

**22  
MAY**

**Mondrian  
Gold Coast**

# INTEGRATIVE AESTHETICS

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## Longevity & Metabolic Health in Modern Practice

### THE PROGRAM

9:00 - 9:30am	Registrations & Coffee	Treatment demonstrations in adjoining room
<b>Session 1</b>	<b>Scientific Foundations of Metabolic Health &amp; Longevity</b>	
9:30 - 11:30am	Clinical Keynote Masterclass - Dr Robert Silverman	
		<ul style="list-style-type: none"><li>● Mitochondria &amp; Cellular Energy</li><li>● How Digestion Impacts Brain Health</li><li>● The Bridge Between Gut, Brain &amp; Longevity</li><li>● Lifestyle Drivers of Metabolic Health - Nutrition, Sleep &amp; Movement</li><li>● Regenerative Strategies for Longevity - Non-Thermal Laser Therapy</li></ul>
11:30 - 12:00pm	Morning Tea	Treatment demonstrations in adjoining room
<b>Session 2</b>	<b>Clinical Application in Practice - Translating Metabolic Science into Patient Care</b>	
12:00 - 12:30pm	Dr Ala Farah	Reframing Weight Loss as Metabolic Longevity – positioning Emerald Laser and GLP-1 therapies within a broader clinical framework. Looking at obesity and weight gain as metabolic dysfunction rather than just a weight issue.
12:30 - 1:00pm	Dr Kiaanna Tonkyn	Looking at the correlations between metabolic health, optimal weight, and long-term disease risk, and the wider health implications of interventions that improve metabolic function.
1:00 - 1:15pm	Andrew Han & Ruchika Mitter	Combination modalities for optimising Emerald Laser treatment outcomes, including recent upgrades to the STYKU 3D Body Composition Analysis System.
1:15 - 1:30pm	Dr Robert Silverman	Summary comments on translating metabolic science into patient care.
1:30 - 2:30pm	Lunch	Treatment demonstrations in adjoining room
<b>Session 3</b>	<b>Business Models &amp; Commercial Application – How Leading Clinics are Integrating Emerald Laser Treatments for Wellness &amp; Body Contouring</b>	
2:30 - 2:45pm	Del Hart	How we incorporated Emerald Laser into a body contouring clinic.
2:45 - 3:00pm	Dr Chris Leat	Clinical Outcomes from a 24-month Experience with EmeraldLaser.
3:00 - 3:15pm	Dr Mary Dingley	Overview of the devices Dr Dingley has used for body treatments including cryolipolysis, HIFU, RF and low-level laser (Emerald Laser).
3:15 - 4:00pm	Ryan Towart	How leading clinics in the UK are redesigning their body contouring services. Also, how to implement effective patient management and marketing systems.
4:00 - 4:30pm	Afternoon Tea	Treatment demonstrations in adjoining room
<b>Session 4</b>	<b>Panel Discussion + Q&amp;A</b>	
4:30 - 5:30pm	The Future of Metabolic Aesthetics and providing successful Emerald Laser Treatments	<ul style="list-style-type: none"><li>● Impact of GLP-1 medications on body contouring clinics</li><li>● Metabolic health as the next frontier in aesthetic medicine</li><li>● Integrating technologies with lifestyle medicine</li><li>● The future of integrative aesthetics and wellness clinics</li></ul>
5:30 - 6:30pm	<b>Welcome Reception &amp; Networking</b>	