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The Hurlingham Clinic & Spa Magazine

Issue 8

ANTI-AGEING
solutions that really work

MICROCURRENT
MAKEOVER

Kell Skött
HAIR

NEW
BEAUTY
brief

Nutritious
NOSH



ANTI-AGEING solutions that really work

- Age Reversing Lasers • Powerful Prescriptions
- Advanced Injectables • Potent Products

We are constantly looking for ways to help our patients find the latest and best solutions to the many concerns we all face as time passes. With breakthrough technologies, innovative supplements and a better understanding of the ageing process as a whole, we have a new arsenal at our disposal to fight the effects of time and the environment.



**Life changes your skin.
FRAXEL restores it...**

The Hurlingham Clinic & Spa is one of the first clinics in London to introduce the new generation Fraxel Laser the best and latest innovation in skin rejuvenation.

It restores the skin by producing thousands of tiny microscopic laser spots to carefully eliminate old epidermal pigmented cells deep within the dermis. The fractional process allows the skin to rejuvenate much faster using the body's natural healing process to create new healthy and tighter tissue and replace skin imperfections. It can be used on visible areas including the face, neck, chest and hands. The procedure involves having a topical local anaesthetic applied 30 minutes before the treatment takes place. The treatment takes around one hour and patients may look slightly red for two to three days. As the new collagen pumped cells replace the dead tissue, skin has an even tone becomes plumper, smoother and less lined. Up to three treatments are recommended and results are amazing.

**Invest in yourself –
Prevention is better than cure**

"Before 40 changes due to ageing are hardly noticeable but post 40 the changes in our minds and bodies happen fast. At 50 it is a time of great upheaval that can involve serious mishaps," according to Dr. Chauchard of La Clinique de Paris. But it is not ageing per se that is the enemy. A person cannot prevent gaining years. What Dr. Chauchard is committed to fighting are the

diseases of ageing. "People can live better and longer lives. You don't have to choose, you can do both" he explains.

Dr. Claude Chauchard runs monthly anti-ageing clinics at Hurlingham Clinic & Spa. Through a combination of physical checks and specific blood testing he can see exactly how the body is ageing and what problems can arise. Using this information a personalised programme can include hormone replacement, stimulation of the immune system, a decrease in cardiovascular risk factors, detoxification of the body and organs, a rebalanced diet, stress control as well as maintenance and protection of the body inside and out.

Putting back what time takes out, naturally

In time your skin loses its full, firm youthful appearance – a result of the natural ageing process. Your skin becomes thinner and can sag, causing wrinkles and deep lines to appear. Fat tissue which maintains the fullness of your face can also be lost, causing your face to look thin and narrow and making you look older.

Sculptra is a volumising agent which reduces deep wrinkles and folds, and replaces the fullness of your face which has been lost to the ageing process. Sculptra works by stimulating your own facial collagen production to replenish your skin, providing natural looking results. It works gradually to restore what has been lost and once your treatment plan is complete, clinical trials have shown that these results can last for more than three years.

NEW Mesojection Healthy Cell Serum from DDF

This formula containing anti-oxidants and peptides delivers anti-ageing ingredients deep within the skin's surface... **without a needle.**

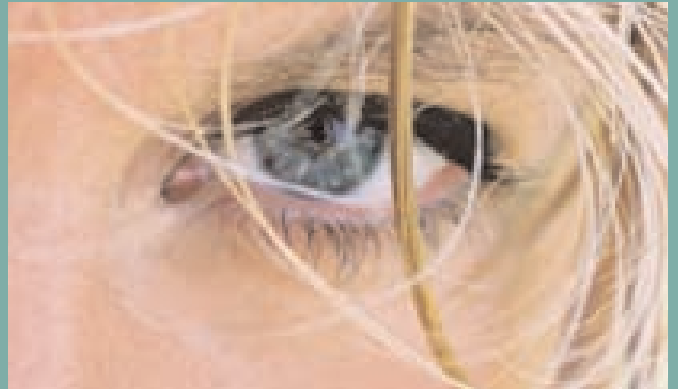
Mesojection Healthy Cell Serum is a lightweight oil-free serum that hydrates for hours even after a single use. Literature suggests that maintaining maximum hydration over time may allow the natural regeneration of collagen production to be uninterrupted for increased tone, firmness and improved skin density. Using the unique Virtual Patch Technology allows for quick ingredient absorption by weaving together two key ingredients: acacia polysaccharides, derived from the acacia tree and algin, which comes from brown seaweed and boasts strong water retention capabilities. These large molecules are believed to help hold the formula on the skin to help insure absorption.



