



# Harley Street Skin<sup>®</sup>

CLINIC

— Treatment Catalogue —



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*"We embarked upon Harley Street Skin because we felt that pooling our experience, both medical and cosmetic, was a fantastic way of offering our patients a comprehensive experience. One of wellness and self-enhancement. This has always been our number one priority as we believe that the best possible results come from treating the person as a whole.*

*That's why we've worked so hard to put together a team of specialists - from nutritionists and therapists to doctors and surgeons - each and every one excelling in their respective field. With every avenue covered by an industry frontrunner, we can be confident that Harley Street Skin offers the very best insights out there - bar none.*

*They say you're only as strong as your weakest link ...we've made sure we don't have one."*

*Dr Khan and Lesley Reynolds*



# Abdominoplasty (Tummy Tuck)

More commonly known as a 'Tummy Tuck', Abdominoplasties are surgical procedures for the tightening of the abdominal wall. This could be to rid: sagging skin left behind after pregnancy, waistband overhang or even simply a stubborn pocket of fat that exercise just cannot seem to target.

It is not a treatment for weight control or weight loss, but will endeavour to neaten and tauten the tummy area and re-engage the stomach muscles.

## What Does It Involve?

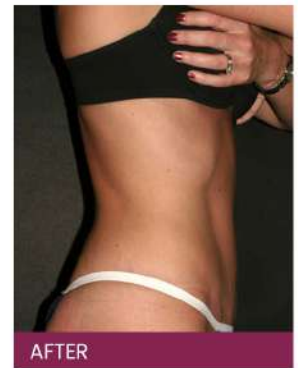
Technique may differ, depending on how extensive the procedure. At your consultation you will discuss your problem areas and surgeons will help guide you in choosing the best of 3 potential Tummy Tuck treatments: the *Mini Tuck*, the *Standard* or the *Extended*.

The Mini Tuck is most appropriate for skin tightening and will involve cutting away excess fat and skin in the name of tautness. The Standard Tummy Tuck procedure will additionally realign the stomach muscles and tighten your core beneath the surface, repositioning the belly button in the most natural placement if necessary. Extended procedures will also look at the fatty area of the lower back - a.k.a. the 'love handles' or flanks.

All procedures will require making a long incision along the base of the tummy, just above the pubic area, so that scarring can be disguised by the underwear.

## Results?

Once tummy-tucked, always tummy-tucked. An Abdominoplasty is a one-off procedure, that will see lifelong results, although this will depend on your lifestyle going forward. Weight fluctuation and lack of exercise will eventually take its toll on the previously tightened flesh, and will likely compromise your results over time. If properly maintained however, Tummy Tucks will continue looking pristine for years and years to come.



2-5 hours



General

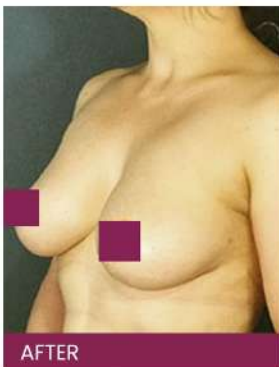
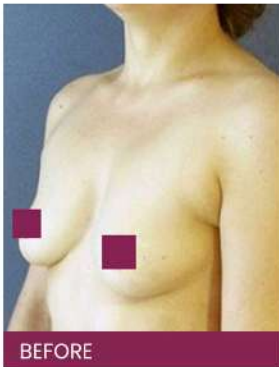


6 weeks



Permanent

# Angel PRP Fat Transfer



1-2 hours



Sedation



1 week



Permanent

PRP Fat Transfers involve repurposing the body's fatty tissue supply. This enables us to source natural filler from one place, and reinsert it elsewhere on the body. The PRP element then accelerates the body's ability to hold onto the fat, as well as firming the area for the most durable and natural-looking finish.

Angel PRP Fat Transfers are most commonly used to improve the contours of the breasts and hips or reinject volume into areas of visible ageing, such as the hands, face or décolletage.

## What Does It Involve?

PRP-assisted treatments work by isolating a special part of the blood - the component which helps the body with rapid healing, cell multiplication and regeneration. When this component is combined with harvested fat, the body accepts it with ease. PRP-assisted transfers also work to encourage the body to produce more collagen proteins, making the treated area appear firmer, smoother and far more youthful than if injected with just fat alone.

We begin by using a small cannula to harvest fat from an area decided upon at your consultation - this is known as your 'donor site'. At the same time, blood is drawn from the arm and processed through the Angel system: a special centrifuge which spins rapidly to separate the blood into layers. Typically, only around 120 cc's of blood is taken (the same amount as is usually drawn during a standard blood test) although this can vary depending on area size.

## Results?

Fat Transfers can do anything from helping to correct a lopsided bust to improving scarring; restoring fullness to the face, or adding shapeliness to the body. In conjunction with PRP, all of this can be achieved whilst bolstering the skin's appearance of youth and quality. By drawing on the body's natural healing responses, PRP procedures help to ensure the most natural-looking results.

Thanks to PRP Fat Transfers, making a few tweaks to that 'natural shape' of yours is now entirely within the realms of possibility...

# Angel PRP Hair

Angel PRP is a cutting-edge cosmetic technique that involves extracting the part of the blood that centres around cell restoration (the 'PRP'), and repurposing it elsewhere in the body. Angel PRP for hair growth involves infusing struggling hair follicles with PRP ('Platelet Rich Plasma') which has been extracted from the blood.

Treatments using PRP are often called *Vampire* or *Dracula* treatments, feeding from the body's natural resources (i.e. the blood) to heal and restore itself. This makes it an astonishing scalp stimulation and hair growth technique.

## What Does It Involve?

PRP treatments work by isolating the component of the blood which helps the body to heal and form clots, working as a natural stimulant to the areas of the body most in need of restoration. During Angel PRP, the concentrated PRP is re-injected into the scalp using a fine needle - essentially providing a vitamin boost directly to the follicles.

Around 120 cc's of blood is drawn from the arm, similar to a blood test, and the sample is placed into an Angel centrifuge where it is spun rapidly to separate the blood into layers. This allows the PRP to be extracted, isolating all of those fantastic growth proteins used for cell multiplication.

## Results?

Angel PRP literally gets to the root of your hair issues, combating thinning hair, visible scalp, shedding, breakage, and noticeable balding. It can discernibly improve the hair's volume and thickness, reawakening the dormant hair follicles as well as revivifying the active ones.

Thinning hair can be catastrophic to self-esteem and leave you feeling far too self-aware. Angel PRP provides an incredible solution to conditions that many men and women have needlessly suffered with for years.



BEFORE



AFTER



2 hours



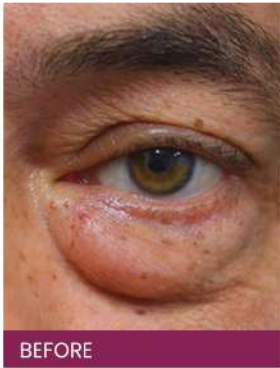
Local/EMLA



24 hours



3-5 years



2 hours



Local/Sedation



2 weeks



Permanent

Blepharoplasty is the delicate surgical removal of the skin around the eye area - 'blepharo' being the Greek for *eyelid*. It is an extremely common procedure borne of the complaint referred to as 'eye bags'; 'puffy', 'saggy' or 'droopy' eyes.

Blepharoplasty can be performed on both the upper and lower parts of the eye, and is popular with men and women alike for reasons both functional and cosmetic. The burden of heavy, excess skin can even impair our field of vision, leaving us fighting back against perpetually sleepy eyelids. Blepharoplasties can instantly give the illusion of a lifetime of beauty sleep that sometimes the busy modern man or women just isn't afforded.

## What Does It Involve?

The objective of a Blepharoplasty is to remove the gathered or crepey skin below or above the eye, opening up the eyes and leaving the skin more taut and smooth. Blepharoplasty can be performed as either *Standard* or *Extended*, each requiring a small incision to be made in the natural crease of the eyelid.

During *Standard* procedures, surgeons will expertly sculpt the cushions of fat around the eye and remove any and all excess skin from the problem area, positioning it accordingly with fine stitching. *Extended* procedures will also look at other necessary adjustments such as the hoisting of the brow, cheeks, or skin surrounding the eye socket. This operation is more extensive and therefore a little longer to undertake.

## Results?

Blepharoplasty treatments are a saving grace for perpetually tired eyes, and will not only lift the face dramatically but leave you looking both younger and more alert. A Blepharoplasty may also help to restore optimal function to the eyelids, improving vision and alleviating any unnecessary weight being applied by excess skin. Fighting drowsy, heavy eyes will be a thing of the past.

# BodyTite

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We've all heard of 'Liposuction', but let the Harley Street Skin Clinic introduce you to BodyTite. BodyTite is the most advanced, permanent method of removing fat and tightening the skin simultaneously. This incredible combi-treatment uses radiofrequency to dramatically improve the silhouette in the least traumatic way possible: by melting down fat to a liquid form first. Why? To guarantee the easiest of extractions and smoothest possible finish.

## What Does It Involve?

BodyTite is also referred to as 'Laser Lipo' or 'RFAL' (radiofrequency-assisted liposuction). This is because it works by using radiofrequency energy to turn the fatty tissue to liquid form in order to extract it through a tiny incision (as opposed to removing it in its natural state, which requires the use of a significantly larger cannula).

A fine cannula is first threaded underneath the skin to serve as a conduction tool for the BodyTite monitor. The monitor is then passed over the skin, transmitting radio-frequency between the two devices which ensures fat is reached evenly and efficiently. This is what allows for such precise and smooth results. The topical heat also induces collagen production, helping to tighten and firm the skin concurrently.

## Results?

BodyTite is ideal for many treatment areas with excess fat including: the hips, abdomen, buttocks, thighs, arms, knees *and* neck. It also works fantastically well on areas with visible cellulite as it will help to resurface the treatment area from within, and therefore alleviate any dimpling or lumpiness. Furthermore, the heat from the RF energy engages with the body's collagen reserve, boosting stimulation for longer-lasting youthful skin.

All in all, BodyTite enables not only a reduction in the size of the area (the width of the thigh for example), but also visible improvement to the texture, tightness and quality of the skin.



2-4 hours



Local/Sedation



5-7 days



Permanent





15 minutes+



N/A



N/A



3-6 months

'Botox' is the abbreviated term for the Botulinum toxin – a chemical used for preventative anti-ageing. When injected into certain muscles – i.e. of the face or neck – Botox will stop repeated muscle contractions which are leading to unsightly lines and wrinkles. By dosing the muscle responsible for the skin gathering; concertina-like foreheads, smoker's lines and crepey crow's feet can be eradicated in a matter of minutes.

## What Does It Involve?

You can think of Botox as something of a relaxant. Where administered, Botox causes the muscle to go into a temporary state of paralysis. This prevents certain repeated movements of the face, neck and body which may be forcing the skin to ruche and wrinkle.

Botox is what we refer to as a *neuromodulator*, which means it intercepts the signals from the brain. It does this by blocking the channel of communication between the nerve endings and the corresponding muscles. That is what makes Botox such a comprehensive treatment, as it can – in effect – be administered almost anywhere.

## Results?

Botox can prevent muscle spasms, alleviate migraines, put a stop to excessive sweating, relieve pressure from the feet, and greatly improve the appearance of lines on the face and body.

Areas of the face that are typically treated with Botox include: chin dimpling, horizontal brow lines, crow's feet or 'laugh lines', smoker's lines, frown lines between the brows, nasalis lines either side of the nose, and prominent masseter muscles (for jawline softening and cheek reshaping).

In addition to this, Harley Street Skin offer Botox-assisted Neck Lifts known as 'Nefertiti Lifts'. This involves using using Botox to improve the appearance of an ageing neck or décolletage.

# Brachioplasty

Feeling self-conscious about your bare arms is not only restrictive, but also downright uncomfortable. Perhaps you feel the need to accompany that lovely new party dress with a frumpy bolero jacket or are enduring long-sleeved tops, even throughout the sweltering summer heat...

An 'arm lift', medically known as a Brachioplasty, is a procedure to surgically remove excess skin and fat from the underside of the upper arm. It is typically something performed on patients with loose, sagging skin on the upper arms - either after drastic weight loss or general ageing. Whatever the reason - with a Harley Street Arm Lift, we're certain that not only can your future look bright - but also entirely sleeveless!

## What Does It Involve?

Brachioplasties are performed under general anaesthetic, and typically take around 2 hours to complete.

Firstly, an incision is made along the arm - from the armpit to the elbow. This enables surgeons to draw the loose skin of arms tighter, and cut away any surplus fat in the process. The remaining tissue is then restitched, giving the patient a far tighter, smoother inner arm.

## Results?

Brachioplasties are perfect for removing skin that has become irksome, embarrassing and uncomfortable. All of the excess that hung so loosely from your arms previously is removed, leaving them far slimmer, more taut and more youthful.

Patients often find that one of the biggest benefits of Brachioplasty, however, is psychological. No more covering up or sitting on the sidelines whilst others enjoy themselves; Brachioplasties can restore a feeling of freedom that has been snatched away by years of insecurity.



2 hours+



General



2 weeks



Permanent

# Breast Augmentation



1-2 hours+



General



2 weeks+



10 Years+

Whether you are concerned about the aftermath of weight loss or left unhappy following pregnancy or breastfeeding, have concerns for size, shape, fullness, firmness or lift; Breast Augmentation can do just the trick. This typically involves the use of breast implants.

A breast implant is a specially designed prosthesis that is inserted behind the breastplate to increase, re-inflate or boost the appearance of the chest. Implants are typically created using silicone gel or pockets of elastomer which will then be filled to your desired size with saline solution.

