

Treatment Plan

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See other folders for your images.

This plan was developed by

- Oliver Zolman MBBS BSc
- Dr Helin Kamal
- Irina Lacatos

The treatment plan is arranged in approximate order; however, this order may change, and therapies may be combined in the same session based on our ongoing assessment.

Who performs your treatments?

Your treatments will be performed by our expert staff Dr Fajar Farooq (medical doctor), Dr Helin Kamal (medical doctor) or Irina Lacatos (25 years aesthetics experience).

In cases where we suggest a treatment we do not have, or do not have sufficient expertise in for you personally, we refer to our assessed partner network that aims to achieve best-in-London pricing in the case where treatments are little practitioner-dependent, or effective pricing with high skill, where treatments are.

How do we choose combinations of therapies?

Each therapy acts via a different mechanism of action, or depth of the skin. The epidermis is the first 0.1 mm (100 microns) of the skin, with the dermis being from 0.3 mm deep (in the undereye) to 2 mm deep (in the cheek or various body regions).

Below the dermis there is either muscle, fat or connective tissue, again depending on the area of the body. Beneath these there is bone. All of these layers age in different ways, and different strategies can be employed to reverse or hide ageing damage.

When you think about rejuvenation you should think about the 8 VISIA markers for surface ageing, which represent mostly epidermal ageing and a little dermal ageing.

You should then think about loss of elasticity and volume loss, which represent ageing of the dermis, fat, muscle and bone.

Understanding skin rejuvenation modalities

- Topicals: Azelaic acid (redness, browns, pores), tretinoin (wrinkles and texture), niacinamide (wrinkles, skin barrier), tranexamic acid (browns), hydroquinone (browns). Targets both epidermis and dermis.
- Peels: Such as PRX-T33, can target the epidermis and the dermis, this version doesn't cause a visible peeling effect due to 5% hydrogen peroxide content.

- Injectables:
 - Botox for wrinkles and enhancing results of other therapies done, as prevents movement of the skin during recovery.
 - Sculptra, for volume loss and tightening;
 - Julaine as a new version of Sculptra that doesn't cause inflammation response.
 - Rejuran polynucleotide salmon sperm for overall rejuvenation. Only Rejuran has randomised clinical trials on it (3 trials).
 - Hyaluronic acid filler
 - Injectable fat (liposuction from your abdomen or jaw, or where-ever you don't want it, and reinject into face for volume or quality enhancement).
 - Fat dissolving injections
 - Immediate acting (cause swelling and pain)
 - Slow acting over 1 – 2 weeks (no swelling)
- Radiofrequency (RF): Works via heating the skin to 42 degrees to cause tightening, with minimal risk of fat loss, as high temperatures are not reached.
- Radiofrequency microneedling (RFM): Stabs needles into your skin at a targeted depth between 0.5 mm (which is the dermis) up to 4 mm (which is the fat layer). Heats to around 70 degrees, is used to remove fat. If you do this at the bottom of the dermis close to the fat layer, or in the fat layer, it will remove fat. Which can be good or bad depending on the area. The advantage with RFM is that it can target the whole dermis up to 2 mm deep, but the risk is treating below the dermis when we do not want to, and causing unwanted fat loss.
 - Insulated needles mean it only heats at the tip of the needle (so skips the epidermis always)
 - Non-insulated means it heats all the way along the needle, and is stronger.
- Thermomechanical ablation: This refers to hot metal rods being stabbed into your skin using a device called Tixel. This only goes 0.3 mm (300 microns deep) so cannot cause fat loss, but gives a powerful resurfacing effect on the upper dermis and epidermis, with a lot less down time than CO2 LASER.
- Ultrasound: There are 2 main types of ultrasound in skin therapies, HIFU (high intensity focused ultrasound) and SUPERB (high intensity non focused ultrasound). HIFU = Ulthera or Ultraformer 3, SUPERB = Sofwave.

All of these can be targeted at minimum depth of 1.5 mm to maximum depth of over 10 mm in some cases. They can be used to heat the dermis to 70 degrees, like radiofrequency microneedling, or with HIFU only to heat deeper structures like the fat, fascia (SMAS) or ligaments to make them tighter.

The problem with all ultrasound devices is that they cannot target less than 1.5 mm depth, remember that the dermis can be as thin as 0.3 mm or as thick as 2 mm. Even if you are targeting at 1.5 mm in a 2 mm thick dermis, there is a halo of heat around this point which can travel below the dermis. In all cases there is a risk of unwanted fat loss. Additionally, when you use HIFU to tighten the fascial layers this can cause scar tissue or non-true rejuvenation, which makes face lifts or other surgeries potentially harder to do in the future.

