



Hello there.

Welcome to Contour Clinics. There's no two ways about it - we're all about confidence. Everyone deserves to feel 'it'. Flawless, unstoppable, fabulous. Age? Gender? They aren't factors. Confidence is a feeling that knows no boundaries. Whether you're stepping out for a coffee or meeting someone special, nothing beats putting your best foot forward and letting your spirit shine through.

Confidence is also about the trust you can have in our leading team of medical specialists and doctors. Contour Clinics offers years of experience and the best-inclass non-surgical techniques in a safe, comfortable and professional environment.

Visit one of our clinics today for a consultation and tailored treatment plar to achieve the results you desire.



Dr Josh Wall graduated top of his medical school class with a high distinction average, winning all available academic awards including Surgery, Women's Health, Psychiatry, General Medicine and Anatomy.

Dr Wall excels in all forms of Non-Surgical Cosmetic Medicine including: cosmetic injectables, advanced dermal fillers, non-surgical facelifts with threads, body sculpting, intimate area rejuvenations, penis enlargements, and laser to treat all forms of skin complaints. As the Medical Director of Contour Clinics, Dr Wall fosters a culture of education and continued professional development.

He is a national trainer for one the world's leading cosmetic injectable education courses Derma-medical. Dr Wall is also a key opinion leader and global advisory board member for the world's largest lase distributor Cynosure. Dr Wall has been published in multiple peer reviewed scientific journals, and is regularly featured in columns for leading women's and cosmetic publications.





The Ten Best Treatments for Men

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The Ten BEST treatments for men

The Ultimate Guide you MUST read prior to undergoing any male cosmetic treatments

Take back confidence in your appearance and avoid getting left behind in the aesthetics department.

Weak, undefined and fatigued features can really hold you back in your social and professional life. They can rob you of your confidence at times you are trying to put your best self forward.

Many men are taking advantage of non-invasive, simple treatments to sculpt the perfect version of themselves.

Male cosmetic treatments have many benefits including:

- Erasing fatigued under eyes
- Smoothing a nasal hump/masculinising the nose
- Carving a sharp, angled jawline
- Ridding yourself of a double chin
- Squaring off and projecting a weak chin
- Chiselling the perfect cheeks
- Ceasing excessive sweating
- Tightening sagging skin
- Resurfacing tired skin
- Erasing wrinkles

Competition is the hallmark of life as a man. Whether it comes to presenting professionally/academically, fighting for a promotion, or searching for a mate, competition in this day and age is heating up.

Don't compete, become untouchable. Sculpt the most aesthetic version of you.

Carve out a sharp, masculine

JAWLINE SCULPTING

A stronger, sharper more masculine jawline is within your reach. An angled wide set jawline is one of the main hallmarks of youthful masculinity. Sculpting the ideal jawline has never been simpler. With the use of dermal fillers, we can quickly and safely improve jawline shape and definition.

The benefits of Jawline sculpting include:

- Contouring a strong, angled jawline
- Restoring youthful jawline sharpness, defining the cheek from the neck
- Correcting asymmetry
- Widening the jawline from a front-on perspective to masculinise
- Improving your general lower face aesthetic

How do jawline fillers work?

Dermal fillers add volume to the jawline anywhere from the chin to the ear. They can masculinise the face by contouring a strong jawline angle, carving a sharp jawline body, augmenting a weak chin and squaring-off an overly pointy chin.

Using a blunt cannula, dermal filler is expertly placed along the jawline to shape, sharpen and replace lost volume.

The entire process takes less than 15 minutes. Has minimal pain and no downtime. The procedure is safe and effective when performed in the right

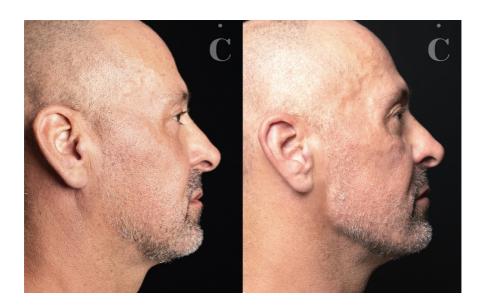
Prices start from \$600

Results

Immediate and last from 12-24 months

Time

Treatment time is less than 15 minutes



See our **Jawline sculpting page** for more information.

Square off, and project a weak chin

MALE CHIN SCULPTING

Strong, projected and square chins are the hallmarks of an aesthetically masculine appearance. The ideal male chin should approach the width of the mouth and is characteristically squarer and more projected than the female chin.

The benefits of male chin sculpting include:

- Projecting a weak, retracted chin
- Squaring off a pointy, feminine chin
- Correcting asymmetry
- Providing structure to the lower face
- Camouflaging under chin fullness, by projecting the chin out sharpening the chin/neck angle. This treatment can be combined with under chin fat dissolving for gold standard result

How chin augmentation works?

