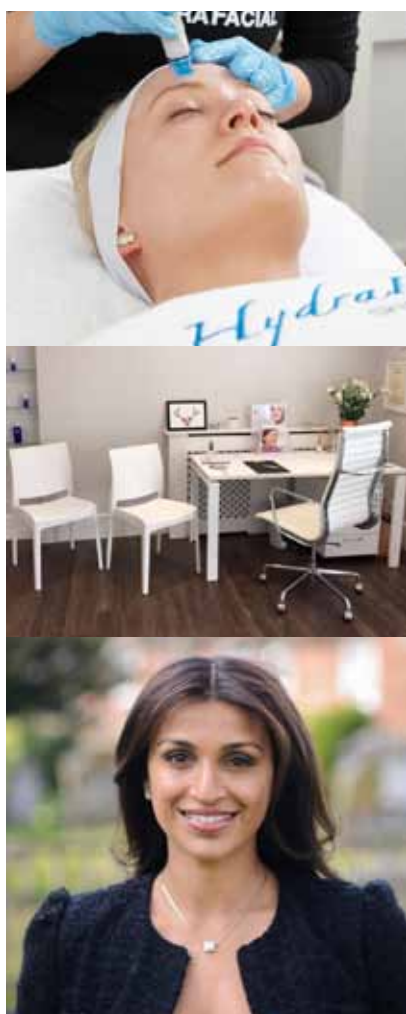


The Science Behind Fantastic Skin at S-Thetics

By Alex Bailey-Staines



S-Thetics would like to invite all Riverside Journals readers to have a Complimentary VISIA skin health consultation and a £25 gift voucher to use toward your first HydraFacial treatment at the clinic. Please contact S-Thetics and quote "RIVERSIDE JOURNALS".

Following on from visiting the newly opened S-Thetics, medical aesthetic clinic in Beaconsfield last year I was delighted and excited to be invited back to trial their latest facial treatment, the HydraFacial. Currently enjoying a lot of publicity from celebrities such as Karren Brady, Paris Hilton, Alex Gerrard and Ivanka Trump, I was very interested to learn if this was mere PR hype, or, if it really would make a difference.

Walking in to the clinic is rather like walking in to an expensive and luxurious private medical centre with scented candles and soft lighting and I was made to feel very welcome by the friendly and knowledgeable receptionist, Louise. After completing a comprehensive medical questionnaire, I met with S-Thetics Director, surgeon and medical aesthetic specialist, Miss Sherina Balaratnam, MBBS, MRCS, MSc (UCL), who spent some time discussing with me my general health and any concerns or issues I had specifically with my skin health.

Before starting any treatment, and immediately after, close up pictures are taken of all patients using both a camera and a state of the art imaging system (VISIA) that examines key areas of your complexion (UV damage, wrinkles, redness, pores etc.). These are not the sorts of pictures you will want to post on Facebook! But they do enable the best course of treatment to be identified for you, as all treatments are personalized to the individual, and, while maybe not for social media publication, they also provide some fascinating, before and after, comparison data.

My chosen treatment was the HydraFacial, a six-step programme:

- Detoxification, using lymphatic drainage,
- Deep cleansing and exfoliation to remove dead skin cells,
- Application of brightening agents,
- Extraction to draw out impurities,
- Hydration with antioxidant serums,
- LED light therapy to stimulate collagen and reduce facial redness,

Although every HydraFacial treatment follows the same formula, the cocktail of complex ingredients is individually tailored to each client, according to their needs. Miss Balaratnam talked me through each stage, clearly explaining exactly what she was doing and why. Understanding the science behind the treatment was fascinating and I loved that a lot of the active therapeutics were natural botanicals used in combination with the latest scientific research to ensure the best possible outcome using a non-invasive, non surgical intervention for no side effects, no down time and great results! The procedures are all, unexpectedly, quite relaxing, and I think if I hadn't been quite so interested in all the science, I would probably have actually dropped off! Indeed Miss Balaratnam confessed that it is quite common for clients to fall asleep during treatments!

The HydraFacial is a bit of all round magic with so many applications, whatever your needs - age spots, acne, congestion, anti-ageing, skin brightening, and pigment reduction... It offers skin health, for life, to clients whether they are male or female, young or old...

S-Thetics is a dedicated Medical Aesthetic Clinic specializing in advanced face and body treatments and to making your skin the best it's ever been. I went in with skin that was tired, tight, lumpy, and bumpy and came away feeling like my face was alive again... plumped, smooth, firm, super clean and healthy. Sherina Balaratnam knows her stuff and, for once, the hype is right – if you want great skin, go visit!

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