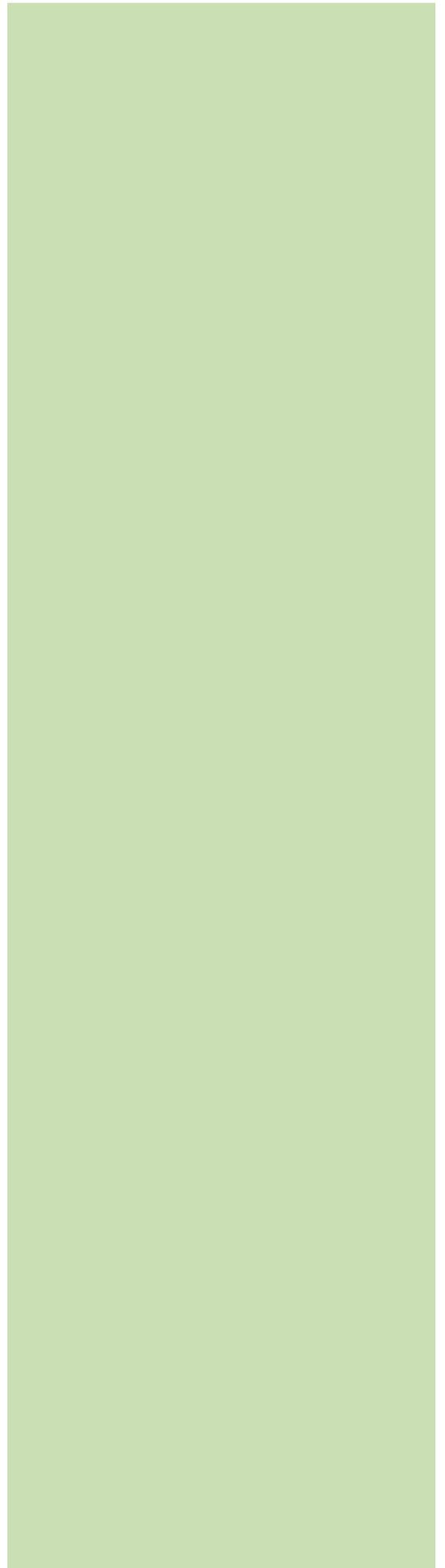


Skin Essentials By Mariga

# Advanced Skin Treatments



Rewind the clock with our non-invasive anti-ageing treatments



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# Introduction

Skincare has changed a lot over the last few years with the advent of a multitude of new ingredients and technologies. Here I will explain what works, how it works and what results you can expect.

Mariga Sheedy

The good news is that it is now easier than ever to hold back the years and indeed reverse the signs of ageing such as wrinkles, sun spots, dullness and loss of firmness. The bad news is, with so many new treatments on offer it can be hard to understand which is best for your unique needs.

## What will work best for YOU?

In this ebook, I will detail in depth the advanced anti-ageing treatments that actually deliver results. I personally research and/or trial all the emerging non-surgical technologies to bring you only the best in our Wexford Town skin clinic.

- What actually works and the results you can expect
- What does the treatment feel like?
- How often do you need to go for results?

At Skin Essentials by Mariga we specialise in non-invasive anti-ageing. That means no needles, nothing introduced into the skin that would not naturally be there and definitely no scalpels! All our treatments harness the natural rejuvenating properties of your skin to bring visible, lasting results.

Mariga

# About The Author

I graduated from the renowned Loriam School of beauty therapy in 1991 with internationally recognised qualifications from I.T.E.C., C.I.B.T.A.C. and the beauty world's most prestigious diploma: C.I.D.E.S.C.O.

In 2000 I opened my first salon in Wexford Town and have spent the last sixteen years establishing Skin Essentials as the premier name in Ireland for unparalleled facial skincare treatments and in 2010 I launched the Skin Essentials by Mariga range of scientific skincare products for home use.

I am a contributing beauty expert for Irish Beauty trade magazine and a regular speaker at national beauty trade shows. I have been appointed as Irish delegate to the European committee for standardisation whose objective is to develop a standard for the management and quality of beauty professional services in Europe. This is a project particularly close to my heart as I believe that raising standards for all is a must in our industry which has seen too many casualties as a result of deep discounting leading to compromised standards.

