXPLANATION



Botox can be priced and described in two different ways: per area (zone) or per unit. Understanding the difference helps patients know exactly what they are receiving and why dosing may vary between individuals.

Botox for the masseter muscle reduces jaw clenching, teeth grinding, and helps slim the lower face for a softer, more feminine contour. It also helps with TMJ pain and tension.

What does “Botox 3 Areas (3 Zones)” mean?

Botox 3 Areas refers to treating the three main upper-face areas in one session. These areas are responsible for most expression lines in the upper face.

The three areas are:

1. Forehead (horizontal forehead lines)
2. Glabella (frown lines between the eyebrows)
3. Crow’s feet (lines at the outer corners of the eyes)

When a clinic says “Botox – 3 zones”, it means treating all three of these areas together.



How many units are used in each area?

The number of Botox units depends on muscle strength, facial anatomy, gender, and the desired result. There is no fixed dose for every patient.

Average range per area:

- Forehead: 20–30 units
- Glabella: 20–30 units
- Crow’s feet (both sides): 20–30 units

Total dose for 3 areas is approximately 60–90 units, depending on the individual case.



What does “Botox per area (zone)” mean?

Botox per area means that each facial area has a fixed price. The injector decides how many units are required within that area to achieve safe and natural results.

Is Botox injected by area or by unit?

Medically, Botox is always injected in units. The term “zone” or “area” is a pricing and marketing term only. Even when Botox is priced per area, the injector still calculates and injects the correct number of units for each muscle.

Simple explanation for patients

“Botox can be priced either per unit or per area. Per unit is medically more precise, while per area offers a fixed price. In both cases, the dose is adjusted according to your muscle strength to ensure safe and natural results.”



DERMAL FILLERS - BRANDS & PRICING

Hyaluronic Acid (HA) Fillers

Lipfiller- Nosefiller – Under-eyefiller

- Replengen – 90€ per ml
- Juvederm – 90€ per ml
- Stylage – 90€ per ml

CHEEK - JAWLINE - CHIN FILLERS

Same prices as above, with an additional 10% discount for treatments requiring more than 2 ml.

CALCIUM HYDROXYLAPATITE (CaHA) FILLERS

• Radiesse-1.5ml → 230€



Category	Brand	Brand
HA – Lips/Nose/Under Eyes	Replengen	90€ / ml
	Juvederm	90€ / ml
	Stylage	90€ / ml
Cheeks / Jawline / Chin	All HA brands	Same prices (+10% discount over 2 ml)
CaHA	Radiesse 1.5 ml	230€

Note: Prices include professional consultation and medical-grade products.

TYPES OF DERMAL FILLERS

There are two main categories commonly used in aesthetic medicine:

1. Hyaluronic Acid (HA) Fillers
2. Calcium Hydroxylapatite (CaHA) Fillers

Why Hyaluronic Acid Fillers Are Most Recommended

1. Safety & Reversibility – HA fillers can be dissolved with hyaluronidase.
2. Natural Integration – HA integrates beautifully with soft, natural results.
3. Versatility – Suitable for all areas.
4. Less Risky – Safest for beginners.
5. Adjustable – Easy to top up and correct.

Feature	Hyaluronic Acid Fillers (HA)	Calcium Hydroxylapatite (CaHA)
Material	Natural sugar found in skin	Mineral-like particles
Longevity	6–12 months	12–18+ months
Reversible	Yes	No
Best For	Lips, tear trough, nose,	chin, cheeks, fine lines, cheeks, deep folds, hands
Texture	Smooth, soft,	Firmer, more structural
Results	moldable + natural	Immediate + improved
Risk Level	Lower	Higher

Why Calcium Hydroxylapatite Lasts Longer

- Stimulates collagen production.
- Gives firm, structural support.
- Lasts 12–18+ months.
- Not dissolvable.

Summary

Use HA fillers for safety, natural results, and delicate areas.

Use CaHA fillers for strong lift, structure, and long-lasting support.



SKIN BOOSTERS

What Are Skin Boosters?

Skin boosters include any treatment designed to improve skin appearance, hydration, elasticity, glow, and tightness.

They are not fillers; they do not change your face shape. Instead, they restore and nourish the skin from inside & stimulate collagen





Types of Skin Boosters Skin boosters are generally divided into two main categories:

1. Vitamin-Based Skin Boosters These are usually the cheapest and work like nutritional supplements for the skin.

When do vitamin boosters help most?

- After strong sickness
 - After heavy weight loss
 - When the body is lacking essential vitamins
 - When the skin looks dull due to nutritional deficiency
- They may improve the skin slightly even in healthy people, but the evidence is mild.

2. Skin Component Restoring Boosters These boosters target the actual structure of the skin, restoring natural components like hyaluronic acid, elastin, collagen stimulators, and DNA repair molecules.



These include:

Hyaluronic Acid-Based Boosters

Provide hydration, glow, firmness, and elasticity.

Examples:

- Hyarone
- Prophilu
- RRS Long Lasting

Exosomes (Exosone)

Tiny biological messengers that stimulate tissue repair and collagen regeneration. Highly effective for glow and healing.



PDRN (Polynucleotides / Salmon DNA) Also called “salmon sperm polynucleotide.” Improves cellular repair, elasticity, and skin texture.

These boosters give visible results within 1 week:

- More hydration
- Improved tightness
- Smoother texture
- Healthier, glowing appearance

At Beauty Botox Bar, we also offer our own advanced formula, mixing the best boosters together for stronger and more balanced results.

Booster Type	Price
Vitamin Boosters	30€
Hyarone	70€
Profhilo	90€
Exosome (Exosone)	90€
PDRN	95€
RRS Long	95€

Important Medical Note

Your skin has a natural ratio of components. If one ingredient is injected too much, the skin may start to look:

- Aged oldesh
- Swollen “Buffy”
- Unbalanced



This is why balanced formulas and professional judgment are extremely important.

At Beauty Botox Bar, we have our special folmuler of boosters are mixed safely and scientifically to maintain natural harmony in the skin.



SALMON DNA INJECTION

Session – 95€

Salmon DNA injection (also known as PN/PDRN therapy) is an advanced skin-rejuvenation treatment that uses purified DNA molecules extracted from salmon. These molecules stimulate cell repair, collagen production, and deep skin hydration – giving a natural glow, improved elasticity, and a more youthful appearance.

It is one of the most effective non-filler treatments for dull, tired, or aging skin.

How the Procedure Is Done

The treatment is performed using multiple small intradermal injections across the face or target area. It improves the skin at a cellular level by enhancing regeneration, healing, and collagen stimulation. The session takes 15–20 minutes, is done under topical anaesthesia, and is well tolerated.





Benefits

- Boosts collagen and elastin
 - Deeply hydrates the skin
 - Reduces fine lines
 - Improves texture and elasticity
 - Enhances glow and skin vitality
 - Helps with acne scars and uneven skin tone
 - Safe for sensitive and mature skin
-

What to Expect After

- Mild redness for a few hours
 - Tiny bumps may appear but settle within 12–24 hours
 - Skin begins to feel more hydrated within days
 - Full glow and texture improvement appear after 1–2 weeks
 - Best results after 2–3 sessions depending on the case
-

Safety

Salmon DNA is biocompatible, extremely safe, and well tolerated. There is no downtime, and clients can return to daily activities immediately.



POLY-L-LACTIC ACID INJECTION

Prices

- Sculptra – 230€
- Olidia – 200€

PLLA Treatment Overview Poly-L-lactic acid (PLLA) is a biocompatible, collagen-stimulating injectable used to restore facial volume, improve skin thickness, and reverse signs of aging over time. It is not a typical filler—its primary purpose is to stimulate natural collagen, not to give immediate volume.



PLLA vs. Fibrosis There is a common misconception that PLLA causes fibrosis. The truth:

Stimulates collagen—not fibrosis

PLLA's goal is collagen synthesis, not scar-like tissue.

Controlled, minimal inflammation

The reaction is mild and medically necessary to activate collagen production.

No excessive fibrosis

When injected correctly, the tissue regeneration is healthy, organized, and not harmful.

How PLLA Works in the Skin PLLA stimulates collagen through a controlled biological process:

1. Triggers an immune response After injection, PLLA microspheres attract macrophages and fibroblasts.

2. Activates fibroblasts Fibroblasts are the cells that synthesize collagen.



3. Promotes collagen production They begin producing type I and type III collagen, improving skin structure and elasticity.

4. Gradual volume restoration As PLLA particles biodegrade, the newly formed collagen replaces the lost volume in the treated area.

The result is natural, long-lasting rejuvenation that improves progressively over several months.

Are Sculptra and Olidia Fillers or Boosters?

PLLA is a unique category. Some consider it a filler, others call it a booster— In reality, PLLA is a biostimulator, meaning it stimulates natural collagen rather than adding instant volume.



Important Safety Notes

- Not advised around the mouth
- The risk of nodules is higher in this area.
- Treatment requires multiple sessions
- Best results come from sessions spaced 2 months apart.
- A sensitivity test is required before treatment
- Ensures no allergic reactions.

Post-Treatment Care – Essential

To avoid nodules or unevenness, patients must follow the:

5 × 5 × 5 Massage Rule

- 5 times per day
- 5 minutes each time
- for 5 days This ensures the PLLA distributes smoothly under the skin.

Best candidates

PLLA is ideal for patients with severe subcutaneous fat loss, such as advanced aging, weight-loss patients, or hollow facial structures.



COG THREADS - FACE LIFTING THREADS

Price List

4 threads – 150 €

8 threads – 250€



How Do Cog Threads Work?

Cog threads are specialized PDO or PLLA lifting threads with tiny barbs (cogs) that anchor into the skin.

They create a mechanical lift that pulls the skin upward, correcting sagging in areas such as the cheeks, jawline, and lower face.

Once placed, the threads stimulate intense collagen production, improving firmness, contour, and skin texture over the following 2–4 months.

What to Expect After Treatment

- Mild swelling - Bruising (small or moderate)
 - Tenderness along thread path
 - Slight asymmetry for a few days
 - Feeling of tightness or pulling
- These effects are normal and improve within 3–7 days.

Final collagen results appear after 6–12 weeks.

How Long Do the Results Last?

- Immediate lifting effect
- Collagen stimulation continues for 3 months
- Results last 12–18 months depending on:
 - Skin quality
 - Age
 - Lifestyle
 - Number of threads used



Who Is a Good Candidate?

Cog threads are suitable for people with:

- Mild to moderate skin laxity
- Sagging in cheeks, jawline, or lower face
- Early jowls
- Nasolabial or marionette sagging
- Good general health with realistic expectations

Not ideal for very thin skin, severe laxity, or patients wanting surgical results.



FACIAL THREADS & FAT REPOSITIONING (FACE ONLY)

This document explains the types of threads used in the face and the non-surgical techniques used for facial fat repositioning. It is suitable for patient education, medical training, and aesthetic clinic use.