- EMS (Electrical muscle stimulation) + RF: EmFace is the device that does this and may provide an increase in volume of the muscles of the face. It has 4 areas you can choose from and you can do 2 areas at a time. Forehead, under eye, cheeks and jaw are the areas. In this case it is the only intervention targeting the muscle layer. The RF helps the muscles perform better, but isn't strong enough to melt fat, and will also provide slight collagen benefits to the dermis.
- IPL: Light of broad wavelengths; we do not use due to lack of reliable effect.

LASER: This is light of a specific focused wavelength only. Each laser has a different wavelength and each wavelength targets a different tissue with a different strength in the epidermis or dermis.

- Excel V Coolview = 532 nm light = green light = targets haemoglobin very strongly
- GentleMax Pro = 755 nm light = infrared = targets melanin
- LaseMD = 1927 nm light = infrared again but targets water, CO2 Laser targets water as well but more strongly so doesn't go as deep as LaseMD, erbium yag (Fotona) Laser targets water more strongly than CO2 so targets very top of the skin only.
- Excel V Genesis = 1064 nm light = infrared but is used to heat the skin to 42 degrees and is very gentle.
- Excel V Coolview 1064 mode light = infrared again but is a much longer pulse each time so can be used to remove broken veins or capillaries deeper in the skin or rejuvenate skin also.

Objectives

- Pores 7% (VISIA)
- Reds 11%
- Browns 35%
- Backs of hands
- NLFs

Skin conditions

Vitiligo On lips, ankles, 10 years hasn't progressed, UVB and protopic helped
Keloids

Rosacea - face, ears, styes, zinnerit helps unblock the oil glands

- No flare up
- Had IPL on ears

6 month+ Treatment Plan

Procedure	Objective	£*
6 triple area NdYAG Laser Genesis sessions (full face, frontal neck, posterior neck). Suitable all skin types. <u>Not over or near vitiligo area.</u>	For collagen, texture and pigment.	3,375 2,700
4 sessions Rejuran I (peri-ocular), 25 injections intra-dermally each side. 3 weeks apart. With 0.2 mm 34G Invisible Needles.	For periocular rejuvenation including dark circles, thin under eye skin, periocular wrinkles.	1,400 1,120
6 sessions Exion radiofrequency jawline/submentum only (15 mins). Suitable all skin types. (Not stand-alone session).	For collagen and elasticity tightening.	600 480
Temple HA filler per Qoves	Smoothen forehead-cheek transition	450 1 mL 360 1 mL
Jaw HA filler per Qoves	Volumisation	750 2 mL 600 2 mL
Jaw HA filler related long acting 6 month Botox	To stabilise the jaw HA	250 200
Payment frequency: monthly	£910 * 6 months	£5,460

*20% discount off website

Specialist Referrals

Externally referred

3 sessions ErbiumYag Fotona Laser inside mouth 'SmoothLiftin' at the cheek area for nasolabial folds. Referred to Spa Clinique Knightsbridge .	This is a unique laser technique for targeting nasolabial folds from the inside of the mouth.	Referred
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Lifestyle/Supplements

- Hyaluronic acid 200 - 300 mg per day ([Amazon](#)) for skin dryness whole body
- Ensure nose breathing all day + night, no snoring. For jaw improvement.

Hair Procedures/Devices

- Regenera Activa £1600 at [Dr Russo Clinic](#) (Likely cheapest in UK, by a doctor)
- Capillus Rx 312 LASER diode hat (check availability online, including eBay, check serial number with manufacturer for legitimacy), otherwise find the next highest diode count available such as Capillus Pro with 272 diodes, which can be a lot cheaper

Tests

- None

Recommended Topicals

Dr Zolman's CCMP Topicals Acronym (in order of application)

1. Cleanse
2. Correct
 - a. Skin
 - b. Hair
3. Moisturise
4. Protect

1. Cleanse

From weakest to strongest

For very dry skin

- CeraVe Oil Cleanser with Squalene, for very dry skin
 - It will leave a thin residue of oil that may be need to removed if you are prone to acne in those areas

Gentle non-drying cleansers for all skin types

- Green Plum Refreshing Cleanser (100 ml) (pureseoul.co.uk)
- Black Rice Moisture 5.5 Soft Cleansing Gel (pureseoul.co.uk)
- Birch Juice Moisturising Cleanser (pureseoul.co.uk)

For acne areas

- CeraVe Salicylic acid cleanser
 - For highly oily and acne prone skin, only if it doesn't irritate or cause dryness, can apply to acne prone areas only, 1-2% salicylic acid in cleansers has been shown in trials to improve acne

A [silicone pore scrubber](#) can be used to clear pores more gently than using fingers (or bead based scrubs – which should not be used).