## What Does It Involve?

At your consultation, doctors will guide you in your selection of the most appropriate shape, size, position and type of implant for your frame. Once you are happy to move forward with your selected implant, you will be booked in for surgery.

During the operation, discreet incisions will be made in the natural crease beneath the breast or in an inconspicuous area of the armpit, where surgeons will then endeavour to insert the implant. Incision sites are then closed using very fine stitching to minimise scarring.

## Results?

Breast Augmentation can restore perkiness, provide lift, increase cup size and perfect shape, as well as improve firmness, posture *and* symmetry. They can make a marked impact on psychological wellbeing, too, restoring confidence, self-esteem and a youthful spring to the step. Whatever your breast concerns are, the doctors at Harley Street Skin can offer you expert guidance on your quest for a chest you are delighted with.

Augmentations may also serve a reconstructive purpose following a mastectomy or damage sustained from another form of chest trauma.

# Breast Reduction

Breast Reduction is a surgical procedure which aims to minimise the appearance of the breasts by removing excess breast tissue. Breast Reductions can offer life-changing solutions to women that struggle daily with unwieldy chests and find that they are not only the root cause of a lot of discomfort but also physical pain.

While reducing your chest size may be regarded by many as a purely cosmetic procedure, to those suffering with an overbearing bust it can feel much, much more than that - their chest becoming a source of both anxiety and embarrassment. That's exactly why Harley Street Skin are on hand to help...

## What Does It Involve?

Breast Reductions are performed under general anaesthetic, and involve removing excess skin, fat and/or glandular tissue in a quest for a smaller, more compact bust. Incisions are typically made downward from the nipple in an anchor or lollipop shape in order to access the appropriate tissue with the minimum amount of scarring.

Surgeons will then remove this redundant tissue, skin and fat before closing the incisions with fine stitching. The finished result will leave the breasts reduced in both weight and volume.

## Results?

Breast Reductions can alleviate chronic back and neck pain that is exacerbated by a heavy chest, stop chafing and potential infection beneath the breast, eliminate shoulder pain and unsightly bra strap indentations, ease psychological distress and restore proportion to a previously disproportionate silhouette.

If you are being forced to buy ill-fitting clothes to accommodate a cumbersome chest, then a reduction may very well be for you.



BEFORE



AFTER



2-5 hours



General



Up to 6 weeks



Permanent



4-5 hours



General



4-6 weeks



Permanent

Mastopexies (more commonly referred to as 'Breast Uplifts'), are surgical procedures which endeavour to reverse the effects of gravity and restore drooping breasts to a perkier, more youthful position.

Breast Uplifts are ideal for those of us who are concerned with the visible effects of weight fluctuation or ageing, when the skin has either been excessively stretched or has lost some of its natural elasticity.

## What Does It Involve?

Breast Uplifts may involve removing surplus skin that has caused drooping or sagging, modifying the breast shape for a fuller cup, or affixing the soft tissue so that both the breast and the nipple sit more upright against the breastplate.

Incisions are typically made around the nipple and down toward the natural crease beneath the breast in a lollipop shape. This allows the surgeon to reposition the nipple in a higher location, as well as access the breast tissue simultaneously.

## Results?

Many women find that the physical toll of both pregnancy and breastfeeding leave the skin on their breasts looking haggard and deflated. Similarly, ageing and weight variation will cause natural drooping, loosening of the skin and the downturning of the nipples which many cause self-consciousness and/or uncomfortable pinching.

Breast Uplifts can remedy all of these concerns and help to restore that youthful, unencumbered body confidence that once reigned supreme.

# Buccal Fat Removal

Put simply, buccal fat pads are the deposits of local fat which sit on top of the buccinator muscle (the portion of the face between the bottom of the cheekbone and the corner of the mouth). When this area stores excessive, visible fat; it can be referred to as having 'hamster cheeks' because of how it appears when hamsters store their foraged food.

For those of us that aren't hungry critters, however, Buccal Fat Removal is an option. Buccal fat can become more prominent with age as pads are quite broad - eventually leaving them vulnerable to downward tugging as collagen fibres in the skin break down. This can be what contributes to heavy jowls in later years.

## What Does It Involve?

A Buccal Fat Removal enhances the cheeks natural bone structure - that is, the craniofacial architecture. Buccal Fat Removal is an intricate but effective minor surgery that works by extracting fat from the upper-middle portion of the face and mouth.

Depending on severity, Buccal Fat Removal may call for surgical removal or simply Radiofrequency-Assisted Liposuction. Either way, reduction of fat in this area involves making a small incision inside the mouth, gently separating the buccinator muscle from the fat in question and gently removing any excess.

## Results?

A Buccal Fat Removal has several benefits - the first being reduced fat in the cheeks, meaning that patients will feel more confident brandishing a newly contoured and more svelte face.

Patients also report finding that removing bulk from the cheeks enhances both the cheekbones and the eyes, restoring excellent definition to the jaw.



1-2 hours



General/Local



5-7 days



Permanent

# Buttock Augmentation



1 hour



Local



2 days



Up to 18 months

Buttock Augmentations are a new, minimally invasive way of adding volume to the posterior. In a similar way that filler has been cosmetically used to boost the appearance of the nose, lips, jaw and cheeks; it can now help you attain the rounded rear you've always wanted...

Whether you're concerned about the effects of a sedentary office job, or you've just always felt a little lacking in the bottom department, Buttock Augmentations can help to reconstruct the bottom with significantly less downtime and pain than more invasive methods.

## What Does It Involve?

After having a consultation to thoroughly discuss your problem areas with a Harley Street practitioner, treatment is extremely straightforward. Patients simply have the chosen portion of the bottom drawn out and, after being numbed with a local anaesthetic, have filler strategically injected to create dimension and shape. Results are immediate and will continue to improve during the week following treatment as any swelling subsides.

The Harley Street Skin Clinic only makes use of a specially-designed buttock filler known as *HYAcorp* - a premium product known for its longevity and lack of complication. This way, we are able to assure our patients that they are only ever introduced to aesthetic produce of the highest quality and purity.

## Results?

Buttock Augmentations can: add volume to areas lacking shape or dimension, restore symmetry, counter underwear indentation, provide balance to a top heavy frame; replump sagging skin around the bottom that has been left from ageing or weight loss; improve skin texture and even give a youthful firmness to the area.

# CelluTite

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Has cellulite got you feeling self-conscious? Does tell-tale 'orange peel' skin have you reaching for cover come rain or shine?

The Harley Street Skin Clinic are here to tell you that cellulite is not something that need be suffered with - certainly not when there's a revolutionary tissue re-surfacing treatment at your fingertips...

## What Does It Involve?

Cellulite appears when fatty tissue pushes from below the skin through the connective tissues. This is because of our fibrous bands - the adhesions below the skin that connect the various layers of skin - which stay in place. In essence: the bands are anchored to the bottom layer, pulling down against the expanding fat pushing up. That pressure against the top layer then creates the lumpy texture we all know as cellulite.

CelluTite uses radiofrequency to focus on these stubborn pockets of fat that are responsible for any visible lumps and bumps. This RF energy works to liquidise the offending fatty cells in order to extract them through the smallest possible incision.

## Results?

CelluTite enables not only a reduction in size (the width of the thigh for example) but also improvements to texture, tightness and skin quality.

CelluTite is most commonly used to treat areas where fat tends to accumulate, such as the thighs, buttocks, calves, and stomach. Thanks to the body's boosted collagen reserve, all of these areas respond incredibly to radiofrequency treatment and appear fabulously firmed and undeniably smoother to both the eye and the touch.







1-2 hours



General/Local



Up to 2 weeks



Permanent

The term 'Cheek Alteration' refers to the surgical correction of the cheeks. It most commonly refers to an operation which endeavours to sculpt and/or re-shape the cheeks, soft tissue or the cheekbone itself.

Cheek Alteration is often used as a means of facial reconstruction after trauma - such as a high impact collision - as it is a fantastic means of rebuilding concaved cheeks, as well as helping to correct/reduce the appearance of scarring.

It may also be used as a method of feminising the face, creating a higher cheekbone and more symmetrical, heart-shaped face.

## What Does It Involve?

Cheek Alteration is unique in that it can be performed in several different ways depending on the needs of the patient. Because of this, what the procedure will involve will be largely dictated by the patient's desired outcome.

Methods of altering the cheeks may include: removing excess fat, grafting bone, shaving down the existing bone or even introducing silicone implants to add lift and dimension.

## Results?

Depending on the technique carried out, Cheek Alteration can be used to reduce sagging, lessen fat, emphasise cheekbones, or even reverse sunken or gaunt-looking faces long-term.

Our patients often find that Cheek Alteration is a fantastic, permanent alternative to having bi-annual Dermal Filler injected in this area. For youthfully chiselled and defined cheeks that really last, Cheek Alteration is just the ticket.

# Chemical Peels

A 'Chemical Peel' is a cosmetic technique used to resurface, and improve the appearance of the skin using a special, chemical solution. Although most often used to treat the face, Chemical Peels may also be used to treat skin on the arms, legs, hands, neck, back and chest.

## What Does It Involve?

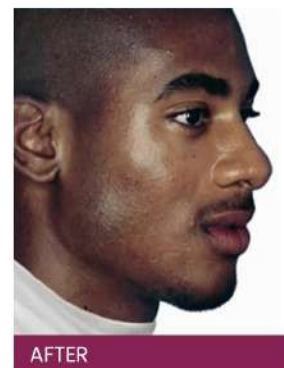
Chemical Peels range from the mild (the *glycolic* or *salicylic* for instance) to the deep (such as the high strength *TCA*). Results are achieved by applying a special, acidic irritant to the surface of the skin. The chemical solution reacts with the epidermis in such a way that it creates a superficial wound which the body then endeavours to heal by stimulating cell regrowth. This allows new, fresh skin to form in place of the old.

Beforehand, the doctor will cleanse the skin and, if required, apply topical anaesthesia. Some of the deeper, more abrasive peels may require IV sedation to ensure patients are as comfortable as possible throughout the duration of the peel. Chemical agents will then be applied to the skin, and left for a few minutes to start breaking down the epidermal layer. During this time, patients may experience some slight tingling, stinging or a mild sensation of heat. Doctors will then remove the solution, and soothe the treated area with a cold compress.

## Results?

Chemical Peels are fantastically restorative and are especially popular amongst those seeking relief from serious skin complaints such as acne or hyperpigmentation. Many will also opt for a Chemical Peel when in search of special skin radiance for an important occasion or event.

Pending your choice of peel, you can expect to see improvements in everything from skin clarity to oil-control and scarring. They are also known for dramatically reducing the appearance of fine lines, wrinkles, pores, sun damage, age spots, pigmentation and melasma.



1 hour+



EMLA/Sedation



2-8 weeks



Up to 2 years



1 hour+



General/Local



1 week+



Permanent

A Chin Alteration, medically known as a *mentoplasty*, (mentum meaning “chin” in Latin) is a surgical chin enhancement procedure used to bolster, or lessen, the appearance of the chin.

It is often opted for as a more permanent alternative to Chin Augmentation – a procedure used to augment and reshape the chin using careful placement of Dermal Filler.

## What Does It Involve?

Unlike *Chin Augmentation*, Chin Alteration is an invasive, surgical procedure. Depending on the individual’s concerns, this may involve reshaping the existing bone and/or introducing a specially-made, silicone implant or plate.

Typically, a small incision is made either underneath the chin or inside of the mouth, whereby your surgeon can access the structures beneath and work at altering the appearance of the chin from within.

## Results?

Chin Alterations are intended to be strong and long-lasting, maintaining the new appearance of the chin indefinitely. Patients find that Chin Alterations can help to restore balance to the face, create a far more pleasing profile, improve the appeared alignment of the teeth, improve facial symmetry and/or the look of the jawline.

Patients have the added benefit of being able to express a preference regarding the finished article. For instance, those in pursuit of a more ‘masculine’ aesthetic are able to express their interest in a more squared, heavy chin, whereas those seeking a more traditionally *feminine* finish, may opt for a more angular or narrow choice of implant.

# Chin Augmentation

Chin Augmentation, sometimes known as 'Chin Enhancement' or 'Mentum Filler,' is the method of restoring proportion to the lower portion of the face using precisely placed Dermal Filler. With most patients in and out of treatment within half an hour, this method is loved for its ease and immediately visible results.

With simply some strategically placed filler, patients can experience fantastic results with none of the risks or complications of invasive surgery (such as jaw correction or surgical chin alteration). For those that are erring on the side of caution, Chin Filler may even be used to test the waters before taking that final surgical step!

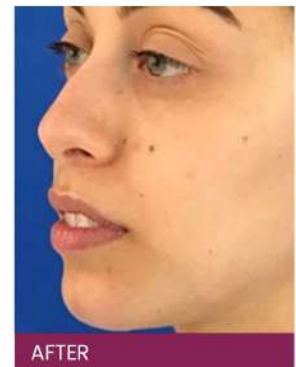
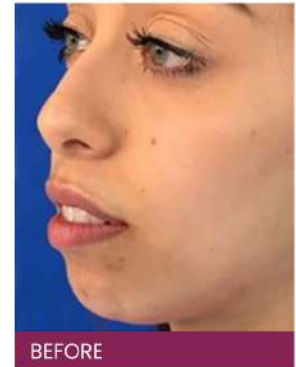
## What Does It Involve?

After application of a numbing agent, treatment simply involves a series of small injections into the chin and/or jawline. This will vary depending on what was discussed at your consultation, and what you are trying to accomplish.

Your doctor will then use his or her hands to help manipulate the filler into the natural contours of the face. This helps achieve the most subtle finish possible and ensures that your filler moves naturally with the face rather than gathers or bunches in one particular area. Following this, you will see an immediate boost to both volume and shape.