PART 1: Types of Threads Used in the Face

1. Mono Threads (PDO Mono)

Function: Skin tightening and collagen stimulation.

Lift: No mechanical lift.

Common facial indications:

- Fine wrinkles
- Crepey skin
- Under-eye area
- Perioral lines

Technique: Placed superficially in a mesh or linear pattern.



2. Screw / Tornado Threads

Function: Mild volume effect with collagen stimulation.

Lift: Minimal.

Common facial indications:

- Nasolabial folds
- Marionette lines
- Mild cheek volume loss

Technique: Twisted threads provide more bulk than mono threads.



3. Cog Threads (Barbed Threads)

Function: Mechanical lifting and fat repositioning.

Lift: Strong.

Types:

- Uni-directional cogs
- Bi-directional cogs
- 3D, 4D, 6D, 8D cogs

Common facial indications:

- Mid-face sagging
- Jowls
- Jawline laxity
- Nasolabial folds



Technique: Threads anchor into tissue and pull sagged fat pads upward.

4. Molded / Pressed Cog Threads (PLA / PCL)

Function: Strong lifting with long-term collagen stimulation.

Lift: Stronger and longer lasting.

Common facial indications:

- Moderate facial sagging
- Jawline definition
- Mid-face repositioning

Duration: Approximately 12–24 months depending on material.



PART 2: Facial Fat Repositioning Techniques (Non-Surgical)

Facial fat repositioning aims to restore descended facial fat pads to their original youthful position, rather than simply filling lines. Aging is associated with fat descent, not only volume loss.

Key Facial Fat Pads Targeted

- Malar fat pad
- Deep medial cheek fat
- Nasolabial fat compartment
- Jowl fat compartment



1. Fat Repositioning Using Cog Threads

Mechanism:

- Threads grasp sagged fat pads
- Fat is lifted along planned vectors
- Tissue is re-anchored in a higher position

Best for:

- Mid-face sagging
- Jowls
- Jawline laxity

2. Filler-Assisted Fat Repositioning Mechanism:

- Deep filler placed on bone support points
- Provides structural support
- Indirectly repositions fat pads



Key support areas:

- Zygoma
- Piriform fossa
- Chin

3. Hybrid Technique (Threads + Filler)

This is considered the gold standard approach.

- Threads reposition fat pads
- Fillers support and stabilize the lifted tissue

Benefits:

- Natural facial harmony
- Reduced need for overfilling
- Longer-lasting results



4. Energy-Based Skin Tightening (Adjunct)

Devices such as RF or HIFU may be used as adjunct treatments.

- Improve skin tightening
- Enhance results of threads and fillers
- Do not reposition fat alone



Summary

Facial rejuvenation using threads and fat repositioning focuses on restoring natural anatomy. Correct thread selection, vector planning, and combination techniques are essential for safe, natural, and long-lasting facial results.

THE 5 POINTS FACIAL HARMONY FILLERS

The 5 Points Facial Harmony Fillers

The “5-Point Facial Harmony” concept is an advanced aesthetic approach that focuses on restoring facial balance, structural support, and youthful proportions using dermal fillers. Instead of treating isolated wrinkles or lines, this method targets key anatomical points that influence the overall harmony of the face.



1. Cheek (Zygomatic) Lift

Goal: Restore mid-face volume and enhance cheek projection while providing a natural lifting effect. This area plays a central role in facial aging, as volume loss here leads to sagging and deepening of folds below.

Effect: Improves cheek definition, lifts the mid-face, softens nasolabial folds, and enhances the transition between the lower eyelid and cheek.



2. Tear Trough / Under-Eye Rejuvenation

Goal: Address hollowing beneath the eyes that creates shadows, dark circles, and a tired appearance. Treatment in this area requires precision and a deep understanding of anatomy.

Effect: Smooths the under-eye contour, reduces the appearance of dark circles, and creates a refreshed, rested look.

3. Nasolabial Folds

Goal: Soften the lines extending from the sides of the nose to the corners of the mouth, which become more prominent with age and volume loss.

Effect: Restores a smoother mid-face appearance while maintaining natural facial expressions and movement.



4. Marionette Lines

Goal: Improve the downward lines from the corners of the mouth toward the chin that can give a sad or tired expression.

Effect: Lifts the mouth corners, improves lower-face harmony, and creates a more youthful and positive expression.

5. Jawline Definition

Goal: Restore or enhance jawline structure and definition, which is essential for facial balance and contour.

Effect: Creates a clearer jawline, improves the relationship between the mid and lower face, and enhances overall facial symmetry.



Principles of Facial Harmony

The five points are interconnected and should be assessed together rather than treated individually. Treating these areas strategically helps rebalance the face, restore structural support, and counteract the effects of aging.

This approach focuses on proportion, symmetry, and natural enhancement rather than overcorrection of isolated areas.

Commonly Used Filler Techniques

High G-prime fillers are typically used for structural support in areas such as the cheeks and jawline, while medium-viscosity fillers are preferred for folds and softer areas. Techniques may include needle or cannula injections, depending on safety and anatomical considerations.

Ideal Candidates

This treatment is suitable for patients with early to moderate signs of aging, volume loss, under-eye hollows, flattened mid-face, or reduced jawline definition who desire natural and harmonious results.

Safety Considerations

A thorough facial assessment is essential before treatment. Understanding vascular anatomy, previous filler history, skin quality, and individual facial proportions is critical to achieving safe and optimal results.

Why the 5-Point Facial Harmony Approach Works

By addressing volume loss, tissue descent, and structural weakening at key support points, this method restores the foundation of the face. The result is a balanced, youthful appearance that looks natural from all angles.



LIQUID FACE LIFT - PROFESSIONAL DESCRIPTION



What Is a Liquid Face Lift?

A Liquid Face Lift is a non-surgical facelift that uses a combination of dermal fillers, Botox, skin boosters, and lifting threads to rejuvenate and reshape the face without surgery. It restores volume, lifts sagging tissues, softens lines, and improves skin quality.



How It Works

- Restores volume in cheeks, temples, jawline, and under-eyes.
- Lifts the face naturally using strategic filler placement.
- Softens wrinkles with Botox.
 - Improves glow and elasticity with skin boosters.
- Threads give additional mechanical lift and stimulate collagen.

LIQUID FACE LIFT – FULL PACKAGE MENU (Updated & Styled) 300 € Packages (Starter Lift Options)

- **Package (minimal face lift) 300 €**
- 200 € pack (Starter touch)
- 1 ml filler
- Botox 3 zone
- Skin Booster (Hydram)

Package A – Natural Volume Touch

- 3 ml fillers
- Botox 3 zones

Package B – Hydrate & Smooth

- 2 ml fillers
- 1 skin booster
- Botox 3 zones

Package C – Eye & Forehead Refresh

- 1 ml filler
- 1 skin booster
- Botox 4 zones



400 € Packages (Medium Lift Options)

Package A – Volume Rebuild

- 6 ml fillers

Package B – Balanced Rejuvenation

- 5 ml fillers
- Botox 1 zone

Package C – Eyes + Midface Lift

- 4 ml fillers
- Botox 4 zones

Package D – Skin + Structure Combo

- 3 ml fillers
- 1 skin booster
- Botox 4 zones



500 € Packages (Advanced Lift Options – Threads Included)

Package A – Volume Lift

- 6 ml fillers
- Botox 3 zones

Package B – Contour + Jowls Lift

- 4 ml fillers
- Skin booster
- Botox 4 zones

Package C – Thread Lift Option

- 3 ml fillers
- 4 threads (brows or midface)
- Botox 2 zones

Package D – Tighten + Glow Hybrid

- 2 ml fillers
- Skin booster
- 6 threads (temple or midface)
- Botox 1 zone

600 € Packages (Maximum Lifting Power)

Package A – Full Liquid Lift

- 8 ml fillers
- Botox 4 zones

Package B – Hybrid Deep Lift

- 5 ml fillers
- Skin booster
- 4 threads
- Botox 3 zones

Package C – Thread-Focused Tightening

- 8 threads (brows, midface, or jowls)
- 2 ml fillers
- Botox 2 zones

Package D – Maximum Glow & Lift

- 4 ml fillers
- 2 skin boosters
- 6 threads
- Botox 4 zones



700 € – Full Face Anti-Aging Reset

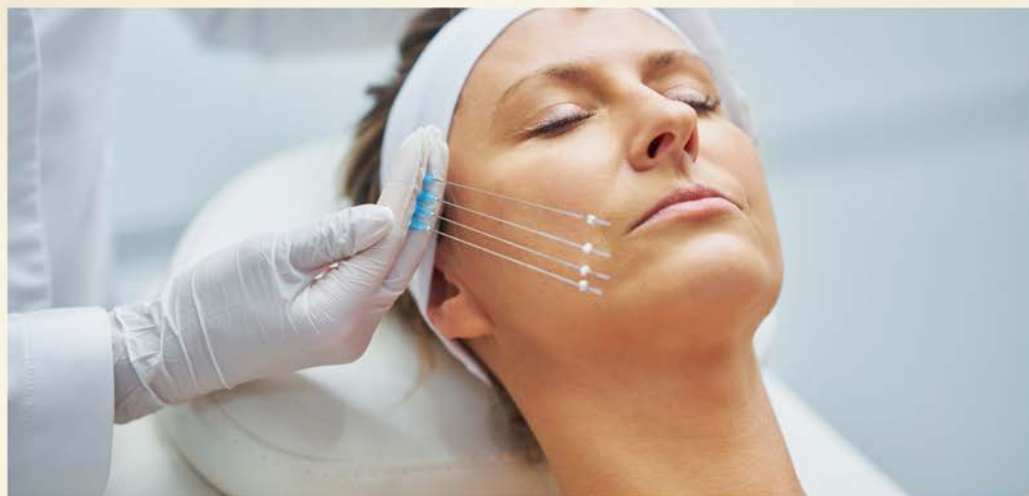
- 8 ml fillers
- Skin booster
- 4 threads
- Botox 4 zones Perfect for clients 40–55 who want a full transformation.

850 € – Non-Surgical Face Lift

- 10 ml fillers
- 6 threads
- Botox 4 zones Massive full-face lift without surgery.

1000 € – Premium Total Rejuvenation

- 12 ml fillers
- 8 threads
- 2 skin boosters
- Botox 5 zones A signature VIP package for tourists and high-budget clients.



Add-ons (Upsell Options)

- Extra 1 ml filler – 80€
- Extra 2 threads – 60€
- PRP face – 70€
- Hydrofacial – 20€
- Skin booster session – 70 €
- Botox one zone – 25€

What to Expect During the Procedure

- Numbing cream or local anesthesia applied
- Strategic filler placement
- Botox to relax muscles
- Threads for mechanical lifting
- 30–60 minutes procedure
- Immediate return to activities
- Results improve over 2–4 weeks



Recovery & Aftercare

- Swelling 1–3 days
- Bruising 3–7 days
- Tightness from threads 1–2 weeks
- Avoid exercise 24 hours
- Avoid sauna/steam 48 hours
- No alcohol 24 hours
- Makeup after 6 hours (24 if threads used)
- Sleep on back first night
- Avoid massaging
- Avoid dentist for 2 weeks

- You may fly same day; fittofly certificate available.

