WELCOME...

www.skincare-studio.co.uk

OCTOBER 2026
ISSUE #10

"My commitment to quality is built on expertise and skill, while maintaining affordability and accessibility."

HEALTH & OUR SKIN

Welcome to The Skin Studio
Thank you for continuing to subscribe and reading my newsletter! I'm here to make skincare easy for you, to bring you the essentials you really need to know.

This October edition features;

Skin Advice & Tips: Lumps, Bumps & Treatable Bits...
When clients come to see me at my studio, my main focus is to really help them out. But there's a very common skin complaint that I often see called a Dermatofibroma that I don't treat. I think it's something that deserves a bit more chat and attention.

Treatment of the Month: Mole Reduction
Moles can protrude noticeably on the face and body, often causing a problem, especially when they get caught on jewellery or clothing. This provides good reason to treat. Mole reduction doesn't completely remove the mole but trims it down to skin level. This makes it less noticeable and less likely to get caught, also more aesthetically pleasing.

Product of the Month: Moisturising Body Butter
Following our glorious summer, it's now time to nourish our body. This ultra-rich body butter helps encourage firmness and elasticity. Sea Buckthorn provides skin nurturing benefits while Shea and Olive Butter seal in nourishment to dry, lipid-depleted skin.

WELCOME...

OCTOBER 2026
ISSUE #10

www.skincare-studio.co.uk

SKIN & CONDITIONS

LUMPS, BUMPS, & TREATABLE BITS....

This month, I've decided to focus on this particular blemish because it's so common, even though it's not one I actually treat. I often get asked about removing these small, firm, slightly discoloured bumps that usually pop up on the legs. They're fairly straight forward to identify. These bumps are **Dermatofibromas**, and while they might look a bit unsightly and feel noticeable, making you self conscience, they're generally harmless.
Dermatofibromas are very common, non-cancerous lumps within the skin, made of fibrous scar-like tissue. They're often mistaken for insect bites or ingrown hairs that are trapped.

APPEARANCE

- Appearance: Small bumps (0.5 to 1.5 cm) that feel firm or hard like a small stone under the skin.
- Colour: Pink or light brown on lighter skin, and dark brown or black on darker skin tones.
- Location: Most often found on the lower legs, arms, or upper back.
- Symptoms: Usually painless, but can occasionally be itchy, tender, or irritated by clothing or shaving.

CAUSES AND DIAGNOSIS

- The exact cause is unknown, but they can sometimes develop after minor injuries like an insect bite or a puncture wound.
- A doctor or dermatologist usually diagnoses a dermatofibroma through a physical exam and the pinch test.
- They're not pre-cancerous and are harmless, therefore treatment is typically unnecessary.
- They can be surgically removed if they are painful, bleed often, or bother you aesthetically, though may result in a scar. This is often done by a dermatologist.

THE SKIN STUDIO

OCTOBER 2026
ISSUE #10

www.skincare-studio.co.uk

TREATMENT OF THE MONTH

MOLE REDUCTION

Description Healthy moles often develop through adolescence and not later in life. Moles are soft and velvety, with a skin-like texture, and sometimes have a hair growing from it. They can be both pigmented and none pigmented. Only healthy benign, moles are considered for treatment. The aim of the treatment is to visibly reduce the appearance of the mole, taking it down to skin level. This method is only suitable for protruding moles, not flat moles.

Cause: Genetics

All moles are fully checked through magnification to assess the suitability for the treatment. Full written after-care instructions are given.

Treatment Mole Reduction

Method

1 The mole is thoroughly cleansed.
2 The mole is assessed through magnification.
3 A pre-sterilised, single-use probe gently taps onto the surface of the mole.
4 A mild high frequency current is released, gently heating and drying the moisture from the mole
5 The skin can feel warm following the treatment.
A scab formation develops and must slough off once fully healed.

October Offer £60

Aftercare Instructions

Following the treatment the moisture within the mole has been dehydrated, and will form a temporary scab/crust formation. This part of the mole will detach from the skin during healing.
The following instructions must be followed for a minimum of 48 hours, or until the skin has fully healed, which may take 10 - 14 days approximately.

- No make-up or products within the immediate area.
- No swimming, or exercise to avoid perspiration
- No U.V exposure or S.P.F.
- Shower gently to keep the area clean, but avoid baths or steam
- No picking to encourage crusts to remove prematurely
- No skincare over the immediate area
- Free from tight clothing in that area

WELCOME...

www.skincare-studio.co.uk

OCTOBER 2026
ISSUE #10

NEW OPENING HOURS

From November 2026 my working hours will change to:

The Skincare Studio, Stamford:
Wednesday: 9am - 7pm
Thursday: 9am - 7pm
Saturday: 9am - 4pm
(the first Saturday of the month only)

UniSkin, Belper:
Friday: 9am - 5pm
(one later Friday evening a month)

NEW PRICING UPDATE

Electrolysis hair removal

- up to 15 minutes - £20.00
- up to 30 minutes - £30.00

Please note that I am no longer able to take on new clients for hair removal.

