



TAMIRA*life*
REDEFINING AESTHETIC HEALTHCARE
OCTOBER 2026 • FESTIVE NEWSLETTER

Festive Beauty Begins Within

— ● —

This October, make space for glow, confidence and thoughtful care - before the season gets busy.



A Note from Tamira

October brings a special kind of energy - the start of Navratri, the spirit of Dussehra, and the anticipation of the festive months ahead.

At Tamira, we believe preparation should feel personal, never rushed. Our approach is to understand your goals first, then design a plan around the treatments that suit you - whether that means improving skin clarity, supporting lift and contour, or simply giving your skin a polished pre-event refresh.

- Dr. Jayanthi Ravindran at Tamira



October at a glance

11 OCT

Navratri begins

A season of celebration and new beginnings.

20 OCT

Dussehra / Vijayadashami

A key festive milestone in the October calendar.

8 NOV

Diwali

The festival of lights arrives next month - October is the time to plan ahead.

Festival dates follow the Chennai / Tamil Nadu calendar reference; local traditions may vary.

The October Edit

Six treatment categories from the Tamira portfolio - translated into a simpler festive decision guide.

01

Thermage FLX

Radiofrequency tightening

Monopolar radiofrequency designed to smooth, tighten and contour skin in a single session.

PERSONALISED AFTER PHYSICIAN ASSESSMENT

02

Endolift Laser

Micro-laser lifting

A minimally invasive micro-fibre laser approach for deep and superficial laxity, with collagen stimulation.

PERSONALISED AFTER PHYSICIAN ASSESSMENT

03

HIFU

SMAS-layer lifting

Focused ultrasound targeting the SMAS layer for lifting of brows, cheeks and neck.

PERSONALISED AFTER PHYSICIAN ASSESSMENT

04

HydraFacial MD + Boosters

Red-carpet glow

A pre-event facial paired with selected infusions for a fresh, luminous finish.

PERSONALISED AFTER PHYSICIAN ASSESSMENT

05

Advanced Skin Boosters

Cellular hydration

NCTF, Mesoheal and Filorga NCTC formulas with vitamins, amino acids and hyaluronic acid.

PERSONALISED AFTER PHYSICIAN ASSESSMENT

06

CoolSculpting / Sculptra / HArmonyCa

Body + biostimulator options

A portfolio spanning controlled cooling, collagen stimulation and hybrid structural support.