Why Clients Choose It

- No surgery or scars
- No general anesthesia
- Immediate, natural-looking results
- Can be done in one session or step-by-step
- Fully customizable
- Results last 12–24 months



Areas Improved

- Cheeks
- Jawline
- Chin
- Under-eyes
- Temples
- Nasolabial folds
- Marionette lines
- Jowls
- Neck lines
- Brows
- Laugh lines
- Sagging midface



Procedure Expectations

- Numbing cream or local anesthesia applied
 - Facial analysis and lifting points assessed
 - Fillers injected to lift and contour
 - Botox added for muscle relaxation
 - Threads used if additional lift needed
 - Procedure takes 30–60 minutes
 - Immediate improvement with gradual enhancement
-

Recovery & Aftercare

- Swelling 1–3 days
- Bruising 3–7 days
- Thread tightness up to 2 weeks
- Avoid exercise 24 hours
- Avoid sauna/steam 48 hours
- No alcohol 24 hours
- Makeup after 6 hours (24 if threads used)
- Avoid massaging
- Avoid dentist for 2 weeks
- Can fly same day; fit to fly certificate available
- Best results after 2–4 weeks



BODY FILLERS

Where Can Body Fillers Be Injected Safely?

Body fillers can technically be injected anywhere in the body, but the medically safe areas are:

- Buttocks (non-surgical butt enhancement)
- Breasts (non-surgical breast augmentation)
- Outer labia (labia majora rejuvenation)



Approved Body Filler Brands

- Sedyfill
- Audery

Prices

- Bottle 60 ml – 180€
- Bottle 100 ml – 280€

How Long Does Body Filler Last?
Usually up to 6 months.

How Much Do You Need?

Send a photo for online consultation
with Dr. Mahmoud Said:
WhatsApp: +201093957921

How the Procedure Is Done – Safety

- Maximum recommended amount per session: 150 ml
- Sessions spaced 2 weeks apart

If you are not always in Egypt...

You will already get benefits from the first bottle.

You can wait months for the next session.

Why You Must NOT Inject Too Much at Once

Large amounts increase risk of embolism due to sodium in hyaluronic acid. Less than 150 ml is 100% safe.

What to Expect After Injection

Some bruising and swelling for a few days.



Can I Sit and Sleep Normally?

Yes, immediately.

Sport?

Better after one week.

COMPLICATIONS OF BODY FILLERS

Body filler injections, like any aesthetic medical procedure, carry potential risks and complications. While many complications are similar to those seen with facial fillers, body fillers—especially when injected in large volumes—are associated with additional and more serious risks related to volume, pressure, and systemic effects.

Common Filler-Related Complications These may occur with both facial and body fillers and include:

- Swelling
- Bruising
- Inflammation
- Infection
- Irregularities or asymmetry



While these complications are generally manageable, the risk profile changes significantly when large volumes of filler are injected.



Complications Associated with Large-Volume Body Fillers

1. Disseminated Intravascular Coagulation (DIC)
Injecting large amounts of body filler may lead to severe stimulation of the immune and inflammatory systems, which in rare but serious cases can trigger: Disseminated Intravascular Coagulation (DIC) This condition involves widespread activation of the coagulation cascade within blood vessels and can be life-threatening.

2. Compartment Syndrome The risk is not limited to accidental intra-arterial or intravenous injection. With large filler volumes: - Increased pressure within a closed anatomical compartment - Compression of blood vessels and nerves - Reduced tissue perfusion This can result in Compartment Syndrome, even without direct vascular penetration.

3. Vascular Entry and Pulmonary Embolism With high injection volumes and increased tissue pressure: - Filler material may be forced into venous circulation - It can migrate through the vascular system - Leading to pulmonary embolism Pulmonary embolism is a severe and potentially fatal complication.

Complications Associated with Large-Volume Body Fillers

Safety Recommendations To reduce the risk of serious complications, the following principles are strongly recommended:

- Avoid injecting large volumes in a single session
 - Use a staged, gradual approach
 - Limit injection volume to 100–200 ml per session maximum
 - Careful patient selection and close post-procedure monitoring
- Conclusion

Dramatic body reshaping using large volumes of body fillers should always be avoided.

Patient safety must take priority over volume or speed of results. Gradual enhancement not only reduces complications but also provides safer and more predictable outcomes.



FAT DISSOLVING INJECTIONS

Price List

One vial – 50€

Double chin – 50€

Belly (suprapubic area) – 90€

Suprapubic + sides – 130€

How Do Fat-Dissolving Injections Work?

Fat-dissolving injections break down stubborn localized fat by destroying the membrane of fat cells (lipolysis).

Once the fat cell is opened, the body naturally processes the dissolved fat through the lymphatic system and liver over the next 2–6 weeks. The destroyed fat cells are permanently removed, and the area becomes slimmer and more contoured.



What to Expect After the Treatment

- Swelling (especially under the chin)
- Redness and warmth
- Mild burning sensation
- Tenderness for 1–5 days
- Small bruises
- Temporary hardness that softens within 1–2 weeks

Results – How Much Fat Is Reduced?

Fat-dissolving injections are designed for shaping, not general weight loss.

Expected outcome:

- 1–4 cm reduction in the treated area per session
- Visible results: after 2 weeks
- Final results: within 4–6 weeks

They do not reduce body weight (kilos), but they target specific stubborn fat pockets that don't respond to diet or exercise.

How Many Sessions Do You Need?

- Double chin: 1–3 sessions
- Suprapubic area: 3–6 sessions
- Lower belly or sides: 3–6 sessions

When Can I Repeat the Session?

- Sessions can be repeated every 4–6 weeks
- Minimum interval is 3 weeks
- Continue until the desired shape is achieved





LIP FILER

LIP FILLERS - TRENDS

Lip fillers are among the most popular aesthetic procedures, designed to add volume, define the lip borders, correct asymmetry, and enhance the natural shape. Hyaluronic acid fillers are the gold standard due to their safety, reversibility, and natural look.



Types of Lip Fillers

- Soft Hyaluronic Acid Fillers – ideal for natural hydration, smooth lips, and glossy appearance.
- Medium Density Fillers – suitable for contouring the lip borders and giving a defined shape.
- High Density Fillers – used for patients wanting strong volume and long-lasting results.
- Structured Fillers – perfect for lifting corners, fixing asymmetry, or treating aging lips.

Injection Techniques

- Classic Linear Threading – filler injected along the lip borders for contour definition.
- Russian Lips Technique – vertical injections to create lift and a flat, high □ definition Cupid’s bow.
- Pillowing Technique – small boluses placed in micro□columns to give structured height.
- Hydration Technique – superficial microdroplets used for natural hydration and glow.
- Corner Lift Technique – targeted injections to lift downturned lip corners.



LIP FILLER - PAIN CONTRIL

Pain Level & Anaesthesia Options

Pain varies between patients but most describe it as mild to moderate. Several anaesthesia methods ensure comfort:

- **Topical Numbing Cream** – applied for 20–30 minutes; reduces surface pain.
- **Local Anaesthetic Injection** – dental block; provides complete numbness for maximum comfort.
- **Filler with Built-in Anaesthesia** – most modern fillers contain lidocaine, reducing pain during injection.
- **General Sedation** – available for anxious patients or those wanting full relaxation during the procedure.

With proper anaesthesia, the treatment becomes very comfortable and easy for most clients.

Lip filler enhancement is a safe, artistic procedure when performed by trained professionals. Using the correct technique, appropriate filler type, and proper anaesthesia ensures beautiful, natural, and long-lasting results.



NEEDLE VS CANNULA - COMPARISON

Needle:

- Allows very precise shaping and definition.
- Used mainly for Cupid's bow, borders, and Russian technique.
- Slightly more painful but gives detailed artistic control.
- Higher chance of small bruising.

Cannula:

- Blunt tip – safer for vascular structures.
- Excellent for adding volume with minimal trauma.
- Less painful and causes less bruising.
- Ideal for hydration and natural enhancement.



Which is better?

Both tools are used in advanced lip filler work. Professionals usually combine needle and cannula for the best, safest, and most natural result.

FOX EYES PROCEDURES

Fox eye is a cosmetic technique designed to lift the outer angle of the eyes and raise the sides of the eyebrows, giving a more elongated, attractive, and youthful look.



- It can be done with injection like
- Botox only
- Botox and filler
- with or without threads or surgery

1 – Botox Fox of eye 60 €

Botox relaxes the pulling muscles and allows the eyebrow tail to lift naturally, while fillers improve the under-eye support.

Some cases may need fillers to correct hollowness under the eyes Price: 1 ml = 90€

2 – Threads

Threads can lift the eyebrows only, but they cannot lift the outer angle of the eyes.

Cost: 150€ for 4 threads

Threads give an immediate lift but also stimulate collagen for longer-lasting definition.



3 – Surgical Fox Eye Lift

This option can lift:

- The outer angle of the eye
- The tail of the eyebrow

It is the most effective and longest-lasting method.

Average cost: 480 €

(varies depending on eye shape and eyebrow position)

Fox eyes give you the lifted, glamorous appearance seen in modern beauty trends.

Whether you choose Botox, fillers, threads, or surgery – we customize the treatment for your own anatomy to create a natural, elegant lift.

Subtle, defined, and long-lasting results tailored specially for you.





BUCCAL FAT REMOVAL

BUCCAL FAT REMOVAL: A COMPREHENSIVE GUIDE TO FACIAL CONTOURING

Buccal fat removal, also known as buccal lipectomy, is a surgical facial contouring procedure designed to reduce the size of the buccal fat pads located deep within the cheeks. By selectively removing or reducing this fat, the face appears slimmer, with enhanced cheekbone definition and improved facial angles.



Understanding the Buccal Fat Pad

The buccal fat pad is a naturally occurring fat compartment situated between the facial muscles of the mid-face. Its size varies significantly among individuals and is largely determined by genetics. In some patients, prominent buccal fat creates a round or baby-face appearance that persists despite weight loss or aging.

Ideal Candidates for Buccal Fat Removal

Ideal candidates are individuals with full or rounded lower cheeks who desire a more sculpted facial appearance. Patients should have good skin elasticity, stable body weight, and realistic expectations. The procedure is not recommended for very lean faces or patients with significant age-related volume loss.



The Surgical Procedure

Buccal fat removal is typically performed under local anesthesia with or without sedation. A small incision is made inside the mouth, allowing access to the buccal fat pad without leaving external scars. A conservative amount of fat is removed to maintain natural facial balance.

Recovery and Results

Postoperative swelling and mild discomfort are expected during the first one to three weeks. Most patients can return to normal daily activities within a few days. Final results become visible over two to three months as swelling resolves, revealing a slimmer and more defined mid-face.



