

THE HESTIA CLINIC

Radiofrequency Microneedling



www.hestiaaesthetics.co.uk

What is RF.

Electromagnetic Waves: RF technology uses electromagnetic waves with frequencies in the radio wave spectrum. These waves have longer wavelengths than visible light but shorter than microwaves.

Heat Generation: When RF energy is applied to the body, it causes the tissues to heat up. This controlled heating can be used for a variety of purposes, including therapeutic and cosmetic applications.

Tissue Tightening: RF energy can cause collagen fibers in the skin to contract, resulting in immediate skin tightening effects. Over time, as new collagen forms, this tightening effect becomes more pronounced.



RF treatments offer non-invasive or minimally invasive solutions for enhancing skin elasticity, reducing wrinkles, promoting collagen production, and achieving a smoother, tighter, and more youthful appearance.

Where can it be used.

Face: RF is frequently used to tighten and rejuvenate facial skin, reducing wrinkles, fine lines, and sagging.

Neck: It can help improve the appearance of neck wrinkles and tighten loose skin in the neck area.

Abdomen: RF treatments can target loose skin and help with body contouring in the abdominal region.

Thighs: RF is often used for cellulite reduction and skin tightening in the thigh area.

Buttocks: RF can be applied for butt lifting and enhancing skin tone and texture in the buttock region.

Arms: It can help with tightening loose skin on the upper arms, often referred to as "bat wings."

Décolletage: RF can improve skin texture and reduce wrinkles on the chest and décolletage area.

Hands: It can rejuvenate the skin on the back of the hands, reducing the appearance of age spots and fine lines.

Knees: RF treatments can be used to tighten and improve the skin's texture around the knee area.

Back: RF can assist with reducing back acne and improving skin texture on the back.

Scalp: RF technology is also used for non-surgical hair restoration by stimulating hair follicles.

What can it treat.

Skin Tightening: RF can tighten loose or sagging skin, making it an effective option for individuals looking to reduce the appearance of wrinkles and achieve a more youthful look.

Wrinkle Reduction: It can minimise the appearance of fine lines and wrinkles, particularly on the face and neck.

Cellulite Reduction: RF is used to improve the appearance of cellulite by targeting the underlying connective tissues and promoting collagen production.

Acne Scars: RF treatments can help reduce the appearance of acne scars by stimulating collagen remodelling and skin regeneration.

Scar Reduction: It can also be employed to minimise the visibility of various types of scars, including surgical scars and stretch marks.

Hair Restoration: RF can stimulate hair follicles and promote hair growth, making it a non-surgical option for individuals dealing with hair loss or thinning hair.

Skin Texture Improvement: RF treatments can enhance skin texture, making it useful for individuals seeking smoother and more even skin.

Skin Rejuvenation: It promotes overall skin rejuvenation by stimulating collagen and elastin production, resulting in a fresher and more youthful appearance.

How It Works



01 HEAT GENERATION

Electromagnetic waves generate heat within the targeted area of your skin. This heat is carefully controlled and applied to stimulate a natural response in your body.

02 COLLAGEN STIMULATION

The controlled heat from RF energy reaches the deeper layers of your skin. There, it stimulates specialised cells called fibroblasts, which are responsible for producing collagen and elastin.

03 COLLAGEN RENEWAL

Increased collagen production helps to plump and rejuvenate your skin. Collagen is a vital protein that gives your skin its structure and firmness. As new collagen forms, it can reduce wrinkles, tighten skin, and improve texture.

04 SKIN IMPROVEMENT

As collagen levels increase, you'll notice an improvement in your skin's appearance. It becomes smoother, firmer, and more youthful. RF treatments can address various concerns, such as wrinkles, sagging skin, and cellulite, depending on the targeted area.

RESULTS

INITIAL INTENSIVE COURSE

It is recommended to begin a course of 3-6 treatments for long lasting results.

ANNUAL REVIEW & BOOST

On completion of an intensive course, we recommend 1-2 annual treatments to boost the results.

TIMELINE

RF treatments can vary based on many factors. For a personalised treatment plan and timeline tailored to your needs, we recommend booking a consultation with our qualified healthcare professionals



Pre-Treatment Care

Prioritising skin preparation before your RF treatment is essential for achieving optimal results. It's worth noting that your treating practitioner will also guide you through this process before your treatment session and advise you of any specific guides prior to your treatment.

LET'S WORK TOGETHER

PRE-RX CARE

- ✓ Stop using active ingredients 48 hours before your treatment
- ✓ Keep well hydrated, as this is a heat inducing treatment
- ✓ Avoid smoking and alcohol 24 hours before your treatment

Post-Treatment Care



Following the recommended post-treatment care instructions provided by your healthcare professional ensures a smoother healing process and helps you achieve the best possible outcome. It's an essential step in maintaining and prolonging the benefits of your RF treatment, ensuring your skin looks and feels its best!

