

# tan

TOTALLY AESTHETIC

## YOU ARE MY SUNSHINE

Sun Protection,  
Sun Damage and  
Skin Cancer,  
we take a look

## BACK TO BOTOX

No you don't have  
Botox in your lips!

## LIP HORROR

Lip fillers that go bad

## HOW TO CHOOSE YOUR PRACTITIONER

#SmartGuide to  
choosing the right one

WIN OUR  
LAUNCH  
COMPETITIONS

Champneys • Radara • Viviscal  
• Heaven Skin Care • Skinade  
• Exuviance • Neostrata •  
Braun • Monroe of London •  
pHformula

# CHLOE JASMINE

Juicy Cure or Sugar Addict?



# STAIRWAY TO YOUTH

The treatment ladder approach to optimise your TOTAL AESTHETIC goals.  
Cosmetic Doctor, **Miss Sherina Balaratnam** takes us step by step along the journey

**T**he term 'facial aesthetics' may conjure up images of the 'too far' face but in reality this is a far cry from the truth. Contemporary facial aesthetics refers to the harmonious blend of advanced medical grade skincare and FDA-approved technology and injectables, delivered in a customised fashion to ensure safe and effective results with little or no downtime.

Whether you're concerned about a sagging jawline, loss of volume in your face or a change in skin elasticity, there's a treatment of choice that can be tailored to your needs to create beautiful, elegant and natural-looking results.

According to the British Association of Aesthetic Plastic Surgeons (BAAPS), 2015, 'tweaked, not tucked' appears to have become the new aesthetic ideal with patients seeking more subtle, understated cosmetic procedures with minimal downtime. The aim is for a more refreshed look rather than looking 'done'.

At S-Thetics, we specialise in a range of advanced non-surgical treatments which all work synergistically, in the form of a 'treatment ladder' approach to optimise your aesthetic goals.

Here are 8 steps within our non-surgical treatment ladder to guide you through your aesthetics journey:

## 1 RESEARCH YOUR DOCTOR

Finding a qualified practitioner is vital to ensuring a safe treatment. Knowledge of anatomy and technical delivery is crucial but most important is your actual consultation, facial assessment and an agreed treatment plan that you can understand. You shouldn't feel under pressure to make a decision on the spot. Practitioners should always give patients an opportunity for a 'cooling-off' period.

## 2 SKIN IMAGING AND SKIN ANALYSIS

A VISIA skin analysis gives you a deeper understanding of your existing skin health. Using this we can tailor a skin care program to your needs, and re-evaluate and adjust your treatment plan accordingly. Your lifestyle will also be discussed, as this plays a significant part in your overall skin ageing.

## 3 COSMECEUTICALS AND SKIN CONDITIONING

A personalised, precise and regularly reviewed skincare plan adapted to your individual skin requirements forms the basis for good skin health. Invest in your skin health just as you do your body's health. Collagen forms the building block of our skin and we lose 1% of this per year. Medical grade facial treatments that improve the texture, tone and colour of your skin will enable other treatments to perform better.

## 4 SKIN TIGHTENING

Energy-based devices such as radiofrequency and laser treatments have significantly improved over the years. Delivered deep into the dermal layers of the skin, these treatments harness the power of our individual wound healing responses to stimulate and regenerate more collagen-producing cells. Over time, as these mature, skin contracts and tightens to produce smoother and firmer looking skin.

## 5 SKIN RESURFACING

This works by removing the top layers of the skin using either topical formulations or energy-based devices such as fractionated lasers and radiofrequency. The superficial trauma created to the epidermis allows new skin to be formed resulting in an overall skin textural improvement.

## 6 FACIAL INJECTABLES

Hyaluronic Acid (HA) is the most commonly used facial filler used by most practitioners. Being temporary, it will naturally dissipate with time so as your face changes with time, this will too. HA is a naturally occurring sugar molecule with unique water-loving properties found in the dermal layers of the skin providing moisture and hydration. Depending on the type of HA filler used, results can last up to a year

## 7 AFTERCARE SUPPORT

Prior to treatment, ensure you have access to aftercare support. This will allow you a more relaxed treatment journey, with your practitioner on hand to address any queries or issues that you may have. We will always contact you after your treatment to ensure all is well and to answer any queries. Most of all, we want you to enjoy your results.

## 8 MAINTAIN YOUR RESULTS, AND KEEP THEM OPTIMISED

Now that you're on your way to achieving your ideal aesthetic goals, review your skincare and skin treatments regularly with your aesthetic team. Seasons change so why shouldn't these? Winter skin deserves more hydration and don't forget your SPF all year round!

*We would like to invite all TOTALLY AESTHETIC magazine readers to have a complimentary VISIA skin analysis and consultation with Miss Balaratnam. Please quote 'TOTALLY AESTHETIC MAGAZINE' when making your appointment.*

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### **Sherina Balaratnam**

*Sherina Balaratnam is a surgeon with a background in plastic surgery who has devoted the last seven years of her medical career to specialising in the latest non-surgical cosmetic treatment innovations. Her highly personalised and subtle approach to facial rejuvenation has earned her a place as one of the UK's leading non-surgical cosmetic specialists.*

*Do you have a question for Sherina Balaratnam? Email her at [ASK@totallyaesthetic.com](mailto:ASK@totallyaesthetic.com) or to visit her clinic simply fill in our online patient enquiry form [www.totallyaesthetic.com/enquiry](http://www.totallyaesthetic.com/enquiry)*

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