Benefits of Buccal Fat Removal

The procedure provides permanent reduction of cheek fullness, enhances cheekbone visibility, and improves overall facial proportions. When performed conservatively, results are subtle, natural, and long-lasting.

Risks and Considerations

As with any surgical procedure, buccal fat removal carries potential risks such as infection, bleeding, asymmetry, or excessive hollowing if too much fat is removed. Proper patient selection and surgical expertise are essential to minimize complications.

Buccal Fat Removal vs Non-Surgical Alternatives

Non-surgical alternatives such as fat-dissolving injections, dermal fillers, or thread lifting may improve facial contours but do not permanently remove buccal fat. In many cases, a combination approach provides the most balanced results.

Conclusion

Buccal fat removal is a powerful facial contouring procedure when performed on the right patient with a conservative approach. The goal is not to overly thin the face, but to enhance natural structure and long-term facial harmony.



JAWLINE DEFINITION

Fillers – Botox – Fat
Dissolving Injection –
Liposuction
Find the Best Option for
Your Face

Not every jawline needs the same treatment. The right choice depends on your facial structure – not trends.



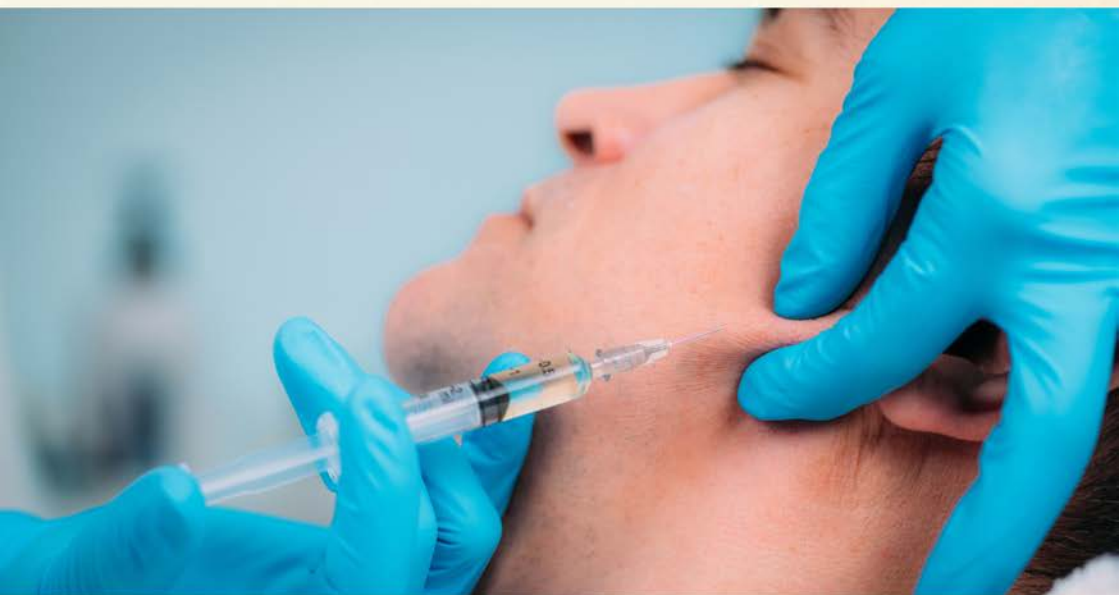
Important Medical Notes

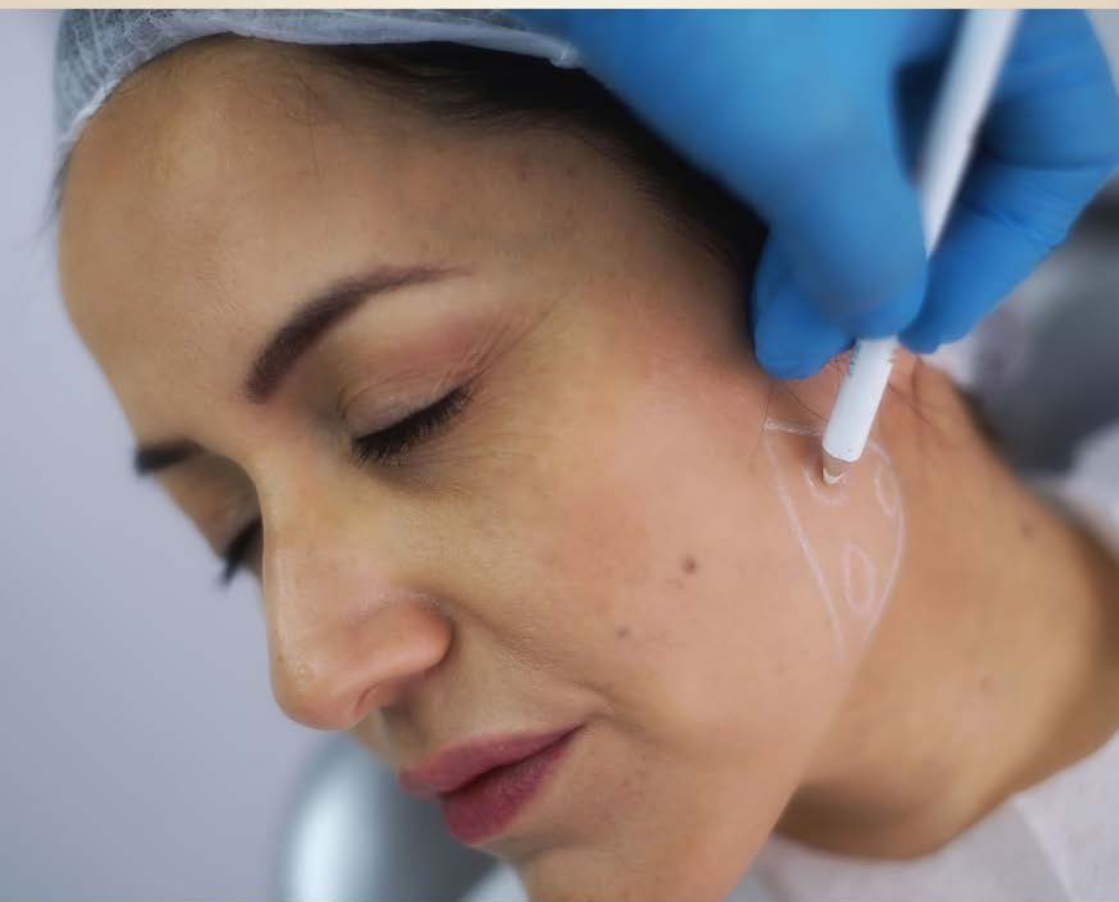
Fillers are ALWAYS for adding volume, not removing fat.

If the face is not slim, fillers may create a heavier appearance.

Fat should be reduced first (liposuction or fat dissolving) before considering fillers.

Correct diagnosis is essential for natural and balanced results.





Goal

A sharp and natural jawline
No overfilling
No heavy facial appearance
Balanced and medical result

Treatment Comparison

Treatment	Best For	What It Does	When to Choose	Price
Fillers	Slim faces needing definition	Adds volume and contour (does not remove fat)	When the face is slim and needs definition only	90€ per ml (Average jawline: ~3 ml ≈ 250€)
Botox	Strong or bulky jaw muscles	Relaxes the muscle and softens the jawline	When jaw width is caused by muscle activity	90€
Fat Dissolving Injection	Mild to moderate fat under jaw	Breaks down fat gradually	When patient prefers non-surgical fat reduction	150€ per session
Liposuction	Moderate to heavy fat under jaw	Permanently removes fat	When fat is the main cause of a heavy jawline	450€

LIPOSUCTION - SMALL AREAS (LOCAL ANAESTHESIA ONLY)

Procedure time: 1–1.5 hours

Price List

- Double chin – 450€
- Jawline definition – 450€
- Upper arms – 480€
- Back bra roll (small area) – 480€
- Upper abdomen (small area) – 480€
- Lower abdomen (small area) – 480€
- Small flanks (love handles) – 480€
- Knees – 450€
- Inner thigh (small pocket) – 480€
- Outer thigh (small pocket) – 480€
- Small gynecomastia (partial fat only) – 480€



About the Procedure

Liposuction under local anaesthesia is a minimally invasive technique used to remove small pockets of fat without the need for general anaesthesia. The area is marked, numbing solution is injected, and fine cannulas are used through micro-incisions to gently suction fat. The patient remains awake and comfortable throughout.

Before the Procedure

- No fasting required.
- Light meal is allowed.
- Avoid blood thinners for 48–72 hours if medically safe.
- Wear comfortable clothing.

After the Procedure

- Mild swelling and bruising for a few days.
- Light leakage of anaesthetic fluid for 24 hours.
- Compression garment for 2–4 weeks depending on the area.
- Resume normal daily activities the next day.



What to Expect

- Immediate improvement, with final results in 6–12 weeks.
- Minimal pain controlled with oral medication.
- No need for escort; patient can walk home.

Fit to Fly

Certificate A medical certificate confirming the patient is fit to fly is issued after the procedure. Most patients are cleared to fly the next day.



**COSMETIC NON-INJECTABLE
PROCEDURES**



HYDROFACIAL

7 steps

session 30€

A Hydrofacial is a non-invasive, multi-step treatment that deeply cleanses, exfoliates, hydrates, and rejuvenates the skin.



Using advanced hydro-technology combined with ultrasound and radiofrequency (RF), the treatment improves both the surface and deeper layers of the skin.



Complete Hydrofacial Steps (with Ultrasound & RF)

1. Deep Cleansing

Removes dirt, makeup residue, oil, and environmental impurities to prepare the skin.

2. Gentle Hydro-Exfoliation

Water-based peeling removes dead skin cells without irritation.

3. Pore Softening (Warm Hydration)

Softens sebum inside pores, making extractions effective and painless.

4. Vacuum Extraction

Removes blackheads, whiteheads, and clogged pores safely.

5. Ultrasound Infusion (Sonophoresis)

Ultrasound waves push hydrating serums deep into the skin.

6. Radiofrequency (RF) Skin Tightening

RF energy heats the deeper dermal layers, stimulating collagen and elastin.

7. Hydration & Protection

Moisturiser and SPF lock hydration and strengthen the skin barrier.



PRP (PLATELET RICH PLASMA)

Prices:

Hair (scalp) 70€

Face 70€

Face and scalp 120€

Joints: PRP only 70€

PRP mixed with
antiinflammatory
medication 80€ for joint
muscle pain

PRP (Platelet-Rich Plasma) is a concentrated preparation of your own blood platelets.

Platelets contain growth factors, healing proteins, and regenerative signals that stimulate tissue repair and natural regeneration.

It is completely safe, natural, and chemical-free because it comes from the patient's own blood.

How is the procedure done ?

1. Blood Collection:

A small amount of blood is taken, similar to a routine blood test.

2. Centrifugation:

The blood is placed in a centrifuge to separate plasma rich in growth factors.

3. Extraction of PRP:

The golden-yellow PRP layer is collected.

