

Helen McGuinness

Aesthetics & Beauty Training International

Anti-Wrinkle Injections Training Model Client Sessions

To register as a training model for our Anti-Wrinkle Injections (Botox and Dermal Fillers) Sessions, please initially complete and submit our Training Model Registration Form by clicking here – [Model Registration](#)

Once you have registered as a Training Model, please email admin@helenmcguinness.com to request a training model appointment. Our latest model appointments, dates, times, and costs are available on our website by clicking here – [Current Model Sessions](#)

You can also email us to request details of our latest sessions.

Pre-treatment Prescriber Consultation

Please note that you will need to have a pre-treatment health consultation prior to being able to book an appointment for Botox treatments. The cost of this is £30, which is redeemable off of your first model treatment.

Botulinum Toxin Frequently Asked Questions

What is Botulinum Toxin (Botox®)?

Botulinum Toxin (Botox) is a non-surgical procedure that is well known for its effects of smoothing facial lines and wrinkles. It works by relaxing the muscles that cause lines and wrinkles to form in the skin.

What are the Benefits of Line Relaxing injections?

- Quick procedure.
- Minimally invasive.
- Relatively quick results; within a matter of days.
- Treatment can be tailored to suit individual needs.
- If you have injections regularly results will gradually last longer.
- Can be used with other aesthetic procedures to improve and prolong the results.
- Not permanent; if you decide it is not for you simply wait for the effects of the injections to wear off.

What areas can be treated?

Botulinum Toxin (Botox[®]) may be used to soften facial lines in the following facial areas:

- Frown lines between the eyebrows.
- Horizontal lines across the forehead.
- Lines around the eyes (Crows feet).

How does it work?

When you concentrate, squint or frown, the muscles in your face contract. After years of frequent contraction combined with other environmental and lifestyle factors, lines and wrinkles will form. Anti-wrinkle injectables work by interrupting the process of messages being sent from the brain via nerves to the muscles.

What does the treatment involve?

A very small amount of Botulinum Toxin is injected into the treatment area on the face using a small needle to keep discomfort to a minimum. You can be assured that you will be well looked after and that your treatment will be as relaxed as possible and never rushed.

Are Line Relaxing Injections safe?

Anti-wrinkle injectables are made from a drug made called Botulinum Toxin (Botox[®]) which has been FDA approved and used for both medical and cosmetic purposes for over 20 years with no known adverse effects. BOTOX[®] has been used for many years in both cosmetic and medical treatments. It is the most popular non-surgical treatment in the UK and in the world by far.

Do I need a Consultation beforehand?

You will need to first meet with our Nurse Prescriber who will carry out a face-to-face consultation to understand your medical history before the toxin is prescribed for you.

An appointment will then be made, after the medical review, for you to have your treatment at a time to suit you.

Will I be able to move my Face afterwards?

Absolutely. The infamous 'frozen look many people associate with anti-wrinkle injectables is only caused when too much toxin is administered into one area. A properly qualified practitioner will only target small specific muscles that are responsible for unwanted lines and wrinkles only. This means normal facial expressions such as smiling, frowning, or looking surprised will be unaffected.

During your consultation Helen will talk you through how the treatment can be used for subtle effects so no one need know your secret.

Do Line Relaxing Injections really delay the signs of ageing?

Botulinum toxin restricts facial muscle movement which means regular injections can help to stem the signs of ageing by suppressing muscle movements that cause lines and wrinkles.

How long does it take?

Depending on how many areas are being treated allow up to 30 minutes.

What results can I expect?

The effect starts to work in about 2-5 days, with the greatest effect being seen after about 2 weeks.

Are there any side effects?

Most side effects are short-lived and mild, the most common being mild bruising to the site of the injection. Some patients also report mild headaches shortly after the treatment, but these usually subside within 24 hours.

How long do the effects last?

Botulinum toxin injections can last for several months (3 - 4 months on average). Top ups will be required after this time to maintain desired effects. The effects of treatment depend on each client's response, with repeat treatments have been shown to have a longer effect. Most clients continue to have treatment regularly and book appointments every 12 weeks to ensure results are maintained.

What does it Cost?

The cost of your treatment will depend on the number of areas treated. We will examine your facial muscles along with their strength to ensure that the correct combination of muscles is injected with the right dose.

Are there any things I need to know to prepare myself for having Anti-wrinkle injections?

This will be discussed with you at your pre-treatment consultation in depth. Things we need you to be aware of are:

- Avoiding consuming alcohol at least 24 hours before
- Avoiding blood thinning medication or anti-inflammatories a few days leading up to treatment (these can increase the possibility of bruising)
- Avoid any hair removal a few days before treatment (shaving, waxing, threading) in the area/s you wish treating
- Avoid using products with anti-ageing ingredients (retinol, alpha hydroxy acids, glycolic acid) a week leading up to treatment

It is also advisable to eat beforehand to ensure you do not feel lightheaded.

Dermal Fillers Frequently Asked Questions

What are Dermal Fillers?

