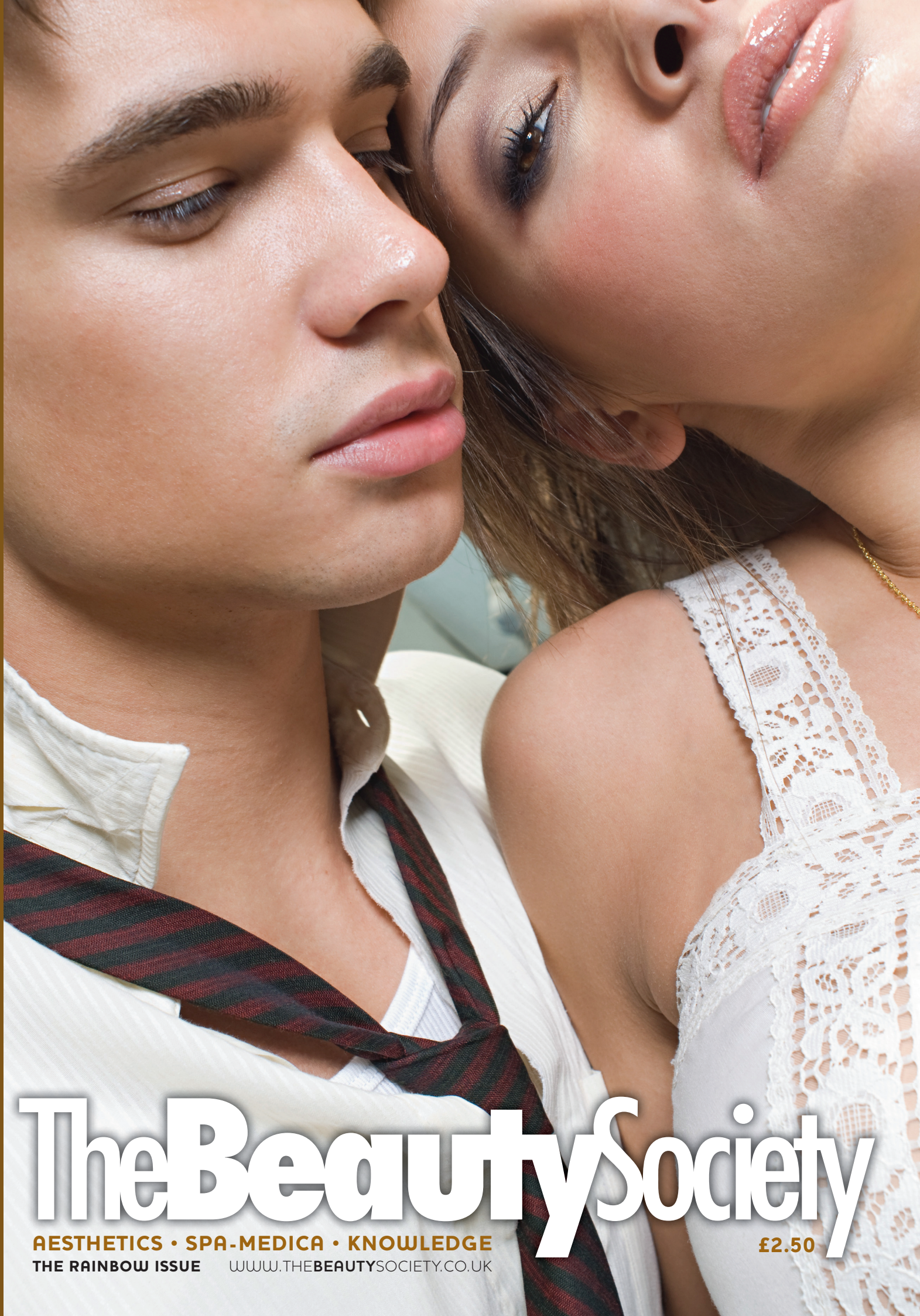

The Beauty Society

AESTHETICS • SPA-MEDICA • KNOWLEDGE

£2.50

THE RAINBOW ISSUE

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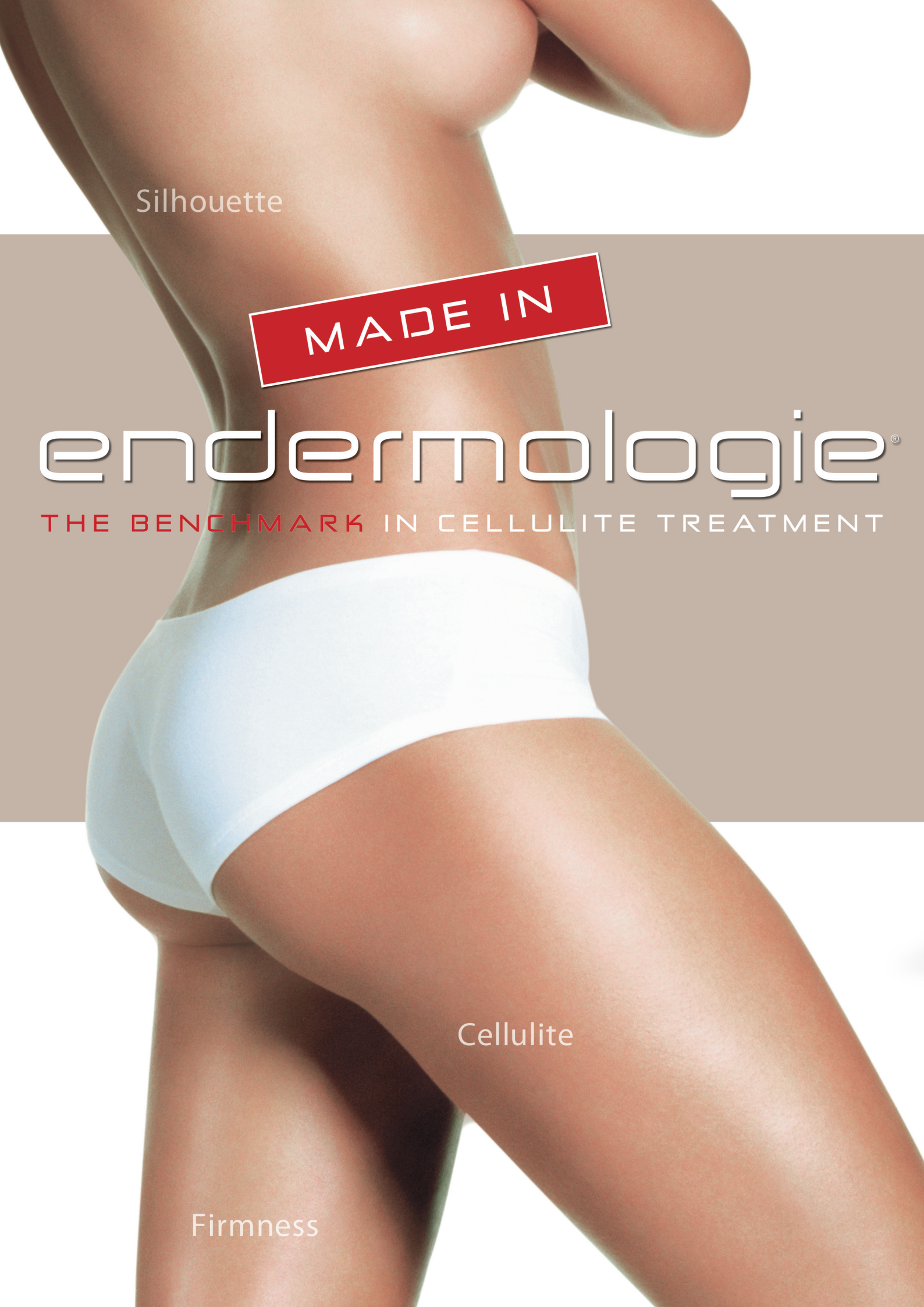
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Cellulite
Firmness

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Firmness

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Pearl Studios Medical Spa Treatments and Services

The **ultimate** path to total **health, beauty** and **wellbeing**

Facial rejuvenation clinics • Advanced anti ageing treatments • Skin peels and medical microdermabrasion
IPL and laser therapies • Endermologie face and body contouring • Accent skin tightening
Mesotherapy face and body vitamin nutrition • Colonic hydrotherapy detoxification • Deluxe clinical facials
Jessica manicure and pedicure • High end beauty therapies • Ultimate St Tropez spray tanning
Exquisite special occasion mineral make-up • Quality semi permanent make-up
Baby massage courses • Relaxing and alternative therapies • Nutrition and lifestyle advice

Pearl Studios

Available from **Pearl Studios** at **The Beauty Society** www.thebeautysociety.co.uk

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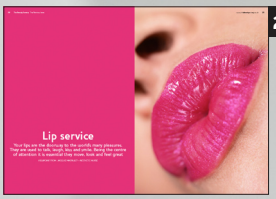

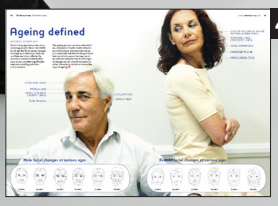

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THE BEAUTY SOCIETY

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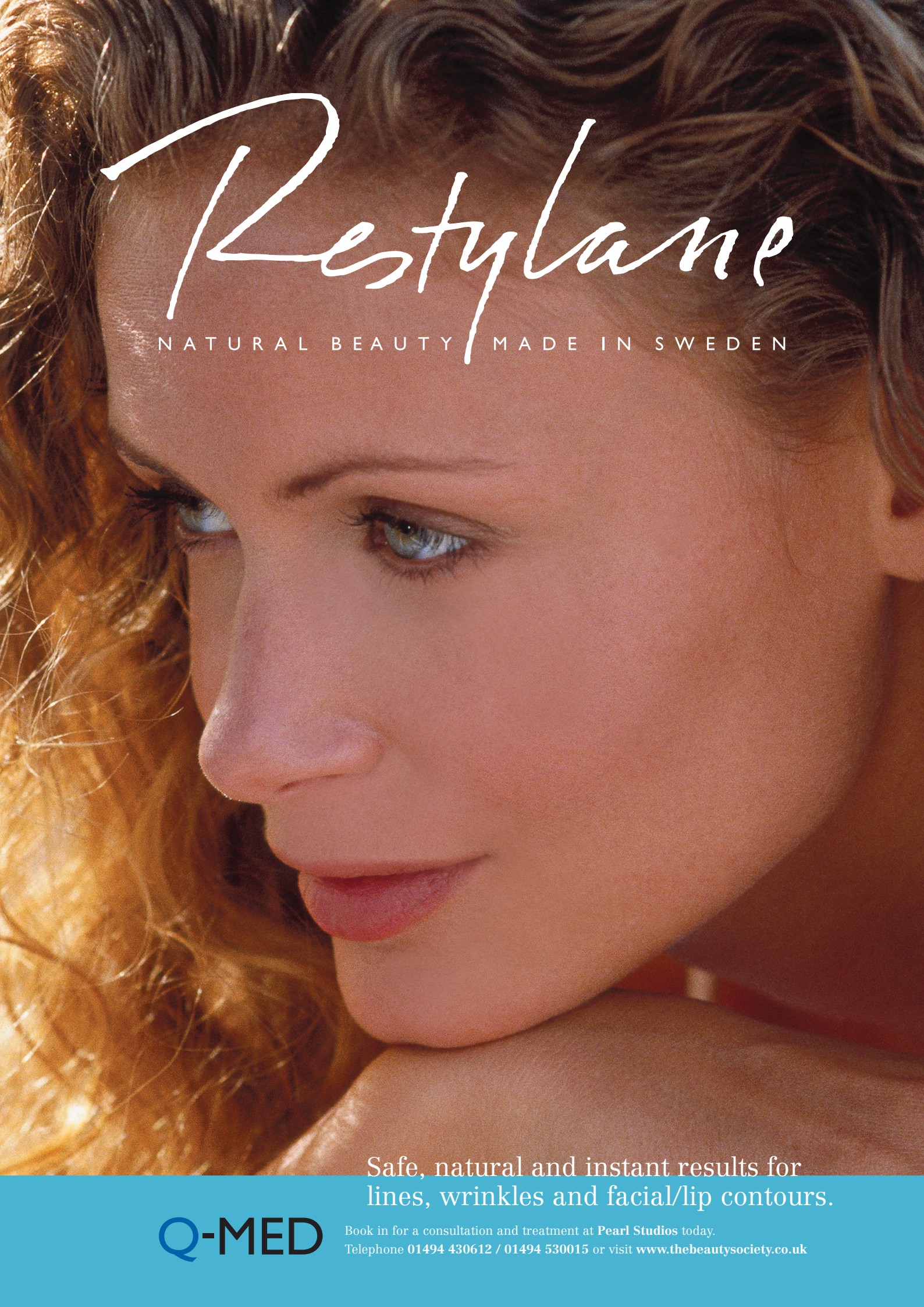

Safe, natural and instant results for lines, wrinkles and facial/lip contours.