## Results?

Chin Augmentation can do many, many things for the face. Some of these include: adding balance to a top-heavy or tapered face, removing visible chin dimpling, detracting from large or protruding teeth, correcting facial asymmetry, giving the illusion of a straighter jawline/more even profile and even lessening the appearance of a setback jaw or overbite.



30 minutes



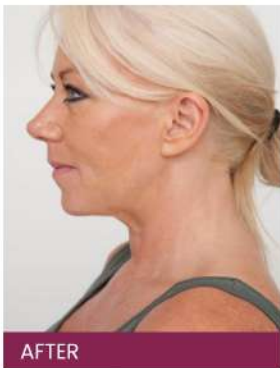
EMLA



N/A



Up to 1 year



1 hour



Local/EMLA



2-5 days



Up to 2 years

What would you say if we told you that you didn't need magic to feel like the belle of the ball? Well, if you're starting to feel a little more evil stepmother than fair princess, but aren't quite ready to take the surgical step, The Cinderella Lift could be an anti-ageing dream come true. Cinderella may have only had until midnight, but you can have up to 2 years.

## What Does It Involve?

The Cinderella Lift consists of 3 stages, each geared at a different facet of ageing...

**Stage 1: Threads.** The Cinderella Lift first works to lift sagging skin of the face with dissolvable sutures, inserting minute holes in inscrutable places such as behind the ear or in the hairline. These threads then work as hoists beneath the skin to tighten, firm and reverse the effects of gravity.

**Stage 2: Botox.** Muscle relaxants are used to relieve the pressure that is being placed on certain areas of the face leading to heavy depressions (such as those left between the brows, around the eyes and at the bridge of the nose).

**Stage 3: Dermal Fillers.** Filler helps to replace any volume loss in the face, many finding they are incredibly aged by gauntness. This may be apparent in the hollows of the cheeks, or perhaps in prominent tear troughs under the eyes.

## Results?

Cinderella Lifts are perfect for correcting irksome wrinkling of the forehead, brow and eyelids, as well as lifting and improving generalised facial sagging. On top of this, Cinderella Lifts are fantastic for adding definition to the cheekbones and jawline, helping shape and contour the face.

Equally, thanks to the use of threads, Cinderella Lifts help boost the quality and youthfulness of the skin by influencing the production of collagen.

# Cosmetic Tattooing

Cosmetic Tattooing refers to the method of using dense pigment to add corrective colour to the face and body. Cosmetic Tattooing is incredible for filling in patchy brows, adding definition to the arch of the lips; concealing scar tissue, veins or birthmarks; and even making thinning hair on the scalp appear thicker.

Over-plucked, or sparse brows? Want to add some subtle definition or shape to the lips? Perhaps you're fed up of eyeliner wearing away just halfway through the day - Cosmetic Tattooing can help you here.

## What Does It Involve?

Cosmetic Tattooing uses needles to implant medically-graded pigment into the dermal layer of the skin over a course of multiple sessions. This alters the colour or shade of the treated skin and can be used as a tool to blend, blur, fill, reshape and refine.

Cosmetic tattoo machines are a lot softer than normal tattoo machines, meaning they can be used on the face and around the delicate eye area. It also means that pigment does not penetrate the skin as deeply and therefore will fade over the course of a few years.

## Results?

Cosmetic Tattooing can be used to visually improve scars and stretch marks, camouflage skin grafts into surrounding skin; enhance facial features such as the eyebrows, lips and lashlines; repigment vitiligo, bolster a thinning hairline, and even reconstruct nipples post mastectomy.

The benefits of Cosmetic Tattooing aren't just visual either - they can be psychological. We often find that our patients simply want to feel more confident in their natural appearance, save time on arduous makeup routines, finalise a difficult medical journey, or wake up already feeling fabulous. Cosmetic Tattooing helps them achieve just this!



1-3 hours+



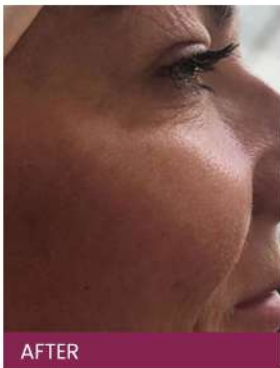
EMLA



N/A



Up to 5 years



30 minutes+



EMLA/Local



N/A



6-12 months

One of the most visible impacts that the ageing process has is on facial volume. This is due to a loss in subcutaneous fat which is naturally present in youth but, unfortunately, wanes in our later years. Subsequently, Dermal Filler can help to replenish what years of wear and tear has worn away. On top of this, filler may also help to add definition or reshape facial features such as the jawline or even the nose.

Wave goodbye to sunken or hollow cheeks, prominent dark circles around the eye (the 'tear troughs'), indentations in the temples or progressively thinning lips.

## What Does It Involve?

Many fillers have a Hyaluronic acid base – Hyaluronic acid is a substance that occurs naturally in the body and helps to create volume beneath facial skin, along with collagen, elastin and fat cells.

As we age these natural reserves break down and by injecting Dermal Filler into areas of volume depletion, we can restore plumpness to both the face *and* the body where needed. The effects of just a small touch of additional volume provided by filler can make quite a dramatic difference to your appearance, leaving you looking instantly fresher and younger.

Hyaluronic acid fillers can be used as a standalone treatment or in combination with other procedures (such as muscle relaxing injections and laser resurfacing) to produce the effects of a non-surgical Face Lift.

## Results?

Instant, subtle and natural-looking facial reshaping and contouring. That all-important youthful volume can be restored to the face, cheekbones defined and dark circles erased by boosting volume in the tear trough – you name it. Dermal Filler may even help restore symmetry and proportion to a misshapen nose, as well as detract from visible scarring, deep depressions or wrinkles.

# Dimple Creation

Dimples used to be considered one of those endearing features that you were either blessed with, or you weren't. We could only longingly admire the smiles of our favourite starlets as those subtle indentations swept across their face.

However, now, thanks to the talent and finesse of the world's top cosmetic surgeons – dimples are finally within reach. They're just one Dimpleplasty away.

## What Does It Involve?

Dimples are typically the result of the facial muscle known as the 'zygomaticus major' tugging down against the plump, fatty tissue of the cheeks.

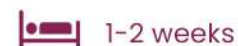
Dimple Creation, or *Dimpleplasty*, is a minimally invasive procedure which involves making a small incision in the mouth and manipulating the underlying muscles. Depending on your desired look, this may involve stitching, using sutures and/or shortening the muscles of the cheek to fasten them into a position which allows them to respond to particular facial movement – i.e. smiling.

Some patients also choose to pair this procedure with carefully-placed Dermal Filler to optimise the youthful plumpness of the cheeks simultaneously.

## Results?

For many, dimples are synonymous with youth. This is because dimples dramatically soften a face, giving the cheeks the appearance of youthful plumpness and volume. Following treatment, many patients notice an undeniable improvement to facial warmth and – at times – approachability.

Dimple Creation is, of course, purely cosmetic and many that are in pursuit of a very particular aesthetic might opt to embark upon Dimpleplasty.







30 minutes+



N/A



N/A



N/A

Do you struggle to lose weight no matter how many new-fangled diets you try? Perhaps you find it particularly hard to sleep and you have tried every trick in the book to beat your pesky insomnia? You might even have difficulty building muscle mass in spite of following your PT's advice to the letter.

Well, we're here to tell you that there may very well be a reason for this. The good news might actually be that it has absolutely nothing to do with what you're doing, and rather all to do with genetics. Now we can put that to the test!

## What Does It Involve?

DNA Testing is not nearly as invasive as most people expect. Depending on what is being tested for, most DNA tests typically only require a small sample of the patient's saliva taken by swab, or a very quick prick of the finger. These samples are then packaged and sent for laboratory testing. Following receipt of these results, patients then have the opportunity to dissect them with a Harley Street Medical Practitioner.

## Results?

The information that can be obtained from a DNA test is exhaustive, spanning everything from food sensitivities to sleep quality. Some things that we can test for include:

**DIET:** We can assess sensitivities that might be leading to inflamed skin, look at specific antioxidant requirements and even assess your response to alcohol.

**EXERCISE:** We can identify potential issues such as predisposition to injury.

**SLEEP:** We can scan for intel on your circadian rhythm and find out how you can better boost both energy levels and sleep quality based on your Chronotype.

**MENTAL HEALTH:** We can offer insight into how better to manage stress tolerance and anxiety levels.

# Ear Reshaping (Otoplasty/Pinnaplasty)

Large ears can often be a huge source of embarrassment, and for the unlucky some, an unfortunate source of ridicule. If this rings all too true, then Ear Reshaping with Harley Street Skin could be the perfect procedure for you - whether you want to pin back protruding ears; reshape the outer soft tissue or merely mend torn or stretched earlobes.

Ear Reshaping is a surgical procedure which may involve repositioning the ears more closely to the head, fixing them into a more subtle position and/or manipulating the cartilage to achieve a more desired aesthetic.

## What Does It Involve?

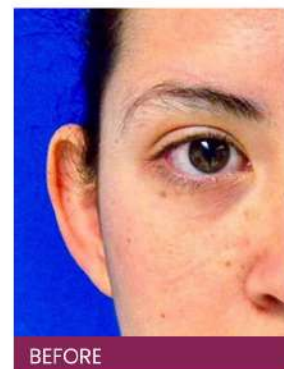
For traditional ear pinning, surgery involves removing skin from behind the ear(s) and reshaping the main structural component of the ear - the cartilage. By impacting the flexibility of the cartilage behind the ear, surgeons are able to loosen or tauten the skin, therefore altering the position/angle that the ear sits against the head. Once the desired look has been achieved, ears are then stitched into their new position, concealing incision marks in the crease behind the ear.

For other concerns such as deformed or stretched lobes, Ear Reshaping may be as simple as cutting away excess tissue and closing the wounds with fine, subtle stitching.

## Results?

Ear Reshaping will reduce the size of large or protruding ears; correct ears that are asymmetrical or perhaps droop too low, and alter damaged or deformed earlobes.

We often find that this procedure's main impact, however, is on a person's self-confidence and overall peace of mind.



1-3 hours



Local/Sedation



2 weeks



Permanent



30 minutes+



EMLA



N/A



Up to 4 years

Ellansé is a premium filler geared at targeting the source of ageing by stopping deep lines and wrinkles in their tracks - *before* they have a chance to set in. Not only is it fabulously rejuvenating, Ellansé works away beneath the surface to ensure that youth looks and feels entirely natural as a result of the body's boosted collagen supply (rather than seeming artificial like some less-advanced filler can be at risk of).

## What Does It Involve?

Instead of solely putting something into the body to 'fill' dips and troughs in the skin, Ellansé's lifting properties also come from a surge of collagen which is triggered by depositing tiny fibres of Poly-Caprolactone under the skin. These fibres come in the form of microspheres.

When in place, these microfibrils retain their volume and help lift the skin, whilst at the same time, cause a biological response to boost the production of collagen. These fibres then gradually dissolve and are reabsorbed by the body over time. The more dense the concentration of microspheres - the longer your result.

## Results?

Ellansé can obliterate prominent jowls and nasolabial folds; as well as relieve the severity of sunken eye sockets, marionette lines and crow's feet. In addition to that, Ellansé can also be used to add volume to areas where skin thinning is causing issues such as the hands, feet, neck and décolletage.

Ellansé can, in actual fact, work wonders on a huge variety of areas all over the face and body. From lifting the brow to cheek and nose augmentation, Ellansé really is an all-round wonder solution, and wherever you choose to apply it, the skin will appear far more dewey, hydrated and youthful. This improvement will continue for up to 6 months, and you can expect an up to 40% improvement in skin tautness.

# FaceTite

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FaceTite is a minimally invasive, no-knife alternative to a Face Lift. Using an RF (radiofrequency) handpiece to tighten sagging skin around the eyes, cheeks, mouth and jowls, FaceTite undeniably rejuvenates the overall appearance of the face and jaw, leaving behind a far more defined and youthful profile.

## What Does It Involve?

FaceTite (commonly referred to as RFAL or 'radiofrequency assisted liposuction') is a one-off, minimally-invasive procedure which works by warming the fatty tissue in the neck and face with a fine radio frequency probe in order to destroy excess fat cells and force the surrounding skin to contract. It has been shown both clinically and scientifically that heated skin will contract - the degree to which this happens depends on the amount of energy (or heat) delivered to the tissues.

A small cannula is first inserted under the skin, allowing doctors to apply direct RF heat to particular problem areas in isolation. Once these fatty cells have reached a certain temperature, the probe then causes them thermal injury and simultaneously triggers the body's production of collagen. This helps tighten and lift the treated skin significantly.

## Results?

FaceTite is a perfect fix for: neck, cheek and jaw sagging, jowls and treating malar festoons (the puffy swellings under the eyes which are not treatable with surgery) as well as improving fatty imbalances and asymmetry.

Whilst FaceTite does not physically remove *tissue*, it is a safe and incredibly effective method of tightening the skin and reducing areas of excess fat. Patients will notice an immediate tightening of the skin and then a continuous improvement over the following three to six weeks as new collagen is produced.

This improvement will continue for up to 6 months, and you can expect an up to 40% improvement in skin tautness.



1 hour+



Local/Sedation



2 weeks



Up to 10 years



30 - 90 minutes



N/A



N/A



Up to 1 month+

The Harley Street Skin Clinic have a wealth of incredible Facials on offer - each designed and finessed to perfection to bring out the very best in your skin, whatever complaint you're battling.

Irksome combination skin? Sensitivity and redness? Breakouts? Maybe even a seemingly hopeless combination of all of the above. The Harley Street Skin Clinic can assure you that all is not lost; beautifully luminous skin is achievable for everyone, you just have to know how to unlock it!