4. Injection:

PRP is injected using fine needles or microneedling into the target area such as hair

follicles, facial skin, joints, or scars.



PRP for Hair – Benefits & Expectations

- Stimulates dormant hair follicles
- Reduces hair fall
- Thickens existing hair
- Improves blood flow
- Supports regrowth in thinning areas

Expect mild redness for 24 hours, decreased hair fall in 2–4 weeks, and new growth in 6–12 weeks.

PRP for Face – Benefits & Expectations

- Reduces fine lines
- Improves dark circles
- Enhances glow and hydration
- Treats acne scars
- Boosts collagen and elasticity

Expect redness for 1–2 days, glow in 7–10 days, and full collagen improvement in 3 months.



PRP for Joints – Benefits & Expectations

- Reduces joint pain
- Regenerates cartilage
- Speeds tendon and ligament healing
- Reduces inflammation

Ideal for arthritis, knee pain, shoulder injuries. Improvement starts in 2–4 weeks with full effect in 6–8 weeks.



◆ **Why PRP Is Safe?**

- 100% natural
- No allergy risk
- No chemicals or fillers
- Safe for all skin and hair types

◆ **Who Is a Good Candidate?**

- Hair thinning
- Dull or aging skin
- Dark circles
- Acne scars
- Joint pain or early arthritis
- Tendon injuries

MICRONEEDLING

with topical hyaluronic acid

Price 50€

Microneedling is a minimally invasive skin treatment that uses very fine, medical-grade needles to create controlled micro-injuries in the skin.

These microchannels stimulate the body's natural healing response, leading to:

- Increased collagen production
- Improved skin texture
- Better elasticity
- Enhanced penetration of active serums

When paired with topical hyaluronic acid, the treatment becomes more effective in restoring hydration and firmness.

How Microneedling Works (Medical Explanation)

1. Micro-injury creation

Tiny controlled punctures stimulate the skin's wound-healing pathways without damaging the epidermis.

2. Fibroblast activation

The micro-injuries send signals to fibroblasts (the collagen-producing cells) to begin repairing the area.

3. Collagen & elastin synthesis

The body produces new type I and III collagen, improving skin firmness and reducing wrinkles.

4. Increased product absorption

The microchannels stay open for a short time, allowing hyaluronic acid to penetrate deeper into the skin.



Why Combine Microneedling with Hyaluronic Acid?
Hyaluronic acid is a naturally occurring molecule in the skin that holds 1000x its weight in water.

When applied immediately during microneedling:

- It deeply hydrates the skin
- Reduces dryness
- Enhances glow
- Improves healing
- Boosts elasticity
- Gives plumping and tightening effects



Medical Evidence for Microneedling

- Improvement in acne scars
 - Increased collagen density proven by biopsy studies
 - Reduction in fine lines & wrinkles
 - Enhanced skin absorption of active ingredients
 - Safe for all skin types with no pigmentation risk
- What to Expect After Treatment
- Mild redness for 24–48 hours
 - Slight sensitivity similar to sunburn
 - Glow visible within days
 - Full collagen effect after 4–6 weeks
- For best results: 3–6 sessions spaced 2–4 weeks apart.

PLASMA PEN



The treatment done with local anaesthesia cream or injection of lidocaine Plasma pen is a non-surgical skin tightening device that uses controlled plasma energy to create micro-trauma on the skin surface.

This triggers the body's natural healing response, resulting in:

- Skin tightening
- Lifting of wrinkles
- Reduction of fine lines
- Improved texture
- Removal of excess skin

Price

30€ per zone

Full face 90€

Neck 70€



What Plasma Pen Treats

- Eyelid tightening (non-surgical blepharoplasty)
- Crow's feet
- Forehead lines
- Nasolabial folds
- Neck wrinkles
- Smokers' lines
- Stretch marks
- Loose skin on face or neck



How Plasma Pen Works (Medical Explanation)

Plasma energy creation

The device ionises the air between the tip and the skin, producing a small plasma arc.

Controlled thermal micro-damage

Each tiny spot sublimes the superficial skin layer without touching deeper tissues.

Stimulation of fibroblasts

This activates fibroblasts in the dermis, increasing collagen, elastin, and fibronectin production.

Skin tightening effect

As the skin heals, it contracts and becomes firmer. Results continue improving for 6–12 weeks as collagen remodels.



Advantages of Plasma Pen

- Non-surgical
 - Minimal downtime
 - No cutting or sutures
 - Stimulates natural collagen
 - Long-lasting results
- ### What to Expect After Treatment
- Small brown crusts for 3–7 days
 - Mild swelling for 48–72 hours
 - Tightness sensation
 - Results after 2–3 weeks
 - Full improvement after 8–12 weeks

Important: Avoid sun exposure for 2 weeks. Do not remove the tiny dots; allow natural healing.

CHEMICAL PEELING

Session – 30€

Chemical peeling is a medical skin-resurfacing treatment that uses controlled acids to exfoliate the upper layers of the skin. It removes dead cells, stimulates collagen production, and reveals a brighter, smoother, more even skin tone.



This treatment is ideal for:

- Dull or tired skin
- Fine lines and superficial wrinkles
- Pigmentation and sun damage
- Acne and acne marks
- Uneven texture

How the Procedure Is Done

The skin is first cleaned and degreased.

A suitable peeling solution (superficial or medium depending on the skin condition) is applied for a few minutes.

You may feel mild warmth or tingling.

The peel is then neutralised, and soothing products are applied.

Total session time: 10–15 minutes.

What to Expect After

- Mild redness for a few hours
- Light peeling or dryness for 2–4 days
- The skin looks fresher and more radiant after the first week
- Avoid sun exposure for 48 hours
- Use sunscreen and moisturiser regularly
- Makeup can be applied the next day unless the peel is medium depth



Results Expect smoother texture, tighter pores, clearer tone, and overall skin rejuvenation.

Best results occur after 3–6 sessions depending on skin needs.



Glutathione is a powerful antioxidant naturally produced in the body. Medical glutathione injections help brighten the skin, reduce pigmentation, detoxify the liver, and improve overall skin clarity and radiance. It is one of the most popular treatments for achieving a glowing, even, and brighter complexion.



How the Procedure Is Done

A small intravenous or intramuscular dose of glutathione is administered in the clinic. The process takes 5–10 minutes, is generally painless, and requires no preparation or recovery time. Many clients combine glutathione with vitamin C for enhanced whitening results.



Benefits

- Brightens overall skin tone
- Reduces pigmentation and sun damage
- Helps with melasma and dark patches
- Improves skin clarity and glow
- Provides strong antioxidant & anti-aging support
- Aids liver detoxification
- Suitable for both men and women



What to Expect After

- No downtime – normal activities can be resumed immediately
- Skin looks fresher and more radiant after a few sessions
- Best results appear after 4–8 sessions depending on the skin condition
- Results improve with good sun protection and hydration

Safety

Glutathione injections are safe when performed under medical supervision. They are not recommended during pregnancy, breastfeeding, or for clients with certain kidney issues.

HYPERBARIC OXYGEN THERAPY (HBOT)

A Science-Backed Anti-Aging & Anti-Cellulite Treatment with Proven Health Benefits



What Is Hyperbaric Oxygen Therapy?

Hyperbaric Oxygen Therapy (HBOT) is a medical and wellness treatment in which the patient breathes 100% pure oxygen inside a specially designed pressurized chamber. Under increased atmospheric pressure, oxygen dissolves directly into the blood plasma, allowing it to reach tissues that normally suffer from reduced oxygen supply.

HBOT was originally introduced for the treatment of diving-related injuries, chronic wounds, and medical conditions requiring enhanced tissue oxygenation. Today, it is increasingly recognized as an advanced anti-aging, regenerative, and body-contouring supportive therapy, with strong scientific backing.



How HBOT Works in Anti-Aging

Aging is not a sudden process—it is the result of chronic cellular hypoxia, oxidative stress, inflammation, and reduced regenerative capacity. Hyperbaric Oxygen Therapy directly targets these fundamental mechanisms.

During a hyperbaric session:

- Oxygen concentration in the blood increases by up to 10–15 times normal levels
- Oxygen penetrates deeply into skin, fat tissue, muscles, nerves, and connective tissue
- Cellular repair mechanisms are activated at a molecular level





Key Anti-Aging Effects

- Stimulation of collagen and elastin production, improving skin firmness and elasticity
- Reduction of chronic inflammation, a major contributor to aging
- Improvement of mitochondrial activity, leading to increased cellular energy
- Activation and mobilization of stem cells, supporting tissue regeneration
- Enhanced microcirculation, resulting in healthier, brighter skin



HBOT as an Anti-Cellulite Treatment

Hyperbaric Oxygen Therapy plays an important role as a powerful anti-cellulite supportive treatment.

Cellulite is strongly associated with:

- Poor microcirculation
- Tissue hypoxia
- Fibrosis of connective tissue
- Impaired lymphatic drainage



HBOT helps reduce cellulite by:

- Increasing oxygen delivery to subcutaneous fat and connective tissue
- Improving blood flow and lymphatic drainage
- Reducing tissue inflammation and fibrosis
- Enhancing fat metabolism and skin tightening
- Supporting smoother skin texture and improved body contour appearance

When combined with healthy lifestyle habits or aesthetic body treatments, HBOT significantly enhances anti-cellulite results and skin quality.



Scientific Evidence and Clinical Support

Clinical research has demonstrated that HBOT can:

- Increase telomere length, a key marker of cellular aging
- Reduce senescent (aging) cells
- Improve tissue oxygenation and regeneration
- Enhance skin texture, tone, and elasticity
- Improve cognitive performance and neurological oxygen supply





These findings position HBOT among the few treatments that address aging and body tissue quality at the cellular level, rather than providing only superficial cosmetic effects.

Additional Health & Wellness Benefits

Beyond anti-aging and anti-cellulite effects, HBOT offers wide medical and wellness advantages.



General Health

- Accelerated wound healing
- Strengthened immune response
- Reduced fatigue and chronic exhaustion
- Faster recovery after illness or medical procedures

Brain & Nervous System

- Improved memory, focus, and mental clarity
- Support in post-stroke and neurological recovery
- Reduction of brain fog and stress-related symptoms
- Neuroprotective and anti-inflammatory effects

Skin & Aesthetic Benefits

- Brighter and healthier skin appearance
- Faster healing after aesthetic treatments
- Reduction of acne-related inflammation
- Improved recovery after laser, microneedling, and injectables



Sports & Physical Performance

- Faster muscle recovery
- Reduced lactic acid accumulation
- Improved endurance and overall physical performance



Treatment Experience

- Session duration: 90 minutes
- Procedure: Non-invasive, painless, and relaxing
- During the session: Rest comfortably, listen to music, or sleep
- Downtime: None – immediate return to daily activities

HBOT can be performed as a single session or as part of a customized anti-aging and anti-cellulite program, depending on individual goals.

Cost

Hyperbaric Oxygen Therapy –
90-minute session: 90 €

This cost represents excellent value considering the cellular anti-aging effects, anti-cellulite benefits, skin improvement, and overall health optimization achieved through one session.