Q-MED

Book in for a consultation and treatment at **Pearl Studios** today.
Telephone **01494 430612 / 01494 530015** or visit **www.thebeautysociety.co.uk**

What is beauty?

VIEWPOINT FROM: HANNAH DACRE

A common saying is that "beauty is in the eye of the beholder", and many have their own opinions about what or who is beautiful. On a psycho-social level some believe that "beauty is only skin deep" where a person's character is more important than their appearance. Facial beauty can be a matter of personal taste, but remarkably – and controversially – people do seem to agree on which faces are considered beautiful.

Personality traits such as intelligence, friendliness or kindness can radiate and create an impression of attractiveness and beauty – we are all encouraged to develop ourselves in this regard.

We are all beautiful in different ways and beauty evokes different feelings, such as envy, lust or true affection. Our individual reactions to beauty are unpredictable because beauty can be multi-faceted.

Our inner beauty is what makes us who we are, but this is not always on show. There is an expectation that physical or external beauty should be noticed by others and in today's media-influenced society, the way we look matters; first impressions count and we all want to look our best!

"Beauty exists merely in the mind ... and each mind perceives a different beauty"

David Hume, eighteenth century philosopher.

Can beauty be enhanced?

Everyone wants to look beautiful – don't you?

You would guess so by noticing the extent to which many people go to enhance their outward appearance. From moisturising your skin to liposuction, there are plenty of ways to beautify yourself. Most of us want to look younger, and many men and women seek treatments to this end. Youthful skin is usually smooth and free of blemishes. Babies and young children have not yet been affected by sun damage, pollution or stress, therefore their skin appears fresh and natural. This is the ideal many people seek to attain and there are various modern techniques to achieve the ideal: anti-ageing cosmeceutical products, facial rejuvenation treatments, and non-surgical facelifts are some of the repertoire available.

A positive mental attitude supported by a healthy lifestyle can invigorate anybody who pursues youthfulness. What you put inside shows on the outside, so a healthy diet is a great way to enable your good looks by giving your body the nutrients it needs to keep your skin soft and smooth. If the elements of life have impacted on your appearance and sense of wellbeing, you can embark on the road to self improvement. It is important to consult and be treated by a professional team of experts.

A first step would be to receive a consultation with a **skin specialist** who can analyse the current status of your skin. Advice can be given on which factors may be impacting on your healthiness and recommendations made with regards to the care regimes which are most appropriate to your specific needs. There is absolutely no point in strolling into your local shop and picking up an experimental set of products, simply on recommendation from a television advert or magazine cutting! **Cosmeceutical products** are recommended because they have cosmetic as well as medicinal or drug-like benefits. These products are prescribed through medical spa outlets and are beneficial to you because they contain biologically active ingredients which are not usually found in traditional cosmetics. Professional analysis and prescription are the keys to skin health restoration and without these you are simply gambling.

> “Beauty is inside and outside, natural or cosmetically enhanced.”

A **beauty therapist** uses grooming techniques such as professional and semi-permanent make-up, manicures/pedicures, waxing, medical microdermabrasion, massage therapy, endermologie, lymphatic drainage, intense pulsed light/laser therapies and non-surgical procedures to improve your overall appearance.

An **aesthetic nurse** is a qualified specialist nurse who has had further training in non-surgical therapies which are geared towards improvement of your overall wellbeing. They work hand in hand with dermatologists, plastic surgeons and other medical professionals using techniques such as injectables (Botox®, dermal fillers, lifting agents), laser therapies, intense chemical peels, colonic hydrotherapy, anti-ageing and medical prescription managed therapies.

A **dermatologist** is a medical doctor who specialises in the physiology and pathology of the skin, hair and nails. Their experience covers a wide range of systemic conditions which might manifest as common skin problems. They would also play a role in devising bespoke or tailored treatments formulated for specific conditions which cannot be treated by ‘off the shelf’ products.

What is The Beauty Society?

"We create, then recreate, we define, then redefine!"

The Beauty Society has been established to ensure you look and feel your best. We offer a wide range of services and treatments in the comfort of a beautiful, stylish and modern environment. There are three aspects to The Beauty Society – Pearl Studios, Octagon Orthodontics and Diamond Lounge.

THIS PAGE TOP TO BOTTOM: THE BEAUTY SOCIETY RECEPTION, AMBER ORTHODONTIC SUITE, PEARL STUDIOS WAITING ROOM, ONE OF THE RUBY SUITE TREATMENT ROOMS. **OPPOSITE PAGE TOP TO BOTTOM:** RUBY ORTHODONTIC SUITE, DIAMOND LOUNGE LECTURE ROOM, ONE OF THE PEARL STUDIOS TREATMENT ROOMS.

TOP: PEARL HOSPITALITY LOUNGE **LEFT, TOP ROW, LEFT TO RIGHT:** ENDERMOLOGIE MACHINE IN ACTION, VISIA SKIN ANALYSIS **MIDDLE ROW:** PEARL HOSPITALITY LOUNGE **BOTTOM ROW, LEFT TO RIGHT:** ACCENT TREATMENT MACHINE IN ACTION, PEARL STUDIOS' PROFESSIONAL MAKE-UP SERVICES **OPPOSITE PAGE:** SCULPTRA TREATMENT

Pearl Studios

Pearl Studios is a new private aesthetic medical spa facility, dedicated to supporting, improving and enhancing your total health and beauty. Specialists, doctors, nurses and therapists are at hand to assess, advise and administer appropriate treatments specifically designed to meet every individual's requirements.

At Pearl Studios we have expertise in skin analysis and treatments, non-surgical face lifts and fillers, non-invasive body contouring, lifestyle and nutritional advice, medical and wellbeing assessments.

> "Dedicated to supporting, improving and enhancing your total health and beauty."

Our services include:

Aesthetic treatments

Visia skin analysis
Botox®
Restylane®; Laresse®, HydraFill®
Sculptra®
Chemical peels:
Agera
Glycolic
Easy Phytic
ICP
TCA
Medical microdermabrasion
Mesotherapy
Colonic hydrotherapy
Accent skin tightening
Endermologie
IPL/Laser:
Permanent hair reduction
Skin rejuvenation
Acne treatment
Tattoo removal
Thread vein removal
Larger leg vein removal
Tooth whitening
Tooth straightening

Beauty therapies

Clinical facials
Manicure and pedicure
Waxing
Lash and brow tinting and shaping
Eyelash extensions
St Tropez spray tanning
Body exfoliation and massage
Special occasion make-up
Semi permanent make-up

Complementary and alternative therapies

Reiki
Reflexology
Hopi ear candles
Indian head massage
Traditional Chinese massage
Acupuncture
Homeopathy
Baby massage
Lifestyle and nutritional advice

YOU ARE BEAUTIFUL!
OCTAGON ORTHODONTICS
CREATING BEAUTIFUL SMILES FOR YOU AND YOUR FAMILY
AESTHETIC AND INVISIBLE BRACES
ADULT TREATMENT
AIR ABRASION AND ORAL HYGIENE
TOOTH WHITENING
ANTI-SNORING DEVICES
ORAL AND IMPLANT SURGERY
MAXILLOFACIAL SURGERY
OCTAGON ORTHODONTICS AT
THE BEAUTY SOCIETY
TELEPHONE
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Skin focused

Your quest for perfect skin starts here

HANNAH DACRE DISCUSSES CURRENT TRENDS IN SKIN MANAGEMENT

No worries

0% finance and **low cost loans**
available for treatments and services
from **The Beauty Society**

An **affordable** way to pay
for the treatment **you** want

- ✓ Spread the cost of treatment over a period that suits you
- ✓ A much more affordable alternative to credit cards or bank loans
- ✓ Easy to apply and simple to repay by direct debit

Low cost loans

- Loans of £1,500 or more
- Payable over 24 or 36 months
- Interest rate of 7.9% APR

0% finance

- Loans of £1,000 or more
- Payable over 6 or 12 months

*Payments based on a low cost loan payable over 36 months. All loans subject to credit check.

Understanding your skin

Getting under your skin

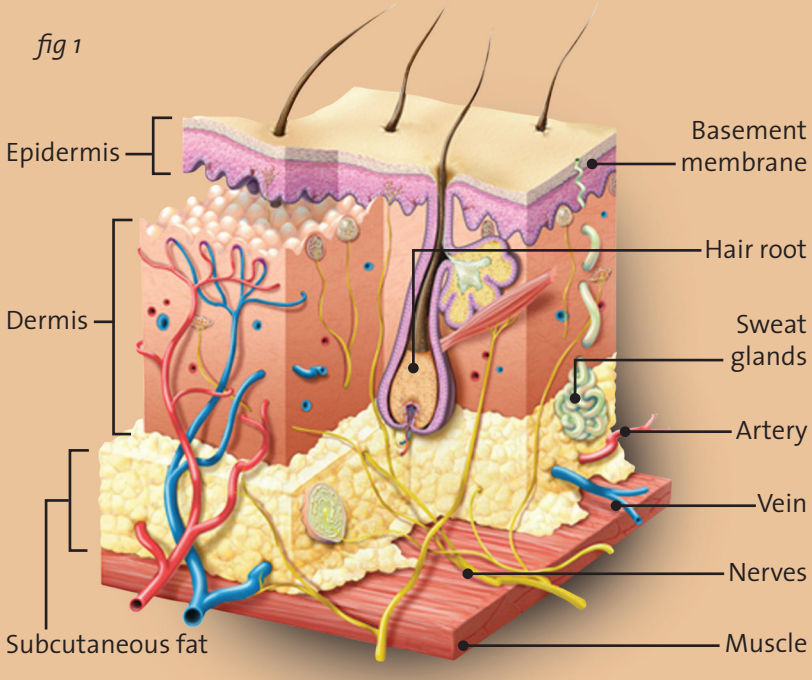
The skin is made up of three distinct layers (see *fig 1*). The top layer is called the epidermis. The epidermis is translucent - it allows light to pass partially through it. The epidermis does not contain any blood vessels but gets its oxygen and nutrients from the deeper layers of the skin. At the bottom of the epidermis is a very thin membrane, called the basement membrane, which attaches the epidermis firmly, though not rigidly, to the layer below called the dermis. The dermis contains blood vessels, nerves, hair roots and sweat glands. Below the dermis lies a layer of subcutaneous fat. The depth of this layer varies from one person to another. It contains larger blood vessels and nerves, and is made up of clumps of fat-filled cells called adipose cells. This subcutaneous fat lies on the muscles and bones, to which the whole skin structure is attached by connective tissues.

Visia Skin Analysis

This complexion analysis will create a 3D image of your face, from which we will be able to closely examine and detect specific skin characteristics. Comparisons can be made of your skin scores relative to various peer groups. At the end of the exercise you will receive a customised report which will include recommendations for treatment regimes for optimum skin health.

By using the unique Visia complexion analysis we can assess the condition of your skin and develop tailor-made treatment programmes to suit your needs. Visia helps us to eliminate the subjectivity or guesswork from the diagnostic process which enables our experienced clinicians to focus their expertise on finding the right solutions to your problems. We also use it as an analytical tool to monitor how your treatments are progressing.

fig 1



Visia can easily demonstrate a number of actual skin conditions

- Pigmentation
- Large pores
- Wrinkles
- Unevenness
- Broken blood vessels
- Pimples/spots
- Dry/oily skin
- Rosacea
- UV spots and photo damage

A consultation with a skin care specialist should not be deemed a luxury, but an investment in your health.

Skin care

6 tips for fantastic skin

1. Drink plenty of water
2. Eat a healthy balanced diet
3. Get some decent sleep
4. Cleanse your skin correctly and regularly
5. Apply mineral makeup
6. Use cosmeceutical products

Why have a skin peel?

A skin peel is an agent which, when applied, removes the outer surface revealing fresher layers which ultimately give you a more youthful, healthier appearance. Peels are also used in the treatment of acne vulgaris, melasma, sun damage, depressed scars, uneven skin tones and hyper-pigmentation, amongst others. Peels can be superficial or deep and must be administered by trained personnel. Although people tend to be apprehensive about the term, skin or chemical peels are safe reversible treatments when appropriately used.

Treatment is contra-indicated where patients have unrealistic expectations, ice pick scars, large dilated pores, keloid formation or certain medical conditions.

Recommended skin care regimes, cosmeceuticals and products

CHEMICAL PEELS AND MEDICAL MICRODERMABRASION

Agera Skin Peel
A mixture of alpha, beta and polyhydroxyacids - anti-microbial and antioxidant, deeply penetrating nanosomal delivery. Excellent for anti-ageing, pigmentation and acne reduction. There is no down time or shedding of the skin. A course of 6 or more is recommended for optimal results.