## What Does It Involve?

This is entirely down to skin type and concern. Our facial protocols can be geared towards anything from deep hydration right the way through to brightening and colour correction.

If you have a particular skin concern in mind, we will be happy to discuss and recommend a treatment plan designed specifically to help in these areas. Visit the Harley Street Skin Clinic website for an in-depth look at each and every one of our fabulous facials today!

## Results?

Harley Street Facials have been scientifically developed to calm inflammation from breakouts, reduce pore size, regulate oil production, tighten sagging skin, reduce fine lines or wrinkles, target dark circles, encourage healthy cell growth, rehydrate... the list of benefits is truly endless.

Regular Facials will help circumvent breakouts, dryness, drab 'city skin', oil build-up and even premature ageing. In fact, in order to keep skin in tip top condition, dermatologists recommend treating our faces to a little pampering every couple of months.

# Fat Transfer

Fat Transfers, also known as 'Fat Grafts' or 'Lipomodelling', are fast, effective and practically painless methods of redistributing tissue about the body. This might include correcting a lopsided chest, improving the appearance of scarring, adding volume to the buttocks, or even merely enhancing the lips.

Fat Transfers can help correct unwanted volume or bulkiness all over the body. The face, buttocks, tummy, breasts, hips, calves, thighs - in fact, any area that seems to be harbouring 'a little extra' - can be a perfect source point for Fat Transfers. Doctors are then able to repurpose this naturally-occurring filler, removing it from where you don't want it, and reinjecting it where you do...

## What Does It Involve?

During Fat Transfers, the fat is harvested and prepared in a similar way to liposuction. Fat is first harvested using a special suction cannula - this ensures that the fat isn't damaged while also making sure that the incisions made are as small as possible and therefore result in minimal scarring.

These live fat cells are then injected into your chosen area (breasts, buttocks, or face for example) using another very fine cannula which helps to add the fat in tiny increments to form layers. This creates the most natural volume, shape and feel possible.

## Results?

Fat Transfer is the perfect way to redistribute fat about the body. Feeling particularly bulky in one area and not bulky enough elsewhere? Harvest that same fat from one area, and put it back somewhere else! Fat Transfers are, in essence, two treatments in one.

Correct uneven breasts, add dimension to the hips or volume to the buttocks, add definition to sagging cheeks, plump the lips, fill in deep jowls, augment the chin... the possibilities are truly endless.



-  Up to 3 hours
-  General/Local
-  2 weeks+
-  Permanent



1 hour+



EMLA



N/A



Permanent

Fibroblast is one of the quickest and most effective ways to tighten loose skin and smooth out areas on the body that are beginning to sag and/or lose youthful elasticity.

It is an innovative treatment performed with a handheld wand which emits flashes of plasma, causing contraction and subsequent replenishment of the skin. This allows for precise, targeted anti-ageing second to none.

## What Does It Involve?

Fibroblast is a method of skin tightening which makes use of plasma flashes emitted by a handheld device. These plasma flashes (also known as electrical arcs) are discharged from the tip of the handheld wand, utilising the voltage in the air between the tip of the device and the skin.

Whilst the wand never comes into *direct* contact with the skin, it triggers the skin's healing response by creating temporary injury to the soft tissue. This injury is caused by the electrical arc reaching the cells, causing them to shrink and contract. This is what is responsible for the significant tightening of the skin.

## Results?

Fibroblast can tighten loose stomach skin after pregnancy, diminish stretch marks, improve the appearance of acne scars and eradicate skin imperfections such as skin tags and sunspots. The treatment can also tighten hooded eyelids, improve lower eyebags, smooth crow's feet, rejuvenate the décolletage, and even erase the appearance of smoker's lines.

With Fibroblast, you can expect tighter, drastically lifted skin and an undeniable improvement to overall skin health.

# Food Intolerance & Allergy Testing

So, you've been wrestling with a skin complaint for what feels like an age. You've been religiously applying creams, lathering up with expensive foamy cleansers, and militantly changing your pillowcases at every opportunity. Something just isn't right.

With an absolutely whopping 45% of the population suffering from intolerances and allergies, you certainly wouldn't be the only one attempting to fight back against a skin complaint that seemingly has no rhyme or reason. Perhaps it is time to put those reactions to the test..

## What Does It Involve?

Both intolerance testing and allergy checking involve a simple blood prick test. Depending on which you have opted for, your sample will then be exposed to a number of substances which are commonly known to cause a reaction. Food Intolerance tests sift over 200 common food triggers - including cow's milk, yeast, fruits, vegetables and meats - as well as various types of nut and seed.

Allergy Tests, on the other hand, instead will look more specifically at a range of both environmental *and* dietary allergens.

## Results?

By getting to the bottom of intolerances and allergies, you could be waving goodbye to anything from bloating, headaches (or migraines) and tiredness; to nausea, IBS and stomach cramps - even hyperactivity, joint pain and breathing problems. In terms of skin, visible symptoms might include: eczema, psoriasis or rosacea, as well as blemishes, redness, itchy or flaky skin, and rashes.

It's important to remember that it is very easy to experience these without spotting any correlation to a particular trigger. This is because symptoms can show themselves at very different times - from a few hours after you encounter the allergen, up to *3 whole days* afterward. Why not get an answer once and for all by putting it to the test?



 30 minutes

 N/A

 N/A

 N/A





1 hour+



EMLA



3-5 days



Permanent

Fractora is a cosmetic treatment using pulses of radiofrequency to tighten and resurface the skin. These pulses are administered to the skin subdermally using microneedles, allowing energy to reach deep down into the dermis. It is an entirely non-surgical, yet minimally invasive, stimulation technique which causes the skin to contract and produce collagen that leaves the treated area looking firmer, healthier and far more youthful.

## What Does It Involve?

Fractora calls upon the body's autoimmune response, penetrating the dermis and working from below by mimicking minor injury to the skin. It does this with minute punctures made by microneedles; these microneedles then drive radiofrequency energy down into the cells. This tricks the brain into believing it has been superficially damaged and triggers the body's instinct to heal itself, providing a boost of collagen to the area. As a result, skin appears remarkably more healthy and in the best possible condition.

## Results?

Fractora works wonders on a multitude of problem areas. Not only can it reduce the appearance of stretch marks, reverse laxity in the stomach, reduce neck sagging; improve sharpness in the jawline and profile; contour the face *and* improve the prominence of the cheekbones, it can also improve skin tone and texture, as well as add definition to the **arms, calves, thighs and buttocks**.

Fractora is also fantastically anti-ageing as it replenishes (and continues to stimulate) the proteins that our bodies naturally stop producing as we age: Collagen and Elastin. Collagen is a matrix of fibres under the skin which functions in a similar way to supporting walls in a building - pushing back and keeping tension like tent poles. As the skin's supports age, they no longer have the strength to keep the skin plump, and that is when wrinkles begin to form. Fractora works at reconstructing those weakened 'supporting walls' beneath the skin, meaning we can stay looking radiant that little bit longer!

# Fractora Forma

Fractora Forma is a cosmetic treatment using pulses of radiofrequency to tighten and resurface the skin using only thermal energy. Fractora Forma is an entirely non-surgical stimulation technique which causes the skin to contract, leaving the treated area looking firmer, healthier and far more youthful.

It's no surprise that Fractora Forma is a celebrity favourite, given that treatment will actually help to fend signs of skin laxity indefinitely. Wave goodbye to 'bingo wings', 'turkey necks', 'crow's feet' and eye bags - even acne, pigmentation, uneven skin tone, sunspots and thread veins. Pristine, plump skin is just one pain-free, Harley Street appointment away...

## What Does It Involve?

Similar to its more invasive sister treatment, Fractora, Fractora Forma also mimics minor injury to the skin - instead doing so using radiofrequency on the surface of the skin.

This means that cosmetic practitioners are able to trigger our natural autoimmune instinct using purely energy pulses and deep heat. Our bodies are incredibly responsive to this, and subsequently our complexion is markedly improved following treatment.

## Results?

Fractora Forma pulses reach deep down into the dermis layer and underlying tissue. It does this by using and maintaining a very precise thermal temperature which has been shown to stimulate the production of collagen. This gives the skin an influx of fibres that are naturally occurring in the peak of youth, and therefore our skin appears remarkably more healthy and in the best possible condition.

Fractora Forma is a wonderfully effective, non-invasive skin replenishment tool and we see many patients truly transform their complexions using Fractora Forma alone!



1 hour+



N/A



N/A



Permanent



1-2 hours



Local/Sedation



2-3 weeks



Permanent

Male breast reduction is a procedure borne of the medical complaint known as 'Gynaecomastia', although it is more casually referred to as 'man boobs' or 'moobs'. 'Moobs' can form as a result of certain medication, weight gain, hormone imbalance or even smoking and sometimes cannot be remedied through exercise and diet alone.

The Harley Street Skin Clinic offer those suffering with unwanted breast tissue the option of having a highly discreet reduction using the latest in cutting edge cosmetic treatment: *BodyTite*.

## What Does It Involve?

BodyTite technology delicately melts down excess fat cells using radiofrequency heat. This process turns the adipocytes to liquid form so they therefore can be easily drained from the body using only a small cannula. This allows for minimal visible scarring and therefore the most discreet removal possible.

Some special cases may call for a more traditional approach to breast tissue removal - i.e. larger incisions made along the bottom of the pectoral or around the nipple - but surgeons will be sure to discuss all of your options with you once you have had your initial consultation.

## Results?

Patients find that reductions do wonders for their self-esteem and body confidence. Excess breast tissue can leave many men feeling self-conscious and often, quite emasculated. Self-consciousness as such may hinder holidays or make purchasing clothing more difficult. It may even mean you no longer feel confident enough to enjoy sports such as swimming or running.

Reductions will eliminate all of these concerns and leave behind a chest that is far flatter and firmer - all without drastic, painful surgery or even general anaesthetic!

# Hydrafacials

Hydrafacials are no ordinary facials: they are a pioneering world first. Making use of a technique referred to as 'Hydradermabrasion', Hydrafacials deeply cleanse, hydrate and resurface the skin using only specially formulated serums and gentle pneumatic suction.

Hydrafacials are an incredibly effective way of stripping the skin of impurities without harsh chemicals. In actual fact, Hydrafacials put in far more than they take away, infusing the skin with a plethora of vitamins, minerals and important antioxidants.

## What Does It Involve?

Hydrafacials are extremely thorough, consisting of various stages of dermatological detoxing from cleansing & exfoliation to extraction and targeted anti-ageing. Hydrafacials target our lymphatic systems. It is our lymphatic system which regulates our fluid levels and help the body to rid unwanted toxins which are taken in by our surrounding environment.

Our lymphatic system contains an infection-fighting fluid known as 'lymph' which can become contaminated and muddied - this has a big impact on the way our skin looks and feels. Hydrafacials help to extract unwanted waste from the lymph, draw essential moisture to the surface and replace any nasty toxins with healthy botanicals.

## Results?

Hydrafacials offer a remarkably gentle approach to deep exfoliation, cleansing and hydration. Consequently, Hydrafacials are perfect for treating: oily or congested skin which is often difficult to manage; acne, the appearance of fine lines, wrinkles, enlarged pores, hyperpigmentation and brown spots. Hydrafacials are also perfect remedies for skin degradation caused by harsh environmental factors (such as pollution, sun and stress).



1 hour



N/A



N/A



Up to 1 month



30 minutes



Local/EMLA



24 hours



Up to 1 year

Hyperhidrosis is a recognised medical condition where sufferers produce an excessive amount of sweat - most commonly from the underarms, the hands and the feet. It is typically an inherited condition, although can equally be a sign of various underlying health conditions such as diabetes, hyperthyroidism or heart disease.

Hyperhidrosis affects an astonishing 350 million people across the world. Which is unsurprising when we think that each and every one of us has up to 5 million sweat glands each! All is not lost, though, as sensitive sweaters can put their worries behind them with a little bit of biological know-how and one swift trip to Harley Street Skin...

## What Does It Involve?

While Hyperhidrosis can be treated with certain oral medications and prescription anti-perspirants, Botox is a cost-effective and reliable method of treating Hyperhidrosis, granting the sufferer up to 1 full year of relief.

Botox works by blocking nerve signals from the brain to the sweat glands (typically of the armpit, hands or feet). This prevents the sympathetic nerves from reacting in their typical way and curbs the body's natural sweat response significantly. Patients that have undergone treatment, in fact, report up to an 85% reduction in sweat production in their problem area.

## Results?

Botox in your problem areas will alleviate the symptoms of excess sweating for up to one whole year, meaning you no longer have to feel held back. Whether you've been avoiding spicy food, alcohol, certain fabrics or even exercise, sensitive sweaters will see remarkable improvements following receipt of Botox for Hyperhidrosis.

# IPL (Intense Pulse Light)

Whether you're battling with excess hair, age spots, sun damage, thread veins or stretch marks, IPL could be the long-term solution you've been looking for. IPL – which stands for 'Intense Pulse Light' – is a fast, safe and long-lasting solution to all sorts of embarrassing or unsightly skin and hair complaints.

Many people assume that IPL is a laser treatment, but it instead makes use of broad wavelength light to administer topical heat to your problem areas. Forget superficial serums, lotions and potions – IPL delves deep into the dermis to wipe out the problem at its source...

## What Does It Involve?

IPL is also known as 'flash-lamp therapy'. This is because it makes use of high-energy light pulses. When applied to the skin via a handheld device, these pulses of light are momentarily absorbed by the cells, generating a heat. Pending the depth of this heat, IPL can work to breakup pigment and melanin (which is what is responsible for pigmentation, discolouration, age spots etc.), collapse the walls of spider veins, or kill hair follicles it comes into contact with.