I am extremely proud to have been invited to become the first Irish member of the International Association of Applied Corneotherapy, an international expert group whose purposes and objectives are dedicated to the advancement of scientific research in the realm of Corneotherapy and related sciences such as dermatology, cosmetology, and corneobiology.

In 2016 I published my first e-Book 'The Skincare Rules', a handbook of advice for everyone serious about getting, and keeping, great skin for life. Find it on Kindle for Amazon.

Mariga Sheedy

# Advanced skin treatments at Skin Essentials by Mariga - what results can you expect?

At Skin Essentials by Mariga we know that you are serious about your skincare. That is why we offer only the best, scientifically tested, peer-reviewed and proven products and treatments at our Wexford Town facility and through our online shop. Like you, we are only interested in results. Media hype and fads don't influence us when we are designing products and treatments for our clients. Of course, we research everything that comes on the market so that we are up to date on everything you want to hear about. This allows us to cut through the marketing jargon and bring you opinions based on scientific fact only.

So, when you embark on a course of treatment from us you know that it will work (if you follow instructions of course)! As many advanced treatments require a commitment from you in terms of compliance, time and money invested, you need to be sure that it is the right choice for you and that is where our personalised comprehensive skin analysis and assessment comes in. Before we ever touch your skin we know it inside and out and can accurately predict each persons results from a set court of action.

This is why we are different. This is why we get the result you want.

Here are some unedited examples of results from real-life clients who followed their recommendations and have had outcomes exceeding their expectations. All of these clients had one thing in common - they committed fully to the homecare, treatment schedule and lifestyle changes set out at their initial consultation.

To see these results on your own skin, just give us a call on 053 9145981 and find out how we can help you today. You can also schedule a skin analysis online from this website, see details of the [process here](#).



Skin Essentials bio-therapeutic needling client before (top) & after course of 6



Hydroporation for peri-oral rejuvenation before (bottom) & after (top) course of 3



Hydroporation lip lifting before(left) and after course of 3



8 weeks from single treatment with Cryopen for sun spot/age spot removal



Red vein treatment of capillaries before (left) and after first session

# The Latest Anti-Ageing Technology

Say no to surgery, downtime and looking your age – Say yes to Divine Pro – The Celebrity Skin favourite exclusively at Skin Essentials in Wexford.

## What will it do for your skin?

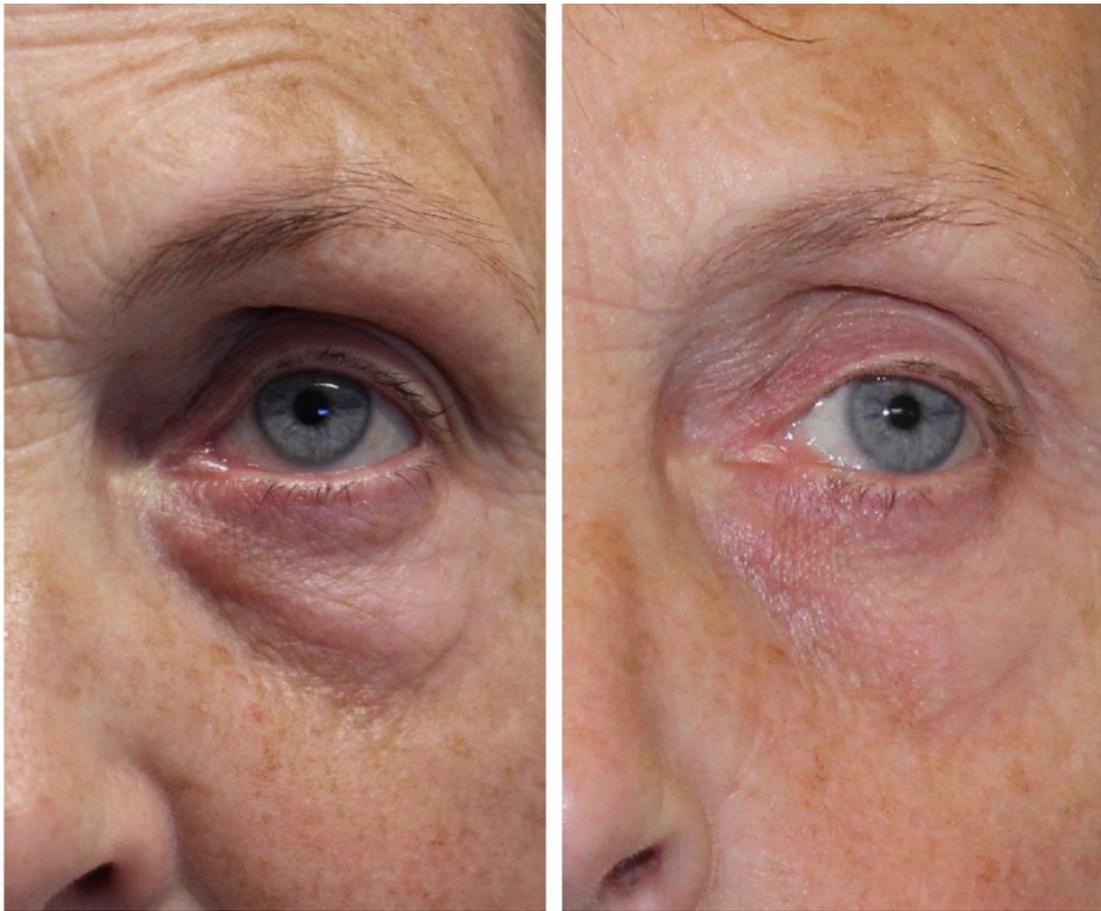
- Dramatic lifting results on wrinkles and sagging skin
- Eye contours tightened, reduce crows feet
- Jawline contoured
- Cheeks and mouth area re-volumised
- Amazing results on acne scarring – even old scars
- Neck lifted and tightened
- Double chin tightened
- Pores Reduced
- Visible, lasting results without surgery or injectables

