



**On-site & valet parking available**

- . Abdali District Area, Entrance 8
  - . Outpatient Parking from Al-Ghad St.
  - . Outpatient Building (tower), Floor #12
- Or, alternatively, through Entrance 2, Al-Istethmar St. coming from the Palace of Justice

**For more information & to book your assessment:**

Tel: +962 6 510 99 99

Email: [appointments@abdalimedical.com](mailto:appointments@abdalimedical.com)

Website: [abdalimedical.com](http://abdalimedical.com)



مركز العبدلي الطبي  
ABDALI MEDICAL CENTER  
Member of Clemenceau Network



## **SERVICES GUIDE:** non-invasive treatments

**AESTHETIC CENTER**  
Outpatient Building, 12<sup>th</sup> floor

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## ABOUT US

Our department is located on the 12<sup>th</sup> Floor at Abdali Medical Center in a private, comfortable environment with stunning views, friendly staff, and the latest equipment and knowledge.

The center provides a unique integrated service for all skin and cosmetic related medicine including Dermatology, Plastic Surgery and aesthetic services.

The center has several specialised rooms for consultations, and a range of procedures with the latest equipment and effective treatments. The center is very private with separate waiting and procedure rooms to provide an excellent experience.

Our doctors and technicians are highly qualified. Our team is supported by an experienced Aesthetic Technician who provides advice and facial treatments. They will provide you with effective advice that suits your specific needs, and will dedicate all needed time to answer your questions. We follow evidence-based protocols for all our services.



## SPECIALISTS



**Dr. Mohammad S. Alghoul**  
**MD, FACS**

Consultant Plastic & Reconstructive  
Surgeon  
American Board of Plastic Surgery



**Dr. Hannah Naasan**  
**MBChB, FRCP (UK), MRCP**  
**(DERM)**

Consultant Dermatologist  
Assistant Professor in Dermatology  
Fellow of the Royal College of  
Physicians of Edinburgh

## Botulinum Toxin (Botox)

Botox is used to reduce fine lines and wrinkles, particularly around the eyes and forehead, and for eye and brow shaping.

The Botox starts to work 3-5 days after injection, and the full results are visible at 2 weeks.

A fine needle is used to inject the botox into specific areas based on your requests.



The Botox starts to work 3-5 days after injection, and the full results are visible at 2 weeks. The results last for 4-6 months. Botox is non-invasive and does not require downtime.

## FILLERS

As we age, we lose volume in the face, leading to skin sagging and increased prominence of skin folds. Fillers are used to restore volume that has been lost such as in the cheeks, chin, and around the mouth. They are also used for restoring volume and sculpting around the eyes, and to enhance areas where more volume is required such as the lips.



The fillers are made of hyaluronic acid, which is a material that is naturally found in our skin. The results will be visible immediately, and can be assessed at 2 weeks after the procedure.

## SKIN BOOSTERS



Skin Boosters use injectable hyaluronic acid to rejuvenate the skin by tissue remodeling and improving skin laxity.

You will require treatments between 1 and 6 monthly, depending on the Skin Booster you need. Results are visible within 1 to 2 weeks. This is non-invasive and does not have downtime.

## CHEMICAL PEELS



Chemical peels are used to correct skin pigmentation, improve pores, hydrate the skin and improve its elasticity. We offer the revolutionary PRX-T33 peel in our clinic which causes very little peeling of the skin with great results.



## PLATELET RICH PLASMA (PRP)



Platelet rich plasma uses the body's own growth factors and cytokines in the blood to stimulate collagen and elastin growth. It is used to rejuvenate the facial skin, reduce dark circles under the eyes, and to improve certain types of hair loss. This can be combined with Microneedling.

For facial rejuvenation, you will require 2-4 treatments at intervals of 3-4 weeks.

For hair loss, you will require 4-6 treatments; at intervals of 3-4 weeks. Once improvement is seen we can maintain this with a treatment every 6 months.

Results are visible within 2 days, there is minimum downtime.



## MESOTHERAPY



Mesotherapy uses injections of specific vitamins, enzymes, and plant extracts to rejuvenate the skin, reduce pigmentation, tighten the skin, and improve the signs of ageing. It can also be used to improve the appearance of acne scars and stretch marks (we recommend this is done with microneedling for the best results).

It can also be combined with PRP to improve some types of hair loss.

You will require 3 treatments at intervals of 2 weeks; then 2 treatments at intervals of 4 weeks. The average number of treatments required is 3-5, some people require more.

Mesotherapy delivers immediate results with no downtime.



## MICRONEEDLING

We offer three modalities of microneedling. This is used to rejuvenate the skin, tighten pores, and for delivery of PRP or Mesotherapy.

- **Dermapen**

Electric microneedling using fine needles. This can be used alone or with PRP/Mesotherapy in face or scalp. You will require 2-3 sessions, there is minimal downtime.



- **AquaGold**

This is a small device that uses ultra fine needles to deliver PRP/ Mesotherapy/Micro-botox to the dermis in the skin. This can be used to the face/neck/hands.



- **Radiofrequency microneedling**

This uses fine needles with bipolar radiofrequency pulses to the dermis to regenerate collagen and elastin. It also stimulates hair follicles. You will require three sessions, there is minimal downtime.