If you do not wear makeup, have little product volume, sweat or dirt, it may not be necessary to cleanse every day; follow what your skin responds to best.

2. Correct

Name (in order of application)	Objective	Frequency	Source
Skin			
5% Tranexamic acid with 5% niacinamide serum	Collagen (niacinamide), browns/UV spots (TXA), start 1 month before non-genesis lasers or RF microneedling to prevent post treatment hyperpigmentation (PIH)	Once or twice daily	Cos de Baha Amazon
15% Azelaic acid	Redness, browns, start 1 month before non-genesis lasers or RF microneedling to prevent PIH	Start slowly, every other day, up to daily, can cause irritation	Dermatica.co.uk
0.025-0.05% tretinoin ALWAYS with 5% niacinamide (prescription only) If Dermatica recommends a different combo and can't formulate with niacinamide, especially ensure to use 5% niacinamide separately daily	A bit of everything; niacinamide increases tolerance, 0.025% tretinoin first month then 0.05% onwards (or 0.05% straight away but only 1 once a week to start first 2 weeks, then 2 x a week next few weeks and increase to tolerance). Follow eye protocol on following page to prevent eye periocular inflammation	Nightly Start 1-2 x weekly, then build up to 3 - 7 x weekly Leave 3 - 7 days before and after non-genesis lasers, Tixel or RF microneedling depending on how prone to irritation you are from it and how prone to post treatment hyperpigmentation you are (PIH)	Dermatica.co.uk

Hair

Bimatoprost 0.3% (Generic Latisse) with Amazon single use mascara brushes	Eyelash growth to 6 mm Eyebrow growth Avoid hitting eyelid & under brow areas.	Daily, avoid getting into eyes, use Amazon single use mascara brushes	Teleta.co.uk (requires prescription)
Minoxidil 5% foam (propylene glycol free)	Eyebrow and head hair growth (Beard growth in men)	Once or twice daily	Regaine brand (boots/Amazon)
Topical (liquid) finasteride 0.1% + topical minoxidil 5% if not using foam (works for women too) 0.05 – 0.5% is used, but 0.1% represents lower end of effective dose to minimise finasteride exposure	Targets DHT in men and women, for extra head hair growth (not for eyebrows, or beard in men)	Once daily or less if want to minimise finasteride exposure Rare cases of mood or sexual changes with topical finasteride	Forhims.co.uk (requires pretending to be male if female, not safe for pregnant, breastfeeding or trying to conceive, if have other scalp disorders, discuss with clinician, at your own risk)
Microneedle stamp 0.5 mm for scalp or eyebrows, 1.5 – 2.5 mm for beard in men	Use for head hair, eyebrows or, in men, beard once weekly until mild redness only – no bleeding	Once weekly	Stainless steel adjustable microneedle stamp Amazon
70% alcohol spray	To clean microneedle stamp, leave to air dry after washing with water and spraying with alcohol, with needles fully out	After use	50 mL travel bottle e.g. Amazon

Hair procedures

- Regenera Activa

Dermatica.co.uk prescription items

Tretinoin 0.025% first month then 0.05% onwards (for wrinkles, pores, texture, by acting as a retinoid)

with

5% niacinamide (vitamin B3) Improves tolerance of retinoid by strengthening top layer of epidermis to make more lipids and ceramides. It additionally provides wrinkles pores browns and reds benefits.

Start once or twice a week, with regular moisturiser to prevent irritation, use Aquaphor around the eyes or mouth if dryness or redness there

Avoid 3 days at least before and after procedures.

As you are already doing 0.1% tretinoin – please drop this to 0.05% due to excessive surface reflection

Tretinoin around the eyes strategy

Tretinoin is particularly prone to causing inflammation around the eyes or dry skin, which must be avoided by using the following protocol adapted to you.

Where to put it

- Dot one rice-grain per side along the orbital bone (crow's feet + just below the tear trough).
- Stay 3–4 mm away from lash lines and inner/outer corners; it will migrate a little.

How to apply (buffered)

1. Cleanse
2. Dab a thin moisturizer on the application zone (“undercoat”).
3. Apply tretinoin (rice-grain per side) and tap to spread.
4. Seal with a thin moisturizer (“sandwich”).

