

EN *H* ANCE

The Hurlingham Clinic & Spa Magazine

Issue 11

FRAXEL

Frequently asked questions

Don't disclose
your **AGE**

LONG LASTING
perfection

RESTORE YOUR
BREASTS



Fraxel CLARIFIED

the most frequently asked questions

Special offer on Fraxel available, call **020 7348 6380** for details



Is Fraxel Laser the treatment for me?

If you would like to improve the tone and texture of your skin, reduce wrinkles around your eyes, improve the appearance of acne scars or surgical scars or simply want a fresher looking skin then Fraxel is for you.

Fraxel treatments promote your skin's own healing process, resulting in natural rejuvenation that removes years from your appearance.

How many treatments will I need and how far apart?

The best results can usually be achieved after 3-5 sessions, spacing them 2-6 weeks apart to fit in with your schedule. Our doctors base your treatment on your particular needs.

You can decide the way that

you wish to proceed with the treatments in order to achieve your desired result whether it is more intense sessions over a shorter time period or milder sessions over a longer time.

Do Fraxel treatments hurt?

NO. Prior to the treatment a topical anaesthetic is applied and during the procedure cooled air is used on the area. Discomfort similar to a feeling of having too much sun will probably be felt afterwards, this should dissipate after 1-3 hours.

What are the side effects after the treatments and how long do they last?

After the treatment a certain amount of redness and swelling will occur. The intensity of the treatment will determine the degree of redness and swelling as well as the duration.

What our patients say about Fraxel

"After all of the sun worshipping I did over the years, I doubted that even coarse sandpaper could remove my sun spots! But I look great, my cheeks are like a baby's."

"It has really made a difference in the way I look at myself and feel about myself. I feel pretty again. At first I was sceptical but after a few months I started to notice my acne scarring improving and now it is hardly visible."

"Stretch marks are notoriously hard to treat and I thought I had tried everything but after Fraxel treatments the difference is truly amazing."

Feet made for walking...

Margaret Dabbs MBChA, MSSch is a member of The British Chiropody & Podiatry Association and is the foot expert behind the Foot Health Clinics where a team of qualified podiatrists perform chiropody treatments. The clinics ensure that all the health needs of the foot are dealt with professionally and sympathetically because good foot care is vital to your health.

Visit the Margaret Dabbs Clinic at the Hurlingham Clinic & Spa and get your feet in perfect condition. Feet are often overlooked yet if we treated our feet with a fraction of the care we give our skins we could see and feel a great difference.

Book a 45 minute full surgical pedicure and eradicate the signs of neglect, dehydration and ageing to reveal perfectly fresh illuminated skin and nails buffed and shaped to perfection.

For a pedicure consultation call **020 7348 6380**



DON'T disclose YOUR AGE



There are many things that can be done to reduce the signs of ageing of the face yet the area of the body where one's true age is evident always is the hands. With age the skin's plumpness reduces, making the hands appear dehydrated and veins more prominent. Creams are of little use in replacing the loss of volume on the backs of the hands.

Restylane Vital has been formulated to help combat the effects of ageing on the hands by replenishing the skin's natural hyaluronic acid and stimulating the production of collagen and elastin. The effect of these actions will plump and hydrate the skin as well as reduce the appearance of crepey lines caused by sun damage.

Restylane Vital consists of a smooth, pure hyaluronic acid which attracts water once it is injected into the skin, improving the skin's hydration system. After an intense initial course of 2 to 3 treatments of very fine injections 2-3 weeks apart, Restylane Vital continues to release hyaluronic acid gradually, so treatments may only be required once or twice a year. There are however no restrictions on how often the treatment can be performed.

Restylane Vital is also a perfect treatment for sun damaged skin on the décolletage area and can be combined with conventional Restylane treatments.

For more information or a consultation, please call **020 7348 6380**

Restore YOUR breasts to their pre-pregnancy splendour with a breast lift

The goal of a breast lift (mastopexy) is to restore the breasts to a higher, more youthful position. Many factors lead to sagging breasts, including weight fluctuation, pregnancy, and the natural ageing process. Breast lift surgery removes any excess skin and tightens underlying breast tissue so the breast is supported in a higher position. The procedure usually returns the nipple and aureola to a more aesthetically pleasing position.

In order to sculpt the breast into its new shape and perkier position, an incision is made around the aureola, vertically from the aureola to the breast crease and horizontally along the breast crease. The results of a breast lift are apparent immediately, however, your breast's appearance will settle a little within the first few weeks. Many women opt to have implants at the same time as their lift, which not only increases size but can boost firmness as well.

Ask one of our highly trained surgeons what would be best for you.

*Subject to individual status, terms and conditions apply.



***Finance packages offering excellent rates available for all types of surgery.**

A perfect SMILE...



Aesthetic dentistry is behind many dazzling celebrity smiles. But now thanks to modern procedures it is easier than ever to have the smile of your dreams.

Statistics reveal that your smile is the key to your personal and professional success and like cosmetic surgery it can take years off your age. Many of our patients ask about cosmetic dental procedures and we highly recommend the Scarsdale Dental Aesthetic and Implant Centre.

The centre is run by two highly qualified Consultant Aesthetic Dentists with specialities in specific fields.

Dr. Peter J M Fairburn is renowned for his pioneering work on Lip Repositioning surgery, reducing the appearance of a 'gummy smile'.

Dr. Fairburn has extensive experience in dental implants and promotes synthetic bone grafting techniques.

Dr. Pete van der Merwe has a particular interest in endodontics and tooth whitening, Dr. van der Merwe offers all types of bleaching, from home bleaching to in-chair bleaching using the Zoom advanced tooth whitening system as well as deep bleaching.

Call **020 7937 2160** to discuss your needs or visit www.scarsdaledental.co.uk

Long lasting PERFECTION

Permanent cosmetic enhancement is a revolutionary way to define eyes, brows and lips to give a natural finish that replicates perfectly applied make up or discreet enhancement.

Permanent make up can also help to avert the signs of aging. Consultant Tracie Giles can create anti-ageing enhancement that give the face a youthful lift effect and replace definition. Natural enhancement is ensured by using the latest techniques available such as fine hair-by-hair simulation or a subtle colour mist.

Tracie Giles is an acclaimed expert in the art of permanent make-up and holds monthly natural enhancement clinics at Hurlingham Clinic & Spa. For more information or to book a consultation call **020 7348 6380**.



We have found the perfect eye cream

The eye area has special concerns that warrant special care. We tested the Obagi ELASTIderm Cream and Gel on six volunteers for six weeks and the results were amazing. Everyone reported firmer skin, improvement in fine lines and wrinkles and improvements in crepey skin around the eyes. Everyone thought the skin around their eyes looked younger.

Purchase directly from the clinic or on line through www.hurlinghamclinic.com

The Hurlingham Clinic & Spa a new approach to beauty

Call now for a consultation or to make a booking on **020 7348 6380**

67 Studdridge Street
London SW6 3TD
Telephone 020 7348 6380
www.hurlinghamclinic.com