Dermal Fillers have become one of the most commonly performed cosmetic procedure. They have advanced beyond their primary consideration for the treatment of facial wrinkles and folds, to the more sophisticated application of facial sculpting and contouring. Dermal fillers can help to restore our skin to its former youthful, fuller appearance and treat signs of damage and ageing.

What are the Benefits of Dermal Fillers?

- Results can be seen instantly.
- Dermal fillers can be injected into several areas of the face to give structure, definition and increase volume.
- Uses Hyaluronic acid (HA) which exists naturally in your body.
- Treatment can be tailored to suit individual needs.
- Can be used with other aesthetic procedures to improve and prolong the results.
- It is minimally invasive with very few side effects (if done properly!) and minimal downtime.

How do Dermal Fillers work?

In general, dermal fillers work to plump up the skin. They do this by replenishing the levels of hyaluronic acid in the dermis layer of the skin. Hyaluronic acid is a naturally occurring substance which is found in the dermis which diminishes as we age, and this is why wrinkles, folds and creases begin to emerge. By plumping out the skin dermal fillers can effectively reduce the visibility of wrinkles. They also boost the skin's own hydration system and restore youthful volume by supporting the skin's structure and working at a deep dermal level to delay the signs of ageing.

What can Dermal Fillers be used to treat?

Dermal fillers can be used to treat facial lines, lips, facial contours, and the skin itself including:

- Nose to mouth lines (naso-labial lines).
- Marionette lines (lines that downturn the lower lip).
- Perioral lines around mouth (aka Smoker's lines).
- Cheek augmentation.
- Lip augmentation (loss of volume, fuller, volumized lips).

What does the treatment involve?

Dermal fillers are injected gently, with very fine needles, into the areas of the skin where it needs to be plumped up again and made to look firmer. The treatment can have an enormously positive effect on your appearance and self-esteem.

How long does it take?

Appointments for Dermal Fillers can be anywhere from 30 minutes to 1 hour, depending on the number of areas being treated.

How long do Dermal Fillers last?

For facial line smoothing Dermal fillers are gradually broken down after 9-12 months. Lip enhancements last for 6-12 months.

Are Dermal Fillers safe?

Dermal fillers have been used in millions of treatments across the world for over a decade and have been thoroughly tried and tested.

Please note - any Dermal Filler treatment will only be undertaken after your face-to-face consultation during which a full assessment will be carried out and full list of cautions and contraindications discussed.

Is the procedure painful?

Dermal fillers can be slightly uncomfortable depending on the depth of the injection and the area treated.

How do I know what type of Dermal Filler to have?

We will carry out a full consultation to establish your objectives and discuss and agree with you the right thickness/ type of filler to suit your desired effects.

Are there any side effects?

Most side effects are mild and temporary e.g., redness, tenderness, bruising and swelling.

What results can I expect?

Results from the treatment can be seen immediately, i.e., a softening in the lines and wrinkles, increased volume, where required, and an increase in hydration. The treatment can also have an enormously positive effect on your appearance and self-esteem.

What happens after the treatment wears off?

Your skin will gradually return to what it looked like before the treatment unless you have a top-up treatment. Most clients choose to have repeat treatments do so at the time when they feel the effect starting to wear off i.e., anytime between 6 and 12 months.

How much does treatment cost?

The pricing structure for Fillers is dependent upon the number of areas treated and how many mls of Dermal filler used to create the effect you desire. A price will be given upon consultation based on your individual treatment package.

Are there any things I need to know to prepare myself for having Dermal Filler injections?

This will be discussed with you at your pre-treatment consultation in depth.

Things we need you to be aware of are:

- Avoiding consuming alcohol at least 24 hours before.
- Avoiding blood thinning medication or anti-inflammatories a few days leading up to treatment (these can increase the possibility of bruising).
- Avoid any hair removal a few days before treatment (shaving, waxing, threading) in the area/s you wish treating.
- Avoid using products with anti-ageing ingredients (retinol, alpha hydroxy acids, glycolic acid) a week leading up to treatment.
- It is also advisable to eat beforehand to ensure you do not feel lightheaded.

Aesthetic Model Bookings Terms and Conditions

1. Deposits

1.1 All Aesthetic model appointments require a £30.00 deposit, and deposits must be paid on booking to secure the allocated appointment slot (all deposits are redeemable against the cost of treatment).

1.2 Without a deposit payment, an appointment is not secured and therefore we may not be able to accommodate you at the time requested.

2. Understanding of Model Sessions

2.1 Model appointments are carried out by students under the strict supervision of our Aesthetics Trainer.

2.2 Models should be aware that they are receiving a discounted service and therefore we cannot guarantee the same results or outcome as a private clinic appointment with an Experienced Practitioner.

2.3 In choosing to be an aesthetic model with us it is vitally important that prior to having treatment you understand and are aware of:

- The possible risks associated with cosmetic treatments.
- The information on our website or marketing material does not constitute professional advice.
- You are aware of and are accepting that your treatments are being administered in a clinical training environment by individuals who are undergoing professional aesthetic training under supervision.