Schedule

- Week 1–2: 1×/week
- Week 3–4: 2×/week
- Week 5+: every other night if calm (no need to go nightly if you don't want to).

What to pair/avoid

- AM: sunscreen (SPF 50; mineral or tinted works well near eyes).

- Niacinamide 2–5% is optional—helps tolerance but not essential.
- Avoid AHAs/BHAs/benzoyl peroxide/vitamin C on the same nights at the periocular area until fully tolerant.

If too spicy

- Mix tret with equal pea of moisturizer in your palm (temporary dilution), or step back to the previous frequency.
- Use a smear of petrolatum at inner/outer corners to prevent creep.
- Persistent burning, rash, or swelling → stop and reassess.

Notes

- Don't use on eczema/dermatitis flares; avoid in pregnancy.
- Tret helps fine lines/textures; it won't fix hollows, bags, or visible veins.

Additional Dermatica.co.uk products (no prescription needed)

Dermatica 15% Azelaic Acid (for redness as an anti-inflammatory, for clogged pores via reducing excess keratin that reduce inflammation also, and for brown pigmentation by preventing tyrosinase enzyme that releases melanin)

If irritation from azelaic acid, follow tretinoin eye application frequency and protocol above e.g. less frequency, less volume, moisturiser sandwich. Starting every other day for the first month is a common strategy if you are experiencing dryness or irritation.

Azelaic acid can be started for 1 month before doing therapies such as radiofrequency microneedling, Tixel or non-genesis lasers to prevent post treatment hyperpigmentation in people that are prone to it (skin types 3 or higher, or history of pigmentation).

5% Tranexamic Acid (TXA) for reducing brown pigmented lesions via blocking the UV & inflammation induced pigmentation pathway, separate from Azelaic Acids mechanism).

Likewise, TXA can be started one month before

Ideally 5% niacinamide should also be used with the azelaic acid and TXA to get the collagen and tolerance benefits

For example, [Cos de Bahá](#) 5% TXA + 5% Niacinamide or getting a separate custom formulation from Dermatica that is this.

Serums should be applied under creams.

In summary:

- Always use tretinoin with 5% niacinamide
- Have the tretinoin as a separate product so you can adjust the frequency
- Try to use niacinamide every day, this can be achieved by having it as a standalone serum or having it mixed with other actives such as TXA and AA
- If you have AA and TXA or niacinamide only in the tretinoin you will under dose these as you may not use them at all in certain areas of the face and may not use them every day as some may only do tretinoin twice a week
- Remember AA is for redness and brown reduction, whilst TXA is just for brown reduction, both can be used 1 month before and after treatments that pose a risk of hyperpigmentation

3. Moisturise

Face and body

- CeraVe face moisturiser
- Centella Calming Gel Cream 60 mL (pureseoul.co.uk)
- Hyalogy nanoHA moisturising lotions can provide nano hyaluronic acid that penetrates much deeper to the dermis
- Heartleaf Crème Calming Tube 75 mL (pureseoul.co.uk)

Body

- CeraVe body lotion or cream (stronger) for neck, limbs and torso

4. Protect

Key sunscreen strategies:

- Know that newer chemical sunscreens are not associated with any risks, unlike older sunscreens that are still used in USA. Europe and Korea use much newer chemical sunscreens, some of which are so large they do not even penetrate the skin.
- Always reapply sunscreen after every 2 hours - or more frequently on very hot high UV days.
- On darker days only 1 application may be needed.
- The key thing is to remember to reapply it on bright high UV days and use in conjunction with a hat and sunglasses.

Option 1: for those without high risk of future pigmentation, e.g.
PIH, melasma

For Option 1 we recommend

- Beauty of Joseon Aqua Fresh 50+ SPF UVB blocking with 80% of 50 = 40 power UVA blocking (non-toxic chemical sunscreen).
- Or even lighter weight (more like a serum) Skin1004 Madagascar Centella Hyalu-Cica Water-Fit Sun Serum SPF50+ UVB, 40 power UVA
- Birch Juice Sunscreen SPF50 UVB, 40 power UVA (pureseoul.co.uk)
- COSRX Aloe Soothing Sun Cream SPF50+ UVB, 30 power UVA (pureseoul.co.uk)

If you prefer a tinted sunscreen:

Beauty of Joseon has 12 shades to choose from and with a Try On software and questionnaire also [at this link](#).

This only has SPF 30+ UVB and 60% of 30 = 18 factor UVA blocking technology however. This uses zinc oxide only hence the lower protection power.

