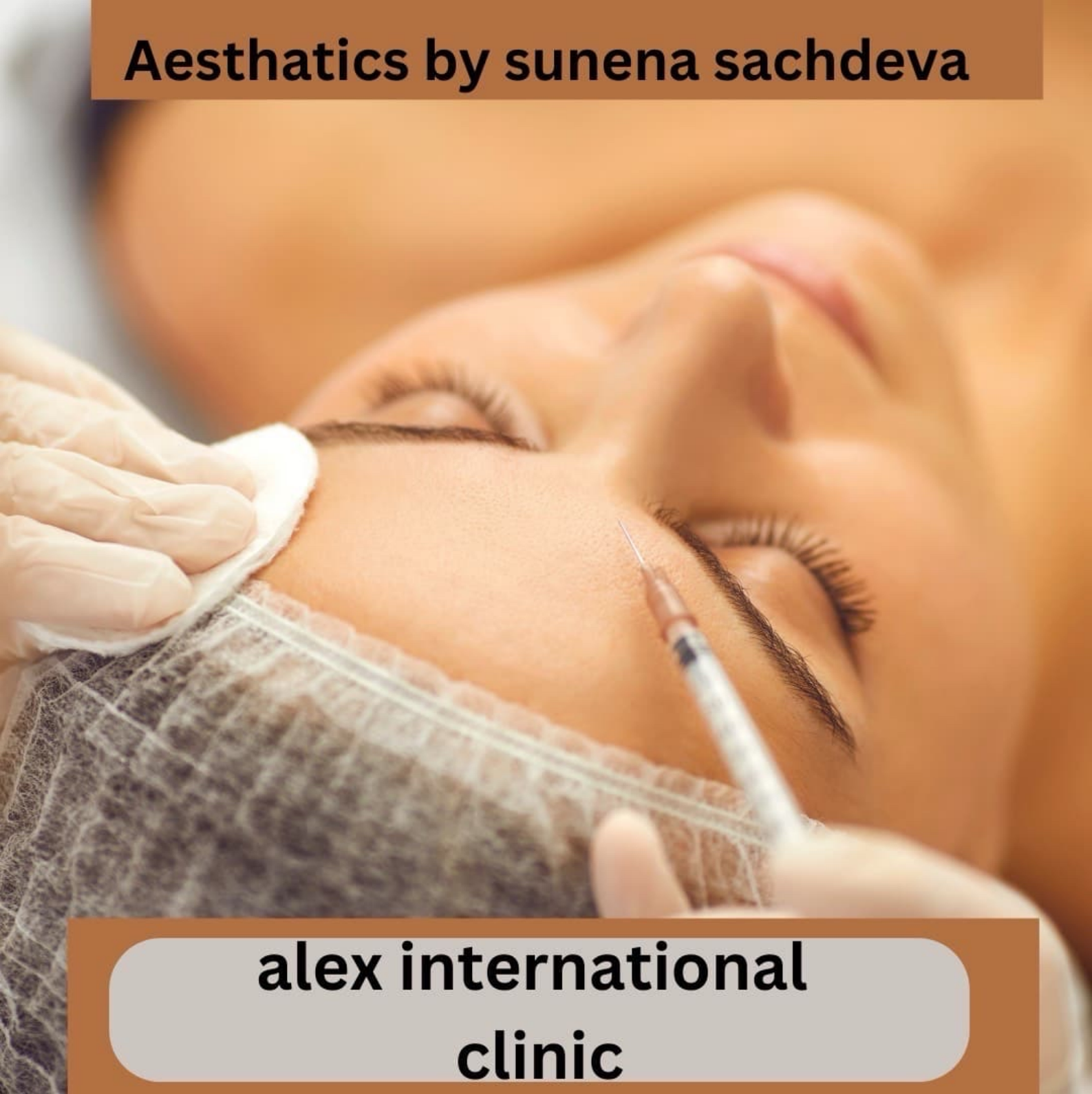


**Aesthetics by sunena sachdeva**



**alex international  
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**Welcome to the world of aesthetics**







**Course includes**  
**-skin analysis**  
**hydra facial**  
**derma planning**  
**derma roller**  
**milia removal**  
**lip tinting**  
**hifu**  
**laser**  
**micro blading**  
**micro needling**  
**botox**  
**prp skin**  
**prp hair**  
**peeling**  
**frequency hair**  
**frequency skin**



Radio frequency (RF) is a measurement representing the oscillation rate of electromagnetic radiation spectrum, or electromagnetic radio waves, from frequencies ranging from 300 gigahertz (GHz) to as low as 9 kilohertz (kHz). With the use of antennas and transmitters, an RF field can be used for various types of wireless broadcasting and communications.

How radio frequency works  
Radio frequency is measured in units called hertz (Hz), which represent the number of cycles per second when a radio wave is transmitted.

# Radio frequency



# hydra Facial



“The Hydrafacial is a multistep facial treatment typically performed with a proprietary machine (Hydrafacial MD) manufactured by Edge Systems,” explains Glen Crawford, MD, chief medical officer for the Schweiger Dermatology Group, who is based in Philadelphia. “In one session, aestheticians can use the Hydrafacial [device] to cleanse, exfoliate, extract, and deliver a variety of rejuvenating serums.”