Who Is HBOT Suitable For?

HBOT is suitable for:

- Individuals seeking science-based anti-aging solutions
- Patients aiming to improve skin quality and reduce cellulite
- People recovering from stress, fatigue, or medical procedures
- Athletes and physically active individuals
- Anyone focused on long-term health, longevity, and body wellness

Conclusion

Hyperbaric Oxygen Therapy is more than a wellness trend. It is a clinically supported regenerative treatment that addresses aging, cellulite, and tissue health at the root cause. By improving oxygen delivery, reducing inflammation, enhancing circulation, and activating cellular repair, HBOT stands as a powerful tool for anti-aging, anti-cellulite improvement, and total body rejuvenation.

Just 90 minutes can create meaningful change—at the cellular and tissue level.





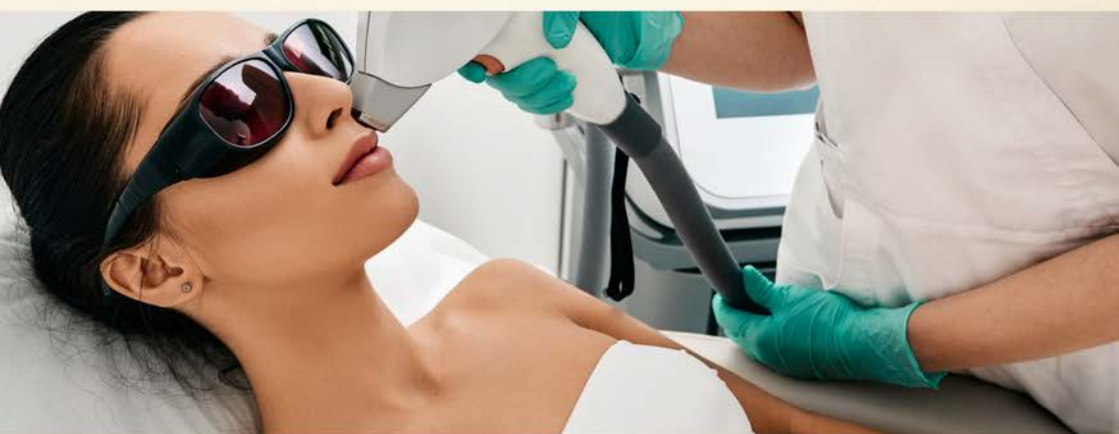
LASER

LASER HAIR REMOVAL - HURGHADA

Alexandrite & Nd:YAG Laser – Suitable for All Skin Types All prices are listed in EURO (€).

Women – Laser Hair Removal Price List

Area Upper	1 Session (€)	3 Sessions (€)	6 Sessions (€)
Lip Chin	15	40	70
Face Full	15	40	70
Underarms	45	120	220
Bikini Line	29	80	150
Brazilian Half	39	105	190
Arms Full	55	150	280
Arms Half	49	135	250
Legs Full	75	210	390
Legs	65	180	340
Abdomen	99	270	520
Chest +	55	150	280
Abdomen	109	299	560
Back Full Full	109	299	560
Body	199	540	990



Men – Laser Hair Removal Price List

Area Beard	1 Session (€)	3 Sessions (€)	6 Sessions (€)
Shaping	35	95	175
Neck Chest	75	210	390
Back	109	299	560
Shoulders	49	135	250
Abdomen	65	180	340
Full Arms	85	240	450
Full Legs	129	360	680
Full Body	229	620	1,150



Fractional Laser Treatmentsair Removal Price List

Treatment	Price (€)
Face	120
Face + Neck	160
Acne Scars (per area)	150
Stretch Marks (small area)	140
Full Face Resurfacing	180

Notes for Tourists

- **Safe and effective for all skin types**
- Advanced cooling system for comfort
- No downtime for laser hair removal sessions
- Suitable for short holidays in Hurghada
- Package sessions are valid for up to 12 months



ENDOLIFT

ENDOLIFT

A Minimally Invasive Laser Treatment for Skin Tightening, Fat Reduction, and Facial Rejuvenation

What Is Endolift?

Endolift is an advanced minimally invasive laser treatment designed to tighten the skin, reduce localized fat, and stimulate deep collagen remodeling. It is performed without surgery, without scars, and without general anesthesia, making it one of the most modern solutions for facial and body rejuvenation.





Endolift works at the deep dermal and subdermal levels, targeting skin laxity and fat deposits at their source rather than treating only the surface.

How Endolift Is Done (Step by Step)

Patient Assessment & Planning

The procedure begins with a detailed medical and aesthetic assessment to identify areas of skin laxity, localized fat pockets, loss of jawline or facial definition, and overall tissue quality.

Local Anesthesia

Endolift is performed under local anesthesia only. No general anesthesia is required, ensuring maximum safety, minimal downtime, and high patient comfort.



Laser Fiber Insertion

A micro-optical laser fiber, thinner than a hair, is gently inserted under the skin through a tiny entry point without cuts or stitches.

Laser Action & Tissue Remodeling

The laser energy provides three effects simultaneously:

- Immediate skin tightening through collagen contraction
- Fat melting (lipolysis) in localized areas
- Long-term collagen stimulation and remodeling



Completion & Recovery

No sutures or scars are created. Mild swelling or redness may occur temporarily, and patients usually return to daily activities quickly. Results continue to improve over 3–6 months.

Indications & Benefits

- Jawline and facial contour definition
- Reduction of jowls and double chin
- Neck tightening
- Localized fat reduction
- Improved skin firmness and texture
- Natural lifting effect without surgery



Scientific & Medical Basis

Endolift is based on laser-induced selective photothermolysis targeting water and fat tissue, leading to collagen regeneration, tightening of fibrous septa, and improved microcirculation.

Treatment Experience

- Duration: 30–90 minutes depending on treated area
- Anesthesia: Local only
- Downtime: Minimal
- Return to work: Same or next day

Results Timeline

- Immediate tightening effect
- Progressive improvement over weeks
- Optimal results at 3–6 months
- Results may last 1–2 years



Average Competitive Cost (25% Reduced)



Small areas (jawline / double chin / under-eye):

600 – 900 €

Full face or face + neck:

1,125 – 1,875 €

Body areas (abdomen, arms, thighs – per area):

1,350 – 2,250 €

These prices are considered extremely competitive compared to Western Europe, where similar procedures often exceed 3,000 – 5,000 €.

Who Is Endolift Suitable For?

- Mild to moderate skin laxity
- Localized fat deposits
- Patients seeking non-surgical lifting
- Individuals wanting visible results with minimal downtime

Conclusion

Endolift represents a new generation of laser-based rejuvenation treatments, offering effective skin tightening, fat reduction, and collagen stimulation in a single minimally invasive session. It delivers natural, long-lasting results with high safety and comfort.



IV INFUSIONS

For tourists, IV infusions are generally centered on rehydration, energy enhancement, jet-lag recovery, detoxification, and immune support to help them feel their best while traveling. These therapies often contain a blend of fluids, electrolytes, vitamins, amino acids, and antioxidants delivered directly into the bloodstream for rapid absorption and fast results.



Disclaimer:

IV therapy is a medical treatment and should be administered by licensed healthcare professionals after a comprehensive health screening to ensure it is appropriate for an individual's specific health needs.

We have licensed physicians with whom you can discuss your concerns – whether you are experiencing fatigue, dehydration from the flight or sun, or even traveler's diarrhea. We can advise you on the most suitable infusion to rehydrate you and restore your energy, helping you enjoy your vacation to the fullest and making your holiday a true recovery experience.

Here are common IV infusion ideas for tourists:

1. NAD+ Infusion – 170€ (Premium Anti-Aging & High-Energy Drip)

NAD+ (Nicotinamide Adenine Dinucleotide) is a vital coenzyme found in every cell of the body and is essential for mitochondrial energy production. NAD+ levels decrease with age, stress, and long-distance travel, leading to fatigue, reduced focus, and slower recovery.

How It Works:

NAD+ is infused slowly through a vein, allowing it to enter the cells directly and support energy pathways, DNA repair, and cellular regeneration. This drip is commonly chosen by wellness travelers, athletes, and clients seeking high-performance recovery.





Benefits:

- Powerful boost in natural (non-stimulant) energy
- Improved mental clarity, focus, and mood
- Reduced chronic fatigue and jet-lag symptoms
- Supports anti-aging and cellular repair
- Enhances metabolism and physical performance
- Faster recovery after travel-related stress

What to Expect:

The infusion takes 60–90 minutes. Many clients report feeling more alert, energized, and mentally clear within a few hours.

2. The “Hydration Hero” Drip – 100€

This essential infusion combats dehydration caused by long flights, sun exposure, or physical activity in a new climate.

- **Key Ingredients:** Saline or Lactated Ringer’s solution, electrolytes (sodium, potassium, magnesium, calcium)
 - **Benefits:** Rapid rehydration, relief from headaches, dizziness, and fatigue
-





3. The “Jet Lag Recovery” Blend – 120€

A targeted formula to help the body adjust to new time zones and reduce fatigue and brain fog.

- Key Ingredients: B-complex vitamins, Vitamin B12, magnesium, optional anti-inflammatory medication
- **Benefits:** Better sleep quality, improved mental clarity, increased natural energy

4. The “Immune Boost” Infusion – 100€

Strengthens the immune system, especially after exposure to crowded airports and new climates.

- Key Ingredients: High-dose Vitamin C, zinc, glutathione
- **Benefits:** Helps prevent illness, reduces the severity and duration of colds or flu, boosts overall immunity



5. The “Energy & Vitality” Drip – 100€

Ideal for tourists with busy itineraries or physically demanding activities.

- Key Ingredients: B-complex, Vitamin B12, taurine, L-carnitine, amino acids
- **Benefits:** Boosts metabolism, enhances stamina, reduces fatigue, improves focus

6. The “Detox & Anti-Inflammatory” Therapy – 100€

Supports liver detoxification and reduces inflammation after heavy meals, alcohol intake, or long-distance travel.

- Key Ingredients: Glutathione, Vitamin C, B-vitamins, optional anti-nausea or anti-inflammatory agents
 - **Benefits:** Reduces bloating, improves digestion, enhances skin clarity, supports muscle recovery
-





Considerations for Tourists

- Consultation: A medical professional should always perform a health screening before any IV drip.
- Convenience: Mobile IV therapy may be available in hotels or rental properties.
- Timing: Infusions can be beneficial before travel, immediately after arrival, or during the stay for maximum wellness.



HOME CARE

EVIDENCE-BASED HOME ANTI-AGING CARE: TREATMENTS YOU CAN DO YOURSELF

What “strong evidence” means in anti-aging

When dermatologists say something truly works for “anti-aging,” they usually mean it has been shown in well-designed human studies to improve fine lines, uneven pigmentation, rough texture, and loss of firmness (often by increasing collagen and reducing sun damage).