Skin Tech Easy Phytic Skin Peel
The easy phytic is an effective peel with no down time. It is excellent for anti-ageing, pigmentation and acne or as a one-off treatment to pep up and revitalise your skin tone and texture. A course of 6 or more is recommended for optimal results.

DCL/Neostrata Glycolic Skin Peel
Extracted from sugar cane and buffered with willow herb, it provides a great exfoliation, leaving skin feeling luxuriously smooth and clean. Excellent for anti-ageing, pigmentation and acne reduction. There is no down time or shedding of the skin. A course of 6 or more is recommended for optimal results.

Skin Tech TCA Skin Peel
A more aggressive peel for more intense results. Four treatments required one week apart. You may experience shedding of the skin for 2-3 days. An SPF must be applied daily. Used for anti-ageing, pigmentation and acne reduction.

ICP Peel in a bag
A powerful peel to treat pigmentation and photo ageing for the face or body whilst improving texture and skin quality. One treatment, with improvement in 10 days. You may experience shedding of the skin for 2-3 days but a specialised foundation is supplied.

Medical Microdermabrasion
A powerful exfoliation, effectively and safely removing dead skin cells from the outer layer of the skin. A vacuum is also used to encourage collagen production.

Combined Treatment
Agera Peel and Medical Microdermabrasion used in combination for greater results.

CLINICAL FACIALS

Agera Treatments
Experience the beauty of science with the Agera skincare range. Agera is a scientifically endorsed range of skin care products that have been clinically proven to penetrate and stimulate to provide visible results in anti-ageing, pigmentation and acne treatments. Powerful antioxidants protect against free radical damage, while retinols of varying strengths smooth fine lines and wrinkles. Growth factor peptides help to control the skin's internal ageing process. Our facials also complement our skin peels and medical microdermabrasion treatments.

Agera Anti-Ageing
Dry mature skin can be flaky and dull with fine lines and wrinkles. This facial is designed to improve maximum regenerative capabilities of the skin through gentle cleansing, controlled exfoliation and hydration and environmental protection such as SPF. The skin is treated with bio-active, vitamin delivery therapies to stimulate, repair and firm for younger-looking skin.

Agera Hydrating Oxygen
Excellent for tired sluggish skin polluted by environmental toxins, sun damage, smoking and improper diet. This oxygen generating facial detoxifies, stimulates cell regeneration, increases circulation and hydrates, brightening the complexion, restoring a natural healthy glow.

Agera Deep Cleansing Acne
Oily, acne-prone skin tends to have enlarged, clogged pores and blemishes. Skin looks shiny and feels greasy. This facial provides thorough cleansing with exfoliation to help control oil and treat problem skin. Skin is deep cleansed and gently exfoliated then treated with detoxifying agents to purify problem skins.

Agera Mini Facial
A quick facial to cleanse and revive skin. Perfect during a lunch hour.

Sesha Skin Therapy Treatments

Sesha Skin Therapy is a highly effective skin care range. Its unique transdermal technology allows complex peptides, antioxidants, botanicals and vitamins to effectively reach the skin's important regenerative layers. These can be used to improve anti-ageing, pigmentation and acne as well as re-hydrating the skin and improving overall texture and quality.

Sesha Professional Deluxe Signature Facial

The professional deluxe facial can be tailored to every individual's needs. Ideal for before any special occasion, after a long-haul flight or going on holiday. The facial includes a cleanse, tone and exfoliation along with a mask. The facial also includes a massage of the neck, scalp, face and hands. This is truly a deluxe experience. The mask is chosen according to each individuals requirements.

- **Bio-Peptide Rejuvenating Anti-Wrinkle Mask**
  Ideal for mature skin. Smoothes lines and wrinkles, relaxes facial muscles, firms and tones the skin, stimulates collagen production, calms the skin's surface, deeply hydrates and nourishes the skin.
- **Botanical Hydro Mask**
  For intense hydration of all skin types, soothes and calms the skin's surface, deeply hydrates and nourishes the skin, stimulates collagen production.
- **Revitalising Mask**
  Most beneficial for mature skin, stimulates and restores the skin's elasticity, deep cleanses and detoxifies.
- **Soft Soothing Mask**
  Ideal for sensitive rosacea-prone skin or for after a peel or microdermabrasion, soothes and balances skin, rich in protein and antioxidants, promotes cellular proliferation, anti-inflammatory.
- **Cell White Brightening Mask**
  Ideal for pigmented skin, infused with potent peptides, advanced peptides and antioxidants to brighten skin colour. Cucumber extracts soothe, hydrate and tone the skin.

Sesha Professional Deluxe Signature Facial including Sesha's Bio Peptide Revitalising Mask

For intense nourishment and hydration, along with increasing the skin's elasticity, the mask focuses on reducing the appearance of fine lines and wrinkles. This revolutionary pre-cut mask utilises PET™, a patented transdermal delivery system, relaxing the facial muscles, giving the skin a smoother and more youthful look.

Pancreatic Enzyme Mask

Most beneficial for acne-prone skin. Gently exfoliates dead skin cells, effectively clears pores and restores the skin's elasticity.

Sesha Mini Facial

A quick facial to cleanse and revive skin. Perfect during a lunch hour.

7

Turning back the clock - lotions and potions

1 **SESHA SUPER C SERUM**
GREAT FOR DIMINISHING LINES AND WRINKLES. ACTIVE INGREDIENTS SUCH AS ARGIRELINE AND DMSAE INCREASE YOUR EPIDERMAL THICKNESS, ELASTICITY AND ACTIVELY REDUCES FACIAL SAGGING.

2 **SESHA OPTIMUM EYE INFUSION GEL**
LIFTS AND TIGHTENS THE SKIN AROUND THE EYES, REDUCES PUFFINESS AND BRIGHTENS. SHEA BUTTER, VITAMIN B AND JOJOBA OIL PROVIDE CONTINUAL HYDRATION.

3 **AGERA KOJIC RX ANTI PIGMENT CREAM**
THIS NON GREASY MEDICAL FORMULA HELPS TO LIGHTEN AND BRIGHTEN SKIN USING INGREDIENTS INCLUDING LIQUORICE ROOT EXTRACT, KOJIC ACID AND MULBERRY AND BEARBERRY WHICH ARE ALL PIGMENT SUPPRESSORS.

4 **SESHA MAXI PLUMP**
INCREASING THE VOLUME OF THE LIPS WITH THE HELP OF ANTI-PEPTIDES. THIS MIRACLE PRODUCT HAS BEEN PROVEN TO BOOST MOISTURE CONTENT IN THE LIPS BY 55%.

5 **AGERA SPF 25 MOISTURISER**
USED DAILY TO HYDRATE AND MOISTURISE THE SKIN WHILST PROVIDING PROTECTION FROM UV RAYS WITH SPF 25.

6 **MINERAL MAKE-UP**
GIVES A FLAWLESS FINISH WITH LIGHT REFLECTING MINERALS TO MINIMISE WRINKLES AND FINE LINES. ANTI-INFLAMMATORY PROPERTIES CALM ROSACEA AND ACNE-INFLAMED SKIN. BENEFITS FROM A SUN PROTECTION OF FACTOR 20 AND CAN BE USED ANYWHERE ON THE FACE OR BODY.

7 **ST TROPEZ EVERYDAY FACE**
ENRICHED WITH MARINE EXTRACTS AND VITAMIN E. REDUCES THE APPEARANCE OF FINE LINES WHILST THE SELF TAN GIVES A NATURAL RADIANCE TO THE SKIN.

8 **SESHA NECK AND DÉCOLLETAGE CREAM**
CONTAINING PEPTIDES AND ANTI-OXIDANTS TO TIGHTEN THE SKIN WHERE YEARS OF SUN DAMAGE AND GRAVITY HAVE INCREASED SIGNS OF AGEING.

9 **HELIOCARE ORAL CAPSULES**
FOOD SUPPLEMENT OFFERING ANTI-OXIDANT ACTIVITY AGAINST FREE RADICALS INSIDE WHILST HELIOCARE SUNSCREEN FACTOR 50 IS APPLIED OUTSIDE.

10 **SESHA RENU EXFOLIATING GEL**
THIS IS A FANTASTIC PRODUCT WHICH USES PAPAYA ENZYMES TO UNCLOG PORES AND POLISH THE SKIN'S SURFACE. BEADS GEL WITH THE DEAD SKIN CELLS UNTIL THEY ARE REMOVED REVEALING NEW SKIN. IT LEAVES SKIN LOOKING AND FEELING YOUNGER AND FRESHER.

agera
MEDICAL FORMULA
KOJIC RX
ANTI-PIGMENT CREAM
Hydroquinone-free
60 ML e 2 OZ
3
agera
MEDICAL FORMULA
DAILY MOISTURIZING
PROTECTOR
SPF 25
60 ML e 2 OZ
5
RENU
EXFOLIATING GEL
SESHA
SKIN THERAPY
10
ACTIVE RECOVERY
NECK & DÉCOLLETAGE
CREAM
with PET™ delivery technology
Recovers moisture and smoothes skin to keep neckline looking youthful
for all skin types
net wt 2 fl oz / 60 ml
SESHA
SKIN THERAPY
8
4
SESHA
SKIN THERAPY
1
SUPER
C SERUM
with PET™ delivery technology
SESHA
SKIN THERAPY
9
HELIOCARE
ORAL
60 Capsules
2
SESHA
SKIN THERAPY
OPTIMUM
EYE INFUSION GEL
Pressed Foundation
Pressed Foundation
blush
BARBARA'S private collection
6

Skin problems?

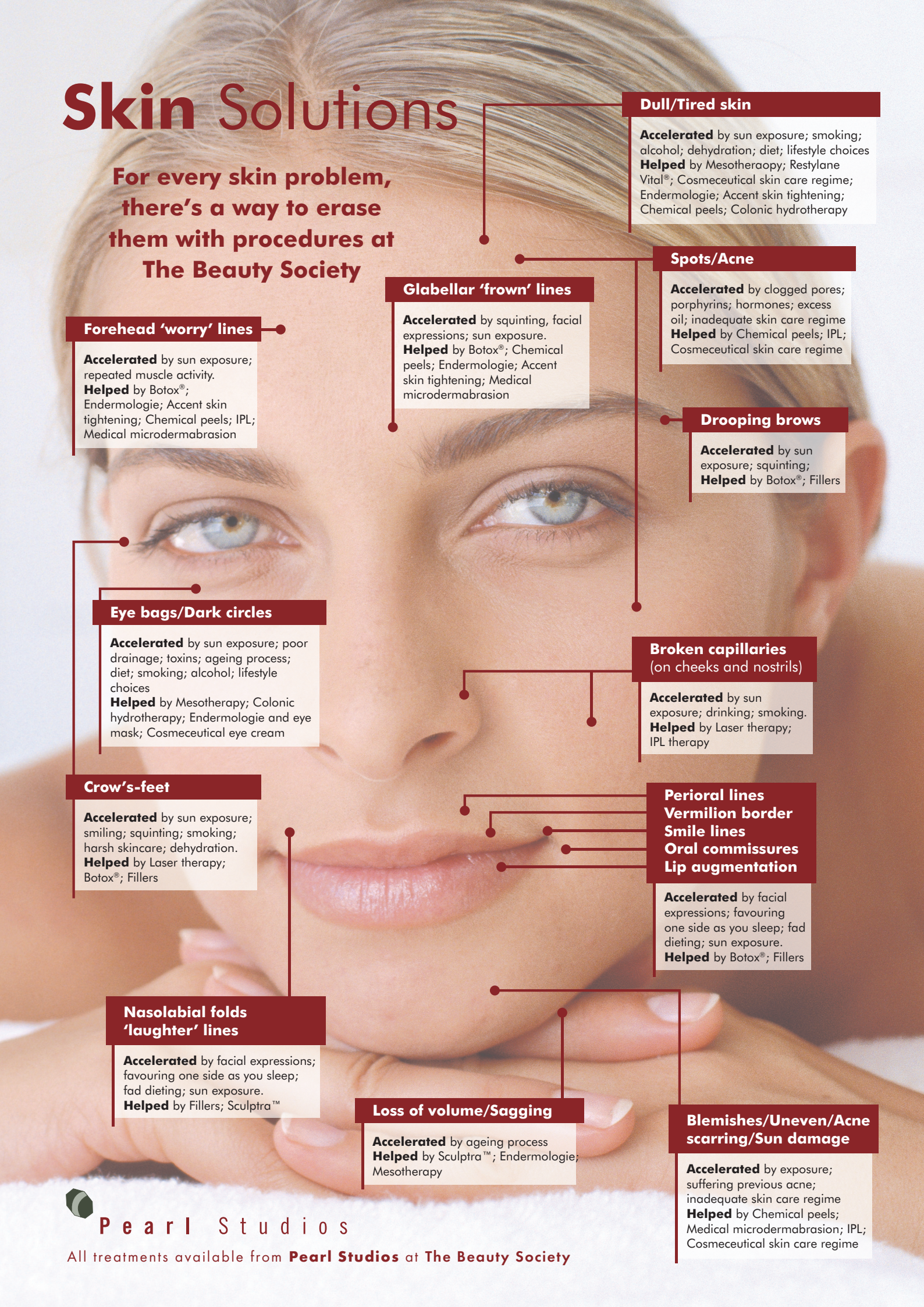
- Spots and blackheads
- Lines and wrinkles
- Unwanted hair
- Ageing and sagging
- Large pores
- Uneven texture
- Unwanted veins
- Scarring
- Rosacea
- Acne vulgaris
- Melasma
- Excessive sweating
- Hyper-pigmentation
- Warts and moles
- Unwanted tattoos
- Psoriasis and eczema

At **PEARL STUDIOS** we can help you find a solution to your skin problems.