**This is a game-changer!**

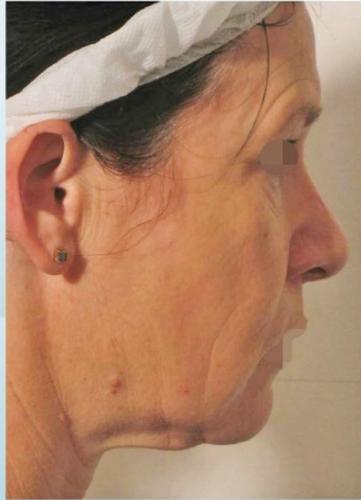
**Results from Divine Pro:**



Amazing results from the very first treatment on eye lines and overall texture.  
Pyramid Facelift, treatment by Skin Essentials, Wexford



Dramatic results on eye bags in six treatments – we can do a full face treatment or concentrate on just one problem area



Before



After 5 treatments

Pollogen in house collection

Before and after 5 treatments

[DIVINE PRO PRICELIST](#)



Actor, model and lifestyle guru Vivienne Connolly chooses Skin Essentials by Mariga for her skincare, here having the famous Pyramid Facelift

You can book your treatments online by clicking [HERE](#), or you can call us on 053 9145981 to discuss which would be best for your needs.

With all of our Divine Pro treatments, we conduct a complementary consultation first so we can offer you a bespoke treatment perfect for your skin.

[DIVINE PRO PRICELIST](#)

## **A brief overview of each treatment and it's benefits:**

TriPollar Radiofrequency – as a stand-alone modality, a course of radiofrequency facials will give lasting results on tightening, softening and smoothing skin that has lost elasticity. Particularly recommended for those most concerned with neck/jawline areas. As a single treatment this is fab to have before an event or night out for that tightened, radiant look.

TriFractional Radiofrequency – A combination of 2 radiofrequency technologies plus microneedling, this treatment is the one for resurfacing the whole skin. Recommended where texture is an issue whether that is from uneven or rough skin, enlarged pores, lines or old flat/red scarring. Also great to tighten jawline. Taken in a series this will give you long-lasting smooth, even, more toned skin with reduced lines, scars and pore size. A single treatment is a great re-boot for most skin types looking for a deep revitalisation.

