

# S-Thetics

## Where Science & Skincare become Fire & Ice

Alex Bailey Staines

**S**-Thetics is a medical aesthetic clinic located in the heart of Beaconsfield Old Town, founded by Surgeon and Medical Director, Miss Sherina Balaratnam. Set over two floors of a charming Grade II listed building, the clinic has its own private entrance leading to a tranquil lounge area and onto calm consultation suites. For Miss Balaratnam, the clinic is the realization of her ambition to help patients look and feel their best without the need for surgical intervention by using cutting edge techniques and bringing the latest scientific advances to cosmetic treatments. She first trained in general medicine, then became a member of the Royal College of Surgeons, eventually settling in the field of plastic surgery before, finally, specializing in her area of particular special interest: aesthetics. Miss Balaratnam has now treated well over 5,000 patients and is recognized as one of the UK's leading non-surgical cosmetic specialists.

The personal approach is very evident at the S-Thetics clinic – new patients are taken through a detailed consultation to ensure that their needs and requirements are clearly identified and understood. Miss Balaratnam personally discusses the best treatment programme to give maximum benefit for each individual. S-Thetics was my first experience of a more medical approach to skincare. Facials in the past have been relaxing affairs, often resulting in a bit of a snooze culminating in a healthy glow and a feeling of wellbeing, which sadly has usually receded way too quickly. Following my initial consultation, detailed photos were taken of my face, followed by a VISIA digital skin analysis, looking at skin elasticity and sun damage, amongst other things – these photos are not pretty but they are very informative!

My first prescription was for a rejuvenating non-invasive EndyMed 3DEEP radiofrequency treatment to combat loss of elasticity, wrinkles and impaired texture. The procedure is a little similar to an ultrasound scan – gel is applied to the area to be treated before the EndyMed 3DEEP provides a focused, deep heating of the skin. I could feel the heat and a slight tingling but it was not unpleasant or uncomfortable. The aim is to stimulate new collagen formation resulting in tighter, smoother and plumper skin.

The next prescriptive experience was for the iS Clinical Fire and Ice Facial Treatment. This is known as the Hollywood Red Carpet Facial, and is a favourite of Gwyneth Paltrow and Halle Berry. It actually comprises two professional treatment masques – one hot, one cold, hence the name – and is designed to gently resurface the skin, treat common problems like dryness or acne, reduce fine lines and encourage cell renewal. This was more relaxing than the first treatment and if I hadn't been asking so many questions I may have even fallen asleep for this one!

This was followed by a de-briefing session where I was given advice on how to maximize the effects of the treatments. I must say, I felt amazing! I looked like me but a rejuvenated, more radiant version of me, and the effects rippled out over the next week, with friends and associates commenting that I was looking beautifully natural, fresh and radiant!

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*"My vision for S-Thetics was to combine my love of science with artistry by providing a relaxing, private environment for people to experience the gold standard in skincare solutions. My patients receive the highest standard of care, helping them achieve their skincare aspirations with custom-made treatments, delivered by highly trained and skilled practitioners."*

**Miss Sherina Balaratnam MBBS, MRCS, MSc (UCL)**