For more information on anti-ageing products and services contact

020 7348 6380

eye AGERS



There are a variety of eye area concerns – droopy eyelids, crow's-feet; under eye bags, but you can get radical results without significant pain or downtime.

Blepharoplasty can remove the excess skin that causes hooding or drooping over the eyes. Incisions are made in the crease of the upper lid so fat and muscle can be removed or repositioned and excess skin may be reduced. Stitches are used to close the incisions and once healed the scars are nearly undetectable. After five to ten days most of the swelling and bruising will go and you will start to see younger looking more uplifted eyes.

Lower Blepharoplasty is used to remove the excess fat that causes under-eye bags or to correct a hollow appearance. An incision is made inside the lower eyelid to redistribute or remove excess fat. If excess skin is an issue an incision is made right underneath the lashes. Once healed the incisions should be barely detectable. When swelling and bruising subside you will see smother less puffy under eye skin. The final results can turn back the clock by eight to ten years.

Botox relaxes the movement of facial muscles, the main cause of crow's feet. Several strategically placed injections are made around the outer eye area. You will start to see less movement in the area within a couple of days with maximum results in a week. Crow's feet will be significantly softened.

Revitalising Eye Treatment – Specialised massage improves micro-circulation and drainage, while essential oils and natural actives attend to this neglected area. Powerful anti-oxidants get to work on puffiness, and Shea-butter and rose wax optimise moisture and combats lines.

Exposure Dermatological Eye Contour Cream with 5% Eyeseryl is an original tetrapeptide-based formulation for the reduction of puffy eyebags and dark circles around the eyes. Its potent effects have shown in clinical trials to reduce eye puffiness and improve the appearance of the skin in only 15 days.

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

NEW beauty brief...

Two new products recommended by our beauty experts



A powerful programme for rejuvenation

A New addition to the Exposure range – Glyco Program is designed to create soft radiant looking skin, correct surface discolouration and fight blemishes, Glyco Program penetrates into the skin to stimulate cell renewal, improve circulation and help rebuild collagen.

Susan Posnick make-up

Mineral make-up with a built-in sunblock that is simply to apply. Works wonders to protect the skin after microdermabrasion, chemical peels, and laser treatments, as well as any other day of the year. Water resistant, sweat proof SPF 26. Enriched with minerals from the earth and sea plus vitamins A,C and E. Easy to apply, last all day.

What more could you want?

microcurrent makeover...



Hailed as the non-surgical facelift, systems using micro current technology have been tried and tested since the 70's. Now there is a new generation system from CACI. The multi-functional **CACI ULTRA** is the ultimate treatment system, combining the lifting function of the award winning CACI non surgical facial toning system with the skin regenerating applications of the world acclaimed Future-Tec system and the **CACI Ultra's** photo stimulation wrinkle comb. The synergy of these technologies combined with the original micro current effectively stimulates muscle tone, tightens tissues, increases blood and lymph flow which plumps out and softens lines, wrinkles, dark circles and puffiness. Providing a non invasive alternative to surgery and injections.

To book your **free CACI consultation** call
020 7348 6380

Kell Skött

hairecare's signature
treatment...

Treat yourself to the
ULTIMATE hair and scalp
treatment at a special rate for
Hurlingham Clinic & Spa clients

After a few minutes under heat, **PhytoPolleine's** neutralising elixir is massaged into the scalp for five minutes. Then it's time to relax whilst the essential oils go to work. Your hair is then cleansed with a shampoo specially selected for your hair type. An exclusive mix of products is applied to your hair, which is then bathed in steam, spritzed with **HyPact's Fortifying Tonic** to strengthen and lock in moisture. A further

mist is followed by a final two minutes of cool air to seal in the treatment before your hair is rinsed, conditioned and blow dried. **The result:** Your scalp and hair will be in tiptop condition. Your hair will look and feel fabulous and the amazing power of the mist machine means that this feeling will last longer than conventional treatments.