The strongest at-home evidence is for:

- 1) Sun protection (prevents most visible aging)
- 2) Topical retinoids (improves existing photoaging)
- 3) Moisturizers/barrier repair (reduces appearance of lines and improves function)
- 4) Certain antioxidants like vitamin C (helps pigmentation and radiance; supportive evidence)



1) Sunscreen: the #1 anti-aging treatment you can do at home

Why it works: UV exposure is the biggest driver of extrinsic aging (wrinkles, spots, laxity). Daily sunscreen prevents new collagen breakdown and helps prevent dark spots from getting worse.



What to use:

- Broad-spectrum SPF 30+ every day (SPF 50 if outdoors frequently).
- For pigmentation or melasma: tinted mineral sunscreen with iron oxides for visible light protection.

**How to apply:**

- Face and neck: use the two-finger rule (two full finger lengths).
- Reapply every 2 hours outdoors and after swimming or sweating.
- Include neck, ears, eyelids, and hands.

Expected results: Prevents worsening almost immediately; gradual improvement in tone over months.



2) Retinoids: the most proven topical for reversing photoaging

Why it works:

Retinoids increase cell turnover and stimulate collagen production, improving fine lines, texture, and pigmentation over time.

Options:

- Adapalene 0.1% (OTC in many countries): strong evidence, well tolerated.
- Retinol / retinaldehyde: effective but formulation-dependent and usually slower.
- Tretinoin (prescription): gold standard with decades of evidence.

How to start safely:

- Use at night only.
- Apply a pea-sized amount to the entire face.
- Start 2 nights per week, then increase gradually.
- For sensitive skin, use the sandwich method (moisturizer → retinoid → moisturizer). Timeline of results:
 - Weeks 1–4: dryness

Precautions:

- Avoid during pregnancy or breastfeeding unless advised by a doctor.
- Use cautiously with eczema or rosacea.



3) Vitamin C: supportive evidence for brightness and pigment

Why it helps: Vitamin C is a powerful antioxidant that neutralizes free radicals and supports collagen synthesis, improving photodamage and uneven tone.



How to choose:

- L-ascorbic acid 10–20% (10–15% often best tolerated).
- Stable, opaque packaging to prevent oxidation.



4) Moisturizers and barrier repair: essential but underestimated

Why it works:

Proper hydration improves skin appearance instantly and supports long-term tolerance of active treatments.

Evidence-based ingredients:

- Ceramides, cholesterol, fatty acids (barrier repair).
- Glycerin, hyaluronic acid, urea (hydration).
- Niacinamide 2–5% (improves tone, texture, and barrier function).

Usage:

- Apply morning and night after treatments.
- Petrolatum can be used at night for very dry skin if acne-prone skin tolerates it.

**5) Gentle exfoliation (optional)**

Exfoliation improves roughness and pigmentation but overuse can accelerate irritation and aging signs.

Options:

- AHA (glycolic or lactic acid) for texture and glow.
- BHA (salicylic acid) for oily or acne-prone skin.

Safe use:

- Limit to 1–2 nights per week.
- Avoid using on the same night as retinoids initially.



Evidence-Based Daily Routine

Morning:

1. Gentle cleanser (or water if dry).
2. Vitamin C serum (optional).
3. Moisturizer with ceramides or niacinamide.
4. Broad-spectrum sunscreen SPF 30–50.



Night:

1. Cleanser.
2. Retinoid.
3. Moisturizer.

Weekly:

- One night of chemical exfoliation if tolerated.

Lifestyle habits with strong anti-aging impact

- No smoking.
- Adequate sleep (7–9 hours).
- Balanced diet rich in protein, fruits, and vegetables.
- Regular strength training.
- Sun avoidance strategies (hats, shade).

What lacks strong evidence

- Collagen drinks (mixed evidence).
- Most OTC stem cell or exosome creams.
- Overuse of strong peels or acids at home.

This routine represents the strongest scientifically supported home-based anti-aging strategy currently available.





**PLASTIC SURGERIES UNDER
LOCAL ANESTHESIA**

BLEPHAROPLASTY WITH LOCAL ANAESTHETIC

Safe • Quick • Perfect for
Your Hurghada Trip

Price List

- Upper Eyelids – 480 €
- Lower Eyelids – 480 €
- Upper + Lower – 850 €



About the Procedure Blepharoplasty (eyelid surgery) is a precise cosmetic procedure that removes excess skin, tightens the eyelids, and refreshes the eye area.

It is performed under local anaesthetic, which means:

- You stay awake
- There is no risk of general anaesthesia
- Recovery is faster and more comfortable
- No escort is needed – you can come and leave alone
- No hospital stay
- No need for escort
- Back to normal daily activity next day
- Fit to fly next day direct
- Back to sport 2 weeks

How the Procedure Is Done Upper Eyelid Blepharoplasty

- A fine line is marked in your natural eyelid crease
- Excess skin (and sometimes small fat pads) are removed
- The incision is closed with delicate stitches that heal almost invisibly



Lower Eyelid Blepharoplasty

- A small incision is made just below the lash line or inside the eyelid (scarless)
- Fat is repositioned or removed to smooth under-eye bags
- Skin is tightened for a firmer, younger look

What to Expect After the Procedure

- Mild swelling and light bruising for 3–7 days
- You can walk, shop, and enjoy your holiday normally
- Stitches (if any) are removed after 5–7 days
- You can fly safely, After 24 hours with our fit to fly certificate
- you can continue your daily normal life same day
- Back to office work next day
- Back to sport & complete healing two weeks



LIP LIFT

price: 480 €

About the Procedure

A lip lift is a minor cosmetic surgical procedure designed to shorten the distance between the nose and the upper lip, making the lips look fuller, lifted, and naturally youthful. It enhances lip shape without adding filler and gives a permanent, elegant result.

Anaesthesia & Comfort The procedure is performed using local anaesthesia only, which means:

- You stay awake and comfortable
- No general anaesthesia is required
- Recovery is faster and lighter
- No escort needed – you can come and leave on your own The procedure usually takes 30–45 minutes.

What to Expect After the Procedure

- Mild swelling for 2–5 days
- Small stitches under the nose, removed after 5–7 days
- You can eat, speak, and drink normally
- You can walk and continue your activities the same day
- Scar heals extremely well and becomes nearly invisible over time

Fit to Fly A lip lift under local anaesthesia is safe to combine with your trip in Hurgada. Most patients can fly the next day or even the same day.

We provide:

- Medical report including a “Fit to Fly” statement
- All required medications after the procedure
- Optional clinic transportation (pick-up & drop-off)



BENEFITS

- Deep pore cleansing
- Hydration and glow
- Smoother, softer skin
- Fewer blackheads and congestion
- Tighter and firmer skin
- Fewer fine lines
- Safe for sensitive skin
- No downtime



Medical Evidence

Hydro-dermabrasion improves hydration and removes pore congestion.



Ultrasound increases serum absorption up to 40x.
RF stimulates collagen and improves elasticity.

CAN I DO BLEPHAROPLASTY WHILE I'M IN VACATION IN EGYPT?



Blepharoplasty is a Perfect Treatment to Combine With Your Trip under local anaesthetic is ideal during your stay in Hurghada because:

- No escort is required – you can come alone
- No heavy sedation – you stay fully awake
- Fast recovery, allowing you to enjoy your trip
- Safe to fly – we provide a medical report confirming fitness to fly

Included in Your Package

- Free clinic transportation (pick-up & drop-off)
- All required medications provided after the procedure
- **Medical reports including “Fit to Fly” statement**
- Full follow-up during your stay

HAIR TRANSPLANTATION IN OUR CLINIC

Package Prices:

- 1000 grafts – 900€
- 1500 grafts – 1200€

We provide high-quality hair transplantation using advanced FUE (Follicular Unit Extraction) techniques performed by medical professionals with precision and natural-looking results. Our clinic is known for safe procedures, minimal downtime, and excellent hairline design.

Our FUE

Technique We use a modern micro-FUE technique, which allows the extraction of follicular units one by one without leaving a visible linear scar.



Key Advantages of Our Technique

- Minimal pain and minimal downtime
- No stitches and no linear scar
- Natural hairline design tailored for each patient
- High graft survival rate
- Suitable for both men and women
- Perfect for covering the front, crown, or beard areas



What to Expect During the Procedure

The procedure is done under local anaesthesia. First, we design the hairline and mark the donor area. Grafts are extracted one by one with micro-tools. Each graft is implanted following the natural hair direction. The full procedure takes 4–6 hours depending on graft count.

Preparation Before the Hair Transplant

- Avoid alcohol for 48 hours
- Avoid blood thinners if medically allowed
- Stop smoking 24 hours before
- Eat a good breakfast
- Wear a buttoned shirt
- Stop Minoxidil 5–7 days before the procedure

After the Procedure Day 1–3:

Mild swelling, redness, tiny scabs.

Day 5–7: Scabs begin to fall naturally.

Day 10–14: Most crusts are gone.

1–3 Months: Shedding of transplanted hairs is normal.

3–4 Months: New growth begins.

6–12 Months: Final results with full density.

Recovery & Fit to Fly

Hair transplantation in our clinic is safe for travelers. You will receive a medical report stating “fit to fly.” You can fly the next day after the procedure and should wear a loose cap provided by us.

Restarting Minoxidil Minoxidil can usually be restarted 2–3 weeks after the procedure once the scalp has healed and scabs are gone.



GYNAECOMASTIA REMOVAL FOR MEN UNDER LOCAL ANAESTHESIA

Price: 500€

Procedure Description

Gynaecomastia removal is a minimally invasive procedure used to remove excess fat and gland tissue from the male chest and restore a flatter, more masculine contour. When performed under local anaesthesia, the treatment is comfortable, safe, and does not require hospital admission or sedation. It is a popular option for men who want fast results, minimal downtime, and the ability to return to normal activities shortly after.



How the Procedure Is Done

- Local anaesthesia is applied to fully numb the chest.
- Two small 3–5 mm incisions are placed in natural skin creases.
- A fine cannula removes excess fatty tissue via liposuction.
- Firm gland tissue behind the nipple is removed if present.
- The chest is sculpted to achieve a smooth, masculine shape.
- A compression vest is applied immediately after.

Total procedure time: 45–90 minutes.



What to Expect After

Normal symptoms:

- Mild swelling 3–7 days
- Light bruising
- Tightness in the chest
- Temporary nipple numbness or sensitivity

Aftercare instructions:

- Wear compression vest 5–7 days
- Avoid heavy chest exercise for 1 week
- Shower after 24 hours
- Avoid sauna and sunbeds for 1 week
- No pressure or massage on the chest



Results:

- Immediate visible improvement
- Best contour appears 2–4 weeks
- Final definition 6–8 weeks



Fit-to-Fly Information

Since the procedure is performed under local anaesthesia, flying is allowed the same day.

A Fit-to-Fly Certificate is provided confirming medical stability and no complications. This makes it ideal for medical tourists visiting Hurghada.