For bookings and enquiries, telephone: **01494 430612 / 01494 530015** or visit our website: **www.thebeautysociety.co.uk**

Skin Solutions

For every skin problem, there's a way to erase them with procedures at The Beauty Society



Dull/Tired skin

Accelerated by sun exposure; smoking; alcohol; dehydration; diet; lifestyle choices
Helped by Mesotheraopy; Restylane Vital®; Cosmeceutical skin care regime; Endermologie; Accent skin tightening; Chemical peels; Colonic hydrotherapy

Spots/Acne

Accelerated by clogged pores; porphyrins; hormones; excess oil; inadequate skin care regime
Helped by Chemical peels; IPL; Cosmeceutical skin care regime

Glabellar 'frown' lines

Accelerated by squinting, facial expressions; sun exposure.
Helped by Botox®; Chemical peels; Endermologie; Accent skin tightening; Medical microdermabrasion

Forehead 'worry' lines

Accelerated by sun exposure; repeated muscle activity.
Helped by Botox®; Endermologie; Accent skin tightening; Chemical peels; IPL; Medical microdermabrasion

Drooping brows

Accelerated by sun exposure; squinting;
Helped by Botox®; Fillers

Eye bags/Dark circles

Accelerated by sun exposure; poor drainage; toxins; ageing process; diet; smoking; alcohol; lifestyle choices
Helped by Mesotherapy; Colonic hydrotherapy; Endermologie and eye mask; Cosmeceutical eye cream

Broken capillaries (on cheeks and nostrils)

Accelerated by sun exposure; drinking; smoking.
Helped by Laser therapy; IPL therapy

Crow's-feet

Accelerated by sun exposure; smiling; squinting; smoking; harsh skincare; dehydration.
Helped by Laser therapy; Botox®; Fillers

Perioral lines
Vermilion border
Smile lines
Oral commissures
Lip augmentation

Accelerated by facial expressions; favouring one side as you sleep; fad dieting; sun exposure.
Helped by Botox®; Fillers

Nasolabial folds 'laughter' lines

Accelerated by facial expressions; favouring one side as you sleep; fad dieting; sun exposure.
Helped by Fillers; Sculptra™

Loss of volume/Sagging

Accelerated by ageing process
Helped by Sculptra™; Endermologie; Mesotherapy

Blemishes/Uneven/Acne scarring/Sun damage

Accelerated by exposure; suffering previous acne; inadequate skin care regime
Helped by Chemical peels; Medical microdermabrasion; IPL; Cosmeceutical skin care regime

Pearl Studios

All treatments available from **Pearl Studios** at **The Beauty Society**

Beauty in colour

DR RONNIE COOPER INTRODUCES A NEW AND EXCITING PROJECT

Medical aesthetic facilities are run by licensed healthcare professionals who offer different ways of improving your appearance and wellbeing by recommending combinations of holistic therapies and day-spa treatments with traditional and complementary medical methods. Some medical spas focus on facial and body aesthetics, offering day spa services alongside medically supervised cosmetic and beauty enhancing procedures. Needless to say, technology has improved to the extent that you can have a lot done these days without surgery.

The non-surgical medical aesthetic market technically began with the development of the first non surgical product, Zyderm® in 1981. Twenty six years later, this multi-billion pound industry has certainly evolved with a diverse range of solutions and treatments including Botox®, fillers, chemical peels and cosmeceutical products for skin care.

One of the major problems in the medical aesthetic industry is that almost all of the new developments are focused around skin and health problems related to the dominant Caucasian market. In fact, there are very few UK clinicians or beauty therapists who have the requisite experience to deal successfully with ethnic skin [such as black or asian skin types] and therefore the dermatological, medical or beauty advice given to ethnic people who present with problems is imprecise

and clinically unproven. This comes as no surprise since the beauty and cosmetic industry which is much older, has continuously failed to include any other ethnicities other than the Caucasian market. Fortunately, the UK ethnic market does not have to wait any longer. **The Beauty Society** created by Dr. Peter Ilori is one of UK's most innovative and all-inclusive medi-spas. The Beauty Society philosophy is to provide an integrated approach to beauty and non-surgical medicine for all ethnicities.

Dr. Ilori, an orthodontist and facial aesthetic expert, recognised that beauty considerations and advice should incorporate factors such as personal health, nutrition, weight management, skin care, specialist dentistry and non-surgical medicine. He and his colleagues recently launched the **Beauty in Colour Project**, a unique set of clinics designed to meet the medical, cosmetic and aesthetic needs of people of colour!

Why is the Beauty In Colour Project different? We are aware that there are problems which affect people of colour and require specialist assessment and treatments. There are various factors that can affect your skin, hair and nails which might cause embarrassment and frustration.To meet the changing demographics of patients requiring cosmetic and aesthetic procedures it is important to have a thorough understanding of the structure and function of the skin as well as how it differs with special reference to pigmented skin types.

Our team consists of dermatologists, doctors, aesthetic nurses and beauty therapists who specialise in skin care for the general population but have an expertise in treating conditions affecting people of colour. Our facilities have state of the art equipment and we use bespoke cosmeceutical products to meet all of your needs.

To meet the needs of patients who live outside the areas or regions where the Beauty in Colour clinics operate we have put together a network of partners who will provide the same level of care as that offered at our main centres.

The clinics understand that the different ethnicities have unique skin and health issues so our specialists are trained to deal with a range of skin and health issues associated with these different ethnicities.

Whatever your concerns are, it is important to seek advice from an expert! Too many of us seek advice from friends and relatives who would only provide anecdotal solutions, despite their best intentions.

Here are some of the problems and solutions associated with ethnic skin:

Visit our website for more information www.beautyincolour.com

What skin type are you?

Fitzpatrick's Skin Phototypes (SPT)

Characteristics of different skin types

The 6 different skin types react to sun exposure differently

VI (6) Brown, black skin
Never burns, always tans darkly

V (5) Brown skin
Rarely burns, tans darkly easily

IV (4) Light brown skin
Burns minimally, tans easily

III (3) Darker white skin
Burns easily, tans poorly

II (2) Fair skin, Blue eyes
Tans after initial burn

I (1) Pale skin, blue eyes
Always burns, does not tan

Acne and oily skin: Skin peels – glycolic, Sesha pancreatic enzyme mask, dermatological treatments, IPL, colonic hydrotherapy, cosmeceutical products

Unwanted hair: Laser/intense pulse light [IPL], waxing

Scarring and pigmentation (dark marks): Skin peels – ICP, medical microdermabrasion, mineral make up

Cellulite and water retention: Endermologie, Accent skin tightening, mesotherapy

Dull and tired skin: Skin peels – glycolic, medical microdermabrasion, Restylane Vital®, mesotherapy, colonic hydrotherapy, cosmeceutical products

Lip service

Your lips are the doorway to the world's many pleasures. They are used to talk, laugh, kiss and smile. Being the centre of attention it is essential they move, look and feel great

VIEWPOINT FROM: JACQUIE MACAULEY - AESTHETIC NURSE

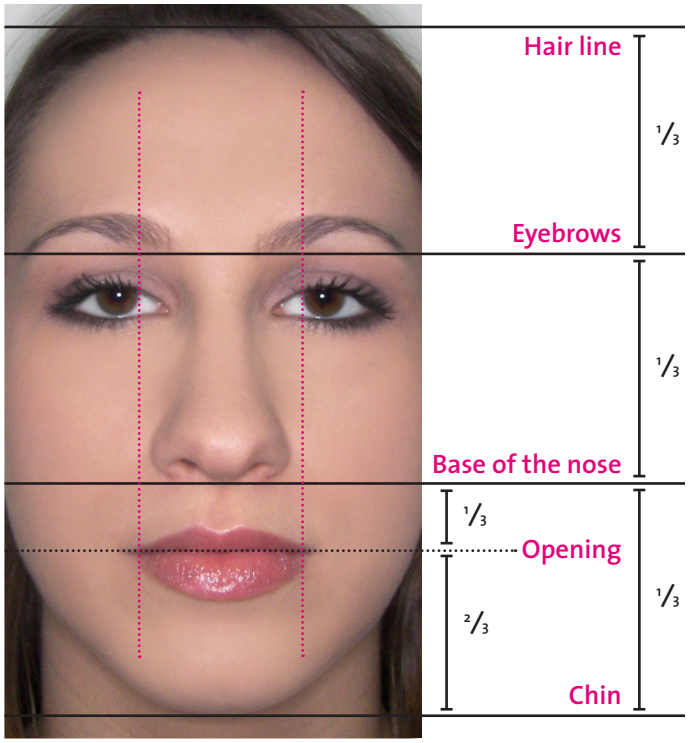
Vermillion border
Oral commisures
Cupid's bow
Nasiolabial fold
Philtrum

Know your lips

Create the lips you'll love!

In an ideal balanced situation, the width of the lips should approximate the distance between the irises (the dotted lines *fig 1*) and within the lower face, the lips should be about one third of the way between the base of the nose and the chin for reasons of aesthetic proportion.

fig1



Lip protrusion (how far your lips stick forward) depends on the thickness of the soft tissues, the tone of the lip muscles, the position of your teeth and the underlying bone structure.

Lip prominence is measured by observing the distance that each lip projects forwards from a true vertical line, as shown in *fig 2*. When your lips are relaxed the upper lip should not protrude more than 3mm past the black dotted line and the lower should not exceed 4mm of the blue line, for people of Caucasian origin. Variables exist depending on your race and skin type but these aesthetic rules will follow your overall facial proportions.

It is desirable to have a slight negative lip step which means the upper lip is forward of the lower by 2-3mm as shown in *fig 3*.

The naso-labial angle shown in *fig 4* is the measurement between the base of the nose and the upper lip. This is considered to be harmonious at 99° for most racial groups; however this is not an absolute rule.

When sculpting the lips, volume, balance, symmetry and proportion are important. The right and left sides should mirror each other and the volume of the lower lip should be greater than the upper (see *fig 5*). Your skin and lips are constantly under attack from environmental factors such as wind, sun, conditioning and pollution. Fillers can achieve ideal balanced lips by supporting and complementing their natural function. In order to make your lips feel healthier, softer and more hydrated, the judicious use of fillers to contour, volumise and sculpt the lips is recommended.

It is unwise to simply inflate the lip and distort the proportions – if you do require lip service and treatments it is best done by an aesthetician who understands the principles of facial and lip balance.

fig 2

You can improve your lips by:

- Defining the lip lines
- Eliminating wrinkles
- Eradicating horizontal creases in the chin
- Adding volume and enhancing the definition within reason
- Filling oral commissures
- Reviving your cupid's bow
- Reducing smile lines
- Creating happier mouth corners

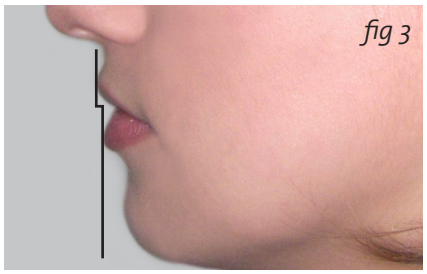


fig 3

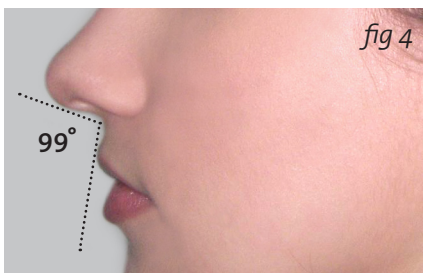


fig 4

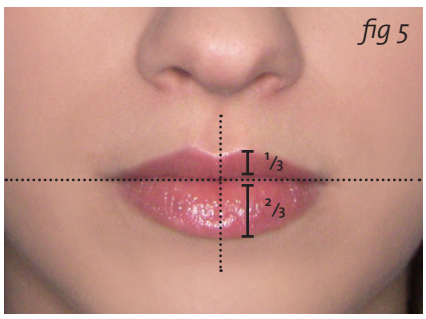


fig 5

MAXI PLUMP

Protect. plump. *pout!*

The perfect gift

Protect dry, chapped lips with intense moisturisers such as shea butter - a key ingredient, known to be a highly effective skin healer and protectant of moisture.