## CRYOTHERAPY

Cryotherapy is a treatment using liquid nitrogen to treat skin complaints such as viral warts, seborrheic keratoses, or sun damage.

Sometimes more than one treatment is required, with a gap of 4 weeks between each treatment. Results are visible within 2 weeks, there is minimum downtime.



## LASER REJUVENATION

Our **Sciton Joule X laser** has the latest and best technologies for:

- . Skin rejuvenation and a more youthful appearance
- . Pigmentation reduction
- . Reduction of redness
- . Treatment of acne scarring
- . Fine line and wrinkle reduction.



It is necessary to have a consultation 2-3 weeks prior to your treatment. During the consultation, our specialist will advise you on what creams are needed for preparation and what medications to avoid during this period.

The following treatments are available using the Sciton Joule X:

- . BBL “Forever Young”
- . Halo for skin resurfacing
- . Erbium with profractional and contour TRL

# LASER REJUVENATION

## BBL APPLICATION



Sciton Joule X BBL is the newest technology for treating pigmentation, it works on pigmentation and redness, and boosting collagen.

We recommend 2 treatments, 1 month apart, followed by an annual maintenance treatment every 6-12 months.

Results of BBL are visible within a week, with minimum downtime.



## LASER REJUVENATION

### HALO FOR SKIN RESURFACING



Halo is a hybrid fractional laser, used for treatment of textural changes, pore size, superficial wrinkles, and scars including acne scars.

The skin resurfacing removes the outer layer of the skin, stimulating the body to produce new skin cells, and collagen fibres to tighten the skin.

It can be used in combination with BBL or on its own.

You may require more than 1 treatment depending on the severity of your skin condition, 3 weeks apart.

Results are visible within a week, it has around 1-2 days downtime.



# LASER REJUVENATION

## CONTOUR TRL



Sciton Joule X Erbium laser has unique features for skin resurfacing, that provides the best results with the least side effects compared to other lasers.

It is used for resurfacing for sun damage, wrinkles, and scarring, and we can also treat syringoma, sebaceous hyperplasia, fibrous papules and seborrheic keratoses.

You may require more than 1 treatment, depending on the severity of your skin condition, 3 weeks apart.

Results are visible within a week, down-time could be between 1 to 7 days depending on the case.



# SKIN TIGHTENING



We offer two modalities of skin tightening in the clinic.

- **Sciton Joule X BBL SkinTyte**

This uses advanced infrared technology to heat the dermal collagen which tightens it, while protecting the epidermal layer for safety and comfort. Results will be visible at 4 to 6 weeks, and you may need a second treatment. It can be done at the same time as Forever Young BBL. There is no downtime.

- **High Frequency Ultrasound (HIFU)**

This is used to tighten the facial muscle fascia, and revitalize the collagen and elastin in the dermis. This leads to lifting of the face and neck, skin tightening, wrinkle improvement and skin tone improvement. You will see results at 2 to 4 weeks.

There is some discomfort for 4 hours after the procedure but no downtime.

## FACIAL TREATMENTS

### HYDRAFACIAL



Our hydrafacial is a full facial treatment to brighten your skin and clear your pores.

During this treatment the skin is deeply cleansed, exfoliated, massaged and hydrated, and then a facial mask suitable to your skin type is applied. Results are visible immediately with no downtime.

### DIAMOND PEEL



Diamond peel is used to remove all dead skin cells, cleanse and restore the skin, results are visible immediately with no downtime.



## FACIAL TREATMENTS

### FACIAL MASK



If you feel your skin is in need of some glow and hydration, book a 15 minutes relaxing facial mask.

Results are visible immediately with no downtime.

### FACIAL MASSAGE



For the full relaxation experience, with benefits to your skin of lifting, glowing, and improved circulation.

# FACIAL TREATMENTS

## ZO TREATMENTS



We offer the full range of Zein Obagi ZO treatments including Hydrafacial Boosters. Please feel free to ask any member of staff for your complimentary consultation to discuss the best skincare regime specific to your skin type.

## CONSULTATIONS

### General Dermatology

An appointment to discuss any of your skin issues including pigmentation, rejuvenation, and skin conditions like eczema, acne, rashes and moles.

### Pediatric Dermatology

Full skin consultation for children. It includes a written treatment plan for childhood eczema.



## Rejuvenation

A tailored skin assessment, looking at your skin quality, texture, pigmentation, wrinkles, and areas of volume loss. We will advise you on the best treatment plan to obtain a more youthful appearance and correct any issues of concern to you.

## Mole/Skin Assessment

We offer full skin screening, assessing all moles and skin lesions. We assess using both visual inspection and dermoscopy. Our photo services are included in your first extended consultation. Mole mapping photos are taken, as well as high quality close-up and dermoscopy images of any atypical skin moles.

If there are any suspicious or unwanted moles or lesions, these can be removed at a day and time that suits you, and tested by a specialist skin Pathologist. Results are available in 1 week.

For all patients who go through a general health assessment, the results of your skin assessment will be shared with your doctor. If further surgery is required, you may be referred to our Plastic Surgeon through our integrated referral service.

## Hair Assessment

Full hair assessment including examination, hair tests, dermoscopy, and blood tests. If a scalp biopsy is required this can be arranged on the same day. Advice on the diagnosis and treatment plan is given. Treatments available include: PRP, Mesotherapy, Microneedling.