



DR. NIGMA TALIB, ND  
HEALTHYDOC

**FACE TREATMENTS**

**AWARD WINNING BEAUTY TREATMENTS AS SEEN IN  
VANITY FAIR, THE NEW YORK TIMES AND  
HARPERS BAZAAR**



All facial treatments at the HealthyDoc clinics around the world are Customised and Tailored by Dr. Nigma to encapsulate her REVERSE THE SIGNS of ageing philosophy and extend her knowledge hailed by the A – list.

All Face treatments have been created with Dr. Nigma's personally curated plant stem cells, botanicals, vitamins, antioxidants and jellyfish collagen in her Swiss Laboratory.

All new patients will receive a signed copy of Dr Nigma's bestselling book "REVERSE THE SIGNS OF AGEING" for the much acclaimed inside out approach to maximise all health and beauty aspirations.

## DR NIGMA'S HYDRA FACIAL

Time: 60 MINUTES

Areas: Face

This non-invasive, multistep treatment combines amazing scientific benefits of next-level lymphatic drainage, hydradermabrasion, a chemical peel, automated painless extractions (no redness or scarring) and a special delivery of Antioxidants, Hyaluronic Acid and Dr. Nigma's plant stem cells.

This amazing treatment has no downtime and delivers long-term skin health benefits that you can see and feel immediately.

This treatment will leave your skin hydrated while helping to eliminate the skin's appearance of fine lines, hyperpigmentation, puffiness, black heads, congestion as well as helps erase and even out creases in the nasolabial folds.

Dr Nigma's philosophy of "health is beauty" is encapsulated in this pioneering treatment. Your skin health will be restored by removing impurities and replenishing and rejuvenating your skin with essential nutrients.

## FRACTIONAL SKIN REJUVENATION

Time: 60 MINUTES

Areas: Face

Dr Nigma recommends this treatment as one of the best epidermal rejuvenation treatments to give your complexion a flawless and youthful appearance.

Micro-fractional skin ablation is used alongside volumetric dermal anti-wrinkle effects in a single electric pulse.

Patients can expect a visible improvement in their skin texture, smoothing of wrinkles and the treatment of scars.

This treatment's success rate is unparalleled and results will leave you not only looking younger but with an increased vitality to your skin and over all even skin tone.

This procedure is minimally invasive with some discomfort during the treatment and immediately after.

3 days of down time is advised with the results best visible after 7 – 10 days where your skin would have had time to rejuvenate itself.

## SKIN PEELS

Skin Peels are approached on a strictly bespoke basis at the HealthyDoc Clinic. All client's have different skin aspirations and skin types therefor the type of peel used is carefully considered prior to application.

A wide range of peels are available with different purposes for the individual's needs. Very mild peels that has an immediate polished look is available prior to events or special occasions with no flaking or down time associated. For patients with acne or acne scarring stronger peels are available which will aid the scarring to reduce and the visibility and severity of acne affected skin.

All peels work by gently rubbing the skin with a non-toxic chemical solution to remove the unwanted top layer. This encourages collagen production and cell renewal, to reveal an age-defying healthier, younger-looking you.

Treatment is pain-free, though some peels can lead to light swelling of the affected area or peeling of the skin for a few days after the procedure.

## VI PEEL

**Time: 45 MINUTES**

**Areas: Face (Neck and Back can be treated)**

The skin is the largest organ of the body providing very important functions. The skin acts as both a filter and a barrier, allowing oxygen and nutrients in and simultaneously keeping toxins and free radicals out. Our skin is the outermost reflection of our health.

The VI Peel contains a synergistic blend of powerful ingredients suitable for all skin types. The VI peel improves the clarity of the skin, it reduces age spots treats hyperpigmentation and softens lines and wrinkles. This peel is excellent to address acne and reduce or eliminate acne scars, while stimulating the production of collagen, for healthier, firmer and more youthful skin.

The self-neutralizing, peel provides dramatic results with virtually no pain, no skin preparation and minimal down time.

The post peel system is an important component for the success of the treatment. The post peel includes a take home application of:

Factor 50 SPF and sun protection

Post Peel Protectant crème

Post Peel Towelettes to ensure maximum exfoliation

Our goal is for each patient to achieve skin wellness that will last a life time.

## FIRE AND ICE TREATMENT

Time: 45 MINUTES

Areas: Face and Neck

The IS Clinical, Fire & Ice treatment, is a results-led intensive clinical treatment, combining glycolic acid with retinol to resurface the skin, treat problematic skin, reduce fine lines, smooth and encourage cellular renewal.

This face treatment has two components. Each component has a professional treatment masque combined with carefully selected IS Clinical pharmaceutical grade formulations to optimise results and create a treatment that bridges the gap between a mild facial and an invasive peel.

Pioneered in Beverly Hills and coveted by A listers globally, this infamous intensive treatment is clinically formulated with the purest pharmaceutical grade ingredients and designed to rapidly and safely resurface the skin, reduce fine lines, address problematic skin and encourage cellular renewal.

This treatment is complemented by a unique combination Dr Nigma's very own cosmeceutical serum and intensely hydrating crème to guarantee one of the most effective results driven facial treatments you'll ever experience.



## OBAGI BLUE PEEL RADIANCE:

Time: 45 MINUTES

Areas: Face and Neck

Blue Peel RADIANCE is a pioneering new addition to the Obagi medical range. This advanced peel contains a unique blend of acids to provide a gentle but effective peel, resulting in tighter, smoother, brighter-looking skin immediately after just one use.