Chin augmentation with dermal filler is a simple, painless procedure aimed at squaring, projecting a weak chin. Expert placement of dermal filler allows precise sculpting, which is tailored to your own specific aesthetic goals.

After a thorough consultation, and bespoke individualised treatment plan, placement of dermal fillers to sculpt the chin take approximately 15 minutesright hands. Contour Clinics have some of the most experienced cosmetic professionals in the business.

Prices start from \$600

Results

Immediate and last from 12-24 months

Time

Treatment time is less than 15 minutes



See our ${\bf Male\ chin\ sculpting\ page}$ for more information

Erase your double chin

UNDER CHIN FAT DISSOLVING

Permanently rid yourself of stubborn under chin fat and reclaim the confidence to put your best foot forward in any situation.

Under chin fat can be a stubborn area to improve, resistant to all your best dieting and exercise efforts. It may be caused by diet, overly loose neck skin, an under projected chin, or most commonly genetics.

Excessive under chin fullness can rob you of a sharp, youthful aesthetic. It can make you look old, unhealthy and can spoil photos from any angle.

The benefits of under chin fat dissolving include:

- Contouring a heavy, undefined jawline by reducing under chin fullness
- Erasing under chin fat cells permanently
- Restore youthful jawline angles
- Tighten and resurface sagging under neck skin

What are the options for under chin fat removal?

- Fat dissolving injections
 - o Targeted under chin fat dissolving injections melt away fat with minimal discomfort and short recovery time
 - o They work by utilising the fat dissolving properties of deoxycholic acid. This is a substance found naturally in your digestive tract, which aids in the metabolism of dietary fats. Synthetic forms of deoxycholic acid are injected into the under-chin area, breaking apart fat cells and stimulating their metabolism and removal from the area over the course of the next 6-8 weeks.

- Under chin Coolsculpting
 - o Specialised cooling applicators are applied non-invasively to the under-chin area. These freeze fat cells to minus 11 degrees. Fat cells then undergo programmed cell death and are permanently cleared from the area
 - o Completely non-invasive, with no needles or downtime
- Facetite under chin radiofrequency assisted liposuction
 - o The gold standard in under chin sculpting
 - o Controlled radiofrequency energy delivered by sub dermal probe melts fat cells and tightens the overlying skin.
 - o Permanently removes under chin fat in one treatment



See our **Under chin fat dissolving page** for more information

Refresh tired eyes

Do you have bags, dark circles or hollows under your eyes no matter how well rested you are?

Tired eyes can hold you back personally and professionally. They can make you look like you have been on a bender, even if you have had a perfect night's sleep.

Darkened, sunken under eye hollows are a stubborn condition to treat They often refuse to respond to creams, serums and lotions. Fortunately, under eye tear trough filler can restore lost

The benefits of tear trough filler include:

- Smoothing dark circles
- Freshening a tired, drawn appearance
- Erasing under eye hollows
- Providing a refreshed, alert appearance
- Improving your overall aesthetic

How does tear trough filler work?

Tear trough filler is made up of hyaluronic acid. This is a naturally occurring sugar in our skin, which is expertly and strategically delivered to the under-eye region to reduce darkness, support hollowing and erase signs of fatigue.

The treatment takes less than 10 minutes in expert hands and has no associated discomfort. Despite it being close to the eye, it is one of the safer areas to place dermal filler.

\$600 per ml. (95% of patients require only 1ml)

Results

Immediate and last 12-18 months

Time

Less than 10 minutes

See our **Tear trough filler page** for more information.

Other options you may consider are:

- Skin tightening around the eye with Tempsure
- Non-surgical blepharoplast

Smooth fine lines and wrinkles

ANTI-WRINKLE TREATMENT

Refresh a weathered, tired appearance and put your best face forward in any situation. Increasingly more men around Australia are investing in their confidence and appearance. Male anti-wrinkle injections (also known as Brotox) are gaining popularly amongst our male patients. When maintained, antiwrinkle injections keep you looking young and fresh without looking fake or unusual.

Performed in expert hands, the benefits of male antiwrinkle injections include:

- Erasing fine lines and wrinkles
- Improving the appearance of oily skin by reducing sebaceous gland activity
- Give you an alert and refreshed appearance
- Masculinise the brow
- Prevent the formation of deeper more permanent lines forming
- Provide increased confidence to put your best face forward in any situation

Antiwrinkle treatments can be performed in less than 10 minutes with minimal pain or discomfort. In our expert hands, anti-wrinkle treatment results appear fresh, sharp and natural without looking fake.

How do Anti-wrinkle treatments work?

