

IN THE AESTHETICS INDUSTRY, awards are not easy to come by. That's what preserves them as an authentic mark of excellence – and a useful tool to help would-be patients pick out the best clinics and practitioners when seeking treatment. Purely from the amount of accolades it has attracted, you can tell that S-Thetics Clinic – and its medical director, Sherina Balaratnam – is a leading UK centre of excellence for non-surgical aesthetic treatments for the face and body.

In March 2022, Miss Balaratnam was awarded the prestigious title of Medical Aesthetic Practitioner of the Year at the Aesthetics Awards, being voted for by her peers as the top aesthetic doctor in the UK. She is one of only nine doctors to have received this great recognition. Besides this, S-Thetics was recently named Best Clinic in South England for the second time and won the coveted iS Clinical World Star award for the Best UK and Ireland Clinic – for the third consecutive year.

So, what have Miss Balaratnam and her medical aesthetic practice in the heart of Beaconsfield Old Town in Buckinghamshire done to attract such renown? It's all down to a combination of more than 24 years of experience, supreme skill and natural-looking results, all achieved in a state-of-the-art clinic full of the latest in non-surgical innovations. Whether your goal is to improve your skin health, reduce fine lines and wrinkles, sculpt your body by removing stubborn areas of fat, or simply to look less tired, the surgeon-led S-Thetics Clinic can customise a treatment plan to meet your needs.

Miss Balaratnam's expertise encompasses everything from advanced botulinum toxin (Botox) treatments to non-surgical tightening using radiofrequency and the use of light-based lasers for body sculpting. She is also rightly famed for her know-how where acne and scarring are concerned, using the best cosmeceutical brands and chemical peels, microneedling and resurfacing. She is also a co-author of the chapter on botulinum toxins in the prestigious *Oxford Textbook of Plastic and Reconstructive Surgery*, considered the 'bible' for any surgeon in training.

Her subtle and highly personalised approach to facial rejuvenation has earned her a place as one of the UK's leading non-surgical cosmetic specialists. So sought-after are her skills that she regularly trains other healthcare professionals on advanced injectable techniques and the consultation process.

One of Miss Balaratnam's most popular

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options is facial filler, a non-permanent cosmetic injectable treatment that can effectively treat some of the deeper underlying signs of ageing, such as loss of facial volume, lines and wrinkles, sagging jawline, and loss of lip definition. Applied skilfully, facial fillers can achieve a refreshed-looking complexion by seamlessly supporting the face to add lift and replace lost volume, without looking obvious or overdone. 'I use fillers to re-volumise the temple area,' says Miss Balaratnam. 'This helps to lift the brow and opens up the eyes, giving a brighter-looking facial expression.'

Meanwhile, any qualified medical aesthetic professional will tell you that placement of filler is key. Even if your concern is, for

example, hollow cheeks, Miss Balaratnam will take into account your face as a whole, and may treat the areas around your cheeks rather than the cheeks themselves, in order to maintain optimum balance and achieve the most authentic-looking result. 'I always carry out a facial assessment on each patient, in static and dynamic positions, to identify which areas are showing signs of ageing,' she says. 'While fillers are obviously scientific formulations, the key ingredient in the ones I use is hyaluronic acid, a water-loving molecule that's predominantly found in the skin. Essentially, we're restoring what the natural ageing process and daily life has gradually reduced.'

Another effective facial treatment is EMFace, the very latest and only needle-free procedure that simultaneously treats facial skin and muscles in a 20-minute session. S-Thetics was one of the first clinics to launch EMFace outside of the US, bringing its incredible results (clinical studies have shown 37 per cent wrinkle reduction, a 23 per cent lifting effect and a 30 per cent increase in muscle tone) across the Atlantic. EMFace uses the simultaneous application of radiofrequency and high intensity facial electromagnetic stimulation (HIFES) technologies to affect facial skin, muscles and connective tissue. It's best on the face, forehead, eyebrows, cheeks and jawline and the result is fewer wrinkles and more lifted skin.

A wonderful combination treatment on offer at S-Thetics is Golden Glow, which blends Platelet Rich Plasma (PRP) with hyaluronic acid using unique CellularMatrix technology. This delivers a rich blend of reparative growth factors to the face, neck, décolletage and hands for an incredibly youthful boost. Finally, there's SkinPen, an FDA-approved skin remodelling treatment that activates the body's natural skin-healing power to increase collagen and elastin, giving skin a healthier-looking, more youthful appearance. The team offers more than 35 years of experience in microneedling, specialising in unique SkinPen combination treatments and protocols to suit every patient's need and maximise results.

All in all, Miss Balaratnam's clinic is certainly worth the journey – it's just a 45-minute drive from central London or 25-minute train journey from London Marylebone.

Sherina Balaratnam

One thing that sets S-Thetics Clinic apart is the time and energy that's poured into assessing every patient. 'I believe a detailed consultation is essential in understanding your needs,' says Miss Balaratnam, a former NHS surgeon with extensive plastic surgical training. 'It is important to have a thorough clinical assessment of skin and facial structure and balance in order to understand the steps required to obtain optimal results. My goal is to help my patients achieve and enjoy natural-looking results.'