This heat will also trigger the body's response to produce Collagen, leaving the treated area far more firm and taut. This additionally makes IPL great for rejuvenation, reducing wrinkles and general anti-ageing.

## Results?

IPL is an effective way of removing age spots and red veins; as well as improving the appearance of rosacea, acne scars, stretch marks, fine lines and wrinkles.

It is also a popular method of rejuvenation, helping to tighten the skin and improve general tone. This is because IPL will additionally dispel impurities such as broken veins and capillaries, even out a mottled complexion, boost Collagen production *and* strip years from a tired face.



 30 minutes+

 N/A

 N/A

 Up to 6 months



15 minutes



N/A



N/A



Permanent

Scars come in all different shapes and sizes. They may result in discoloration, changes in skin texture or sensitivity, sometimes they may even leave pits or protrusions in (or on) the skin. The most aggressive and distinct of the scar family however, is the *keloid* scar.

Although raised, like hypertrophic scarring, keloid scars are much larger, and can even grow beyond the boundaries of the original wound which caused it.

Keloids can be extremely uncomfortable and cause a sensation of tightness, sometimes limiting your range of motion if sustained in areas such as the knee, ankle or elbow. They are also known to cause itchiness and pain, as well as relentless self-consciousness. That is where a Keloid Injection can provide fantastic relief.

## What Does It Involve?

Keloid Injections are anti-inflammatory steroid injections designed especially to reduce the prominence of unsightly keloid scarring. Keloids are formed by our body's instinctual healing response, forming new Collagen fibres to compensate for the damage done to the dermis by injury.

These injections make use of a concentrated corticosteroid known as *Kenalog* which melts away the excess Collagen formed, reducing the size and visibility of the scar(s) significantly.

## Results?

Drastically improved skin texture and appearance. Scars will appear significantly smaller and far more camouflaged, now blending more naturally with the surrounding skin. For best results, repeat treatment or a combination of injections and laser resurfacing may be recommended.

# Labiaplasty

Labiaplasty, sometimes referred to as '*vulval surgery*', is a surgical procedure performed on a female's external genitalia - most commonly the labia minora.

Most women that choose to undergo Labiaplasty do so due to some form of discomfort - either physical discomfort from surplus skin chafing or pinching, or psychological discomfort due to feeling self-conscious and/or embarrassed about being intimate with partners. Labiaplasty is an increasingly common treatment, being dubbed by many media outlets as one of 'the world's fastest-growing cosmetic procedures'.

## What Does It Involve?

Labiaplasty involves the surgical trimming of excess labia minora tissue. This is done in order to reduce protrusion of the labia minora and allow the outer lips of the vulva (the labia majora) to neatly conceal them. Using a series of small incisions, women that find they have particularly protruding labia minora can simply have this surplus removed with absolutely no negative impact on sexual sensitivity or pleasure.

Depending on the method and desired outcome you have discussed with your surgeon, it can be performed using either general or local anaesthesia.

## Results?

Women that undergo Labiaplasty are typically thrilled to finally be rid of something which has caused them life-long distress. Aside from the obvious visible improvements and benefits to intimate hygiene, some patients also report increased sexual satisfaction and subsequently enjoy more fulfilling sexual relationships moving forward.

It should also be noted that, in most cases, Labiaplasty leaves absolutely no external scarring. This is because incisions are carefully made in areas that are disguised by the natural folds of the skin.



1-2 hours+



General/Local

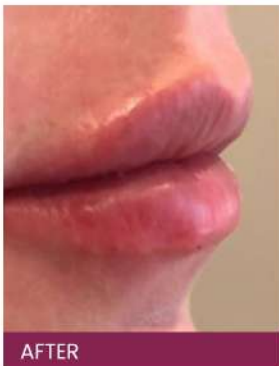


1-2 weeks



Permanent





20 minutes+



EMLA



N/A



Up to 8 months

Lip Fillers are a firm favourite on the cosmetic circuit. With many now wanting to accentuate their pouts, topical filler is an incredibly easy and practically pain-free remedy for lips lacking a little je ne sais quoi.

We assess each and every case to find the most fitting placement for Lip Filler, so no need to stress about the dreaded 'trout pout'.

Results may be achieved by adding definition to your vermilion border, adding volume to a thinning smoker's lip, reshaping the cupid's bow, or just restoring balance to a mouth which appears unevenly weighted - Harley Street experts have the vision to make your perfect pout a reality, and we want to work with you to achieve it.

## What Does It Involve?

At Harley Street Skin, our filling solution of choice is hyaluronic acid - deemed an anti-ageing nutrient and known for its hydrating properties. Hyaluronic acid is a prominent agent in many anti-ageing serums due to its ability to retain moisture, although, as the molecule is too large to permeate the dermis layer when applied on top of the skin, moisturisers can only get you so far. Harley Street Skin Dermal Fillers hydrate the skin from beyond the surface for a much longer-lasting, supple and youthful finish.

## Results?

As we age, our lips become thinner and smaller, developing those fine vertical lines around the edges that are a real tell-tale sign of ageing. Filler can eradicate such lines, as well as be used to create a fuller (but natural-looking) lip line and/or alter the shape and general curvature of the lip. Some people also opt for filler as means of restoring balance to a face that may be having focus pulled by other prominent features (such as the teeth, the chin or the jawline).

# Liposuction/Microsuction

We are often taught to merely disguise the features we're unhappy with. Contour a larger nose, wear vertical stripes to appear slimmer... it's all about *illusion*. But what if you want to feel uninhibited all of the time? What if you didn't actually *have* to be prevented from wearing the dainty shoes or form-fitting dress of your dreams? This is where Liposuction (and indeed Microsuction) can help!

## What Does It Involve?

Liposuction is the original surgical fat-busting treatment. Both Liposuction and Microsuction involve invasively removing localised fatty tissue. This is achieved by breaking down the cells with high-frequency vibration and/or laser pulses and removing them using vacuum suction. While both methods take a similar approach, Liposuction is better geared at larger areas such as the stomach, thighs and buttocks.

Microsuction, however, is designed for achieving a similar finish on a much smaller scale. If you are concerned about a more delicate or specific area – such as the contours of the ankles or neck – Microsuction is much more effective for targetting the fatty tissue in these particular areas. This is achieved using a much smaller handpiece to navigate around the intricate areas.

## Results?

Areas commonly treated with either Liposuction or Microsuction include the ankles, stomach, thighs, hips, stomach, neck, calves or buttocks – and to fantastic avail. After treatment, areas appear far more sculpted, svelte and shapely. Lipo is able to add definition to areas which were previously bulky and unproportioned. In pursuit of that flat tummy? Truly detest those love handles? Lipo and Microsuction may be just the answer.

Results of both Lipo and Microsuction, although permanent, are best maintained with frequent exercise and a healthy diet.



1-4 hours



General/Local



2 weeks



Permanent



Up to 1 hour



N/A



N/A



12-18 months

Mesotherapy is a cosmetic technique that targets the connective tissue in the 'mesoderm layer'. The mesoderm layer, ('meso' meaning 'middle' in Greek) is what is responsible for the skin's plump, healthy appearance. By infusing the mesoderm with lots of healthy vitamins, enzymes and antioxidants, we are able to stimulate cell repair and make a miraculous impact on the way the skin both looks and feels.

## What Does It Involve?

Traditional Mesotherapy works by using microneedles to drive a specially-made composition of nutrients directly down into the skin, triggering a boost in cell activity. Pending the composition used, Meso treatment can target fat cells, improve the production of collagen and elastin; kickstart your metabolism or even increase hair growth. The beauty of Meso treatment, however, is that there is no standard formula. Each composition is specially formulated to target your particular problem areas.

Mesotherapy can also be administered using electrical pulses. This instead involves applying the composition to the face in the form of a serum, then gently driving it down into the skin with electrical pulse waves.

## Results?

Sometimes referred to as 'lipodissolve' due to its ability to blitz lipid fat, Mesotherapy is something of an 'all-round' wonder treatment. Whilst it is a minimally invasive alternative to fat removal, localised weight loss and anti-ageing, Mesotherapy can also combat a whole host of other complaints.

Not only does it target cellulite and fatty tissue, Mesotherapy will actively work to contour and tighten the skin; improve blood circulation and lymphatic drainage; deliver nutrients to the hair follicles, improve skin elasticity, reduce the appearance of wrinkles, *and* improve the look of stretch marks or acne scarring. Treated skin will even appear firmer, more toned, more hydrated and visibly luminous.

# Microdermabrasion

Microdermabrasion is one of the most popular, non-invasive procedures for skin resurfacing. It is a means of mechanical skin exfoliation which uses a hand-held wand to work away dead or damaged cells from the face and body.

It is an incredible way to look younger, brighter, healthier and more vibrant, without undergoing aggressive or invasive treatment.

## What Does It Involve?

You can think of Microdermabrasion as a method of cosmetic exfoliation which does to the skin what gentle sanding might do to an uneven surface.

A handheld machine known as an abrader is used to work away at the skin, buffing away affected skin cells using an abrasive headed wand which gently rotates and pulses. This removes the top layer of dead skin and exposes the 'fresh' skin underneath. This technique also allows practitioners to ensure that an even texture and tone is achieved. Following this, your skin will then be soothed with a rich, nourishing sun block.

## Results?

Microdermabrasion is great for improving skin texture, tone and boosting your overall complexion. If you suffer with superficial scarring, congested pores, pigmentation, dry skin or even just an excess of oil; Microdermabrasion can drastically reduce these complaints - sometimes even eradicating them entirely.

Not only will it prompt the skin to replenish the cells in your problem areas specifically, but Microdermabrasion will increase your body's production of collagen and elastin for cushiony, plump skin; uncover those beautifully healthy cells beneath and facilitate much better absorption of skincare products. Talk about optimum skin health.



Up to 1 hour



EMLA



N/A



Permanent

# Microneedling (Dermaroller/Innopen)



Up to 1 hour



EMLA



24 hours



Permanent

Microneedling, also known as *collagen induction therapy*, *skin roller* or *skin needling* is an incredibly effective method of erasing imperfections from the surface of the skin. The secret to doing so: rebuilding the body's Collagen fibre supply and making way for fresh, new skin to take place of the old. The two methods offered at Harley Street Skin are Dermaroller and Innopen.

## What Does It Involve?

The idea behind Microneedling is to put the skin into a temporary state of injury, breaking down old or damaged tissue and inducing the body's healing mechanism.

Instead of through abrasion, Microneedling achieves this by making many minute punctures in the skin which can be tailored in depth and size using different device heads. Innopen administers smaller and deeper, vertical punctures, whereas Dermaroller uses a cylindrical drum to administer more shallow punctures which are perfect for targeting more superficial damage.

The body responds to these punctures with an influx of Collagen and Elastin - youthful proteins that keep the skin supple and fresh-looking. Collagen and Elastin production then continues for up to 12 months, providing a gradual, marked improvement.

## Results?

Microneedling should be considered a worthy opponent to many, many skin complaints including: stretch marks, pigmentation, scarring (such as those left from acne, chickenpox, or surgery for instance), sun damage, enlarged pores, fine lines, wrinkles, and general skin dullness.

In addition to this, it can also drastically improve overall skin elasticity and suppleness, resulting in skin that appears much firmer and plump. It is also shown to improve the absorption of topical products (creams, gels and serums etc.) by creating channels which distribute their containing nutrients far deeper into the dermis.

# Mole & Skin Tag Removal

Both Moles and Skin Tags can leave men and women the world over running for cover and feeling all too aware of their bodies. They can make social situations a source of anxiety, as well as affect self-esteem, body confidence and joie de vivre. If these woes sounds all too familiar, we can help.

To rid the face and body of pesky moles and skin tags, there are a few different removal options. More often than not, however, Harley Street Skin makes use of technology renowned for rapid healing and a reliably blemish-free finish. This is known as *cosmetic radiofrequency*.

## What Does It Involve?

As we mentioned, there are a *few* different routes to removal - this will often depend on where the lesion is found on the body.

Mole Removals involve either breaking down the discoloured pigment in the skin using cosmetic lasers/radiofrequency electrodes *or* excising the the mole from its core. This is known as the 'scalpel method'.

Where possible, HSS will opt for radiofrequency removals when approaching Skin Tags. This technique is favoured not only for its non-invasive nature, but its scar-free finish.

Radiofrequency treatments involve sending radio waves through the skin to kill localised cells, rupturing them through a process known as 'intracellular volatilization' - this means that they cease to receive a blood supply. Both Skin Tags and Moles are first primed with local anaesthetic to ensure patients experience no discomfort during the course of treatment.

## Results?

A newly smoothed, scar-free area, free of any unsightly or worrisome bumps. Those removing moles may also rest assured in the knowledge that they are at a decreased risk of malignant melanoma.



15 minutes+



Local



10 days healing



Permanent



15 minutes +



Local



10 days



Permanent

Excess skin and fat around the neck can not only be incredibly ageing, but often unflattering, uncomfortable and upsetting. It can even make hard earned weight loss feel fruitless. You realised you'd probably have to downsize your wardrobe but you hadn't considered being swamped in skin that no longer seems to fit either.

Simply removing fat from anywhere on the body can leave the skin loose and floppy. It is the same as removing the sand from a stress ball - you may be left with less contents, but the residual container is still left behind. NeckTite - a.k.a 'The Laser Neck Lift' - combats this issue by performing fat reduction whilst also tightening and firming loose skin under the chin and jowls using radiofrequency.

## What Does It Involve?

After a local anaesthetic injection, a tiny incision is made just below each ear lobe and under the chin. Through these incisions, local anaesthetic is injected into the jowls and neck tissue. The NeckTite handheld device is then inserted under the skin, heating the fatty tissue under the skin to break down the cells so they can be extracted via gentle suction. The heat from the device also helps to stimulate subdermal collagen production, encouraging the skin to firm itself from within. Incisions are then closed with tiny Steri-strips.