Salicylic acid-based peels are used to improve patient outcomes for a range of skin conditions, including acne scarring, photo damage, and melasma. Blue Peel RADIANCE effectively exfoliates the uppermost damaged skin layers, leaving your skin fresh, renewed, and radiant.

This peel leaves you with instantly tighter, smoother, brighter-looking skin after just 1 use although a series of 4 to 6 peels provides best overall results. It is particularly effective, in the treatment of photo damage, and results in an overall improvement in texture and tone. It may also be beneficial in the treatment of darker skin with pigmentary changes.

## ZO PEEL

**Time: 45 MINUTES**

**Areas: Face**

This effective treatment provides a real solution against imperfections and acne-prone skin. It deeply purifies the pores while accelerating the tissue healing. It also has a deeply regenerating power that visibly reduces acne scars. The result is a reduction of imperfection, an even complexion and a soft skin.

This three step stimulator peel has 3 components to it which makes it one of the best new additions in skin peels available.

Step 1: Salicylic acid, Lactic acid and Trichloroacetic acid

Step 2: 6% Retinol cream is applied directly after your peel

Step 3 A calming cream that is applied straight after your peel and then several times for the days to follow.

## THE DR NIGMA RADIO FREQUENCY LIFT

Time: 60 MINUTES

Areas: Face

This innovative facial treatment acts by stimulating the skin on a sub-topical level to target signs of ageing and tighten sagging skin. It visibly lifts and improves the skin firmness while promoting cellular renewal and collagen production.

This amazing treatment will ensure your skin is plump and lifted! Radiofrequency energy treatment is technology for non-surgical tightening of the early signs of loose or sagging skin;

Radio frequency is hailed one of the most effective treatments to increase the elasticity of the skin.

Areas that benefit most from this treatment and can be targeted individually or as whole which includes:

Forehead, under eyes, cheeks, mid-face, jaw line, neck and décolletage area.

Results are visible immediately and there is no down time associated with this treatment.

A course of 6 is prescribed per year to have the best results.

## DR NIGMA'S SIGNATURE NON SURGICAL FACELIFT

Time: 60 MINUTES

Areas: Face, Neck and Décolletage

All Patients will receive a rejuvenating cleanse followed by a bespoke peel that is suitable for the patient's skin.

LED light technology is used to rejuvenate the skin aided by Dr Nigma's plant stem cell formulation that remains safely guarded!

LED Light Therapy is a revolutionary non-invasive treatment that uses the power of light to rejuvenate, repair and revitalise the skin. The technology of LED light therapy is a natural photo-biological reaction that is clinically proven to reverse the visible signs of ageing, clear acne and blemishes, and accelerate healing.

The treatment is perfected by the decisive step, Oxygen under hyperbaric pressure delivers your skin with natural filler. Dr Nigma's hyaluronic combination with vitamins, minerals, botanicals and stem cells will instantly hydrate the skin resulting in Increased firmness, reduced appearance of fine lines and wrinkles.

This exclusive facial treatment acts on a multi-dimensional level to target the apparent signs of ageing. It visibly lifts and improves the skin's firmness while promoting cellular renewal, leaving your skin plump with noticeable radiance. It combines the most innovative rejuvenating treatments to remodel the face contour while smoothing away wrinkles.

## DR NIGMA'S PLATINUM TREATMENT

**Time: 120 MINUTES**

**Area: Entire face and décolletage, plus a hand massage**

Dr Nigma has brought to her clinics the ultimate treatment that she herself has frequently to maintain healthy, glowing and tight skin. This Multistep treatment combines lymphatic drainage, hydra dermabrasion, a polishing red carpet ready chemical peel and painless extractions. The scientific procedure delivers antioxidants, Hyaluronic Acid and Dr Nigma's very own Swiss botanical and plant stems cells to give your skin the much needed moisture, deep from within.

This effective dual treatment will then move onto one of the most effective skin tightening procedures on the market to ensure you get the best of what the clinic has to offer. Radio frequency is a facial treatment that acts by stimulating the skin on a sub-topical level to target signs of ageing and tighten sagging skin. It visibly lifts and improves the skin firmness while promoting cellular renewal and collagen production.

This amazing treatment will ensure your skin is plump and lifted! Radiofrequency energy treatment is technology for non-surgical tightening of the early signs of loose or sagging skin. Radio frequency is hailed one of the most effective treatments to increase the elasticity of the skin.

Areas that benefit most from this treatment and can be targeted individually or as whole which includes: Forehead, under eyes, cheeks, mid-face, jaw line, neck and décolletage area. Results are visible immediately and there is no down time associated with this treatment. This is the ultimate pampering and skin rejuvenation treatment.

## **DR NIGMA'S MICRO NEEDLING WITH PLATELET RICH PLASMA**

**Time: 60 MINUTES**

**Area: Entire Face**

The Dr Nigma Micro Needling PRP procedure uses a sterile needle-tip containing 12 tiny micro-needles to create controlled micro-injuries to the skin. This initiates the skin's repair process to naturally produce collagen and elastin, ideal for smoothing fine lines, wrinkles, acne scars, traumatic scars, and stretch marks. Micro-channels created by the treatment allow for optimal absorption of Platelet Rich Plasma (PRP), enhancing their effects in the deeper layers of skin.

A small blood sample is taken from your own body and the Platelet Rich Plasma is separated from the other components. The Platelet Rich Plasma is then topically applied to the skin immediately following a micro-needling procedure to allow absorption deep into the skin's layers.

With this amazing new procedure conducted by Dr Nigma, patients will see an immediate glow but visible improvement will take between 2-4 weeks and usually continue up to 6 months.

Down time of between 12 hours and 3 days are predicted and mild swelling, tightness and peeling is potential side effects and typically resolved within 3 days!