Regarding tinted sunscreen, this requires specific application as according to their instructions below:

SHAKE WELL BEFORE USE

To ensure the ingredients are evenly mixed, gently shake the product 5 to 10 times before use.

START WITH THE RIGHT AMOUNT

Dispense a small amount to begin with, and add more gradually if needed.

APPLY IN LAYERS

To help it absorb well, apply in small amounts, building up in layers. Gently blend with fingers, puff, or brush.

SETTLE FOR 5 MINUTES

Wait for about 5 minutes to allow the sunscreen to fully absorb into your skin.

Option 2: For melasma or high-risk pigmentation (SPF plus blue light blocking)

For option 2 we recommend:

In this case, we recommend blue light blocking (blue light is different from UV light) Iron Oxide containing sunscreen due to history or risk of UV or heat induced uneven brown pigmentation.

- Mesoprotech melan 130 pigment control tinted sunscreen (Mesoestetic.co.uk) (UVB SPF 131, UVA 67 power), water resistant
- Sunforgettable® Total Protection Face Shield Flex SPF 50 – comes in 6 colours (colorscienceuk.com)

< >

★★★★★ 310 Reviews

SUNFORGETTABLE® TOTAL PROTECTION FACE SHIELD FLEX SPF 50

Meet our viral tinted SPF. This sunscreen and foundation hybrid offers lightweight protection with added colour coverage that immediately evens skin tone for a flawless finish. The hydrating, antioxidant-rich all-mineral formula is powered by patented EnviroScreen® Technology, providing comprehensive sun defence, combined with advanced antioxidants and nourishing, hydrating ingredients for long-term skin health benefits.

Flex features innovative, iron oxide pigments that bloom at your fingertips to deliver tone-adapting buildable colour coverage with a demi-matte finish. Available in four uniquely flexible shades, each ideal for a broad range of skin tones and undertones.

If you are stuck between two shades, we recommend choosing the lighter one.

[Read less](#)

£44.00

C Low Price at 6 stores

Color: Tan

○ ○ ○ ○ ○ ○

- 1 +

ADD TO CART

- La Roche Posay Anthelios Uvmune 400 Invisible Tinted Fluid Spf50+ Sun Cream 50ML
- Brinton UV Doux Blue 50+ SPF UVB / UVA 3 star (60% protection of 50) (Amazon, cheaper).

Suitable for some skin tones.

- EltaMD UV Clear Tinted Broad-Spectrum SPF 46 – with 5% niacinamide.
- Heliocare 360 Color Gel-Free Beige SPF 50+ UBV 4 star (80% protection of 50) with blue light blocking.

Alternatively, if you can't find a colour match with the above. Do clear SPF 50 first such as Beauty of Joseon Aqua Fresh 50+ SPF, then add your own shade-matched Iron Oxide layer (tinted moisturizer, foundation, or mineral powder).

In this scenario, the blue light blocking feature in addition to the UV blocking feature will likely outperform UV blocking alone.