Don't forget our highly trained healthcare practitioners will guide you through your personalised treatment plan.

POST-RX CARE

- ✓ Stay hydrated and ensure you drink plenty of water the day of your treatment
- ✓ Refrain from hot baths, saunas, steam rooms, or activities that can cause excessive sweating
- ✓ Avoid strenuous exercise, swimming in chlorinated water, or exposure to extreme temperatures for 48 hours
- ✓ Avoid exfoliants, retinoids, and acidic skin products for 5 days

What to expect after

1

No Downtime

RF treatments are minimally invasive, meaning there's little to no downtime. You can typically resume your regular activities immediately after the session.

2

Redness & Swelling

It's common to have mild redness and swelling in the treated area, which can resemble a mild sunburn. This usually subsides within a few hours to a few days, depending on the intensity of the treatment.

3

Tingling or Sensation

It is perfectly normal to experience a tingling or warm sensation in the treated area immediately after the procedure. This is generally mild and temporary.





4

Immediate Effects

You may experience some immediate changes, such as mild skin tightening and a refreshed appearance. This is often due to the initial collagen contraction caused by the heat generated during the procedure.

5

Gradual Improvement

The full benefits of RF treatments often become more noticeable over time as collagen production increases and the skin rejuvenates. You may see continued improvements over several weeks to months.

6

Skin Warmth

Applying cool, clean compresses to the treated area can help reduce swelling and soothe any mild discomfort or heat sensation. It is normal to feel warmth under the skin immediately after your treatment.

7

Avoiding Direct Sun Exposure

While sunscreen is essential, it's also wise to minimise direct sun exposure, especially in the days immediately following treatment.

Initial Intensive Course Packages



Complete Course of 3	Full Face Rejuvenation Upper Arm Firming Hand Rejuvenation	£645
Complete Course of 3	Full Face & Neck Rejuvenation Thigh Lifting & Tightening Tummy Tuck (Abdomen)	£850
Complete Course of 3	Full Face, Neck & Decolletage	£1150

Initial Intensive Courses



Complete course of 3	Jawline Contouring Under Eye Rejuvenation Upper Face Line Reduction Stretch Marks Targeted Cellulite Treatment	£525
Additional Add-Ons (Can be added on to any course package)	Eye Rejuvenation Neck Decolletage Hand Rejuvenation	£85 Per Session

Initial Intensive Courses



**Complete
Course of 6**

Full Face Rejuvenation
Upper Arm Firming
Hand Rejuvenation

£1270

**Complete
Course of 6**

Full Face & Neck Rejuvenation
Thigh Lifting & Tightening
Tummy Tuck (Abdomen)

£1650

**Complete
Course of 6**

Full Face, Neck & Decolletage

£1950

Annual Maintenance Packages



Annual Top-up Session

Recommended to have once per year as maintenance

Full Face Rejuvenation
Upper Arm Firming
Hand Rejuvenation
Eye Rejuvenation
Targeted Cellulite Treatment
Stretch Marks
Jawline Contouring

£225

Course of 2
£400

Annual Top-up Session

Full Face & Neck Rejuvenation
Thigh Lifting & Tightening
Tummy Tuck (Abdomen)

£295

Course of 2
£525

FAQ's

How often will I need treatments?

We recommend taking an initial intensive course and then having an annual maintenance top-up of 1-2 treatments every year.

Is the treatment painful?

No, we use topical anaesthetic to alleviate the discomfort of the microneedling. The RF energy feels slightly warm on the skin.

Do I have to do anything different with my skin routine?

Avoiding active ingredients 48 hours pre and post-treatment as a minimum. However, this will be discussed on an individual basis.

Can I continue normal activities after?

Yes. There is no downtime to this treatment. The skin will appear slightly pink, as long as you follow the Post-Rx guidance you can carry on as normal.

Do I have to do a course or can I have a one off treatment?

It is best for value and results to complete an initial course, however if you wish for a standalone treatment this can be discussed individually.

Let's Get Started!

Welcome to the first step of your exciting journey towards skin rejuvenation and transformation!

Your path to healthier, more radiant skin starts right here. To begin, simply get in touch with us and schedule your initial consultation. What's even more remarkable is that should you wish, you can start your treatment on the same day as your consultation.

Our team of experts is eager to work alongside you, crafting a tailored and effective plan based on your unique skin goals. With our guidance and your commitment, you're on the path to achieving the beautiful, revitalised skin you've always desired.

With the ability to tighten, smooth, and revitalise the skin, RF procedures have become a powerful tool for achieving a more youthful and radiant appearance. Your journey to better skin begins with RF technology

Team Hestia



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