Just £50 (includes blow-dry) call
020 7348 6380 and mention **Enhance**.

Nutritious *Nosh*



Many of our clients see our nutritionist and our anti-ageing expert to discuss their diet and we have found a company who will make the whole process of dietary change very easy.

Nosh is a one-stop shop for all your healthy eating needs. Their mission is to provide nutritious food, delivered daily to your door, to accommodate specific requirements, Whether you want to lose weight, gain energy, or simply not cook. Every day fresh, organic, healthy, home-made food is delivered to your doorstep: breakfast, lunch, mid-afternoon snack, dinner – even herbal teas and superfood smoothies.

Call Hurlingham Clinic & Spa reception or visit
www.noshdetoxdelivery.com

beauty EVENT

on 19 September 2007

Join us for a day of discovery. We will be introducing the latest treatments and products and you can try them all.

Book a demonstration treatment using the new **CACI Ultra** and see the difference it makes to the appearance of your skin and facial contouring. You will also have the opportunity to buy a course of treatments for a special one day only price.

Experience our new **DDF facial** treatment with a 45 minute sampler and try the **new Mesojection Healthy Cell Serum**.

Receive a 45-minute mini facial which includes the **new Aromatherapy Associates revitalising eye treatment**.

Try a **Margaret Dabbs Beauty for the Feet** mini-medi-pedi. A comprehensive foot treatment undertaken by a qualified podiatrist and takes 20 minutes.

A booking charge of just £10 will be charged for treatments which is redeemable against the purchase of products.

Call **0207 3486380** to book your chosen treatment. Bookings will be on a first come basis so please call us as soon as possible.

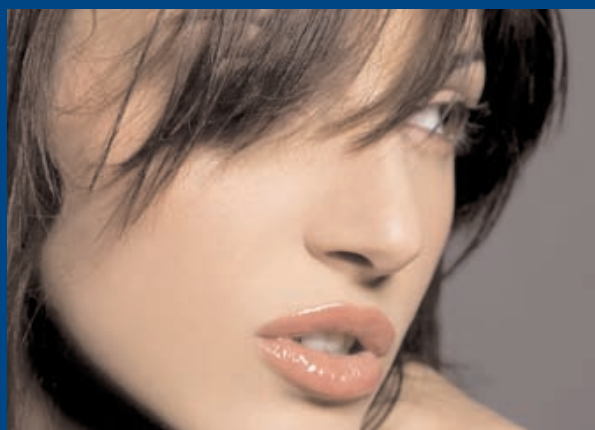
Spa specials...

Autumn is the ideal time to start IPL treatment as the risk of sun exposure is less. We are offering a FREE consultation and patch test for IPL (Intense Pulsed Light) for any of the following:

- Permanent reduction of unwanted hair. IPL destroys the hair root to prevent re-growth.
- Photo Rejuvenation for signs of ageing, such as brown spots, thread veins and poor skin texture.
- Thread Vein Removal to improve skin appearance.

We are also offering a 10% reduction on all courses of IPL treatments throughout September 2007.

Book any facial during the month of September and October and test our new **Revitalising Eye Treatment** without charge.



Meet our new consultant plastic surgeon...

Davood Fallahdar



Mr. Davood Fallahdar M.D. Chir. Plast.

Mr. Fallahdar is a highly qualified and experienced consultant plastic and reconstructive surgeon, who in addition to his appointment at Hurlingham Clinic & Spa holds an NHS post at Royal Marsden Hospital in London. He trained in plastic and reconstructive surgery in Milan, Italy where he obtained a first class degree with honours. Mr. Fallahdar has ten years of clinical experience in plastic, reconstructive and aesthetic surgery plus microsurgery and is on the UK GMC Specialist Register for Plastic Surgery.

Mr. Fallahdar's aesthetic surgery interests are facial surgery, breast surgery, liposuction, abdominoplasty, otoplasty and rhinoplasty. Mr. Fallahdar is also experienced with non-surgical aesthetic procedures using laser, injectable fillers and Botox®.

Call **020 7348 6380** to book a consultation with Mr. Fallahdar or any of our team of surgeons.

The Hurlingham Clinic & Spa a new approach to beauty

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

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