



# S-Thetics Beaconsfield

**M**iss Sherina Balaratnam and her team are proud to announce their very latest Red Carpet 'Fire & Ice' facial treatment, with a special twist to include neck, décolleté and backs of hands. The treatment is optimised with a suite of cosmeceutical serums and cremes complemented with therapeutic movements and massage with a unique botanical therapy honey to guarantee one of the most effective and invigorating treatments – a must have treatment for that special pre-Christmas pampering or for that perfect gift...

Beaconsfield Old Town has a plethora of beautiful old, listed buildings and none more delightful than the premises of S-Thetics situated just on the edge of the town. When I entered through the discreet, attractive side entrance to the clinic I was greeted by Louise, the S-Thetics clinic administrator, a very bubbly and polite young lady who immediately passed me a medical questionnaire form to complete. Now, not being a regular visitor to beauty clinics and to having facial and skin care treatments, I was – I must confess – a little apprehensive at the prospect of having a 'Fire and Ice' facial treatment.

However, quite soon I was greeted by Sherina Balaratnam, one of the UK's leading non-surgical cosmetic specialists, who immediately made me feel at ease as she talked me through the 'Fire & Ice' procedure. The knowledge that Miss Balaratnam is not only a fully-qualified Doctor, but has a background in plastic surgery reassured me that I was in good hands in a clinic dedicated to carrying out medical aesthetic treatments. Then I was introduced to Lindsay, S-Thetics' medical aesthetician, who was going to carry out my treatment.

Firstly, I had to move up to the state-of-the-art VISIA digital skin imaging system whereby 3D images were taken of all angles of my face to analyse not only the surface of my skin but looking 2-3mm underneath. I suddenly found myself thinking back to some of those holidays in my youth where not enough sunscreen or higher factors were applied! Oh dear, and I especially recalled one particular holiday when I got some nasty sunburn directly on my face! I was told, however, that my skin was well hydrated – that was good news – and that Miss Balaratnam would talk me through the images after my treatment.

The Fire and Ice experience then began. Pioneered in Beverly Hills and coveted by A-listers globally, this renowned intensive treatment is clinically formulated with the purest pharmaceutical grade botanical ingredients. Yes, botanical.

First of all there was the deep cleansing ritual, followed by the 'Fire' masque which was applied and left on for five minutes. The Intensive Resurfacing Masque had a scent which reminded me of Christmas. It is formulated with sugar cane extract (a potent natural source of glycolic acid), retinol (Vitamin A) and niacinamide (Vitamin B3) to reduce fine lines, address problematic skin such as acne and pigmentation, and encourage cellular renewal. I felt a slight tingling sensation but nothing more than that. This was then cleansed off with soaked, warm mitts, and immediately followed by the 'Ice' masque which cooled everything down within only seconds of the application. This Ice or Rejuvenating Masque is enriched with hyaluronic acid, aloe vera, green tea and other potent antioxidants to soothe, hydrate and nourish the skin. This felt quite soothing, very relaxing and had a refreshing minty scent.

After this came a fantastic neck and shoulder massage. This was such a plus to the treatment and, after a busy few days at work, was greatly appreciated. By now I was ready for forty winks! Lindsay was brilliant and made me feel totally relaxed and at ease. When the treatment was finished Miss Balaratnam came into the room and passed me a mirror. I saw for myself just how immediate the results were. My skin looked so much softer with a lovely glow. No wonder, I thought, this treatment is a total hit with many of the A-list stars – it really is a red carpet treatment.

To maintain this rejuvenation treatment I was given advice on skincare products to use and now I am looking forward to my next visit soon with Miss Balaratnam and her team.

This is an excellent, intimate clinic, and Beaconsfield is fortunate to have gained a medical aesthetic clinic with medically trained practitioners. Don't miss out on this amazing and invigorating experience. Treat yourself and book your 'Fire & Ice' Red Carpet treatment by calling S-Thetics on 01494 670990 or emailing them at [info@sthetics.co.uk](mailto:info@sthetics.co.uk).

*\*The Fire and Ice 'Red Carpet' Experience*



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