# Laser hair reduction

Laser therapies are medical treatments that use focused light. Unlike most light sources, light from a laser (which stands for light amplification by stimulated emission of radiation) is tuned to specific wavelengths. This allows it to be focused into powerful beams. Laser light is so intense that it can be used to shape diamonds or cut steel. In medicine, lasers allow surgeons to work at high levels of precision by focusing on a small area, damaging less of the surrounding tissue. If you have laser therapy, you may experience less pain, swelling, and scarring than with traditional surgery. However, laser therapy can be expensive and require repeated treatments.





# PRP treatment

Platelet-rich plasma (PRP) is produced from a person's own blood. It is a concentration of one type of blood cell (platelets), which is critical for blood clotting. This concentration is injected to an injured or diseased part of a person's body to accelerate the healing of damaged tendons, ligaments, muscles, bones and joints. A key advantage of PRP injections is that they can reduce the need for opioids, or even over-the-counter anti-inflammatory medications. In fact, use of anti-inflammatories should usually be ceased at the time of PRP treatment, because the platelet-rich plasma optimizes the initial inflammatory response involved with healing.





# Derma roller

Derma rollers are used for a treatment process known as micro-needling or skin needling. It is a type of therapy that induces collagen. Thousands of highly tiny "micro-medical" needles are embedded throughout the roller, causing multiple minor micro-injuries to the skin. One's skin reacts by making more collagen to "repair" the punctures, which causes the skin to plump up once more and improves the natural blood supply, giving a natural "glow." As a result, depressed scars, wrinkles, tightness, and skin texture are all improved.

In general, derma roller therapies include rolling a needle-covered device softly over the skin to cover all natural skin regions.

Derma roller treatment in Bangalore is a less invasive aesthetic procedure with little recovery time. The needles softly penetrate the skin, which both exfoliates the skin and increases an individual's blood flow.





**Microneedling is a minimally invasive procedure for your skin.**

**Your healthcare provider uses thin needles to make tiny holes in the top layer of your skin. The damage helps stimulate your skin's healing process, so it produces more collagen and elastin. These proteins keep your skin firm and smooth.**

**Most people get microneedling on their face, but you can also get it on your legs, back, neck or other areas where you notice damaged or aging skin. You'll probably need multiple treatments to achieve your desired results.**

# **Derma needling**



# Micro blading

Microblading is an innovative method that not only helps people seeking cosmetic enhancement but also helps patients with alopecia totalis, trichotillomania, madarosis in hypothyroidism, chemotherapy-induced hypotrichosis, etc.[2] Recently there have been many advances in microblading from the instrumentation to the technique. This article aims at giving a review on all aspects of microblading, however, practical training is of utmost importance in this procedure since microblading is regarded as an art and needs to be customized for every subject.





# Skin nourishing treatment

**Nutrient Supply** – Our skin needs a steady supply of nutrients like vitamins, minerals, proteins, and healthy fats obtained from our foods.

**Collagen and Elasticity** – A diet lacking collagen-boosting nutrients like vitamin C, amino acids, and antioxidants can reduce collagen production, resulting in sagging and wrinkles.

**Hydration** – Consuming water-rich foods for glowing skin, such as fruits and vegetables, helps maintain proper skin hydration, and the lack of which can lead to tired and less radiant-looking skin.

**Inflammation** – Some foods, like sugary and processed items, can trigger inflammation, so an anti-inflammatory diet is crucial for optimal skin health.

**Gut-Skin Connection** – An unhealthy gut microbiome can lead to imbalances in the body, potentially exacerbating skin issues like acne and eczema.

Now that you understand the importance of skin health, let's explore the 7 best diet f

# Frequency



During the high frequency treatment, enriched oxygen molecules are produced that create an anti-bacterial action and a “natural” thermal tissue warming. This reaction helps your blood vessels push away toxins, while the cells in your skin are enriched with nutrients and hydrating volume. This in turn creates an increase in blood circulation and cell renewal that supports increased levels of collagen and elastin. The skin is left feeling instantly energized and noticeably softer after just one treatment.



High frequency has proven to be effective on almost any skin lesion from acne and burns, to waxing procedures and cold sores. High frequency facials are considered to be a safe, gentle and therapeutic approach to skin rejuvenation, quickly healing and restoring your skin’s health.



# Micro needling

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# Peeling

The part of peeling skin that you see is your epidermis. This is the outermost layer of your skin and also the thinnest layer. Even though your epidermis is thin, it plays an important role in protecting your body against bacteria and germs. It also makes new skin cells to replace the thousands of cells that die off every day.





Lip blushing is semi-permanent, tattooed makeup that tints your lips using a cosmetic tattoo gun (on a low setting) and water-based inks. The result is kind of similar to lip fillers—in that your lips will look a little fuller simply by being defined and enhanced with pigment—but lip blushing won't actually change the shape or feeling of your lips. Instead, it'll just leave you with a soft, shaded-in color that can enhance your lip symmetry, cover uneven pigmentation or scars, and give you the illusion of bigger, fuller lips.

# lip tinting

# Free free free free

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