Plump your lips with tri-peptides, proven to enhance the contour and volume of the lips, making them fuller, smoother, and incredibly luscious to the touch.

*now, go ahead and **pout!***

Special effects of the things you consume

DR SHEILA CHAUHAN MENTIONS THE UNTHINKABLE!

CONSUMABLE: FRUIT
CONTENT: VITAMIN C, NATURAL SUGARS, CITRIC ACID, ANTI-OXIDANTS, NUTRIENTS, FIBRE, WATER
SPECIAL EFFECTS: ENERGY GIVING, LIFE ENHANCING
PROS: DIETARY FIBRE HELPS DIGESTION, FLUSHES OUT TOXINS, REDUCES FREE RADICALS IN THE BODY
CONS: ACID EROSION OF THE TEETH, INCREASED RISK OF GASTRIC ACIDITY AND RISK OF ULCERATION

CONSUMABLE: CHOCOLATE
CONTENT: COCOA, SUGAR, MILK, FATS AND ADDITIVES
SPECIAL EFFECTS: GENERATES SEXY SENSUAL FEELINGS AND HAPPINESS
PROS: ENDORPHIN ENHANCING
CONS: ROTS YOUR TEETH AND MAKES YOU FAT

CONSUMABLE: RED MEAT
CONTENT: HIGH PROTEIN, IRON, FAT
SPECIAL EFFECTS: REDUCES ANAEMIA & INCREASES YOUR 'ANIMALISTIC DRIVE'
PROS: SOURCE OF PROTEIN, MUSCLE BUILDING, ANTI-AGEING FACTORS
CONS: CHOLESTEROL SIDE-PRODUCTS CLOG ARTERIES, INCREASE RISK OF HEART ATTACKS AND BOWEL CANCER

CONSUMABLE: FISH
CONTENT: HIGH PROTEIN, PHOSPHOROUS, OMEGA, IRON, VITAMIN D
SPECIAL EFFECTS: IMPROVES VIRILITY, FISH OILS CAN REDUCE YOUR BODY FAT MASS
PROS: OILY FISH CAN FIGHT PROSTATE CANCER, PROMOTE GOOD HDL CHOLESTEROL
CONS: SMELLS BAD SOMETIMES, BONES ARE A CHOKING HAZARD

CONSUMABLE: SUPPLEMENTS
CONTENT: VITAMINS, MINERALS, ESOTERIC CHEMICAL AGENTS
SPECIAL EFFECTS: BOOST YOUR ENERGY, BOOST YOUR METABOLISM, FRESHEN YOUR LOOKS
PROS: SUPPORT A GOOD DIET, ENERGISE, ANTI-AGEING PROPERTIES
CONS: ILL-EDUCATED INTAKE CAN BE DANGEROUS

CONSUMABLE: REFINED SUGAR
CONTENT: SUCROSE
SPECIAL EFFECTS: PROVIDES ENERGY AT SHORT NOTICE, SEXUALLY ADDICTIVE PROPERTIES
PROS: TASTES GOOD, FEELS GOOD, CANDYFLOSS IS A SPECIAL FAVOURITE
CONS: ROTS THE TEETH, EXCESSIVE CONSUMPTION AIDS WEIGHT GAIN, CONTAINS NO FIBRE, MINERALS, PROTEINS, FATS, OR ENZYMES

CONSUMABLE: CHEWING GUM
CONTENT: UNNATURAL SUGARS, ARTIFICIAL SWEETENERS AND FLAVOURINGS ACCORDING TO TYPE
SPECIAL EFFECTS: NOISE MAKING, DISTRACTING ACTION, AFFECTS APPETITE
PROS: INCREASES SALIVA FLOW, FRESHEN MOUTH AND BREATH, REDUCES TOOTH DECAY, AIDS SMOKING CESSATION
CONS: BUILD FACIAL MUSCLES, JAW JOINT PAIN, SOCIAL NUISANCE, ACCELERATES TOOTH WEAR

Smile Focused

A smile is vital
A smile shows confidence
A smile is a work of art
A smile is the work of an orthodontist

The smile fixers

Dental veneers might offer a quick-fix Hollywood smile but braces are the safest and most technologically advanced way of improving your teeth without altering their healthiness

DR RAMAN AULAKH REPORTS

You might be conscious of stained, chipped, crooked and worn teeth or you might have been unfortunate enough to have accumulated a mouth full of old unsightly fillings – no matter which boat you are in your ultimate quest would be to achieve a brilliant set of white straight teeth. Oral health is defined by the World Health Organisation as "a standard of health of the oral and related tissues which enables an individual to eat, speak and socialise without active disease, discomfort or embarrassment and which contributes to general well-being". It is important not to damage your teeth in the quest for straight and white.

Orthodontics is the speciality of dentistry which is concerned with the management of irregularities and abnormalities of the teeth, jaws and face. A specialist orthodontist is a qualified dentist who has had the requisite extensive additional training, therefore possesses the expertise to provide the most effective, efficient and safest way to give you your dream smile. In the UK many adults were denied opportunities to have their teeth straightened simply because of a lack of availability of orthodontics when they were children. Over the past few years orthodontics specialists have set up five star

facilities in certain parts of the UK, improving the availability of their services to a wide range of the population - both children and adults.

Some dentists have promoted the placement of artificial materials over the surface of the teeth as an 'instant solution' for crooked teeth but there are drawbacks to this approach. In certain cases, if your teeth point inwards, a thicker veneer might have to be fitted to make them appear straight which might result in a less natural appearance.

In many cases veneers require the use of a dental drill to remove the surface of the teeth for a proper fit. Where the crowding of your teeth exceeds a few millimetres, excessive amounts of enamel might need to be removed – this is considered inappropriate by most conservative dentists. Orthodontics or braces, on the other hand, work by applying continuous forces to the teeth to change their position incrementally.

There is another good reason why many of us are now favouring orthodontics over veneers. "However good the effect, veneers are not natural," says Dr Peter Ilori, of Octagon Orthodontics in High Wycombe. "British people don't want a synthetic smile. With orthodontics, you get straight teeth that are aesthetically pleasing but they look natural and are 100% your own." This quest for a natural look partly explains why more than 75% of orthodontists have reported an increase in adult patients over the past few years.

So what is responsible for this increase? Certainly, pictures of good-looking celebrities wearing braces have helped remove the stigma attached to orthodontics, but technological advances have boosted the figures, too. "Braces are more comfortable to wear, more discreet and more effective than ever. With time, we can straighten any teeth," says Dr Ilori. "Orthodontics applies a three-dimensional force, so we can push teeth forwards and backwards, but we can also push them up and down. If there is general overcrowding and crooked teeth some teeth will be pushed back, some re-angled, and some pushed forwards or up and down until they are straight", adds Dr Ilori. By pushing teeth back into the bone, orthodontics can reduce the effect of receding gums, too. Putting a downward force on short upper teeth can make them look longer by pulling them out of the bone.

'Tombstone' teeth which are large and protruding, can be pushed back and reduced in size by 'interdental stripping' – removing about 0.15mm of the enamel. A 'narrow' smile – one that shows gaps in the side of the mouth when you grin – can be widened by increasing the size of the roof of the mouth (the arch) by applying the force to push teeth outwards. Commonly known as smile widening, this is now standard practice in America for children with narrow jaws.

In more severe cases, orthodontics can be combined with surgery to realign a protruding upper or lower jaw or correct 'gummy smiles'. Often, however, problems can be treated with clear plastic removable braces called Invisalign®, a thin mould that sits over the teeth like a mouth guard. It is aesthetically more pleasing and it can also be removed when the wearer wants to eat or clean their teeth.

Many Invisalign® wearers are actors, TV presenters and models, who do not want anybody to know that they are having orthodontic work. Mild to moderate cases of misalignment can usually be fixed in 6 to 12 months, but more severe cases can require up to two years of treatment, with regular check-ups on a four- to six-week basis.

An unexpected side effect for many patients undergoing orthodontic treatment is weight loss! Many people lose weight because braces force you to eat more slowly. We wouldn't want you to have braces for this reason alone!

A general guide to contemporary orthodontic braces

CONVENTIONAL FIXED METAL BRACES CONSIST OF A BRACKET GLUED TO THE CENTRE OF EACH TOOTH AND CONNECTED BY A FINE WIRE. THE WIRE DETERMINES THE DIRECTION IN WHICH THE FORCE IS APPLIED. YOU CAN NOW OPT FOR CLEAR OR TOOTH-COLOURED CERAMIC BRACKETS AND WIRES. EXPECT SOON TO SEE BRACES WITH CLEAR WIRES CREATED FROM FIBREGLASS. ALTERNATIVELY, YOU CAN OPT FOR THE BLING APPROACH, WITH GOLD-PLATED BRACES, OR CHOOSE ONE IN YOUR FAVOURITE COLOUR.

INVISALIGN® IS A CLEAR PLASTIC REMOVABLE MOULD THAT FITS OVER THE TEETH.

LINGUAL ORTHODONTICS ARE BRACES THAT ARE ATTACHED TO THE INSIDE OF THE TEETH.

THE HYBRID APPROACH: IT IS POSSIBLE TO COMBINE THE ABOVE METHODS, THAT IS, FIT A CONVENTIONAL FIXED BRACE FOR THE BACK AND LOWER TEETH AND INVISALIGN® FOR THE UPPER FRONT TEETH.

CONSULTATIONS CAN BE BOOKED WITH ANY OF OUR ORTHODONTIC SPECIALISTS AT OCTAGON ORTHODONTICS AT THE BEAUTY SOCIETY - TELEPHONE: 01494 513797

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Dr Sheila Chauhan BDS(Lond), FDS RCS(Eng), M.MED.Sci, M Orth RCS(Eng)

invisalign™

What is Invisalign®?

- ✓ Invisalign® is the invisible way to straighten your teeth without braces
- ✓ Invisalign® uses a series of clear removable aligners without metal wires or brackets
- ✓ Invisalign® has been proven effective in clinical research and in orthodontic practices throughout America and Europe

How does Invisalign® work?

- ✓ You wear each set of aligners for 2 weeks, removing them only to eat, drink, brush and floss
- ✓ As we replace each aligner with the next in series, your teeth will move – little by little, week by week –until they have straightened to the final position as discussed with your orthodontist
- ✓ You will visit the orthodontist roughly once every 8-12 weeks to ensure that your treatment is progressing as planned
- ✓ Total treatment time averages 6-15 months and the average number of aligners worn during treatment is between 18 and 30, but both will vary from case to case

Why Invisalign®?

Invisalign® can help you get the great smile you have always wanted because it is...

Invisible; so no one can tell you are straightening your teeth. So now you can smile more during treatment as well as after

Removable; so you can eat and drink what you want while in treatment, plus brushing and flossing are no problem

Comfortable; it has no metal to cause mouth abrasions during treatment. And no metal and wires usually means fewer adjustment appointments

Invisalign® also allows you to view your own virtual treatment plan when you start, so you can see how straight your teeth will look when your treatment is complete. The best possible outcome is achievable in the shortest possible time.

At Octagon Orthodontics we can offer you:

- ✓ Affordable payment plans (0% Finance and low cost loans available)*
- ✓ Expertise in the treatment of both adult and children
- ✓ Comprehensive treatment planning and review sessions to ensure you fully understand all aspects of your treatment
- ✓ Relaxing, calming and ambient environment – we assure you of a pain free, anxiety free visit

What happens now?

STEP 1 Give us a call on 01494 513797 to arrange an initial consultation with our Invisalign® specialists

STEP 2 We will examine you, discuss Invisalign® treatment duration and cost

STEP 3 Invisalign® will make your aligners

STEP 4 You wear your aligners as prescribed by your orthodontist

> “THE INVISIBLE WAY TO STRAIGHTEN YOUR TEETH WITHOUT BRACES”

STEP 5 You will visit us every 8-12 weeks to assess your treatment progress and to receive new aligners

STEP 6 Your treatment is finished and you walk away with a brilliant smile

*All loans subject to a credit check.
www.braces-uk.com

Whiter than white

DR MARKO HEKMAT ANSWERS YOUR QUESTIONS

Tooth whitening is a treatment that is popular in these image conscious times. White teeth project a sharp, clean, inviting and sexy image and are a bold signature of social confidence. In the business world it would be bad form to arrive at an interview or meeting brandishing a tobacco or coffee stained set of teeth. With the advent of better dentistry, fluoride containing toothpastes and an increased hygiene awareness, people are more likely to keep their teeth until they are 100 years old! Many of us are looking for ways to improve the appearance of our smiles as well as portraying a healthy, younger image – tooth whitening is essentially an anti-ageing treatment.