## Results?

NeckTite could be considered a more advanced, more gentle version of Liposuction, designed in a way which makes it perfect for the delicate curvature of the neck. Forget about the dreaded 'turkey neck' that Liposuction can sometimes leave in its wake, NeckTite concurrently tightens the skin around the jawline and jowls, making it far more suited to the intricate contours of the neck and décolleté with far superior results.

# Nipple Correction

As procedures go, Nipple Correction is fairly self-explanatory in that it endeavours to correct perceived abnormalities of the nipple(s).

Whether you are conscious of the nipples being too large, too small, too long, too flat - or anything in between - surgical steps can be taken to augment and indeed correct any kind of nipple deformity that you may be facing. It may be the case that you were born with inverted nipples, or rather that you have sustained damage to the area from trauma - but whatever the issue's origin, surgical correction can offer some relief.

## What Does It Involve?

Most commonly, nipple correction is used to add dimension to nipples which are inverted or flatter than desired.

Having said this, Nipple Correction is a very versatile procedure in that it can be adapted to suit the needs of the patient. Because of this, the procedure might involve anything from grafting tissue from an inconspicuous area of the body in order to create an artificial nipple, to removing some of the surplus.

## Results?

As mentioned previously, this procedure is extremely versatile and can help achieve many things. Most commonly, this procedure is used to: reduce nipple size, create dimension set against the areola, improve nipple symmetry, remove scar tissue, lessen protrusion or visibility through clothing and/or repair the area following piercing.

Patients that have undergone Nipple Correction often report feeling a new lease of life, brandishing a newly-discovered body confidence which, in turn, has a dramatic impact on the individual's intimate relationships moving forward.



1.5 hours+



General/Local



2-5 days



Permanent



# No Knife Facelifts



Up to 1 hour



N/A



24 hours



Up to 1 year

No-Knife Facelifts use a series of combined therapies to produce the same stunning effects as a traditional facelift – simply without the invasiveness. There's no prolonged downtime, no scarring and no pain – simply a personalised anti-ageing lift using the very best non-invasive technology that the industry has to offer.

## What Does It Involve?

The No-Knife Facelift is a carefully-formulated triad of treatments, used together to give the appearance of dramatic lift and rejuvenation.

Firstly, muscle-relaxing injections are used to smooth out lines and balance features. Secondly, Dermal Filler works to enhance the cheeks and replenish lost volume in the tear trough and upper lip areas. Finally, laser resurfacing is used to improve the complexion while tightening and rejuvenating the skin.

## Results?

Everything you expect from a facelift, with none of the sacrifice; No-Knife Facelifts are a saving grace for patients struggling with the effects of ageing and are looking to get it remedied *instantly*.

Patients will immediately see a significant improvement in general skin sagging around the eyes, brow and nose, as well as notice a much smoother, firmer overall complexion. Thanks to the laser portion of the treatment, signs of sun damage, age spots and hyperpigmentation will *also* all but disappear, improving both skin texture and tone.

Pending discussion of your concerns, No Knife Facelifts can also be geared at improving loose skin around the jawline and jowls. Those seeking a more defined jawline and younger-looking profile may also benefit from venturing the 'No-Knife' approach!

# Non-Surgical Neck Lifts

Non-Surgical Neck Lifts are a longlasting solution to both excess and sagging skin around the face, jaw and neck. You would be forgiven for thinking that this type of procedure requires taking quite a severe surgical step – but in actuality – we can now achieve incredible transformations simply using strong, cosmetic threads known as ‘sutures’. This is all thanks to a groundbreaking method known as the ‘Ellevate™’ technique.

## What Does It Involve?

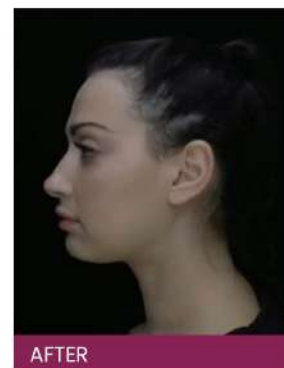
A Non-Surgical Neck Lift requires no large incisions, no pricey hospital bills and no general anaesthesia. Instead of cutting away excess skin and stitching it into a more lifted position – as is the way with more traditional, surgical methods – Ellevate™ Neck Lifts make use of special fibres (or ‘sutures’) which sit beneath the skin, taking hold of the underlying tissue and acting as hoists for the skin that sits on top.

Using a special LED device, these sutures are placed strategically around the suspension ligaments of the neck and jaw. This special, light-guided technology allows practitioners to gently guide the sutures into place, whilst causing minimal damage to the surrounding tissues. This skin is then drawn upward, creating a smoother, more taut neck and jawline.

## Results?

Non-Surgical Neck Lifts make use of braided polyester sutures which are suspended from the mastoid ligaments behind each ear. Because of this, following an Ellevate™ Neck Lift you can expect to see a dramatic boost to both lift and definition of the entire décolletage area. Ellevate™ Neck Lifts also make light work of improving the appearance of double chins and lax skin around the jaw, as well as helping to tauten fine lines and bands around the neck.

Ellevate™ Neck Lifts make use of some of the most robust threads available on the cosmetic market and it is because of this that their effects will hold their new, fabulous position for an incredible 5-7 years!



Up to 1 hour



Local



5 days



5-7 years



30 minutes+



N/A



N/A



Permanent

Onda is a cutting edge, triple-action treatment geared at non-invasively busting fat from the body for good. Treatment with Onda Coolwaves can effectively target areas of cellulite, loose skin *and* surplus body fat, leaving the selected area far smoother and more firm.

Onda makes use of concentrated microwave energy to sculpt subcutaneous fatty tissue, creating smoother contours by channelling direct heat to the areas in most need of a helping hand. Combined with its advance cooling technology, Onda can provide perfectly comfortable - yet highly effective - fat reduction for many different parts of the body that typically harbour visible excess.

## What Does It Involve?

Onda specifically targets the adipose tissue, helping to remodel connective tissue, destroy lipids and rupture pesky fat cells which can then be eliminated via the lymphatic system.

Treatment is perfectly comfortable, too, as this controlled energy supasses the dermis and instead gets to work penetrating the fat directly. It is just this which makes Onda even more effective than traditional radiofrequency tightening treatments where energy often does not make it beyond the epidermis.

## Results?

Treated skin will appear blitzed of visible cellulite, skin laxity and excess fat. With the area noticeably more toned and taut, patients experience a boost in both self and body confidence.

Onda is a permanent fat-busting solution, although best results can be seen when combined with a healthy lifestyle of diet and exercise.

## PDO Thread Lifts

Offering a non-invasive answer to tired, ageing skin without surgical intervention, PDO Thread Lifts make use of the latest technologies in cosmetic contouring.

By stimulating the body's natural production of collagen and elastin beneath the surface of the skin, PDO Thread Lifts offer an immediate boost in plumpness and lift whilst eradicating the appearance of fine lines and wrinkles.

### What Does It Involve?

PDO is an abbreviation of the word *polydioxanone* – a dissolvable fibre. These fibres are used to create threads which are used to discreetly provide a gentle source of tension beneath the skin's surface. The threads then trigger the skin's natural instinct to regenerate, prompting an influx of collagen and leading to a plumper, firmer finish.

Special cogged threads can, too, be used to both support and reposition the soft tissue more dramatically. While these sutures will unfortunately dissolve in time, there remains a lasting lift thanks to the influx of youthful proteins from when they were first put in place. This leaves the skin looking rested, hydrated and healthy for up to 2 whole years.

### Results?

PDO Thread Lifts are popular for their lifting properties, drastically improving the skin's tautness and glow.

Helping to rewind the clock on ageing jawlines, drooping cheeks, heavy brows and fatigued complexions, PDO Thread Lifts offer a restorative answer for those concerned about the increasingly visible effects of ageing. It is the perfect solution for those who are perhaps apprehensive or unsure about pursuing a surgical option, or simply to test the waters before undergoing more extensive work.



BEFORE



AFTER

-  30 minutes+
-  Local
-  Up to 2 weeks
-  Up to 2 years

# Photodynamic Therapy (PDT)



15 - 45 minutes



N/A



N/A



Up to 6 weeks

Photodynamic Therapy (or 'PDT') is a specially formulated light therapy used to help rid the body of both cancerous and precancerous melanoma. Cosmetically however, PDT can be used to destroy abnormal or damaged cells which have resulted in all sorts of pronounced skin problems.

PDT works by eradicating microbial cells such as bacteria, fungi and a variety of dermal viruses which may be leading to unsightly skin problems. When exposed to PDT, these cells undergo a chemical reaction which deprives the affected tissue of oxygen, and voila - said damaged tissue falls away.

## What Does It Involve?

PDT - sometimes referred to as *Photochemotherapy* - works by killing damaged skin cells, and prompting the body to produce new ones in their place. It is a 3 step process which consists of: application of a photosensitive cream, an incubation period (processing time) and finally, prolonged exposure to intense light at a particular wavelength. The cells that are exposed to this light are starved of oxygen and therefore cannot survive, falling away.

PDT penetrates the skin deeply, targeting the bacteria which is leading to problems. This means that not only does it treat the complaints on the surface, but it also does a great deal for the underlying issue and any future flare-ups. For best results, patients will require a course of 6 treatments.

Some more stubborn skin complaints may additionally require maintenance sessions to keep conditions at bay longer term.

## Results?

PDT works fantastically on areas of skin discolouration therefore can make light work of eradicating things such as rosacea, age spots, and visible sun damage; as well as reducing the appearance of fine lines, wrinkles, psoriasis and even acne.

# Pellevé

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Pellevé is a cutting edge cosmetic method of reducing wrinkles and tightening the skin using thermal energy. Pellevé has also been referred to as the 'instant Face Lift', most popularly used to treat the delicate skin under/above the eyes, of the jawline, the neck, the face and the décolletage.

It is an incredibly simple, safe and non-invasive way of stimulating collagen production by applying a steady stream of controlled heat to the skin. No needles, no anaesthesia and best of all: no pain.

## What Does It Involve?

Pellevé uses radiofrequency to evenly heat and stimulate the subcutaneous tissue. In doing so, the body's collagen reserve is triggered, rearranging it's existing supply *and* stimulating the production of more.

A conductive gel is first applied to the skin. Practitioners then use a special radiofrequency wand to carefully administer topical heat to the treatment area; this wand helps the skin achieve the perfect temperature to interfere with the collagen fibril structure.

A combination of large and small headed wands can be used to help concentrate the heat on certain areas of the face more effectively. This also helps to control the depth of heat penetration and maintain both a steady and even application of heat throughout treatment.

## Results?

Pellevé is loved on the cosmetic circuit for its ability to lift, tighten, smooth and plump the skin. Wave goodbye to crows feet, dropping jawlines, heavy eyelids, deep jowl indentations and furrowed brows because Pellevé will work wonders on skin that has lost some of its youthful tautness. Pellevé treatment will leave your skin, instead, significantly more firm, buoyant and bright.



Up to 1 hour



N/A



N/A



6-8 months



1 hour



EMLA



48 hours



Up to 2 years

PRP Facials – often referred to as 'Vampire Facials' – are skincare treatments that have rapidly swept the beauty circuit.

PRP stands for *Platelet Rich Plasma*: a natural resource which can be extracted from the blood and used for topical cell regeneration. PRP Facials make use of these naturally-occurring healing properties to bring back youth and radiance to the face.

## What Does It Involve?

Blood is first drawn from the arm and then placed into a centrifuge which rapidly spins the blood sample, prompting it to separate into 3 components (the plasma, the PRP and the cellular layer which contains both red and white blood cells). The concentrated PRP layer is then harvested and reinjected into the face in the same way you might administer Botox or Dermal Filler.

Platelets in the blood contain hundreds of proteins called 'growth factors' which are crucial for healing damaged or diminishing soft tissue. It is the platelets that are at work during the clotting process as our skin attempts to restore itself. PRP is plasma that is 5-10 times more concentrated in platelets and therefore by isolating this miracle component from the blood, we are able to target and dose particular areas in need of rejuvenation.

## Results?

PRP Facials can help reconcile things such as pimples, blemishes, fine lines, eye bags, scarring, open pores, dark circles, dehydration, dullness *and* pigmentation. As PRP Facials stimulate the existing tissue beneath the surface, you will notice an immediate and lasting burst of radiance which will also continue to encourage your skin to regenerate collagen. This influx of collagen will visibly improve the skin's firmness, elasticity and brightness in as little as 24 hours.

# Pubic Lifts

Pubic Lifts refer to the surgical removal of excess mons pubis tissue. The mons pubis - sometimes known as the *pubic mound* - is the fatty tissue located just above the pubic bone.

The fat in this area *can* reach a size that it begins to obscure the pubic area resulting in discomfort while wearing form-fitting clothing, self-consciousness, embarrassment, difficulty maintaining personal hygiene and - in severe cases - even infection.

Typically, things such as weight fluctuation, pregnancy and genetics play a significant role in the development of an oversized mons pubis, however there are certain surgical steps which can provide a solution.

## What Does It Involve?

During a Pubic Lift, both excess skin and fat are surgically removed to reduce visible bulging in/above the pubic area.

During this procedure, fat is carefully removed through a targeted incision, then underlying muscle and tissue gently raised, tightening and sculpting it to appear flatter atop the pubic bone. This leaves the patient with a smaller and more taut overall pubic region that blends more seamlessly with the abdomen.

## Results?

A Pubic Lift is the best course of action if you want to see dramatic, longlasting results to the mons pubis.