Voluderm – similar to TriFractional in that it combines 2 radiofrequency technologies plus microneedling. The difference here is that we are targeting deeper in the skin for a plumped, 'filler' like effect. See cheeks plumped up to a much more youthful volume, hollow undereyes filled out, forehead and eye lines reduced and nose-to-mouth lines softened. Best in a series, choose this one when loss of volume, or hollowness, is the primary concern. This treatment is also the only non-invasive method to help minimise pitted acne scarring,

Pyramid Facelift – combines radiofrequency, trifractional resurfacing and voluderm in one intensive treatment to get the benefits of all three. Choose this one when you are concerned with multiple signs of ageing such as lines, loss of volume and sagging and want to address them all in a fast, effective manner. Our most popular anti-ageing treatment.

Why not call us now to book your FREE Divine Pro anti-ageing consultation to see whether you are a suitable candidate for treatment?

# LED light therapy - the best facial you can give your skin.

LED light therapy has got to be the most versatile treatment modality available now in advanced skin clinics. It is natural, safe, can be used by every skin type and the results we are seeing here at Skin Essentials by Mariga are fantastic. Our clients are experiencing deep skin rejuvenation giving them brighter, radiant, tighter skin that looks and acts years younger. It is also priced to be accessible to everyone, making it an ideal treatment for those on a budget or to have if you are saving up for advanced anti-wrinkle or scar reduction using microneedling. It will improve the skin's appearance and strength and also prep the skin for even better results from advanced correction treatments. To make it even better value for you, we have created the Celluma Club

As the effects of the Celluma LED are cumulative, the ideal way to use it at the beginning is as often as possible! The machine can be used every other day for 30 minutes and after the first month a maintenance programme of once a week is ideal.

To help you get the most from your biophototherapy treatments with us our experts have created the Celluma Club. Unlimited sessions of the Celluma treatment for 1 month for an amazing €200! Remember, it is usually €40 for a single light treatment. Fantastic for first time anti-ageing clients who want to dramatically accelerate the results of their new skincare programme. A must-do for acne too.

We LOVE our Celluma LED device so much that we have two here in our

Wexford town skin clinic! LED light therapy can be used as a stand alone treatment to treat ageing by boosting collagen production or to calm acne by neutralising bacteria. We often use it in combination with another therapy to deepen the results of each. As well as being versatile, it is customisable to each skin condition and can be used on even the most fragile skins which may be contra-indicated to other modalities.

A beautiful blend of  
technology and touch....  
introducing the new  
Age Slowly Facial  
from Skin Essentials by  
Mariga

Treat yourself.

LED Biophotonic therapy is a light-based non-invasive treatment used to treat the signs of ageing in facial skin and also used in the treatment of acne. LED Biophotonic Therapy works deep in the cellular structure of the skin in a non-invasive manner to promote collagen production, reduce redness, reduce lines and fight bacteria, giving you smoother, brighter, plumper skin with fewer blemishes. As always, homecare is vital too and you will see exceptional results when you combine this advanced skin treatment with the correct homecare products from our [scientific skincare range](#).

LED uses a technology first developed by NASA to help with wound healing in space.

It's aesthetic application uses the device to deliver light deep into skin tissue to promote growth.

The mitochondria (energy components) of the cell are stimulated, colour-sensitive chemicals are activated, skin cells are re-energised and collagen production boosted.

Skin Essentials are proud to be the first skincare clinic in Europe with Celluma Biophotonic Therapy. The Celluma machine's unique application of the technology (slower, longer pulses in a mouldable panel) allows for the most powerful effect, combining multiple wavelengths of blue, red and infra red light in the same session to give your skin a power super-boost in a very relaxing treatment.

Biophotonic therapy can be used as a stand-alone treatment when taken in a series for anti-ageing or acne, or a single session can be added on to your prescribed facial or peel treatment to supercharge your results. It is an exceptional add-on to our gold microneedling treatment, speeding and boosting results.

As the light waves are working on a deep, cellular level you will find that positive changes in your skin's appearance continue to occur for weeks and months after your initial course. These can be enhanced by monthly single-session top-ups and use of the correct skincare for your skin's needs.

Pricing:

Single 30 minute session €40

# Hydroporation - the needle free alternative to botox or fillers exclusively at Skin Essentials

## NEEDLE-FREE HYDROPORATION

Are you concerned with frown lines or lip lines?

Thinking about anti-wrinkle injections or fillers but worried if it's right for you?

We have the answer for you!