There is no point having a set of brilliantly white teeth that are crooked (case in point - Dracula was never all that attractive in spite of his bright white fangs). An ideal situation is that you straighten and whiten your teeth for the most potent effect. A consultation with a qualified registered dental practitioner (not beautician) will determine whether you are suitable for tooth whitening. Here are some answers to some regularly asked questions.

What is tooth whitening?

Tooth whitening is a method of lightening the colour of your teeth without the need to remove any surface tooth material. Very few people have "pearly white" teeth but the whitening process can change the shade of your teeth significantly enough to give a good contrast against your skin complexion.

Do I need tooth whitening?

The surfaces of your teeth gradually stain over the years through the consumption of foods which may contain certain natural or artificial dyes, smoking, poor tooth brushing technique and drinks such as tea, coffee, red wine, fizzy drinks etc. In some cases the porosity of the enamel is quite high making the teeth more likely to absorb stains. If you are unfortunate enough to have suffered from enamel erosion or wear your teeth will take on a darker appearance. In any case we all require a degree of stain removal and tooth whitening to improve the overall radiance of our smiles. Existing discoloured fillings, crowns, bridges, veneers and dentures will not lighten with this procedure. Tooth whitening is not recommended if you are pregnant, breast feeding or allergic to any components in the whitening material.

What does tooth whitening involve?

During the consultation process you will be given advice on the best approach to achieving your goals. There are two different methods available which can be used individually or in combination with one another. Home whitening involves the use of carbamide or hydrogen peroxide gel which is applied to the teeth through custom-made trays (like gum shields). The trays should be worn for 2-5 hours per day over a period of 2-3 weeks for effective whitening.

Laser power whitening or in-surgery whitening utilises a more potent gel applied directly to the surface of the teeth which is activated by a special (laser) light. The procedure is repeated up to three times to obtain maximum tooth lightening. This method can give a dramatic colour improvement at the first visit although a follow up visit may be required for stubborn stains. The laser power whitening appointment takes about one hour.

How long do my teeth stay white?

The lightened effect can last two to three years depending on whether you smoke and how often you ingest products that stain your teeth such as tea, coffee, etc. The key is avoidance of staining foods and drinks.

Are there any side effects?

Occasionally during or after the treatment there might be some tooth sensitivity. If the gel spills onto the gums little white spots might be seen but these disappear within a few hours. At the consultation appointment it is important for you to mention if you have ever suffered from sensitive teeth so that the appropriate steps can be taken to avoid any further sensitivity.

> "White teeth project a sharp, clean, inviting and sexy image"

Does tooth whitening always work?

Heavy staining from tetracycline, fluorosis and discoloured teeth due to weakened enamel (hypoplasia) are very difficult to lighten. Dead teeth (where the nerves have been removed) discolour internally and will not lighten with surface whitening. However if these dead teeth have been root filled by your dentist they can be whitened.

For enquiries and bookings quote reference: Whitening offer 08 to take advantage of latest offers.
Octagon Orthodontics
Telephone 01494 513797

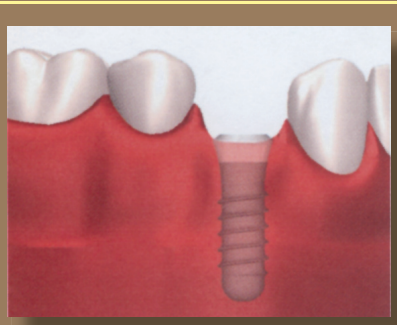
Dental Implants

The natural choice for replacing missing teeth

Dental implants are titanium screws which can be inserted into the jaw bone under local anaesthetic. Before the tooth replacement can be incorporated, the jaw bone has to grow onto the dental implant so that the implant is firmly anchored permanently. This healing process takes from six to 12 weeks, depending on the situation.

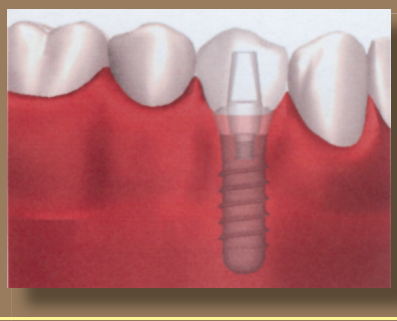
1. Consultation and assessment

Planning the surgical procedure begins with an assessment of your individual dental needs. The implantologist will give you detailed information and will advise you on the implant protocols and possibilities. X-rays, scans, photographs and plaster casts will be taken to plan the operation and determine the position of the dental implant,



2. Insertion

The implant is inserted under local anaesthetic. Subsequently, the bone grows around the implant and anchors it firmly. This is a painless procedure.



3. Replacing the tooth

When the healing period is complete, the new crown is secured onto the implant.

4. Implant aftercare

Just like your natural teeth, implants also require regular check-ups and good oral hygiene. With appropriate care, you will extend the longevity of your implants. The implantologist will give you specific advice on aftercare.

For implant consultations call Octagon Orthodontics on 01494 513797

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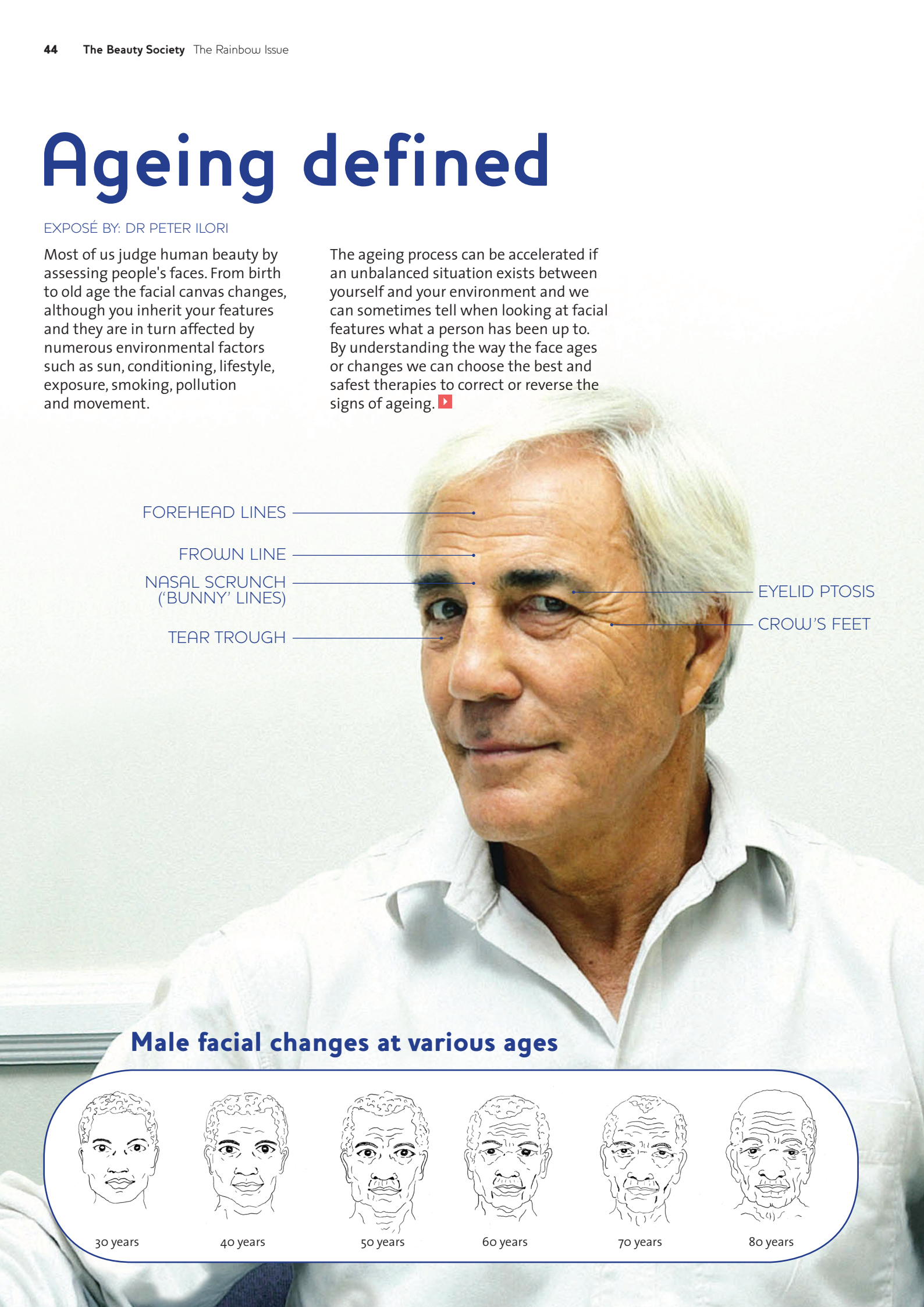
Ageing defined

EXPOSÉ BY: DR PETER ILORI

Most of us judge human beauty by assessing people's faces. From birth to old age the facial canvas changes, although you inherit your features and they are in turn affected by numerous environmental factors such as sun, conditioning, lifestyle, exposure, smoking, pollution and movement.

The ageing process can be accelerated if an unbalanced situation exists between yourself and your environment and we can sometimes tell when looking at facial features what a person has been up to. By understanding the way the face ages or changes we can choose the best and safest therapies to correct or reverse the signs of ageing.



Male facial changes at various ages

Female facial changes at various ages

There are two types of skin ageing: intrinsic and extrinsic.

Intrinsic ageing is genetically programmed and occurs all over the body. The skin becomes thinner, drier and slower to regenerate. It is not possible to delay this process.

Extrinsic ageing occurs when the skin is exposed to direct ultraviolet [sun] radiation and is 90% responsible for the cosmetic changes to our skin. Loss of collagen and elastin causing loss of volume, development of pigmentation and irregular thickening of the skin surface can all occur. The end result is a poor, unhealthy looking complexion with a rough texture, mottled pigmentation, wrinkling, loose skin and broken blood vessels. We must remember at all times that the sun is our greatest enemy and we must protect ourselves to prevent serious damage. When UV hits the skin its rays trigger the production of free radicals which damage healthy skin cells. It can also produce excessive amounts of melanin, responsible for pigmentation, which can appear as sun or age spots. If pigmentation is already pre-existing, it can be exacerbated.

Another extrinsic factor waging war on our skin is cigarettes. If you are a fag-smoking sun-worshipper your skin has probably seen better days. Smoking causes vasoconstriction which restricts blood flow to the skin surface. Pollution contributes to skin damage - working in a metropolis and regularly commuting will expose you to more pollution. Preventative steps include using a good cleanser twice daily and applying skin barrier protection cream (sun protection factor SPF 30+) to inhibit the penetration of pollution chemicals.

As a person ages the surface layer of the skin (epidermal cells) become thinner. The barrier function of the skin develops faults allowing moisture to escape instead of being kept in the skin, consequently causing dryness. The total number of epidermal cells decreases by 10% per decade and turn over more slowly as we age making the skin less able to repair itself.

The deeper layer of the skin (dermis) becomes thinner and less collagen is produced. The elastin fibres that provide elasticity wear out, resulting in wrinkling and sagging. Sebaceous glands enlarge and produce less sebum whilst the number of sweat glands decrease, compounding the dryness problem. In the subcutaneous layer (deeper than the dermis) the fat cells shrink with age, at this point wrinkling becomes more noticeable because the fat cells cannot "fill in" the damage from the other layers.

> “We must remember at all times that the sun is our greatest enemy and we must protect ourselves to prevent serious damage”

On the face, the thinner and less elastic skin tends to sag and fold. Permanent crease lines and crow's feet form on the brow and around the eyes. The eyebrows drop, and loose skin folds around the upper and lower eyelids. Tiny wrinkles form around the lips. The tissues of the jaw and neck droop into jowls and double chins. The skin of the neck droops into folds and wattles. However medical aesthetic treatments can provide a glimmer of hope in the quest for anti-ageing.

NEW

Liftmassage™

BY ENDERMOLOGIE®

SESSION 0

SESSION 8

The mechanical **collagen activator**

100% natural

As the skin ages so it becomes thinner, causing wrinkles to appear and the features to sag. Liftmassage is the only technique acting on the core of the fibroblasts, deeply redensifying and rejuvenating the skin.

Available from **Pearl Studios** at **The Beauty Society**
www.thebeautysociety.co.uk

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SEE YOURSELF YOUNGER AGAIN

Your face is the first thing that people notice about you but when your appearance no longer reflects how you feel inside, it may be time for a change.

Sculptra™ is an injectable treatment that works gradually by stimulating the build up of your body's own collagen to smooth out lines and wrinkles.

Sculptra's™ volumising effect also restores lost facial volume, resulting in a fuller younger-looking face with natural looking results.

Clinical studies have shown that the results can last for up to **3 years** or more and over **167,000** people have been treated worldwide.