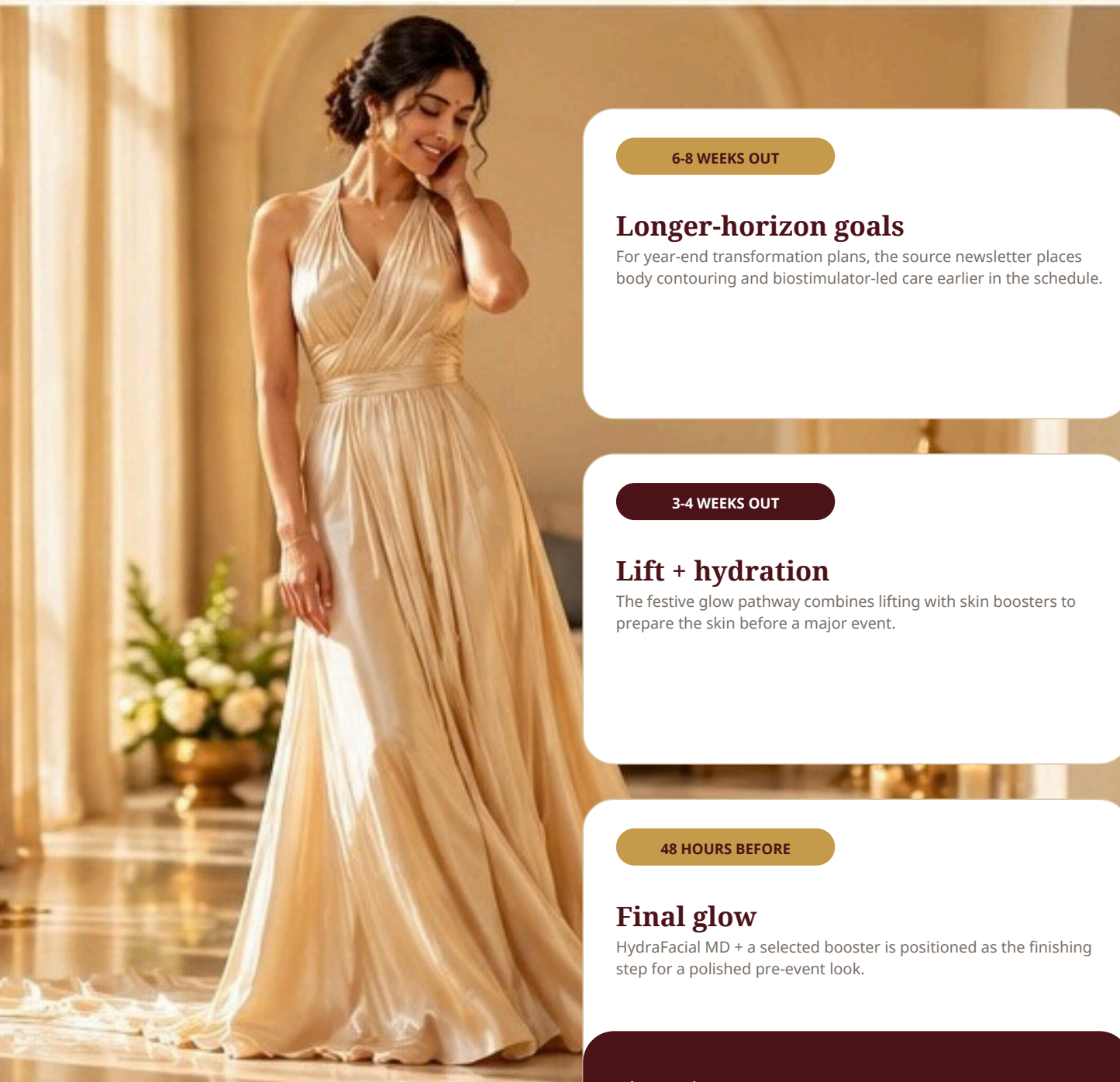
PERSONALISED AFTER PHYSICIAN ASSESSMENT

Care that looks
considered, not rushed.



Build Your Festive Plan

The key idea: the right treatment is only part of the story. Timing matters too.



6-8 WEEKS OUT

Longer-horizon goals

For year-end transformation plans, the source newsletter places body contouring and biostimulator-led care earlier in the schedule.

3-4 WEEKS OUT

Lift + hydration

The festive glow pathway combines lifting with skin boosters to prepare the skin before a major event.

48 HOURS BEFORE

Final glow

HydraFacial MD + a selected booster is positioned as the finishing step for a polished pre-event look.

Plan early.
Your consultation is where the timeline becomes truly personal.

Beyond the Festive Glow

TamiraLife is broader than one season. The wider platform brings together aesthetic care, specialist clinicians and practical access to treatment and records.

1

AESTHETIC DERMATOLOGY

Skin-focused care for texture, tone and overall skin health.

2

HAIR TREATMENTS

Aesthetic and restorative options for healthier, fuller-looking hair.

3

COSMETIC SURGERY

Surgical solutions tailored to individual aesthetic goals.

4

WOMEN WELLNESS SURGERY

Specialised surgical care focused on intimate health and wellbeing.

5

IV THERAPY

Medical-grade infusions offered as part of the broader wellness portfolio.

One platform. Many ways to care.
Virtual and in-person consultations, patient records
and a network of verified specialists.



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Your most radiant season starts with a conversation.

Our physicians can help you map the right sequence, timing and combination for your goals - from a polished skin refresh to longer-horizon aesthetic plans.

Reserve a consultation

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[BOOK YOUR CONSULTATION](#)