Anti-Wrinkle Injections consist of a purified version of a naturally occurring protein. When injected into "wrinkle-causing" muscles, these proteins work by temporarily blocking nerve signals to the muscle. This controlled weakening reduces muscle movement, causing the wrinkles over the muscles to become smooth and disappear. Oil production by sebaceous gland hyperactivity is also reduced, leading to smoother less oily skin. Antiwrinkle treatments have been safely used for over 30 years on over 100 million patients.

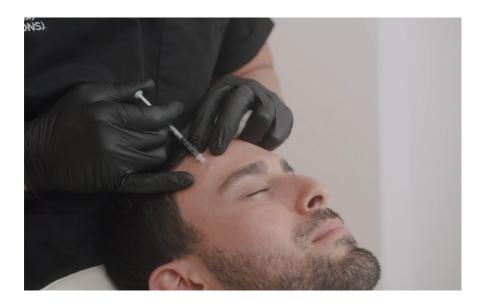
From \$99

Results

Appear from 1 week and last out to 3 months

Time

Less than 10 minutes



See our **Anti-wrinkle treatment page** for more information.

Resurface rough, damaged skin

LASER SKIN RESURFACING PAGE

Take years off your appearance by resurfacing tired, damaged skin and restoring your complexion to its once youthful state.

Reclaim your confidence in any situation and put your best face forward with fractional skin resurfacing laser. More men are taking advantage of the aesthetic improvements achievable with the intensive collagen stimulating technologies afforded by laser resurfacing.

The benefits of laser skin resurfacing include:

- Smoothing fine lines and wrinkles
- Erasing skin discolouration and pigmentation
- Clearing acne scaring
- Tightening areas of skin laxity
- Restores a youthful, healthy complexion

Facial fractional non-ablative laser resurfacing takes 10-15 minutes and is performed with topical numbing cream. Laser resurfacing is safe when performed in expert hands with minimal downtime.

How laser skin resurfacing works?

Laser skin resurfacing harnesses your body's own natural healing mechanisms to refresh and rejuvenate tired, damaged facial skin

Fractional non-ablative laser causes a controlled microdamage, by delivering microscopic columns of laser energy to the skin's deeper layers, while leaving the surface intact. Your body's natural healing responses repair this microdamage, providing an intensive collagen stimulation and remodelling. The end result is younger healthier looking skin.

Not all laser skin resurfacing devices are created equal. There is a huge variation in the safety and quality of the result delivered. At Contour Clinics, our team are experts in laser skin resurfacing using only TGA and FDA approved gold standard medical grade lasers for the treatment of our patients. Choose the most trusted clinic in laser skin resurfacing. Choose Contour Clinics

Price

From \$349 per session

Results

Seen after 1-2 months and continue to improve out to 1 year

Time

Less than 15 minutes under topical numbing anaesthetic numbing cream

See our Laser skin resurfacing page for more information.

Say goodbye to under arm sweating

EXCESSIVE SWEATING INJECTIONS

Sick and tired of embarrassing sweat patches? Whether at work or play troublesome sweating can really deflate your confidence.

Sweat gland blocking injections to overactive sweat glands take as little as 10 minutes and will leave you feeling dry and confident. Treatments last for 6-12 months and are performed by one of our experienced medical professionals.

The benefits of excessive sweating injections include:

- · Reducing body odour
- Erase visible sweat patches
- Cease excessive sweating leaving you dry and confident
- Protect your clothing from embarrassing sweat stains
- Regain the confidence to wear regular shirts/business shirts in social/ work situations

How do excessive sweating injections work?

Excessive sweating injections use the same product used in anti-wrinkle injections. These work by temporarily blocking sweat gland function. The injections are placed just under the skin and take up to 10 minutes, with no down-time. Excessive sweating injections require only one treatment session.

Sweat gland function slowly returns over the course of 6-12 months Treating the underarm region does not cause excessive sweating in other areas. This is a safe and effective treatment with minimal discomfort.

\$1000

Results

Seen after 1 week and last 6-12 months

Time

Less than 10 minutes under topical numbing anaesthetic numbing cream



See our **Excessive sweating injections page** for more information.

Tighten loose, ageing

THREAD-LIFTING

Sagging skin can really age you.

Overtime facial features such as the cheeks, jawline, neck, and under eye regions all head south. Folds of skin appear, the skin reduces in thickness and becomes dull, lack lustre and loose which can really affect your confidence.

Many men are stopping signs of ageing before they occur. Multiple options exist to tighten and rejuvenate the skin with minimal downtime and discomfort. The most common options include:

- Thread-lifting
 - o Repositions sagging facial tissues to regain youthful facial contours
 - o Creates an intensive collagen stimulating process to restore lost collagen and improve deeper facial tissue quality
 - o Restores jawline contours and youthful masculine definitions
 - o Smooth the folds around the nose, mouth and jowls
- Radiofrequency skin-tightening devices
 - o Create an intensive collagen stimulating process to tighten and tone loose, dull skin
 - o Radiofrequency energy delivered to deeper skin layers causes a significant contraction and tightening

How does thread-lifting work?