At **Pearl Studios**, we can offer you Sculptra™
Simply call **01494 430612 / 01494 530015**
or visit **www.thebeautysociety.co.uk**

Sculptra™
Poly-L-lactic acid

A beginner's guide to medical aesthetics and anti-ageing

Nip tuck without surgery

ILLUMINATION BY: YASMIN KHAN

Are you overwhelmed or confused about the latest treatments available in the war against ageing? Are you interested in fighting the battle?

There are many developments in non-surgical medicine, coming in thick and fast. The greatest selling points are the non interference procedures with lifestyle, affordability and good safety record. There is a shift in demand from plastic surgery to non-surgical procedures simply because of the well publicised complications of surgery and a growing risk-adverse public mood. It is becoming more widely known that we can reverse the signs of ageing without going under the knife.

Ageing can result in sagging and loss of elasticity of the supporting structures (cartilage, bone and connective tissue). To restore a youthful appearance we can carry out non-surgical procedures to relax (Botox®), refill (dermal fillers), re-drape (Sculptra™) and resurface (skin peels and laser therapies).

> "IT IS BECOMING MORE WIDELY KNOWN THAT WE CAN REVERSE THE SIGNS OF AGEING WITHOUT GOING UNDER THE KNIFE"

As we age our muscles atrophy contributing to a loss of volume and accentuating facial lines (rhytides), giving us an angry, worn out and old appearance. The use of Botox® to relax selected muscles gradually eradicates these angry lines. Youthful faces are associated with a rounder, fuller appearance but older faces tend to look skeletonised around the eyes, cheeks, forehead and mouth areas. 'Jowls' along the jaw line and 'turkey neck' deformities are the result of loss of cheek fat and neck muscle tone. Non-surgical facelifts are possible using re-draping and redistribution procedures such as Sculptra™, Endermologie facial keymodules, Accent radiofrequency and mesotherapy, to name but a few. Skin integrity is also affected by sun damage, leaving us with patchy, uneven skin tones. Chemical peels and laser resurfacing can be used to reduce and eradicate irregular skin texture and contour.

Anti-ageing supplements have their role in invigorating us and slowing down the ageing process. Anti-oxidants can protect us against inevitable free radical agents. These are best taken under the supervision of a qualified nutritionist who is able to determine your body type and health requirements – it is not wise to simply purchase 'over the counter' supplements without taking professional advice.

A combination of various treatments and a change in lifestyle is what we all need to preserve our youth – there is no magic elixir!

4

Mesotherapy

Mesotherapy is the art of using skin prick delivery techniques to supply vitamin, nutrition and homeopathic medicine for facial/ body rejuvenation, relief of under-eye circles and bags, reduction of fat and muscle building.

3

Sculptra™

Sculptra™ is a long-lasting, clinically-proven treatment that can smooth deep lines and wrinkles and restore facial volume lost to the body's natural ageing process. The improvement is gradual, long-lasting and gives you an entirely natural-looking fuller face. Sculptra™ is an injectable volumising treatment that stimulates the build-up of the body's own collagen to smooth out lines and wrinkles and restore lost facial volume to give you a fuller, younger-looking face.

2

Dermal Fillers

Dermal Fillers provide gentle volumising and contouring, creating a naturally attractive effect to smooth out and fill lines and wrinkles. Restylane®, Hydrafill® and Laresse® are popular choices of dermal filler due to their safety and results. These fillers are made from hyaluronic acid which supplements your own body's lack of it due to the ageing process. Hyaluronic acid will plump-up or raise the skin and 'fill in' the area being treated. Essentially it enhances your natural looks by restoring your skin's volume, creating softness and revitalising your appearance.

1

Botox®

Botox® is used to temporarily relax muscles mainly in the upper forehead and around the eyes. It can, however, be used to reduce the appearance of smoker's lines around the mouth, relax the platysma bands on the neck and improve the appearance of the chest area. This results in prevention of premature wrinkles and smoothes out existing wrinkles. Botox® can also be used to treat medical conditions such as migranes and excessive sweating.

1
30

Botox®

Why Botox®?

Wrinkles and lines on our faces usually appear as we age, due to repeated muscle movements and our natural genetic make-up. In some cases, one might be unfortunate to come from a family where wrinkling is a common feature (some cruel friends might have commented that you are looking more and more like your grandparents!).

Other extrinsic factors can increase the likelihood of wrinkles, such as over exposure to sun rays/sun beds, excessive alcohol intake, unhealthy diet, over-stimulated hormones and smoking. Some of these can be avoided or counteracted by undertaking carefully crafted skin care regimes and a lifestyle of monastic abstinence. However, most of us cannot stop the internal ageing process and we will ultimately seek solutions to the wrinkling problem.

The bunching of skin from facial muscle contractions induces frown lines. When we frown, the skin between our eyebrows is gathered into a fold, which eventually causes a chronic furrow. This gives one's face a frustrated, discouraged, angry or unapproachable look, which can be distracting to others and a bother to us (when your friends or children start considering you 'mean faced' it might be a call to action!).

It is the quality of delivery not the quantity which determines the desirable end result when using muscle relaxing products. An experienced practitioner will inject minimal amounts and follow this with a review (around two weeks later) when the effect of the initial treatment can be judged. A top-up dose can be administered if the furrow or wrinkle is still present. In certain instances, areas of the face might need to be symmetrically balanced in relation to one another, e.g. the right and left sides should appear to be the same. The overall aim of this treatment is to achieve a natural effect - nobody wants to look frozen, rigid or artificial – the intention is usually to make the most of one's good looks.

What is it?

Botulinum toxin (Botox®) is a substance produced from engineered bacteria which, when injected in small doses, will cause relaxation of targeted muscles. Facial furrows and wrinkles can be reduced by the judicious use of muscle relaxing products such as Botox®.

Am I an ideal candidate?

Treatment can be effective for both males and females. It is important to attend a prior consultation before treatment to determine if you may have any contra-indication. There are certain cases where it is definitely not advisable, such as if you are pregnant, breastfeeding, have a neurological disease or know of a hypersensitivity to this treatment.

Is the treatment comfortable?

Although Botox® is administered through injection the needles are small and only small amounts are administered at any one time. The injections are few and frequent so any discomfort is short-lived.

If however, you are needle phobic a numbing cream can be applied to the area prior to treatment to make the experience more comfortable.

How long does treatment take?

Treatment usually takes between 15 – 30 minutes. The full effects of treatment can be noticed in two weeks and depending on muscle tone, some individuals may need an extra dose to achieve an enhanced result.

What is the difference between Vistabel® and Botox®?

None! They both have the same pharmaceutical constitution but are packaged differently. Botox® can also be used for the treatment of neuro-muscular diseases, e.g. blepharospasm associated with dystonia, migraines, persistent headaches, chronic lower back pain, stroke, traumatic brain injury, cerebral palsy, achalasia and excessive sweating. Needless to say it's not applied just on the face. This drug is well accepted in the medical arena.

How long will the effects of this treatment last?

On average a single Botox® treatment can last up to 4 months. Towards the end of this period you may notice a gradual return of the furrow or wrinkle. At this point another treatment cycle can be administered. Some clients have regular quarterly treatments which can maintain the desired results.

2 Dermal Fillers

Why Dermal Fillers?

Along with a trend towards living a longer, healthier life, more and more patients are looking to physicians to help them achieve a more youthful appearance. The skin's natural ageing process manifests as facial contour changes and wrinkles with the loss of dermal collagen.

Traditionally, rejuvenation has been achieved with a face-lift by surgically tightening the skin. Today, a multitude of minimally invasive procedures are aimed at rejuvenation without the risk, recovery time, and expense of major surgery.

Dermal fillers have become a popular means of addressing concerns that result from ageing, photo damage, trauma or disease. Dermal fillers are chosen for their safety and results.

What is it?

The basic content is usually hyaluronic acid which is a naturally occurring substance in our bodies. There are many dermal fillers available and all can give different results, therefore it is important to consult with a physician prior to treatment to decide what is most suitable for you.

> "Soft tissue augmentation: placement of a natural or synthetic substance into or under the skin to smooth folds, line, wrinkles, depression and scarring"

Dermal fillers can be broken down into three categories – bio-degradable, semi-permanent and permanent. Semi-permanent and permanent products, while they produce longer lasting results, are associated with higher risks. The safest products are bio-degradable products because their effects are reversible. For this reason many clinicians prefer to use bio-degradable products for their safety history and because they consider that permanent solutions might be rendered inappropriate when inevitable ageing takes place after treatment.

Examples of bio-degradable products are Restylane®, Perlane®, Hydrafill® and Laresse®, which are formulated to provide smooth, natural results with minimal swelling. These products have been on the market for a number of years and patients have shown very little adverse responses.

Is the process comfortable?

Small amounts of dermal fillers are delivered by injection beneath the surface layer of the skin. Some clinicians use a topical or local anaesthetic to numb the treatment area prior to injecting if pain threshold or needle phobia are a concern.

This procedure is non-surgical and minimally invasive, therefore most patients can return to work or leisure activities after treatment without any noticeable difference.

How long do results last?

Depending on age and the area treated, results might last 6-8 months. In the lip area results might last about 5-6 months as greater mechanical stress in this area tends to cause more rapid breakdown of the injected product.

3
SINGLE

Sculptra™

Fighting the signs of ageing

Looking younger has never been so achievable! Sculptra™ is a non-surgical cosmetic procedure used in the fight against ageing. Unlike surgical options, Sculptra™ can provide natural-looking results through less traumatic treatment.

It is a long-lasting, biocompatible and biodegradable substance providing gradual, natural looking reduction of your unwanted facial lines and wrinkles – without surgery! Sculptra™ has been developed for facial contour treatment. About 150,000 patients have been treated worldwide since 1999. Working on the lower skin layers, Sculptra™ smoothes and firms giving the desired appearance. The main ingredient, poly-L-lactic acid, has been used for over 25 years in procedures such as bioresorbable sutures and bone plates and screws.

Sculptra™ is a non-invasive natural volumiser designed to replenish and re-contour the face. This results in an improvement of wrinkles and lines, giving you back a younger looking appearance. It is designed to naturally stimulate collagen production over a period of time. This results in an increase of collagen that puts back the lost volume, giving a naturally younger look.

Sculptra™ is an ideal treatment:

If you have lost weight or collagen in the face

For smoker's lips

For laughter lines

For unwanted facial lines and wrinkles

For hollow cheeks

Or if your appearance is not as youthful as you feel?

SCULPTRA™ may be just what you need

Treatment

Prior to any treatment you must have an initial consultation with a practitioner to discuss your aims and to ensure Sculptra™ is the correct treatment for you. At this stage any concerns or questions you may have can be resolved and the number of treatments would be anticipated – usually 3-4 treatments dependant on area, age and wrinkling tendency.

A series of small injections are delivered into the desired area by a highly trained aesthetic specialist – you will be reassured that you are receiving the very best of care. There is no need for allergy testing prior to this procedure as Sculptra™ is immunologically inert. On completion of your Sculptra™ treatment(s) the results have been proven to last for up to 2 years, again dependant on age, wrinkling tendency and type of procedure used.

Possible side effects

The risk of your body rejecting/adversely reacting to the product is virtually nil as Sculptra™ is immunologically inert. Common side effects would include tenderness, bruising, swelling, redness or bleeding at the injection site, not lasting any longer than 2-6 days.

4

Mesotherapy

What is it?

Pioneered by the French physician Dr. Michel Pistor in 1952, mesotherapy is a minimally invasive procedure that is widely used for injuries and medical and aesthetic conditions. It targets problem areas with micro-injections of conventional or homeopathic medicines, vitamins, minerals and amino acids. Tiny amounts are delivered directly into the mesoderm (middle layer of skin) that are specific to the condition being treated.

What can be treated?

Among its many applications, mesotherapy can be used to eliminate cellulite, promote weight loss, provide anti-ageing benefits and build muscle.

Mesotherapy provides facial rejuvenation to brighten and refresh the skin whilst reducing wrinkles and fine lines. When used around the jaw area it tightens the skin, improving facial sagging, creating a younger appearance.

One of its numerous uses is to relieve dark circles by improving circulation and under-eye bags, by breaking down fatty deposits. This reduces puffiness, improves the skin texture and consequently eliminates the tired appearance.

> “If you want your body profile to appear significantly refined, toned and slimmed this is the treatment for you”

When treating cellulite each treatment is customised to the individual depending on the stage of the cellulite development – most people despise the ‘orange-peel’ appearance that cellulite produces. Mesotherapy targets the causes of cellulite by increasing circulation, breaking down localised fat deposits and firming the skin. If you want your body profile to appear significantly refined, toned and slimmed, this is the treatment for you.

Muscle can be built in a similar way by delivering the product directly into the targeted area, which results in the breakdown of fat cells and encourages better muscle tone. The overlying skin looks and feels smoother, firmer and more toned.

