

# Need to detox?

Rid your body of the toxins that not only affect you inside but also manifest themselves in your appearance. Many health and skin care professionals believe the build up of toxins in the body caused by stress, diet, pollution and lifestyle choices can contribute to an array of conditions ranging from acne to cellulite. With this in mind, eliminating impurities from the body may do more than just help skin glow, but may also help rev up energy levels and possibly prevent disease.

## Recommended Detox Treatments

**The Cellu M6 Kemodule** is the most effective technique available to stimulate circulation and perform lymphatic drainage. Your tissue will regain the ability to eliminate toxins, promoting a feeling of well-being and renewed energy. **Aromatherapy Associates Detox Body Booster** is a full body exfoliation to reduce fluid retention and toxins, followed by a detoxifying wrap.

# Lustrous locks



Shiny hair is a sign of health and overexposing your locks to heat, chemicals, and pollution can rob them of their sparkle, causing your hair to look dull, drab and damaged. We have recently introduced a range of hair care products by Paul Yacomine that really work. Paul has adapted many aspects of skincare technology to produce his Micro range and the result is a fine balance of silicones, natural oils and water-based nutrients providing the optimum combination of a light smooth feel with repair and protection. All the products are leave-in, highly concentrated and produce spectacular results. Ask your therapist which would be right for you.

## The Hurlingham Clinic & Spa a new approach to beauty

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

## Special offers...

We are introducing a new DDF Vitamin C Facial which infuses three forms of Vitamin C into the skin. Vitamin C is known to assist collagen production, fight free-radicals and help prevent visible pigmentation. This anti-aging preventative treatment takes 75 minutes and is usually £85. **Introductory offer of £65.**

Book a Delux Crystal Clear Microdermabrasion treatment with Eye Contour Lift and receive a complimentary eyelash tint and eyebrow shape plus.

**Endermologie** – refer a friend and receive a complimentary maintenance treatment. Your friend will receive 10% discount on a course of treatments.

Call **020 7348 6380** to book an appointment quoting Enhance. Offers end 28 February 2007.

## DDF are back...

All your old DDF favourite skin care products have been updated, repackaged and relaunched in the UK. Try DDF and see the difference, not just a promise real results. The DDF skincare range deliver fast-acting, sustained results by strengthening skin from within. DDF's treatments are designed for specific skin concerns: anti-aging, acne, sensitive, hyperpigmentation and sun care.



# ENHANCE

The Hurlingham Clinic and Spa Magazine

Issue 4

I want to be  
**wrinkle  
FREE**

A SMART WAY  
TO **LOSE...**

Join the  
**REVOLUTION**

Need to  
**DETOX?**



# A smart way to lose...

“**Fat bits.** Most of us have them, most of us hate them and most of us have tried and failed to get rid of them. The solution is Laser-Lipolysis, using **SmartLipo.**”



**SmartLipo laser** is a ground-breaking concept of laser fat reduction – an innovative technique designed for removing excess fatty tissue in areas including double chins, love handles, buttocks, thigh and upper arm that are normally resistant to dieting and physical exercise. The Smartlipo laser provokes the breaking up of the membranes (cell walls) of the fat cells, transforming them into a substance that is absorbed and eliminated by the body's natural processes. Treatment is permanent, safe, virtually painless, takes less than an hour and most people can return straight to work. Patients will have some swelling or bruising but without the side effects of more aggressive procedures.

# I want to be wrinkle free!

Skin care products and medical procedures work in tandem to help stop time and visible signs of ageing in their tracks.

## Recommended Anti-Ageing Products

The Obagi Nu-Derm System is a physician-prescribed skin care system that actually corrects the function and health of your skin. The products transform skin cell functions at the cellular level and correct the damage, resulting in skin that looks and acts younger and healthier.

### DDF – Dramatic Radiance TRF Cream

Restores suppleness and increases tone. The DDF anti-ageing range effectively slows deterioration and improves skin quality.

### Exposure Anti-Ageing Serum

Softens lines and wrinkles and restores optimum skin hydration in only four weeks.

## Recommended Treatment Options

Injectable fillers have seen huge growth thanks to their ability to mask the signs of time. But beyond filling superficial lines, deeper facial creases and plumping lips instantly, injectable fillers can also reshape faces by strategically adding volume, which can help postpone surgery. Fillers are versatile in use and last a long time: the latest Hyaluronic acid-based fillers last at least six months. Longer lasting fillers have a life of several years, while products such as BioAlcamid are permanent.

**Botox** was the original muscle relaxer, but now a variety of brands use botulinum type A to achieve spectacular results that erase wrinkles in the face and neck for around four months.



Peel back the years with an **Obagi Blue Peel**, a medical procedure which removes thin surface layers of aged and damaged skin to reveal new unblemished skin. The treatment is suitable for both men and women of all skin types who have developed age spots, wrinkles and general skin laxity. This chemical peel is performed under sedation by a doctor.

**Photo Rejuvenation** uses Intense Pulsed Light to stimulate collagen and elastin that lies deep in the layers of the skin. This reduces fine lines and sun damage, hyperpigmentation, thread veins and age spots to regain a younger looking, more radiant skin.

# Join the Revolution

At last, the answer to safe permanent lip enhancement. The revolutionary new **'PermaLip'** made out of soft silicone, has been developed over the last four years by Plastic Surgeons in the US and is a safe method of enhancing lips in a single operation. Once the procedure is performed you can enjoy full, youthful lips for many years. The twenty minute procedure leaves no visible scarring, is fully reversible or size adjustable, does not rupture or harden or degenerate over the years.

As the ageing process occurs the lips thin and until now there has been nothing permanent like PermaLip for the lips which are a major focal point of the face and a key indicator of age. Call us on **020 73486380** for a free consultation with one of our surgeons.



# Surgery option...

Despite the proliferation of non-surgical rejuvenation treatments, the surgical facelift remains the gold standard in restoring youth because it targets all the facial components that contribute to an aged appearance: the skin, muscle and underlying fat. A facelift reduces excess

skin, tightens sagging muscles and redistributes fat to restore the face's youthful appearance. A thorough consultation with a plastic surgeon is the best way to ascertain what will best suit your needs and goals.