Exclusive to Skin Essentials is a revolutionary wrinkle revision solution:

Hydroporation uses compressed air to blast hyaluronic acid through your pores and into the lower levels of the epidermis, plumping out lines by penetrating the spaces between skin cells that have gotten 'stuck' together from lack of hyaluronic acid, which depletes as we age.

Hydroporation is the quick, simple and natural alternative to invasive injections. The fluid introduced into the skin is hyaluronic acid, a natural component of your skin's own moisturising system. As it is native to the skin it is readily accepted into the epidermis and mixes with your own extra-cellular fluids to re-create the cushioning between the cells that gives you a plumper, revitalised, smoother surface to the skin.



Pricing:

€30 per shot

How many shots will you need?

That completely depends on the current condition and hydration of your skin. As an average, upper lip needs 4 shots each session, one line between the brows needs an average of 2 shots per session. Initially a course of 3 over 6 weeks is performed, then top-ups of a single session every few months depending on which fluid is used and how well you take care of your skin at home!

An outline of a proposed course of treatment is given along with prices at your initial complementary consultation.

We highly recommend this natural alternative to injectables and it is one of Mariga's top requested treatments. Book your consultation now on 053 9145981 and see what it can do for you!

# Hydroporation - more details

The skin has the potential to regenerate itself, but with ageing, skin loses its elasticity due to lack of moisture and natural slowdown of cellular processes, and wrinkles develop. One reason for this is the body's reduced production of Hyaluronic acid.

Hydroporation is an application of the Poring-Method, through which the skin gets back these natural moisturising agents. Hydroporation, the natural way towards refreshing and smoothing the appearance of wrinkled and loosening skin using a Poring-Method, is a true world first.

Only specially educated and tested beauty professionals are certified to apply the Poring-Method. This guarantees the highest standards of quality and ensures that the PoreJet is handled properly. Skin Essentials by Mariga are currently the only skin clinic with this certification in Ireland.

The PoreJet distributes the poring fluid evenly in the upper layers of skin. The pressure of the application makes the cell layers that are stuck detach from each other.

## THE POREJET AND THE PORING-FLUID

The PoreJet was developed to enrich Hyaluronan in a gentle and skin-friendly way. The texture of the skin is cared for through an extremely fine stream from the PoreJet.

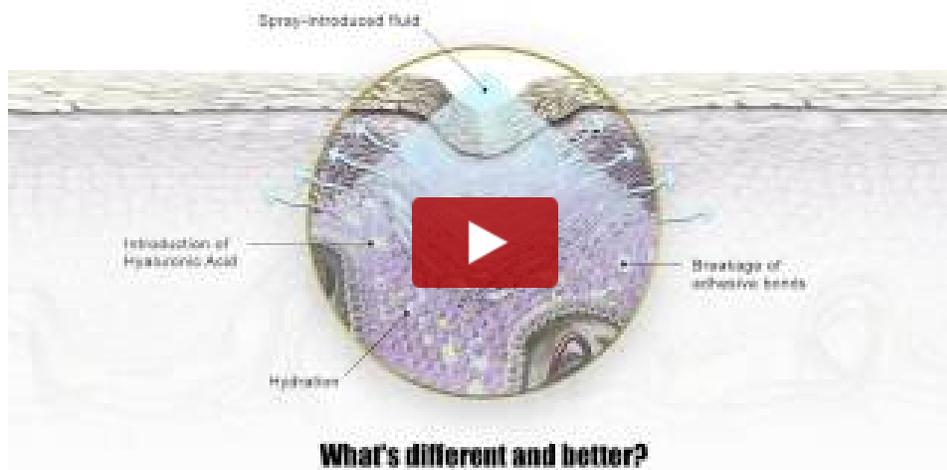
**In order to enable optimum distribution in the skin, a special Hyaluronic Acid is used – Poring-Fluid. This approach to wrinkle treatment is revolutionary, as previously it was only possible to apply Hyaluronan products to the skin by means of painful injections using needles.**