3. Medical History and Consent

3.1 In order to ensure your understanding of point 7 above and to make an informed choice, before opting for treatment all clients will be required to complete a consent form for their chosen treatment and all information regarding suitability for treatment, treatment procedures, possible side effects/risks and realistic expectation will be outlined.

3.2 You will be provided with and asked to complete our medical disclosure questionnaire detailing all required information that provides a full and accurate account of your historical and current health including prescribed medication as well as full details on any previous aesthetic treatments.

4. Health, Medical and Aesthetic History Disclosure

4.1 It is particularly important that you provide accurate full medical history, details of any prescribed medication and pregnancy status, and previous aesthetic treatments.

4.2 It is the individual's responsibility to inform us of any changes from previous declarations. The information provided at this stage will form part of our assessment to determine suitability.

4.3 COVID 19 Status Our health vetting will also include a COVID status questionnaire for completion prior to attending our clinics.

4.4 In agreeing to our terms and conditions you are accepting of the fact that HMABTI accepts no liability on anything arising from your failure to fully understand the aesthetic effects and associated risks of cosmetic treatments.

5. Consideration of Treatment

5.1 Upon receipt of your completed consultation and consent forms we will assess whether the treatment you have chosen is suitable and appropriate for you.

5.2 We reserve the right to refuse treatment at any time if we feel that you are unsuitable for any reason. Should this situation arise, we will refund the amount paid by you. We will not reimburse any other outgoings or expenses incurred.

5.3 We will inform you of the reason for refusal and may offer the option of and advice on a more suitable alternative.

6. Client Expectations – Treatment Outcomes

6.1 HMABTI is unable to guarantee that you will achieve the same results as those shown on promotional material such as website and brochure images.

6.2 We cannot guarantee the lasting effects of treatments; however, we will endeavour to give you the best possible treatment outcome.

7. Bookings and Cancellations

7.1 By making a booking and payment for a treatment you are confirming that you are the individual named in the booking who will be attending the course for treatment.

Please note:

- I. Bookings are not transferable and as such bookings cannot be made in respect of another individual.
- II. Each individual must complete a separate booking form.
- III. Should you wish to purchase more than one treatment these purchases are not transferable and must be utilised by you.
- IV. Our model place will be reserved for you. It is your sole responsibility to attend at the appointed time and date. If you cancel your appointed place fees will be chargeable as follows:
 - a) Cancellations made 7 days prior to the appointed scheduled date will incur no cancellation fees
 - b) Cancellations less than 7 days before the appointed scheduled date will incur a 50% admin fee
 - c) Cancellations on the day or failure to attend – no refund given

7.2 In the unlikely event that we have to withdraw a model session we will provide the choice of a full refund, or a space on an alternative session. In either circumstance we would not be liable to pay any expenses incurred.

8. Age restrictions

8.1 We have age restrictions on the following treatments:

- Derma Filler treatments are restricted to 18 Years of age and above.
- Anti-wrinkle injections / Botulinum Toxin injections are restricted to 18 years of age and above.

9. Limited Liability

9.1 HMABTI will not be liable for any damage that occurs as a result of a model's failure to disclose relevant information of a medical and non -medical nature regardless of the reason for non-disclosure.

10. Treatment Fees

10.1 Our Model treatment fees are provided on our website (but may be subject to change) and confirmed at time of appointment booking is as shown on our website at the time of purchase.

10.2 Payment of treatment fees is in pounds sterling.

10.3 If additional treatment is required beyond what has been booked and there is sufficient time in the training session, at the discretion of the Aesthetic Trainer in charge additional treatment may be given and additional costs will be payable.

11. Top up treatments (Anti-wrinkle injections)

11.1 Please note that the initial cost of treatment does NOT include a top up appointment.

11.2 If a top up treatment is required 2- 3 weeks after the initial injections, there will be an additional charge depending how much toxin is needed.

12. Photographs

12.1 Before and after photographs will be taken in order to monitor the effects of your treatment.

12.2 Any such photographs will remain the property of HMABTI and form part of our clinical records and as such these photographs will not be shared nor provided to third parties unless there is a legal requirement to do so.

13. Video Filming

13.1 Model treatment sessions may be filmed and recorded for live session training on the day and may also form part of the post training material package provided to our students.

14. Training and Marketing Material.

14.1 We may wish to use your photographs and training video material for marketing purposes.

14.2 We may on occasion use adapted clinical photographs for marketing purposes. However, usage will be such that any such photograph would be suitably adapted to ensure that individual identity is confidentially protected.

15. Post treatment Care

15.1 It is important that you follow the guidelines given in our literature. However, should you feel the need to contact us in relation to concerns following treatments please either contact us by email admin@helenmcguinness.com or telephone us on 02380 266448.

16. Accompanied Persons and Children

16.1 Unfortunately for legal, Health & Safety and insurance purposes we cannot allow children or anyone under the age of 18 years of age access to our premises. Nor can we allow access to anyone who is not participating in the actual training or treatment processes.

17. Special Requests

17.1 If you have any special requests that are not covered in this document, please email us admin@helenmcguinness.com to allow us to consider your needs.