Can It Be Done at the End of a Vacation in Hurghada?

Yes – this procedure is very suitable to be done at the end of a holiday in Hurghada. It can be performed safely on the last day before returning home because:

- Only local anaesthesia is used
- Minimal downtime
- You can fly the same day
- No drains or restrictions requiring hospital stay



Clients can enjoy their holiday normally and undergo the procedure on the final day. If you plan swimming or diving, it is best scheduled on the very last day to avoid irritation from wearing the compression garment.

OTOPLASTY WITH LOCAL ANAESTHESIA

500€ one side

800€ both sides

Otoplasty is a cosmetic surgical procedure designed to reshape or reposition the ears to create a more natural and balanced appearance. It is commonly performed to correct prominent ears, asymmetry, or deformities. The procedure can be safely done under local anaesthesia, allowing you to stay awake and relaxed without the need for general anaesthesia.

Before the Procedure – What to Expect

- A consultation will be done to examine the shape of your ears and plan the desired correction.
- Photos may be taken for before/after comparison.
- You should avoid blood-thinning medications (unless medically necessary) such as aspirin or certain supplements for at least 5–7 days before the procedure.
- Eat normally on the day of treatment – fasting is not required with local anaesthesia.
- You will be awake, comfortable, and fully numbed in the treated area.





During the Procedure

- Local anaesthesia is injected around the ears to numb the area.
 - The surgeon reshapes or folds the cartilage depending on your case.
 - Fine sutures are used to secure the new shape.
 - The procedure usually takes 45–90 minutes depending on whether one or both sides are treated.
 - You can go home shortly after the procedure – no hospital stay is needed.
-

After the Procedure – What to Expect

- Mild swelling, tightness, or pressure around the ears for a few days.
- A headband or light dressing may be applied to protect the ears and maintain their new position.
- Some bruising is normal and improves within 5–10 days.
- Pain is usually mild and controlled with simple pain medication.
- Stitches are either dissolvable or removed after 7–10 days depending on the technique.



Healing Process

- Most swelling improves significantly within 1–2 weeks.
- Final refined results appear after 4–6 weeks.
- You can return to light daily activities the next day.
- You may return to work in 2–3 days depending on comfort.
- Full healing of cartilage and tissues continues over several months.

What to Avoid

- Avoid sleeping on your sides for 2 weeks to protect the ears.
- Avoid heavy exercise, gym, and swimming for 2 weeks.
- Avoid saunas, steam rooms, or sunbeds for 2 weeks.
- Avoid touching or bending the ears until fully healed.
- Avoid helmets, hard hats, or anything that compresses the ears for 3–4 weeks.
- Avoid smoking and alcohol for a few days, as they can slow healing.



PRICE LIST

PRICE LIST

Brands: Allergan – Refinex – Xiomin – Dysport

- One Unit – 1 €
- One Zone – 35 €
- Three Zones – 90 €
- Full Face – 120 €
- Neck Botox – 70 €
- Face-Lift Botox – 150 €
- Masseter Botox – 50-90 €
- **Botox for Sweating:**
 - One vial – 90 €
 - Two vials – 150 €
 - Botox for Impotence – 200 €
 - Botox for Premature Ejaculation – 200 €
 - Lip Flip & Smokers' Lines – 20 €
 - Slimming the Nose – 30 €
 - Vaginismus Treatment – 200 €
 - Migraine Botox 90– 150 €
 - Neck Muscle Spasm – 90-150 €
 - Face Slimming – 90 €

Botox for Tension Headache

Botox 1 unit = 1€ or ~120€ average depending on units needed

Botox for Masseter (Jaw Slimming / Bruxism Relief)

Botox 1 unit = 1€ or ~90€ average depending on units needed

FILLERS

Hyaluronic Acid Fillers

Brands: Juvederm – Stylage – Volomis HA – Replengen

Lip fillers 1ml – 90 €

Calcium Hydroxylapatite (CaHA) Fillers

Radiesse 1.5ml – 250 €

Body Fillers

Brand: Sedyfill

Bottle 60 ml– 250 €

SKIN BOOSTERS

Brands: Profihlo – PDRN (polynucleotides) – Exosomes

Per syringel – 90 €

HYDROFACIAL

7 steps session– 30 €

PRP (PLATELET RICH PLASMA)

Hair (scalp) – 80 €

Face – 80 €

Face and scalp – 135 €

Joints: PRP only – 80 €

PRP mixed with anti-inflammatory injection – 90 €

MICRONEEDLING

Hyaluronic Acid Fillers

Brands: Juvederm – Stylage – Volomis HA – Replengen

Lip fillers 1ml – 90 €

With topical hyaluronic acid – 30 €

PLASMA PEN

Per zone – 30 €

Full face – 90 €

Neck – 70 €

POLY-L-LACTIC ACID

Brands: Sculptra – Olidia

Bottle – 230 €

Session needs one or two
bottles

FAT DISSOLVING INJECTIONS

One vial – 50 €

Double chin – 65 €

Belly (suprapubic area) – 90 €

Suprapubic + sides – 90 €

COG THREADS - FACE LIFTING THREADS

4 threads – 150 €

8 threads – 280 €

FOX EYES PROCEDURES

Average cost varies depending on eye shape and eyebrow position

1 – Botox and Fillers

- Most cases need only Botox – 100€
- If filler needed under eyes – 1 ml = 90€

2 – Threads

Threads can lift the eyebrows only, not the outer eye angle

4 threads 150 €

CHEMICAL PEELING

Session – 30 €

GLUTATHIONE INJECTION

Session 50 €

FULL COSMETIC PACKAGES MENU

300 € Packages (Starter Lift Options)

- Package A – Natural Volume Touch: 3 ml fillers + Botox 3 zones
- Package B – Hydrate & Smooth: 2 ml fillers + 1 skin booster + Botox 3 zones
- Package C – Eye & Forehead Refresh: 1 ml filler + 1 skin booster + Botox 4 zones

400 € Packages (Medium Lift Options)

- Package A – Volume Rebuild: 6 ml fillers
- Package B – Balanced Rejuvenation: 5 ml fillers + Botox 1 zone
- Package C – Eyes + Midface Lift: 4 ml fillers + Botox 4 zones
- Package D – Skin + Structure Combo: 3 ml fillers + 1 skin booster + Botox 4 zones

500 € Packages (Advanced Lift Options – Threads Included)

- Package A – Volume Rebuild: 6 ml fillers
- Package B – Balanced Rejuvenation: 5 ml fillers + Botox 1 zone
- Package C – Eyes + Midface Lift: 4 ml fillers + Botox 4 zones
- Package D – Skin + Structure Combo: 3 ml fillers + 1 skin booster + Botox 4 zones

500 € Packages (Advanced Lift Options – Threads Included)

- Package A – Volume Lift: 6 ml fillers + Botox 3 zones
- Package B – Contour + Jowls Lift: 4 ml fillers + Skin booster + Botox 4 zones
- Package C – Thread Lift Option: 3 ml fillers + 4 threads + Botox 2 zones
- Package D – Tighten + Glow Hybrid: 2 ml fillers + Skin booster + 6 threads + Botox 1 zone

600 € Packages (Maximum Lifting Power)

- Package A – Full Liquid Lift: 8 ml fillers + Botox 4 zones
- Package B – Hybrid Deep Lift: 5 ml fillers + Skin booster + 4 threads + Botox 3 zones
- Package C – Thread-Focused Tightening: 8 threads + 2 ml fillers + Botox 2 zones
- Package D – Maximum Glow & Lift: 4 ml fillers + 2 skin boosters + 6 threads + Botox 4 zones

VIP Packages

- 700 € – Full Face Anti-Aging Reset:
8 ml fillers + Skin booster + 4
threads + Botox 4 zones
- 850 € – Non-Surgical Face Lift: 10
ml fillers + 6 threads + Botox 4
zones
- 1000 € – Premium Total
Rejuvenation: 12 ml fillers + 8
threads + 2 skin boosters + Botox 5
zones

Add-ons (Upsell Options)

- Extra 1 ml filler – 80€
- Extra 2 threads – 60€
- PRP face – 70€
- Hydrofacial – 20€
- Skin booster session – 90€
- Botox one zone – 33€

IV INFUSIONS FINAL

NAD+ Infusion – 170€

(Premium Anti-Aging & High-Energy Drip)

Hydration Hero Drip – 90€

Jet Lag Recovery Blend – 80€

Immune Boost Infusion – 90€

Energy & Vitality Drip – 90€

Detox & Anti-Inflammatory Therapy – 90€

CUPPING (HIJAMA)

Dry Cupping (Without Blood)

Full back 30€

Chest cupping – 20€

Facial cupping – 10€

Butt cupping – 20€

Legs cupping – 20€

Cupping Add-on

- Extra massage (20 minutes) – 10€

Wet Cupping add-on to any dry cupping service – +15€

BLEPHAROPLASTY (LOCAL ANAESTHETIC)

Upper Eyelids – 480 €

Lower Eyelids – 600 €

Upper + Lower – 850 €

OTOPLASTY (LOCAL ANAESTHESIA)

One side – 500€

Both sides – 800€

GYNECOMASTIA REMOVAL (LOCAL ANAESTHESIA)

For men – 600€

LIPOSUCTION - SMALL AREAS (LOCAL ANAESTHESIA ONLY)

Double chin – 450€

Jawline definition – 500€

Upper arms – 550€

Back bra roll (small area) – 500€

Upper abdomen (small area) – 550€

Lower abdomen (small area) – 550€

Small flanks (love handles) – 550€

Knees – 450€

Inner thigh (small pocket) – 550€

Outer thigh (small pocket) – 550€

Small gynecomastia (partial fat only) – 550€

LIP LIFT SURGERY

Price – 480 €

HAIR TRANSPLANTATION IN OUR CLINIC

1000 grafts – 900€

1500 grafts – 1200€

WOMEN - LASER HAIR REMOVAL

Area	1 Session (€)	3 Sessions (€)	6 Sessions (€)
Lip / Chin	15	40	70
Full Face	15	40	70
Underarms	45	120	220
Bikini Line	29	80	150
Brazilian Half	39	105	190
Full Arms	55	150	280
Half Arms	49	135	250
Full Legs	75	210	390
Legs	65	180	340
Abdomens	99	270	520
Chest + Abdomen	109	299	560
Back Full	109	299	560
Full Body	199	540	990

MEN - LASER HAIR REMOVAL

Area	1 Session (€)	3 Sessions (€)	6 Sessions (€)
Beard Shaping	35	95	175
Neck / Chest	75	210	390
Back	109	299	560
Shoulders	49	135	250
Abdomen	65	180	340
Full Arms	85	240	450
Full Legs	129	360	680
Full Body	229	620	1150

FRACTIONAL LASER TREATMENTS

Face – 120

Face + Neck – 160

Acne Scars (per area) – 150

Stretch Marks (small area) – 140

Full Face Resurfacing – 180



Beauty Botox Bar
Refresh your beauty

Contact Us



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