Whilst patients are typically left with a scar similar to that of a C-section or Abdominoplasty, most find the healing process to be easy to manage and the results more than worth the exchange.



1-2 hours



General/Local



Up to 6 weeks



Permanent





-  60 - 90 minutes
-  Local
-  10 days
-  Up to 2 years

Regenera - also known as 'Regenera Activa' is a method of hair stimulation which sees remarkable improvement from the very first session. Being touted as 'the modern answer to hair loss', Regenera involves implanting healthy cells into the scalp to trigger tissue regeneration which, in turn, has a remarkable effect on the rate of hair growth. Since hair loss - be it on the scalp, face or body - is a result of poor follicle health, Regenera focuses its energies on repairing the damage sustained to the follicle to physically reverse signs of hair loss.

## What Does It Involve?

Regenera is a method of scalp renewal. It uses autologous stem cells which are taken from a small donor site - typically the nape of the neck - to help encourage the growth of healthy new hair in areas where the follicles have been damaged. Because of this, Regenera is also sometimes referred to as a 'scalp micrograft'.

The process is minimally invasive and involves 3 steps: first harvesting graft tissue (around 2-3mm) using a small biopsy tool, secondly treating the harvested samples to a filtration process which helps us extract the most concentrated growth factors, and finally reinjection.

## Results?

Regenera yields its first visible changes to the scalp in less than 2 weeks of treatment, requiring just one single session..

As there is no permanent cure for hormonal hair loss as of yet, it is impossible to claim that Regenera will last forever, however, it is longlasting. One session of Regenera has been seen to continue to boost hair growth for over 2 years in some patients!

# Rhinoplasty

Sometimes, no matter how many contour palettes and expensive concealers you buy, you just cannot conceal a nose you are unhappy with. Whether you find that your nose swamps your other features due to its unproportional size, throws off all facial symmetry or even gently tugs at the top lip, exposing your front teeth - it all can be corrected with Rhinoplasty.

Rhinoplasty - a.k.a the 'Nose Job', involves modifying the internal structures of the nose. In doing this, we are able to surgically reshape, resize and recontour the nose from within, permanently altering its appearance.

## What Does It Involve?

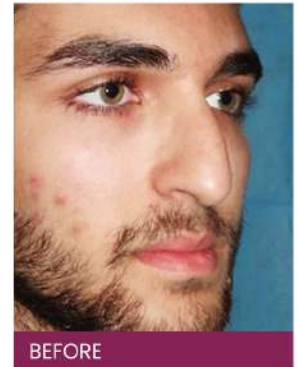
There are various methods of Rhinoplasty - some of which can be conducted from within the nostril, and some requiring a small incision to be made in the columella (the delicate strip of skin between the nostrils). These are typically referred to as 'Closed' and 'Open' surgeries: 'Open' referring to anything requiring external incisions and 'Closed' to what can be achieved without. Regardless of method, however, surgical Rhinoplasty is always carried out under general anaesthetic.

Typically, procedures will consist of removing nose cartilage from within, shaving down bone or cartilage which is causing any abnormality in shape or size, or merely restructuring the existing cartilage.

## Results?

Rhinoplasties are entirely bespoke and can do anything from correcting nasal asymmetry and nostril resizing, to general resculpting and altering the angle between the nose and the top lip.

Rhinoplasty can also provide incredible psychological relief to those that have spent a lifetime feeling self-conscious. Essentially, if you have a concern about the look of your nose, all is not lost: Rhinoplasty *will* be able to improve upon it.



1-3 hours



General



2 weeks



Permanent

# Scalp Micropigmentation



1-5 hours



N/A



5+ days healing



Up to 3 years

Scalp Micropigmentation (or *SMP*) is a specialist tattooing technique that is becoming an increasingly popular fix for disguising hair loss.

Using a combination of careful colour matching and professional placement of pigment, Scalp Micropigmentation aims to mimic the appearance of a healthy, abundant head of hair. It may even be used as a means of concealing scarring left from hair transplants and/or scalp trauma which may have led to hair loss to begin with.

## What Does It Involve?

At the most basic level, SMP creates the illusion of active hair follicles on the scalp. SMP achieves this by making hundreds - sometimes thousands - of minute dots onto the head in a similar way to how you may receive a tattoo: piercing the dermis and placing coloured pigment into the skin.

Whilst it may be very easy to dismiss SMP as basic 'tattooing', this particular technique is *incredibly* specialised. From mapping the most natural hairline to creating custom pigment designed to perfectly match your skin and hair tones, SMP requires eagle-eyed precision and a real eye for the natural contours of the scalp.

## Results?

Results will entirely depend on the desired outcome and subsequent method used. For those seeking the 'close shave' look, pigment can be administered deeper into the dermis, resulting in permanent implantation of colour.

Alternatively, those that may be concerned about committing to something permanent - perhaps those worried about a change in hair tone whilst transitioning to grey, more superficial pigment implantation (similar to Microblading for the brow or lash line) can be achieved. This method typically remains visible for up to 3 years.

# Sclerotherapy

The notion that summer is around the corner is usually great news ....but not for those dreading the summer wardrobes due to unsightly veins in their legs. Well, no need to bury those floaty skirts and midi-dresses deep in the recesses of the wardrobe - Harley Street Skin want you to wear them with pride.

Sclerotherapy is a non-surgical method of removing the appearance of veins in the legs with injections of a chemical solution known as a 'sclerosing agent'. A quick, virtually painless *solution* if you will.

## What Does It Involve?

Sclerotherapy involves a number of small injections directly into the affected part of the leg (or legs). Needle-cautious patients needn't panic though, as only extremely fine needles are used for this procedure and you will feel virtually nothing.

The solution injected during Sclerotherapy is known as 'Sodium Tetradecyl Sulphate'; it is used because it has the ability to irritate to the lining of the veins in the leg. The body responds to this irritant by clotting the blood within the vein which - when combined with pressure from compression bandages - will collapse the vein walls. This obliterates them for good, meaning you're free to dig out all that old summer-wear and flaunt your lovely legs confidently again.

## Results?


Patients often find that once they have completed a course of Sclerotherapy, their legs look far more youthful and healthy overall. Over time, the body will reabsorb the affected veins, leaving legs far smoother and free from discolouration or bumps.

Some veins can also become a source of pain, feeling sore or heavy. Since the solution injected works to obliterate the vein entirely, treating prominent veins with Sclerotherapy will allow patients to feel much more comfortable: both physically and psychologically.



 Up to 30 minutes

 N/A

 2 - 5 days

 Permanent



30 minutes+



EMLA



Up to 2 days



Up to 2 years

Sculptra (a.k.a the 'collagen injection') is a volumising injectable used for its incredible anti-ageing abilities. Administered deep into the tissue of the face and neck, Sculptra works to boost the appearance of everything from sunken eye sockets and veiny necks to tired-looking cheeks and temple depressions.

Instead of introducing anything artificial to the body, Sculptra plumps the skin by calling upon the body's own collagen reserve for a subtle and gradual influx of those all-important youth proteins.

## What Does It Involve?

Sculptra is injected in a pattern formation, then massaged, to evenly refill the areas which appear most gaunt or concave. It will then continue to produce new collagen for up to 6 weeks of treatment, filling out the problem area(s) for up to two years.

Collagen is a protein in the skin which makes up the matrix of skin supports and helps to maintain the skin's youthful shape and plumpness. It works in tandem with elastin and hyaluronic acid to cushion the skin, keeping it firm, supple and hydrated. When injected, Sculptra prompts the body to produce more collagen, effectively 'filling' the space that has been left by dwindling fibres with newly produced ones.

## Results?

Sculptra is a fantastically effective method of: filling concave areas which have begun to look gaunt or hollow; replumping skin left droopy from ageing, weight loss or illness; correcting facial asymmetry, eliminating veiny necks, correcting bone structure, enhancing cheekbones, providing lift, firming the skin *and* filling fine lines and wrinkles. It is also a fantastic alternative to Dermal Filler (and indeed Dermal implants) as it is designed to accommodate the natural changes and movements of the face.

# Silhouette Soft Lifts

Silhouette Soft Lifts are a pioneering spin on the non-invasive thread lift trend. Providing pristine lift and skin tightening using sutures, these special threads have been scientifically proven to counteract the effects of volume loss and skin ptosis (the degradation of skin quality as we age).

Silhouette Soft Lifts provides fantastic rejuvenation, while at the same time, ensuring that the face maintains full mobility and patients can avoid the tell-tale tightness indicative of having had 'work done'.

## What Does It Involve?

Silhouette Soft Lifts work by threading fine sutures beneath the skin and using them to hoist the skin (i.e. the neck, jaw, cheek, brow etc.) and alleviate sagging. These threads have a series of minute cones (made of lactic glycolide) which provide a source of grip, anchoring them into the soft tissue in a new, lifted position. Unlike some barbed threads used for thread lifting, the cones found on Silhouette Soft threads are smooth and therefore far more comfortable for the patient.

On top of being a fastening tool, these cones also play a large role in collagen stimulation; their shape providing an excellent framework for collagen to form around. The sutures then dissolve over time, leaving the matrix of new collagen in place.

## Results?

The results are, first and foremost, exceedingly natural. Silhouette Soft Lifts work beneath the surface of the skin to help your system keep producing youthful proteins which keep the skin looking firmer and smoother for longer.

You will notice an immediate repositioning of the tissue, and a renewed sense of vivacity. Thanks to the drastic lift and appearance of restored volume, Patients may *also* notice a significant enhancement to the cheeks, jaw, chin and undereye areas.



 30 minutes+

 EMLA

 2 days+

 12-18 months



Up to 1 hour



EMLA



3-5 days



Permanent

SmartXide Laser (a.k.a. the CO2 Laser or SmartXide Dot) is a versatile, fractional laser that is employed to help both rejuvenate and resurface the skin, improving texture and quality. It can be used to help improve the appearance of acne scars, pigmentation and fine lines, whilst also shrinking pores and improving skin laxity.

There are 2 varieties of SmartXide laser offered at Harley Street Skin: the SmartXide and the SmartXide Cool. Both are aimed at resurfacing, but vary in strength and penetration. While SmartXide functions at a much higher temperature and therefore offers a much deeper result, SmartXide Cool boasts a much faster healing process and is perfect for more superficial damage.

## What Does It Involve?

SmartXide lasers work by shooting small beams of laser onto the skin at energy levels that do not burn the skin, but transmit energy to the deeper tissues in a fractional pattern. This allows for space in between the dots of treated skin - hence the 'dot' in SmartXide Dot.

The energy delivered to the dermis both strips away the damaged skin and stimulates the cells to multiply, while producing collagen. This is what helps repair damage to the skin, such as scarring, age spots and sun damage.

## Results?

SmartXide laser treatments are designed to do very specific things such as: decrease pore size, smooth the skin and decrease the appearance of fine lines and areas of hyperpigmentation.

It also facilitates mild skin tightening due to the collagen stimulation. As a result, skin looks tighter, younger, smoother and develops a nice, healthy glow.

# Spot Injections ('Cortisone Shots')

Sometimes you just don't have time to let nature take its course. You have big party plans, and an eye-catching pimple certainly was not invited.

A Spot Injection (also known as a '*Cortisone Injection*', or '*Cortisone Shot*') is the go-to treatment for obliterating blemishes, working rapidly to reduce inflammation and redness at the source of the problem.

## What Does It Involve?

Spot Injections are topical doses of cortisone. Cortisone suppresses the immune system and therefore is able to reduce the body's inclination to swell where it feels it needs protection. This means that any inflammation, pain or swelling is subsequently relieved where cortisone is administered.

Similar solutions are used in medicine to treat conditions also triggered by inflammation such as: arthritis, psoriasis, eczema and joint pain.

Spot injections are extremely straightforward and will in fact only take around 15 minutes to complete.

## Results?

Spot Injections are perfect for anyone that is struggling with an imperfection and is need of a quick fix. Patients can expect immediate improvement that continues working to reduce the blemish for 48 hours.

Cosmetically, cortisone injections will eradicate visible blemishes, lumps and pimples, drastically reducing any redness and inflammation that may be leading to self-consciousness or embarrassment. With visible results in as little as 24 hours, just one spot treatment is usually enough to combat the problem area(s) you have identified *completely*.



-  15 minutes+
-  N/A
-  N/A
-  Permanent





1-2 hours



Local



7 days+



4-7 years

The Spring Lift is perhaps the best minimally invasive Face Lift technique on the market that is carried out under only local anaesthetic. Not only that, French Lifts are one of the most longlasting thread lifts available, boasting visible results for up to *7 whole years!*

These lifts are able to achieve astonishingly natural, lasting lift; perfect for those of us suffering with midface and cheek drooping, ageing jowls or prominent creasing around the nose and mouth.

## What Does It Involve?

Spring Lifts work using small cosmetic threads, known as *sutures*, which work as subdermal hoists. These sutures are made from polypropylene, which is a bio-compatible material that has been used for many years in cardiovascular and ophthalmic surgeries.

Unlike many thread-assisted lifts, Spring Lift sutures are not only non-dissolvable, but also non-barbed to ensure no damage is caused to the surrounding tissue. Sutures are gently inserted through small incisions which are made in the side of the head (the temporal region) to ensure they can be hidden in the hairline. The sutures, once in place, scoop the underlying tissue and provide a gentle source of tension which repositions the fat pads of the lower & midface.

## Results?

Spring Lifts open up the face and give the illusion of a much younger, more defined and rested face. They are ideal for correcting lines around the eyes, nasolabial folds and cheeks; as well as for creating a far more elegant profile.

All in all, Spring Lifts help to restore a much more youthful facial contour by repositioning all of that lax tissue which has lost its elasticity over the years. Some patients also choose to combine Spring Lifts with Fat Transfers or Dermal Filler to add a little more volume where necessary.