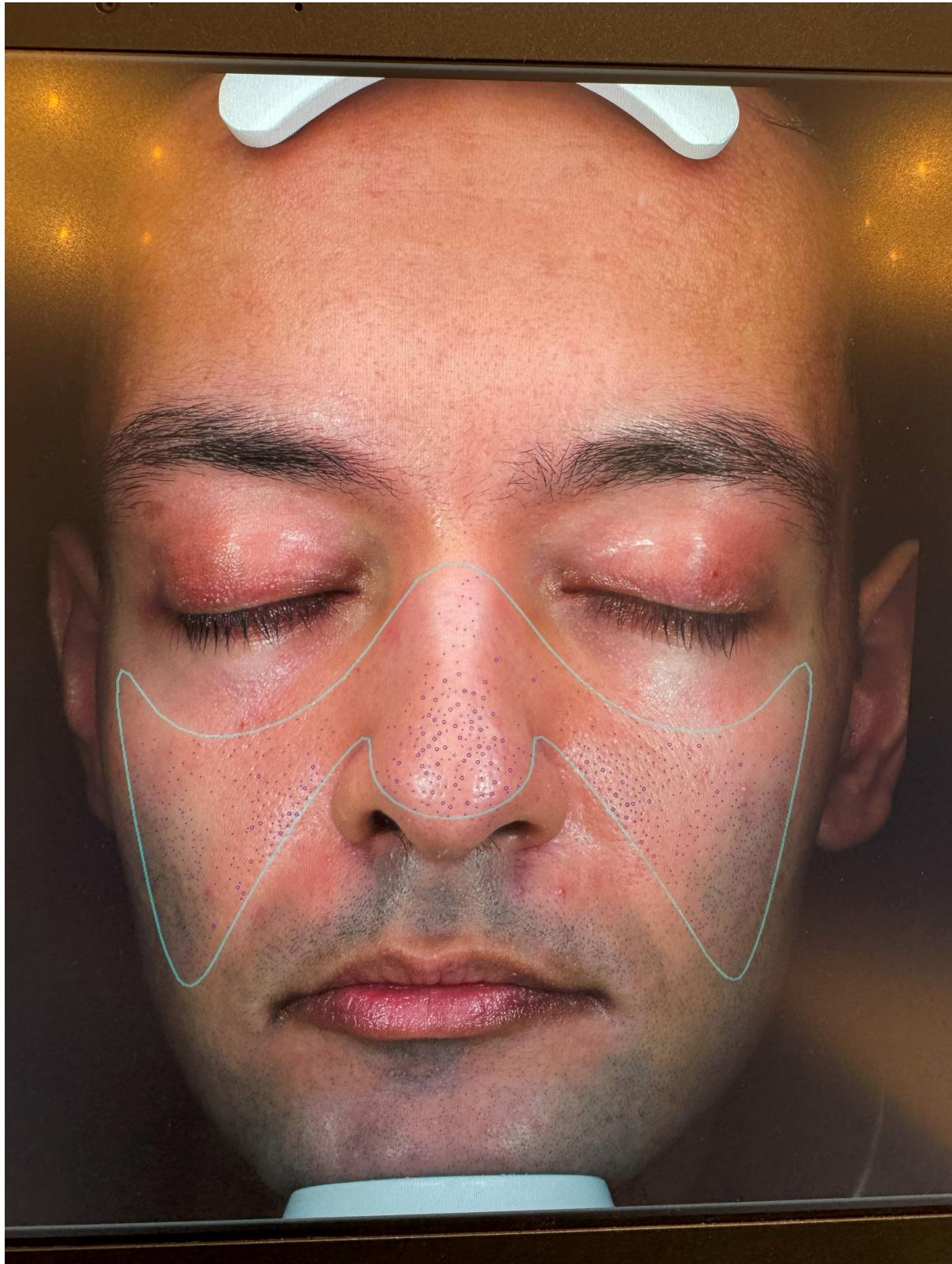
Key images

How to interpret VISIA scores:

Higher % VISIA score is better, 50% = average for your age, gender and skin colour, optimal for ageing is 90%+ in all areas (except porphyrins and spots, which do not count towards the age score).