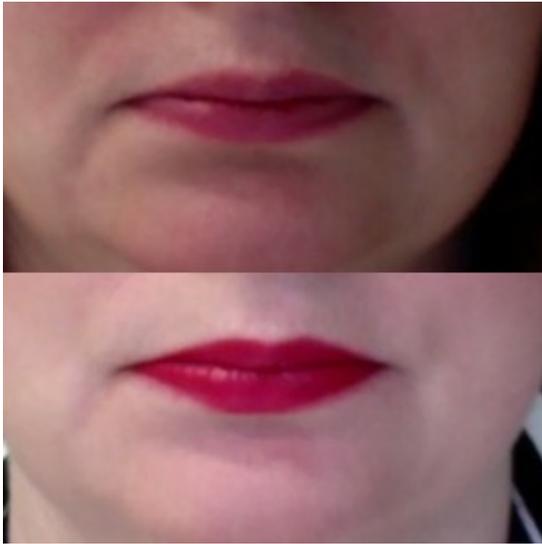
## EFFECT

Once in the intracellular spaces, the Poring-Fluid absorbs a lot of water. This plumps up the epidermal layers and wrinkles are smoothed.

When it is introduced into the upper layers of skin, it has a direct smoothing effect on wrinkles. The skin's natural moisture reserves are lastingly replenished and the formation of collagen is promoted. This makes the skin look visibly younger, both in the short- and the long-term.

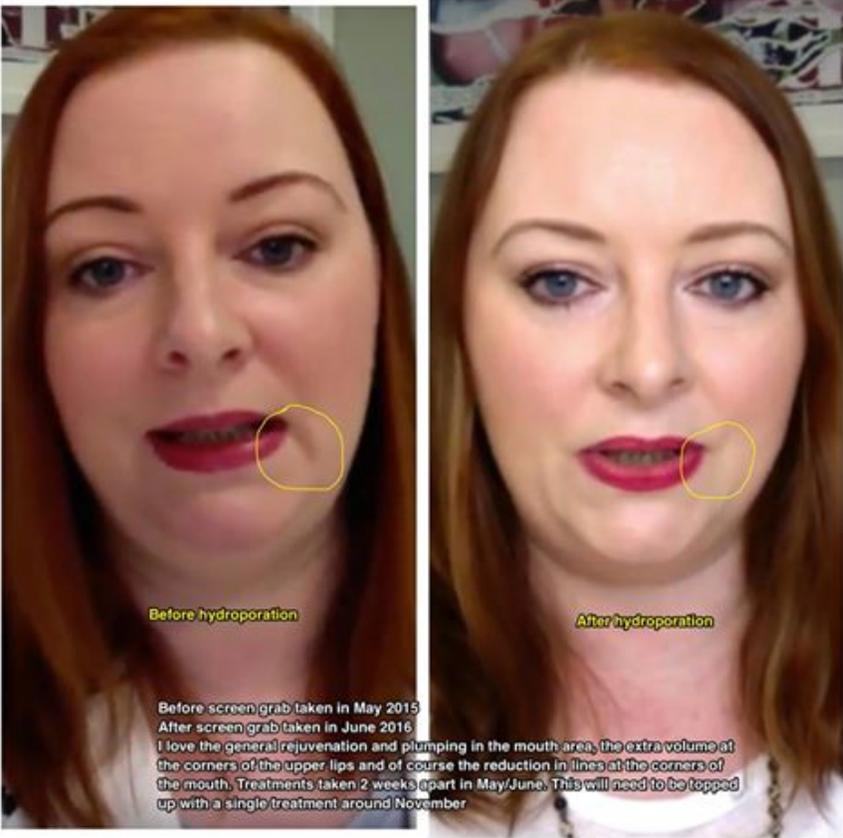
People using Hydroporation for the first time receive three successive applications. Afterwards, one application every three months is enough. Hydroporation provides a visible and effective smoothing effect on surface and for wrinkles in different regions.





before and 1 week after the application of 2 shots - one either side

# Needle-Free Lip Lift - My Before And After Photos



Mariga before and after hydroporation treatment

## **Exclusive to Skin Essentials by Mariga in Wexford, needle-free hyaluronic acid wrinkle reduction.**

Something I know everyone loves to see are real-life before and after photos of treatments and programmes you are interested in having done yourself. Of course, everyone wants to see them, but very few want anyone else to see theirs! So, apart from a few kind souls (who's identity we keep very private in any case!) who allow us to post close-ups of treated areas, we can't really show you any of the amazing results we get for our clients from corrective homecare or from our transformative treatments such as LED, microneedling and hydroporation.