Dissolvable threads are expertly placed in the subcutaneous layer of the skin to lift and immediately reposition sagging facial features. This is done under local anaesthetic in a painless, quick procedure with no downtime.

Small insertion points are created with a needle (smaller than that used to take blood), and are hidden from view in carefully selected insertion points. These heal over 3-5 days with no scarring. The entire procedure takes less than 15 minutes and has an excellent safety profile when performed in expert hands.

An intensive collagen stimulating process commences, which improves over the next 3-6 months.

Price

\$350 per thread. Most patients require 4-8 threads total.

Results

Seen immediately and last 12-24 months

Time

Less than 20 minutes under local anaesthetic



See our **Thread-lifting page** for more information.

Straighten and masculinise

NOSE FILLER

Instantly reshape and masculinise the nose with no discomfort, downtime or scarring.

The male nose is a central feature in determining an aesthetic masculine appearance. The ideal male nose is free of humps and bumps, straight, proportionate to the face with masculine angles and transition points to the forehead, chin and lips.

Previously, the only option to improve the male nasal aesthetic was surgical rhinoplasty. This was hideously expensive, with long downtimes, scarring and significant post operative pain. Now, the male nose can be reshaped/resized in under 10 minutes with no discomfort and minimal downtime at a fraction of the expense.

The benefits of nose filler include:

- Masculinise the nose to ideal masculine proportions/angles
- Correct asymmetry
- Smooth humps, bumps and hooks
- Revise problem areas post-surgical rhinoplasty
- Improve the overall aesthetic of your nose

How do nose fillers work?

Contour Clinics have helped thousands of patients improve the aesthetic of their nose with simple dermal filler injections placed with ultra-fine needles.

Non-surgical rhinoplasty works by expertly placing hyaluronic acid dermal fillers in the midline of the nose to correct any aesthetic concern you may have with your nose. It is made of hyaluronic acid. This is a simple sugar structure found naturally in your skin. It is synthesised in a lab and placed expertly to correct any nasal aesthetic concern.

Price

\$750

Results

Seen immediately and last 12-24 months

Time

Less than 10 minutes under topical numbing anaesthetic numbing cream



See our **Nose fillers page** for more information.

Stronger, longer and

NON-SURGICAL PENIS ENLARGEMENT

Rediscover your confidence in and out of the bedroom with our non-surgical penis enlargement.

Does your size hold you back from being your most confident self? Maybe you're comfortable with your size and just want to do something for yourself for once?

Contour Clinics are one of the only clinics in Sydney trusted by countless men to perform minimally invasive penis enlargements. The Contour procedure can be done in under an hour, with minimal to no discomfort, no risky or complicated surgery and best of all, immediate results.

Using techniques mastered over the past 20 years all over the world, incorporating evidence-based procedures refined with extensive clinical research and worldwide expert consensus opinion. Contour Clinics are the experts at non-surgical enlargement.

The benefits of non-surgical enlargement include:

- Thicker, girthier size whilst maintaining aesthetic proportions
- Increased penile volume
- Increased flaccid length
- Go from a 'grower to a shower'
- Improved sexual performance
- Improve partner satisfaction
- No change in sensation or personal sexual satisfaction

How do non-surgical penis enlargements work?

After a thorough consultation and assessment, a local anaesthetic is applied to the base of the penis to remove any discomfort associated with the procedure. Dermal fillers are placed between the deep and superficial fascia (just underlying the skin) to significantly improve penile girth and flaccid length.

The entire procedure takes 15-30 minutes depending on the volume administered. Results are immediate and can be repeated as required to meet your overall size goals. This is a procedure with a very high personal and partner satisfaction rate.

Price

From \$4500

Results

Immediate and last 2-5 years.

Time

Treatment times between 15 and 30 minutes

See our Non-surgical penis enlargements page for more information.

Why choose Contour Clinics

Your cosmetic concerns will be addressed with the latest technology and techniques in mind. We are at the forefront of non-surgical cosmetic treatment developments and have a culture of education and ongoing professional development

A clinic you can trust

You can be assured that your treatments will be carried out by experienced, trusted medical professionals. We are a doctor led cosmetic clinic, where all treatments are performed by an experienced cosmetic injector.

The Contour Clinics Guarantee

Your satisfaction is our guarantee. Our treatments come with:

- complimentary consultation and facial assessment
- complimentary follow up appointment to review your results
- complimentary top ups/corrections for our injectable treatments
- only premium brands of product used
- expert clinicians providing all treatments

Want to know more? **Click here** to arrange your complimentary consultation