Warts & Verrucae - £45.00 per session

Skin Blemish Removal - £52.00

- Facial Thread Veins
- Milia

Advanced Skin Blemish Removal - £65 per singular blemish, £90 for multiple blemishes

- Skin Tags
- Seborrhoeic Keratosis
- Xanthelasma
- Cherry Angiomas
- Dermatosis Papulosa Nigra

There is a chargeable fee for changes made without a full 24 hour notice on weekdays and a full 48 hour notice at weekends. I hope you understand.

THE SKIN STUDIO

OCTOBER 2026
ISSUE #10

www.skincare-studio.co.uk

PRODUCT OF THE MONTH

MOISTURISING BODY BUTTER

Skin type/condition All skin types but especially dry, dehydrated and sun damaged skin.

Features & benefits Deeply nourishing and moisturising for ultra dry skin. Excellent for elbows knees and heels where skin may be thickened and under nourished. Humectants hydrate while natural plant butters seal in moisture.

Application Gently massage into skin until absorbed using upward circular movements.

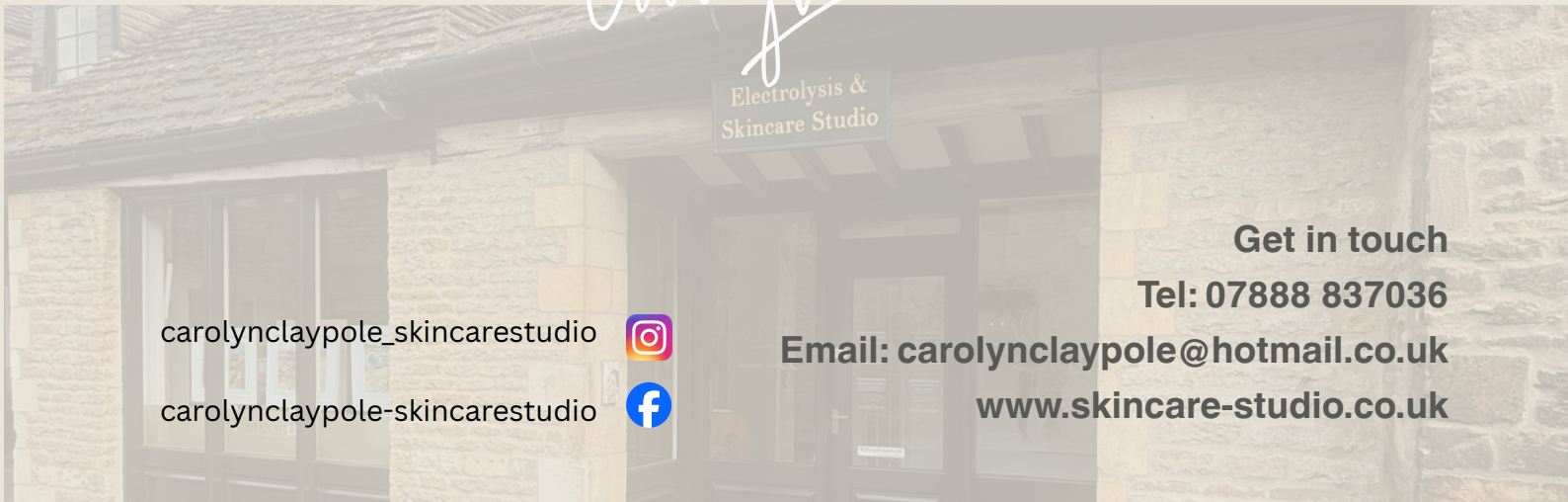
Tip
Use daily, but ideally massage in to the skin in the evening after showering, before bed time.

Key ingredients
Sea buckthorn provides skin nurturing vitamins. Shea Butter intensively moisturises and defends against environmental aggressors while Olive Butter nourishes lipid depleted skin.

FURTHER INFORMATION

If you'd like to purchase the October Product of the Month or have any questions, please get in touch. This offer is available for October only, with a new promotion coming next month. (Visit the website for product range info.)
Newsletter subscribers enjoy an exclusive **10% discount** on the full priced Eve Taylor Botanical Skincare range—a range I personally use and love for its quality feel, results and natural aroma of the essential oils. A full sensory experience!

Thank you for subscribing.



carolynclaypole_skincarestudio

carolynclaypole-skincarestudio

Get in touch
Tel: 07888 837036
Email: carolynclaypole@hotmail.co.uk
www.skincare-studio.co.uk