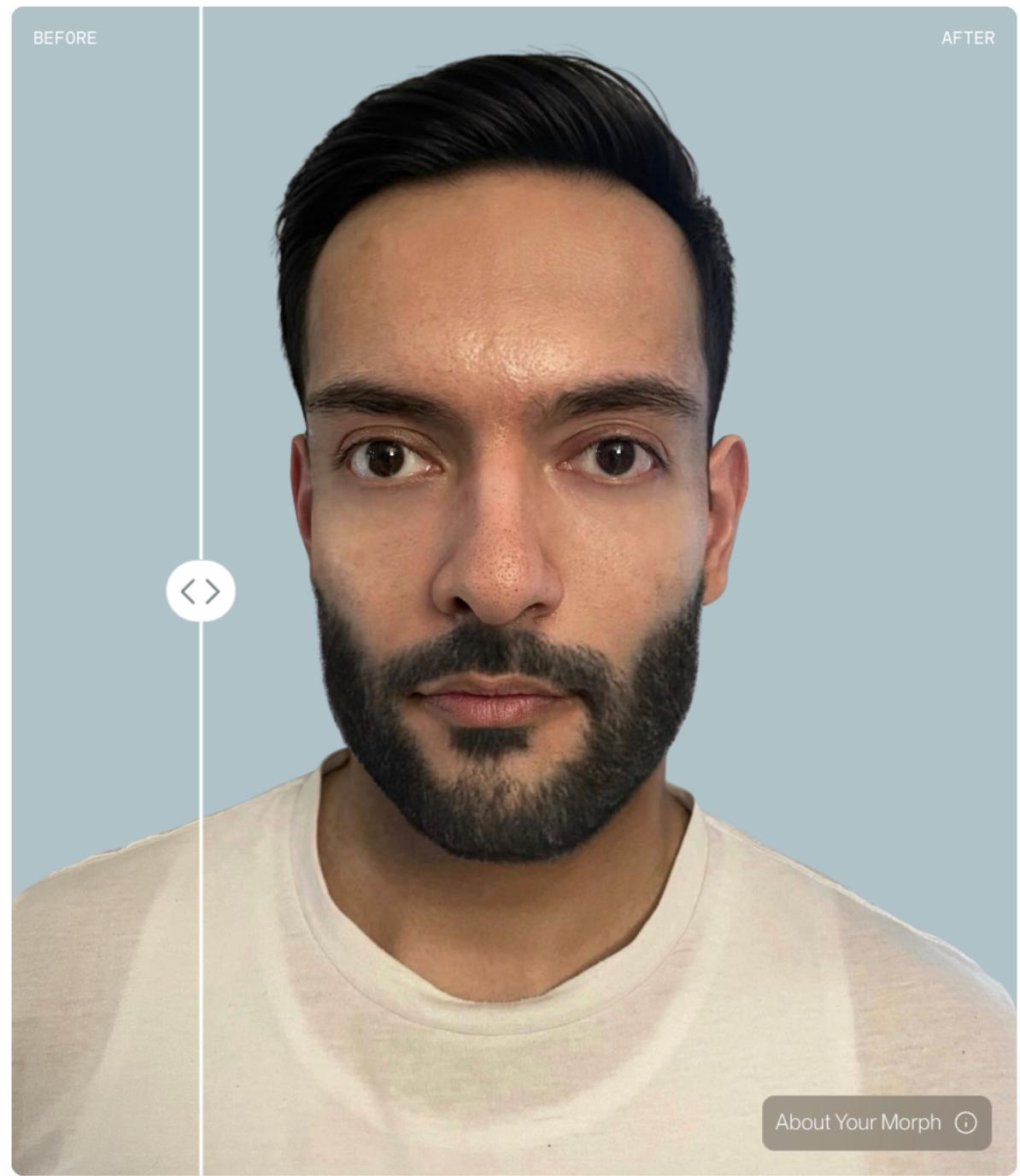






Muhsin's Protocol

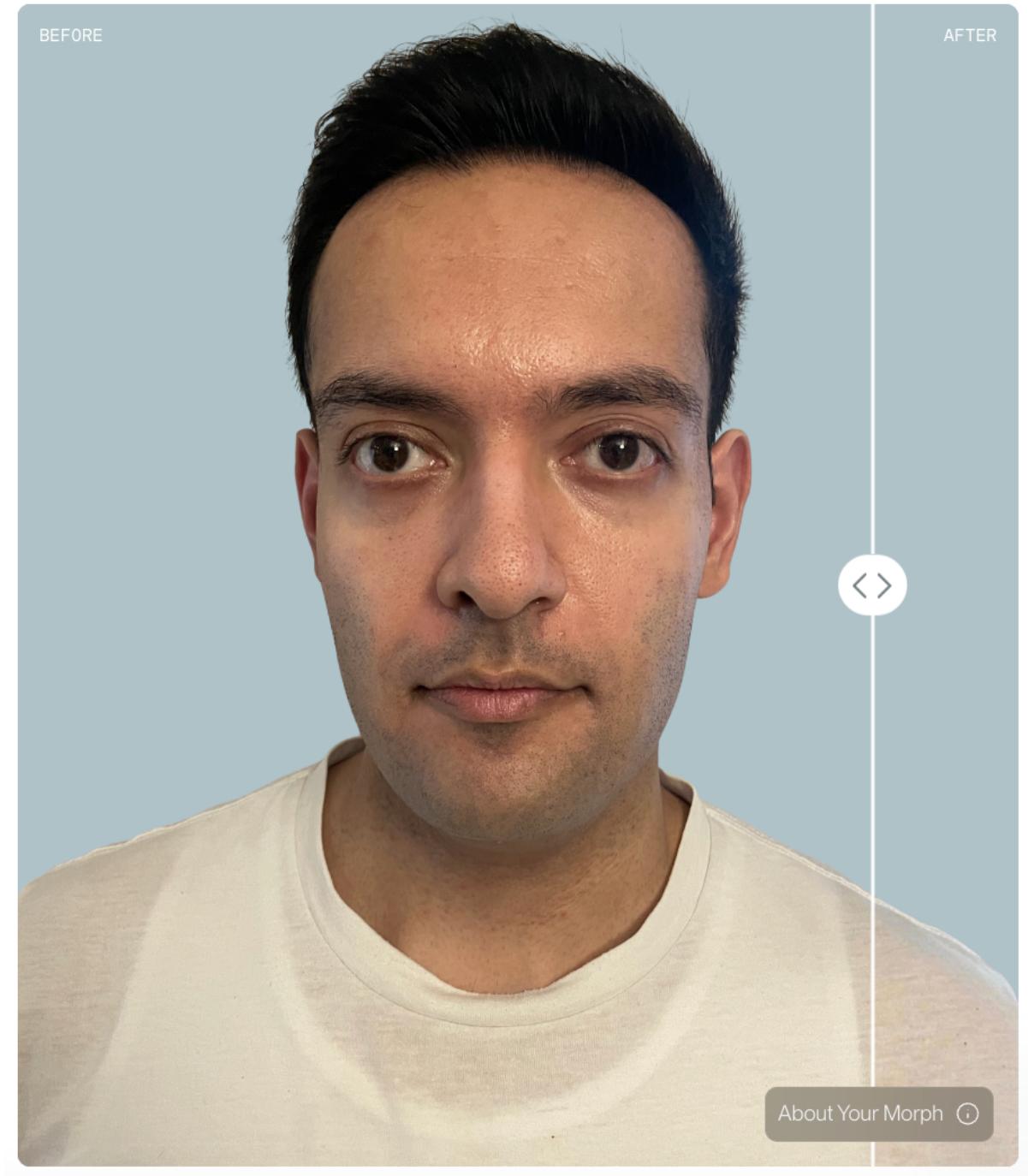
We've prepared what the **best looking** version of yourself could look like.