So, we have to be our own guinea pigs/models/before and after clients :) And THAT'S why you are being treated to yet another before and after photo of me, sorry! In this image I want to illustrate the fabulous effects of hydroporation treatment. It is a method of introducing hyaluronic acid into the deep layers of the epidermis to reduce lines and wrinkles in soft tissues of the face. It is particularly effective on upper lip and mouth-to-chin lines but can also be used on lines between the brows and nose-to-lip lines.

I have taken screen grabs of two videos I made just over a year apart to illustrate the difference this treatment makes. I love that it is subtle, you wouldn't look at me and think I had filler or anything. Yet, when you compare the images side by side the difference is quite astonishing. The obvious downturned lines at the corners of my lips are gone. I think the overall effect makes me look less tired and much fresher.

This is just one of the ways that we can rejuvenate your skin and overall appearance without using any invasive or ablative methods. Like tea always say, support your skin, don't stress it, for best long-term sustainable results.

Note: I used screen grabs for videos as they are a true representation, untouched and unedited and can be checked by anyone with access to YouTube! It is a regrettable fact that most before and after images used to advertise skincare products/treatments are edited in some way. We will NEVER do this! When we do have permission to use photos from our clients, they are ALWAYS untouched.

# My microneedling journey with before & after pictures - Mariga Sheedy

## My microneedling journey: 18 months on, what changes are visible?

Yesterday I had a microneedling and LED photo rejuvenation session done on myself here at our Wexford Town clinic. (This unique combination microneedling therapy was created by Mariga for our clients and is available ONLY from Skin Essentials by Mariga).

I posted a photo on Facebook immediately after to show how the skin looks post-treatment. This started some discussion about how many sessions were needed and how long it takes to see results which got me thinking.....

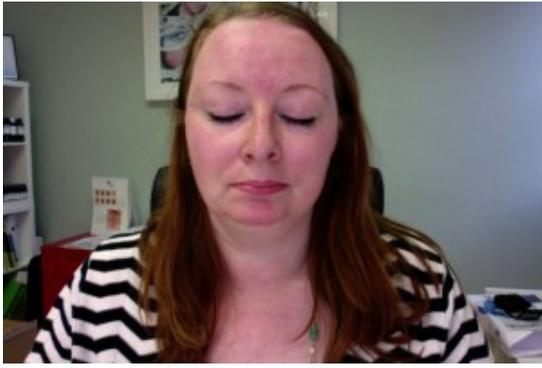
I first had bio-therapeutic needling done on myself in August 2014 and since then I have had a total of 6 individual treatments. As I am in the habit of taking photos for this blog immediately post-treatment of any kind, I thought it would be interesting to dig out some old photos and do a comparison with yesterdays pic. And I was right, it was very interesting! The difference is quite amazing in a year and a half. I will put the photos below so that you can see for yourself. Yay for microneedling!!

I hope this helps some of you who are on the fence about microneedling. It does take time to see your results but it is totally worth it! Best part? the results are permanent!

Mariga :)



Immediately after treatment 2 - Oct 2014



Yesterday after treatment 6 (March 2016)



The difference on forehead lines is immense! Oct 2014 (top) - March 2016 (bottom)



Nose to mouth lines improved



Side by side: the more recent (right) shows great improvements in forehead lines, jawline tightening and cheek contour tightening.

In my opinion microneedling is the best, most exciting skincare advancement of our times. It is entirely natural, non-invasive, almost everyone can have it, and the results are truly amazing.

It works on skin of all ages, tightening contours, reducing lines, firming undereye laxity and reducing old acne scarring. It not only makes the skin look years younger but actually makes the underlying structure (where collagen is made) ACT younger, giving you remarkably long-lasting results. Our clients are addicted and so are we!

Choose this great skin treatment to address early signs of ageing as both a preventative for younger skin (occasional treatment) or in a series of 3+ to

address existing fine lines and mild skin laxity. For deeper results on wrinkles, sagging skin, eye bags, neck ageing and deeper scarring see our Divine Pro treatments section.

# Start getting younger skin now!



## Mariga's Choice - Universal Radiance

Call us on 053 9145981 or visit [www.skinessentialsbymariga.com](http://www.skinessentialsbymariga.com)

to speak with one of our anti-ageing specialists today.

Learn More