# Surgical Brow Lifts

Surgical Brow Lifts (also known as '*Forehead Lifts*') are a fantastic way of attaining a naturally younger aesthetic by lifting the loose skin of the upper face.

Alleviating heavy brows and skin gathering in the temporal region offers immediate lift to the entire face, smoothing out any areas that have been subject to severe sagging over time.

## What Does It Involve?

Simply put, a Surgical Brow Lift is an operation to lift the lax skin of the brow to a higher position. Traditionally, there are 3 different brow-lifting methods:

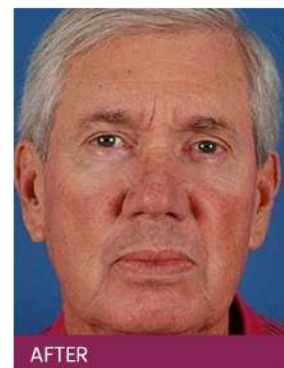
**Coronal Brow Lift:** This involves making a cut across the top of the scalp, hidden within your hair. Through the incision, your surgeon will remove excess skin, shorten the muscles that cause frown lines, and lift your eyebrows.

**Endoscopic Lift:** In essence, this is keyhole surgery which involves inserting a small instrument through tiny cuts in your hairline and reducing the muscles that cause frown lines. This type of Brow Lift normally has the advantage of minimal scarring, however your surgeon will not be able to make quite as many changes as with the Coronal Brow Lift.

**Internal Brow Lift:** The eyebrow is elevated through an upper eyelid skin crease incision with fantastic cosmetic results and no visible scarring.

## Results?

Brow Lifts can do away with a number of cosmetic flaws on the upper third portion of the face. Brow Lifts can be performed to: correct facial asymmetry, eliminate eyelid overhang, soften a harsh or stern face, lessen cheek sagging or prominent eyebags, subtly widen the eyes, remove skin gathering on the forehead and brow and even help reposition the eyebrows to suit the face.



1-2 hours



Local



Up to 2 weeks



Permanent



3-4 hours



General/Local



2 weeks



Permanent

We've all stood tugging at our faces in the mirror. Hoisting our cheeks or pulling at our jawline to see just where the skin used to sit. 'If only' we think...

You might be concerned about the onset of the dreaded 'turkey neck', have prominent jowls, or simply just note a lack of definition around the cheekbones. Facial sagging can even tug at the eyes and corners of the mouth, making men and women appear permanently miserable.

Surgical Face Lifts endeavour to surgically reposition the skin around the contours of the face to appear smoother, tighter and generally more 'lifted' *long-term*. Subsequently, Face Lifts can strip away the years, reversing the less than thrilling effects that gravity has had on our skin over time.

## What Does It Involve?

Surgical Face Lifts involve separating the skin from the underlying tissue and fastening the appropriate muscle and skin into a position which appears more taut and smooth. Once the skin has been drawn back, any excess is cut away and the incisions are closed with fine stitching. This method facilitates dramatic lift and a beautifully smooth but natural finish *that lasts indefinitely*.

## Results?

Face Lifts can relieve the pressure of gravity from any deep set lines and wrinkles around the nose, mouth and brow, as well as reverse visible sagging where it may have begin to gather or ruche.

Many men and women opt to have a Surgical Face Lift when less invasive treatments can no longer offer relief. Whether it is lost muscle tone, definition or elasticity - Surgical Face Lifts are an incredibly effective way of making a tired face appear more rested and healthy once again.

# Surgical Lower Face & Neck Lifts

Lower Face and Neck Lifts are surgical procedures that have a lifting effect on the cheeks, jowls, neck and décolletage. Because of this, they are commonly used to improve the appearance of sagging skin and wrinkles.

Whilst Face Lifts may be a fantastic and much-loved method of restoring youth and brightness to a tired-looking face, for those feeling that their problem areas extend a little further down toward the lower jaw and décolletage, let us introduce the Lower Face and Neck Lift...

## What Does It Involve?

Lower Face and Neck Lifts are carried out under local or general anaesthetic, and require making incisions both in front and behind the ear in order to lift skin into a new position, smoothing lines and trimming away areas of excess where necessary. This naturally tightens the skin, undoing a lot of the drooping that has occurred over time.

## Results?

Lower Face and Neck Lifts place particular emphasis on tightening skin around the jaw, jowls, cheekbones and neck with the aim of making it appear smoother, more defined and more elegant.

Many men and women opt to have this procedure as a result of lost muscle tone, definition or elasticity around the face and neck. This is because they are able to relieve the pressure of gravity from any deep set lines and wrinkles around the nose, mouth, and brow, as well as reverse visible sagging of the jaw and neck.

The Lower Face and Neck Lift is astonishingly anti-ageing, and a very popular procedure at the Harley Street Skin Clinic.



3-4 hours



Local



2 weeks



Permanent



1 -2 hours



General/Local



2 weeks+



Permanent

Thigh Lifts (sometimes known as 'thighplasties') are procedures in which excess skin, fat and tissue is removed from the upper legs to achieve a more toned, firm and healthy-looking lower body.

Excess skin around the thighs can cause discomfort and discontent. Thigh Lifts are specially designed to remove all of that excess skin which may be pinching, catching or simply causing you distress when looking in the mirror. Following the procedure, patients find their newly-fashioned thighs to be far more streamlined with a drastically improved profile and shape.

## What Does It Involve?

Thigh Lifts can be performed under local or general anaesthetic, depending on the amount of skin that is to be removed.

Firstly, an incision is made along the inner groin crease. Then, the skin and muscle is lifted and excess removed. The remaining tissue is then restitched with several layers of specialised stitching.

## Results?

A Thigh Lift is the ideal procedure for removing skin that is sagging, loose, uncomfortable and/or embarrassing.

Many patients find that severe skin sagging of the thigh can cause relentless chafing, unsightly bulging or pinching – as well as unnecessary added pressure to the knees and lower legs. Thigh Lifts can alleviate all of the above, instead leaving the area slimmer and firmer.

Whilst this is a fairly substantial procedure, patients can rest assured in the knowledge that the effects of a Thigh Lift are permanent, and will allow them to finally feel comfortable showing off their svelte, new legs by the poolside.

# TiteFX

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TiteFX is a revolutionary solution to cellulite, and impressive method of non-invasive body contouring.

Using only first rate cosmetic technology – such as radiofrequency and electroporation – TiteFX works to obliterate the fatty cells underneath the skin's surface which have lead to unsightly dimpling. Treated skin is then left looking beautifully smooth and firm.

## What Does It Involve?

The way TiteFX works is threefold: using radiofrequency heat, vacuum technology and high voltage pulsing.

TiteFX treatment is administered using a handpiece which applies pressure to the soft tissue, gently drawing the skin up into a suction cavity. The device then passes RF energy through the fatty tissue, heating it until it reaches a trigger temperature. Once this has been reached, electroporation can begin. Electroporation works to destroy live adipose tissue, causing it to deflate and finally contract. This is what is responsible for the tightening of the skin.

## Results?

TiteFX will drastically improve the visibility of cellulite and tighten the fleshier areas of the body by destroying adipocytes (fat cells). This makes it ideal for areas such as the buttocks, stomach, arms, back, hips and thighs – the trouble zones that typically gather bulge as we age.

On top of better texture, free from cellulite-triggered dimpling, TiteFX treatment will also help reduce an area's size and volume – a flatter tummy or slimmer arms for example. Essentially, TiteFX is a method of body contouring which creates a shapely but smooth figure in the least painful way possible.



 1 hour +

 N/A

 N/A

 Up to 6 months



1 - 2 hours



Local



2 weeks



Permanent

Vaser is an astonishingly effective method of fat reduction using ultrasound. It involves using localised ultrasound energy to treat fatty tissue, turning it to liquid form and therefore making it much easier to remove. So easy, in fact, it can be removed from an incision no bigger than a pinprick.

Vaser is significantly more comfortable than traditional Liposuction, too, as this approach causes much less damage to the surrounding fat cells, and is far less traumatic to the body overall.

## What Does It Involve?

'Vaser' stands for 'Vibration Amplification of Sound Energy at Resonance'. It is a version of Liposuction which loosens fatty tissue using ultrasound, making the extraction of fat far less stressful to the body.

Firstly, a small probe is used to administer ultrasound pulses to the treatment area. These pulses cause vibration which gently break apart the fat cells on contact, and when combined with an injectable fluid (known as 'tumescent fluid'), turn the treated cells to a liquid emulsion. This emulsion can then be removed using a small cannula, causing minimum damage to the surrounding tissue.

## Results?

Vaser treatment will not only remove bulk from those areas which we feel look disproportionate - perhaps chunky thighs, 'love handles' or a build up of fat around the neck - it can add definition to muscles, sculpt the silhouette, prevent unsightly bulging, firm the skin and even result in generalised weight loss.

Due to the way in which the fat is extracted, Vaser also works wonders on cellulite. As cellulite occurs when the layer of fat beneath the skin begins to push against connective tissue, ultrasound pulses work to break down these lumpy fat deposits and leave the area far smoother beneath.

# Viora Reaction

Viora Reaction, otherwise known as the 'non-surgical cellulite fix', is the ultimate skin firming experience. Combining advanced radiofrequency energy and vacuum therapy to trigger the body's natural regeneration process, Viora Reaction is one of the safest and most efficient remedies for cellulite, body contouring, skin tightening and general circumference reduction.

## What Does It Involve?

Unlike any other system used to treat the skin, Reaction is powered by patented CORE technology and features three distinct modes of radiofrequency (as well as an innovative multi-channel mode for treatment incorporating all three modes). This is crucial because it allows practitioners to control the level of RF penetration. To treat fat and cellulite, for instance, you will need to delve far deeper than if merely treating skin laxity.

CORE empowers Reaction with the ability to deliver precision treatment, whilst *radiofrequency* enables us to increase local blood circulation, stimulate lymphatic drainage and assist in the shrinkage of fat cell volume.

## Results?

Reaction is suitable for most areas of the face including the jowls, cheeks and forehead, as well sensitive areas such as the eyes, neck and décolletage. Unlike any other system, Reaction will also treat stretchmarks and loose skin on various areas of the body. Most popularly these include the stomach, thighs, calves, underarms and hips. Results from Reaction will be present for around 6 months, although can be permanent if treatment is maintained as part of a regular skincare regime.

Overall, you will see a minimised appearance of lumpy skin and unsightly dimpling, an overall improvement to skin texture and tightness, as well as a general reduction in the treated area's circumference.



-  30-90 minutes
-  N/A
-  N/A
-  Up to 6 months





 Up to 1 hour

 N/A

 N/A

 Up to 3 weeks

A Vitamin Drip, or 'Vitamin Therapy' as it is sometimes referred, is an infusion of healthy vitamins delivered via IV (directly to the vein); the most common drip combination consisting of collagen, vitamin C, and glutathione. These components are fantastically effective for both improving the skin and preventative anti-ageing.

## What Does It Involve?

Glutathione is a naturally occurring molecule found in the body. It is made up of three amino acids and is, in part, what helps our body with detoxification (as well as many other of the body's vital cell functions). Cosmetically, however, it can help to stop the production of melanin therefore lightening and brightening the skin the whole body over.

The collagen portion of a Vitamin Drip is what is responsible for the plumping, improved skin firmness and boosted radiance, whereas vitamin C works as a revitalising agent, supporting new collagen production and making the skin appear more supple, bright and youthful.

## Results?

Depending on the vitamin concoction: Vitamin Drips have been shown to bring about dramatic improvements in everything from hair growth and weight loss to adrenal fatigue and cognitive function. Glutathione-based drips, particularly, are however noted for their impacts on skin health.

Following a glutathione drip, you can expect to see a visible improvement in radiance, texture, plumpness, fine lines, hydration and brightness, accompanied by a feeling of an intense internal cleanse. This is because glutathione infusions are incredible for detoxification. This, along with a drastic impact on melanin production, is what leads to a significant lightening of the skin.

# Contact Us

Trained surgeons, doctors and aestheticians are just a phone call away. For an entirely free consultation with one of our world-class practitioners, you can reach the clinic, 24 hours a day, by phone or via email...



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At The Harley Street Skin Clinic, we appreciate that cosmetic treatment is far more than a 'luxury' purchase. It's not a lavish lunch or a fancy handbag: it's an investment. An investment in yourself, your peace of mind, and most importantly: your future.

That's exactly why we want to make the entire process as pain-free as possible, both cosmetically *and* financially. If that means making payments that little bit more digestible for you month-to-month, then you've got it.

No need to spend hours rummaging for paperwork, either - applying for finance could not be simpler.

## All you'll need is:

- An initial deposit of between 10 and 50% of your full treatment cost and...
- As little as 5 minutes to yourself to fill in the application (which can be sent out to you at home, or completed alongside one of our finance team here at the clinic).\*

Find out more by calling us on +44(0)207 436 4441 or by visiting [www.harleystreetskinclinic.com](http://www.harleystreetskinclinic.com). to begin your Harley Street journey!

*\*All applications are subject to one external credit check*





Alexandra Burke

*"I know I can rely on The Harley Street Skin Clinic to keep me looking fresh and youthful 24/7."*



Abbey Clancy

*"I swear by Harley Street Skin Care - I like a good enzyme facial, too!"*



Melinda Messenger

*"If I ever considered anything else in the future then The Harley Street Skin Clinic would be the first place I would visit."*



Andrea McClean

*"The team have been looking after my skin for years. It's their sound advice that's saved me having any drastic treatment."*



Stephanie Beacham

*"I've tried every product in the world - even Hollywood's finest beauty products can't touch The Harley Street Skin Clinic's wonder Stem Cellutions Serum; it's saved me from the surgeon's knife."*

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