This is not medical advice. See disclaimer. Private & Confidential Collagen Clinic LLP.

Muhsin's Protocol

We've prepared what the **best looking** version of yourself could look like.



This is not medical advice. See disclaimer. Private & Confidential Collagen Clinic LLP.

Additional Treatments Request

Please specify treatments you want on any specific area, if not covered above.

If you add any content here, please notify us.

Whole face	
Topicals	
Devices	
Tests	
Facial skin & structural tissues	
Overall colour	
Forehead	
Glabella	
Between upper eyelid & brow	
Upper eyelids	
Lower eyelids	
Lateral to the eye	
Under eye	
Nose	
Cheeks	
Chin & Jaw	
Peri-oral	
Lips	
Ears	
Hair	
Head hair	
Eyebrow	
Eyelashes	
Nasal hair	
Ear hair	

Neck hair	
Jaw/peri-oral hair	
Body hair	
Armpit hair	
Eyes	
Whites of eyes	
Pupils	
Meibomian glands	
Oral	
Teeth	
Gums	
Neck skin & structural tissues	
Front	
Lateral	
Back	
Torso skin & structural tissues	
Decollete	
Breast area	
Lateral chest	
Armpits	
Abdomen	
Lateral abdomen	
Upper half of back	
Lower half of back	
Frontal pelvis	
Lateral pelvis	
Glutes	
Limb skin & structural tissues	
Shoulders	
Upper arms	
Forearms	
Back of hands	

Palms of hands	
Nails	
Frontal thighs	
Inner thighs	
Outer thighs	
Posterior thighs	
Frontal calves	
Posterior calves	
Ankle	
Tops of feet	
Soles of feet	
Nails	

Consultation Notes

Recommendations

Niacinamide 5% - 10%

Drop tretinoin to 0.05%

Hyaluronic acid supplement 100-300 mg

Add in topical minoxidil + fiansteride combo

Microneedling

Regenera Activa

When did you last tan: N/A

Vitiligo in mums side + rosacea

- RE vitiligo and LASER etc safety

-

MPB both sides

Vitamin D3 4000 IU

Fish oil - HDL improvement noticed

Ginko bilbao - vitiligo



Generic multi

No vape/alcohol/smoke

Sleep 7 hours

Refreshed 4-5 days a week

Strength: 2-3 x /wek

Beighton 7/9 - hypermobile dislocated knee

Hypertrophic keloids from

CapillusRx 312 LASERS

Routine

HA, Vit C, moisturiser

0.1% tretinoin - noticed benefits, still get acne a little bit, 2 years to get

Glycolic acid once a week ont with retinoid

Vitiligo - on lips, ankles, 10 years hasnt progressed, UVB and protopic have

-

Rosacea - face, ears, styes, zinnerit helps unblock the oil glands

- No flare up
- IPL on ears

UV window A & B

Goals

- Low hanging fruit
- Reducing acne
- Skin function
- Reducing wrinkles - NLFs
- Skin shinyness
- Some pigmentation

No past treatments

Roaccutane 10 years ago - permanently a bit drier

Hair routine

- Oral finasteride - 1.25 mg
- Oral minoxidil - 2.5 mg
-