COMBINED PROTOCOLS FOR AESTHETIC MEDICINE TREATMENTS

FACIAL TREATMENTS.

Before performing any aesthetic treatment it is important to make the right diagnosis, as many cosmetic conditions are caused by internal issues such as metabolic disorders, hormonal unbalances and chronic diseases, so these may have a manifestation on the skin.

Once we know the roots of the problem we prescribe natural medication (including GUNA products) in order to balance the internal problem, then we establish an aesthetic program, thus we observe much better and faster results.

*It is important to always work on different parameters:*

1. Skin complexion (Dry, oily, sensitive skin).
2. Tone. (skin laxity and hydration)
3. Face structure. (Face sculpture)
4. Wrinkles and folds.
5. Blemishes (Pigmentation and rosacea).

According to the above parameters the following procedures are performed:

1. **Skin complexion:**

Basically it is needed to perform chemical peels, micodermabrasion or light peelings in order to remove the corneous layer of the skin followed by mesotherapy injecting medications that will address the problem.

To treat mature and dehydrated skin the combination of *Guna-Collagen + MADE* is a suggested protocol being injected by nappage and multipuctural techniques on the symptomatic areas, as well as point to point on the reflexo points (acupuncture points).

The acne treatment consist of injecting Omeoformula 2, Pulsatilla, Echinacea and Cutis compositum or Placenta in order to balance the sebum production, as well as oral medication depending on the origin of the problem.

2. **Skin Tone:**

In order to bring back a nice skin tone the combination of different therapies is suggested including Intense Pulse Light (IPL), Radiofrequency, Carboxytherapy, Oxy-infusion, Electroporation and Mesotherapy, all of them have wonderful
actions stimulating the matrix by increasing vasodilation, fibroblast activity and cellular metabolism.

However, Mesotherapy is one of the treatments that has double benefits for the patient’s treatment:
- One of the benefits is the puncture itself which activate the natural inflammatory cascade and will stimulate the patient’s immune system via endorphins activation. (Dry mesotherapy).
- The second benefit is the administration of the selected medication which will stimulate cellular receptors and improve the cellular metabolism by injecting just homeopathic concentrations.

Depending on the skin analysis the practitioner can use different protocols (mixtures):

- CoQ10 and Guna Collagen to treat photodamaged skin.
- 3% Hyaluronic acid (1.0 ml) with MADE to treat very dry skin.
- Omeoformula 1 + Omeoformula 3 + MADE to treat fatty pockets on the lower face.
- Omeoformula 1 + Omeoformula 2 + Omeoformula 3 to treat congested face and acne (Detox).
- MADE + Guna-Collagen to treat mature skin.
- MADE to treat young skin.

Post mesotherapy:
Oxygen can be infused or blue light can be applied on the surface of the skin. The infusion of oxygen will speed up the chemical reactions at intercellular level, and the blue light will accelerate the mitochondrial and chromospheres activity.

3. Face Structure:
Before injecting dermal fillers, the skin can be prepared with Guna products via mesotherapy as follows: 1 session per week: MADE + Guna-Collagen / Omeoformula 3 for stimulation of collagen and hyaluronic acid and for skin toning (lifting effect).

The face can be contoured or reshaped by injecting 25% Hyaluronic acid (dermal fillers) in those areas where patients have lost fatty tissue which was supporting the skin. (Cheeks, lips, chin, eyebrows, jaw line, nose).

Then mesotherapy every 2/4 months, as maintenance therapy, with MADE + Guna-Collagen and/or Omeoformula 3 is suggested to boost the normal cellular function with the consequence to enable Hyaluronic acid to stay longer in the body.
4. Wrinkles and Folds:

In order to get a softer and tighter skin before, the practitioner can prepare the skin 3-5 weeks before injecting botulinum toxin type A, 1 session per week: MADE + Collagen / Omeoformula 3 for stimulation of collagen and hyaluronic acid and for skin toning (lifting effect).

The approach to treat wrinkles and folds has to consider two aspects: the dynamics of the wrinkles (expression/gesture) by injecting botulinum toxin type A in order to relax the muscle and prevent from having deeper wrinkles, and the skin fracture itself (wrinkle/fold). by combining mesothetrapy, dermal fillers, laser, electroporation and some other therapies.

Mesotherapy with MADE + Guna-Collagen is suggested on the wrinkle itself: various techniques can be used in order to improve the skin architecture:
- Tunnelisation technique
- Micro papules directly on the wrinkles
- Multipuncture technique (insert just the tip of needle into the wrinkle, then inject small quantity of products all along the wrinkle).

Radiofrequency, IPL, carboxytherapy and oxy-infusion are other collateral treatments.

5. Blemishes + Pigmentation:

The use of IPL is one of the most important techniques to address rosacea, pigmented lesions and broken capillaries. However, mesotherapy and oxy-infusion can be used to deliver endocosmeceutical products that work on blocking the melanocite activity.

NOTE: When performing mesotherapy on the face, Omeoformula 2 can be injected by papule technique at jugular reflexo point in order to stimulate circulation and drainage of the face, so the products then injected will have better absorption.

All the patients go home with a prescription of creams (Serum Vitae, Nature 3 – 4 or 5) and oral medication (Guna Matrix, Guna Lympho, Anti Age Stress, Anti age Skin and/or Anti Age face, etc.) to support the office treatment.
BODY TREATMENTS

Again, a combination of different techniques can be performed, but we will focus on Mesotherapy and Lipotherapy for body contouring.

To treat lipodistrophy (fat accumulation) the practitioner should start preparing the area by injecting *Omeoformula 1 + Omeoformula 2 + Omeoformula 3* via mesotherapy. Then perform lipotherapy by injecting the mixture of Phosphatidylcholine and Deoxicolate, if it is needed.

Some other collateral treatments are connective tissue massage, lymphatic drainage, electro-muscle-stimulation, radiofrequency, ultrasound, carboxytherapy and hydrolipoclasia, as well as electro-lipolysis. Also, it is highly suggested to do a lot of vaccumtherapy, vibration therapy, pressotherapy and detoxification therapies and/or techniques.

My mesotherapy protocol for cellulite is:

1. *Omeoformula 2* is injected by point-to-point technique along saphenus path in order to increase circulation and lymphatic drainage.
2. *Omeoformula 1 + Omeoformula 2 + Omeoformula 3* are injected on the symptomatic areas via nappage technique.
3. On the dimples *MADE*, *Omeoformula 2* and procaine in order to destroy the fibrotic tissue that is pulling the skin towards the muscle.

We also inject trace elements, vitamins and homeopathic products in reflexo points in order to stimulate certain organs that need to be activated, thus we get better results.

Before initiating any cosmetic treatment, a complete medical examination is done to fix all the metabolic, hormonal and acidity disorders. So the patient is having the cosmetic treatment and at the same time is taking some oral homeopathic medicines.

These protocols have been prepared in collaboration with Dr. Torres – Canada.