How can I enhance my results?

The results from mesotherapy can be enhanced if combined with other treatments such as Endermologie and Accent radiofrequency skin tightening. Combined treatment works particularly well when treating stubborn cellulite. Endermologie stimulates the targeted body or face area allowing the mesotherapy product to disperse evenly and effectively, while the application of radiofrequency helps break down the fatty deposits, encouraging collagen formation to firm and tighten the skin.

How many treatments are required?

During a consultation with the therapist, measurements and body analysis will determine how many sessions of mesotherapy will be required to achieve your desired results. Six sessions are normally recommended but combined treatments might be required to accelerate or enhance the overall outcome.

Well groomed or rough and ready?

VIEWPOINT FROM: KELLIE SMITH

In today's world it is so easy to be influenced by the glamour of Hollywood and we can see why so many have followed the example of top celebrities in a bid to become more beautiful. These days however, more and more men are also dashing off to salons and spas to get primped and preened to perfection. So what do women really think of male grooming?

It seems that a lot of women think it is acceptable to open a guy's bathroom cabinet and find moisturiser, hair gel, hair clippers and an expensive aftershave. Others would rather that their men did not use any products to improve their image.

Despite the differences of opinion on what is attractive, most women seem to agree on what is definitely unattractive. After all, it is one thing for a guy to have a growth of manly stubble on his chin or to run his fingers through his hair instead of a comb, but it is an entirely different matter when he fails to include things like brushing his teeth and applying deodorant in his daily routine!

If a man spends more time than his date grooming himself before dinner and as a consequence arrives late, it is likely that he will have a close shave with disappointment. Women find it quite unromantic to date a man who spends most of the time grooming their perfectly plucked eyebrows and searching for stray nostril hairs, rather than focusing on the goddess seated on the other side of the table.

Do women want a rough and rugged guy? Or a well groomed gentleman? Or a cross between both? What most of us fail to realise is that it can take considerable hours of preparation to turn out the sexy, just rolled out of bed look that celebrity men wear so well.

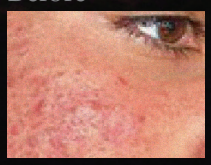
> "IT CAN TAKE CONSIDERABLE HOURS OF PREPARATION TO TURN OUT THE SEXY, JUST ROLLED OUT OF BED LOOK THAT CELEBRITY MEN WEAR SO WELL"

Men are spending just as much time and money on treatments and products to look tousled and natural as they would to look smart and clean-cut. There are a number of contemporary male grooming shortcuts which can be useful for the discerning gentleman.

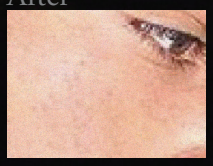
WHAT MEN WANT	WHAT TO DO	WHAT IT DOES?
SIX PACK ABDOMINALS	ENDERMOLOGIE	TONING, SCULPTING AND FAT BUSTING
OVERALL MUSCULAR APPEARANCE	MESOTHERAPY	MUSCLE BUILDING WITH SKIN PRICK NUTRITION
REDUCED GORILLA HAIR	IPL PERMANENT HAIR REDUCTION	ELIMINATES UNWANTED HAIR AND SLOWS NEW GROWTH
ELIMINATE SHAVING BUMPS	CONSULTATION WITH DERMATOLOGIST	PRESCRIPTION AND SHAVING MANAGEMENT ADVICE
REDUCE ACNE SCARRING	MEDICAL MICRODERMABRASION	POWERFUL EXFOLIATION
BANISH ANGRY, WRINKLED LOOKS	BOTOX®, DERMAL FILLERS, SCULPTRA™	SMOOTH, VOLUMISE AND CONTOUR THE FACE
HEALTHY LOOKING SKIN	SKIN PEEL	IMPROVES SKIN TEXTURE AND QUALITY
DETOXIFICATION	COLONIC HYDROTHERAPY	RELIEVES CONSTIPATION, BLOATING AND UN-WANTED WASTE
GROOMED HANDS AND FEET	MANICURE AND PEDICURE	ESSENTIAL TIDY UP OF CUTICLES AND NAILS
THE PERFECT SMILE	INVISIBLE BRACES AND TOOTH WHITENING	STRAIGHTENS AND BRIGHTENS THOSE PRECIOUS TEETH

Advanced Laser Technology

Before



After



- Acne clearance
- Hair removal
- Skin rejuvenation
- Vascular and pigmented lesions
- Tattoo removal
- Leg veins
- Hypopigmentation
- Laser peel and skin resurfacing
- Wrinkles and acne scars

At **PEARL STUDIOS,** we can help you find a solution. For bookings and enquiries telephone: **01494 430612 / 01494 530015**
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Healthcare Commission

Body focused

Accent, endermologie and mesotherapy

VIEWPOINT FROM: SHARON CHESHAM

The aesthetic treatment repertoire is expansive, and forward thinking clinicians use holistic approaches to the benefit of their clients. Combination treatments offer so much more and ultimately improve the final results. Endermologie, Accent and Mesotherapy are techniques for sculpting, contouring, tightening and rejuvenating the body. In our non-surgical agenda more of us are looking for alternatives to surgery and these techniques make it possible.

A common perception is that if you have cellulite you must be overweight – this is not true. Estrogen is a specific female hormone which, amongst its other functions, influences the storage of fat under the skin. The structure of connective tissue that separates fat cells into compartments is part of female genetic make-up. Men have horizontal or crisscross patterns, whilst women's compartments have a honeycomb appearance – giving fat a greater chance to protrude or bulge. Even after diet and exercise stubborn, lumpy, unsightly areas can still remain.

Cellulite is a specific combination of fat, waste and water that forms bumpy, rippled masses which get trapped in the fibrous, connective tissue just below the skin's surface. Cellulite appears most commonly on the hips, thighs, and buttocks, but it can show up on the arms, abdomen, and upper back as well. It is a condition of bulging fat cells and other co-existing factors that results in the appearance of cellulite.

There are different types of cellulite. One kind is hard or solid and can be more difficult to remove as it is attached directly to the muscles. Softer cellulites, on the other hand, are much more visible and may sag from the body; though occuring in large muscle areas, soft cellulites are easier to remove.

Genetics and hereditary factors are contributory to cellulite development but other factors such as exercise and nutrition play a part. A healthy lifestyle is known to reduce the level of cellulite, however, diet and exercise alone can not eliminate it.

Endermologie keymodule

This is the first FDA approved and clinically proven method to reduce cellulite, tone up, improve circulation and water retention, combat muscle stiffness, back pain and IBS. The treatment is for body and face and can be used as a relaxation treatment as well as a target-driven treatment.

To combat cellulite a course of between 10-20 treatments is usually recommended to achieve most desired results. Toning up and tightening the face is achieved with a beauty flash treatment course to achieve best results.

Accent skin tightening

This is the latest treatment offering a non-invasive, non-ablative, no-downtime, safe and comfortable solution for body contouring. Applications include cellulite treatment, skin tightening, complete body contouring, post liposuction smoothing and sports injury recovery.

The Accent device is able to offer two alternative methods of dermal heating. Using the bipolar and unipolar hand pieces, superficial-surface or deeper-volumetric heating can take place. The system is based on the principle of heating water-containing biological tissues in an electromagnetic field. An integrated cooling system allows for contact cooling whilst the procedure is being carried out. The cooling system makes this a comfortable procedure for the client. No topical anaesthetic or analgesia is required. No patch test is required and any skin type may be treated.

The unipolar hand piece has the capability of penetrating up to a depth of 20mm and can access adipose tissue and cellulite. Heating to these tissue depths therapeutically improves local circulation, promotes fibrous tissue breakdown and helps to manage areas subject to swelling by promoting the re-absorption and drainage of retained fluids and toxins. Radio frequency technology may facilitate and enhance the break-up of adipose tissue, helping to mobilise and eliminate fat deposits – non invasively.

With the bipolar hand piece the more superficial heating process penetrates just the dermis where fibroblast cells are stimulated, and creates new collagen. The heating action causes the skin to tighten straight away. In time new collagen is produced to further tighten skin.

Body treatments are carried out 2-4 weeks apart and a minimum of 6-8 treatments are required. The effects, with continued compliance, can last for approximately eighteen months. Radio frequency facial treatments are done 1 month apart and 4-6 treatments will usually suffice. The effects will usually last approximately eighteen months but top-ups may be required for optimal results.

A thorough consultation is conducted prior to treatment and each client's expectations are discussed. Detailed photography, body measurements, weight and a body mass index are carried out. Dietary and nutritional advice is given as part of a post treatment follow-up to ensure that each patient commits to a healthy lifestyle and exercise regime.

ENDERMOLOGIE® IS A NON SURGICAL PROCEDURE WHICH HELPS ELIMINATE CELLULITE AND ASSISTS IN ACHIEVING VISIBLE IMPROVEMENT IN BODY SHAPE AND SKIN TONE.

Mesotherapy

This is the art of using skin prick delivery techniques to supply vitamin, nutrition and homeopathic medicine for facial/body rejuvenation, relief of under-eye circles and bags, reduction of fat and muscle building. Treatment involves a series of micro injections of nutrients – comprising vitamins, amino acids, minerals, co-enzymes and nucleic acids that hydrate the skin, improve circulation and speed up metabolism.

After treatment, skin feels rested, radiant and glowing. The nutrients that are injected are usually found in our bodies, so the treatment is replenishing the supply which may have been depleted as a result of sun exposure, hormonal changes, poor diet or poor circulation.

The Body Map

Improve yourself head to toe with our procedures
at THE BEAUTY SOCIETY

Dry/Crepey/Sun Damaged Décolletage

Accelerated by ageing; dehydration; sun exposure.
Helped by Restylane Vital®; Mesotherapy; IPL; Accent skin tightening; Endermologie; Chemical peels.

Wrinkled/Dry/Sun Damaged Hands

Accelerated by ageing; exposure to sun; dehydration; lifestyle choices.
Helped by Jessica manicure; Mesotherapy; Restylane Vital®; IPL; Chemical peels.

Leg Veins/Unwanted Hair/ Sun Damaged Legs

Accelerated by ageing; hormones; sun exposure.
Helped by IPL; Laser; Chemical peels.

Cellulite and Fat

Accelerated by ageing; diet; lifestyle choices; poor lymphatic drainage.
Helped by Mesotherapy; Accent skin tightening; Endermologie; Colonic hydrotherapy; Nutritional advice and exercise; Lifestyle coaching.

At **PEARL STUDIOS** we can help improve your body's condition with all kinds of treatments.

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A medical research breakthrough by SESHA SKIN THERAPY...

...has produced an unprecedented advancement in the health, vitality, and beauty of skin.

Sesha skin therapy is a science-based skincare programme dedicated to revealing beautiful skin by feeding and nourishing it. Using PET™, our revolutionary and FDA accredited delivery system, we deliver optimal concentrations of pharmaceutical grade antioxidants, botanicals, and vitamins where they are needed most – below the skin's surface.

OPTIMUM

Corrective anti-ageing for mature skin

The OPTIMUM line targets deep lines and wrinkles utilising a network of five antioxidants that work synergistically to boost each other's effectiveness in fighting free radical attack and rebuilding healthy skin.

The OPTIMUM line also includes Argireline™, DMAE, and Pentacare™. These ingredients are incorporated with rejuvenating nutrients such as vitamin A, beta glucan, green tea extract, grape seed extract, and hyaluronic acid.

PLUS

Corrective anti-ageing for skin with early signs of ageing

The PLUS line is ideal for repairing fine lines and wrinkles and reversing early signs of ageing and photo-aged skin. Clinical studies show that continued use is proven to strengthen and rebuild the skin structure and promote healthier, younger-looking skin.

SESHA
SKIN THERAPY

SENSITIVE SKIN

Anti-ageing for sensitive or young skin

The Sensitive Skin line is designed for skin that is sensitive to fragrances and allergens. This line combines all the essential antioxidants such as vitamins A, C, and E, but in lower concentrations, making it a perfect age preventative system for acne-prone or sensitive skin.

CELL-WHITE

Advanced skin lightening/brightening

This unique Cell-White series incorporates active ingredients designed to prevent critical cellular process that cause discolouration in the deeper cell layers, stop chemical chain reactions of melanocytes, and promote an increase in the cell turnover rate to exfoliate epidermal pigmentation.

ACNE

Multi-dimensional acne control

This Acne line uses the most powerful acne-fighting ingredients to target and heal all stages of acne – from controlling overactive sebaceous glands to healing surface inflammation. The three core functions of the acne line are to cleanse, treat and hydrate the skin for a clearer complexion.

The SESHA range of products is available at The Beauty Society.

BOTANICAL
MOISTURIZING
CLEANSER
Purifies and protects skin's natural moisture with witch hazel, rosemary, and fruit extracts
for normal to dry skin
net wt 4 fl oz / 120 ml
SESHA
SKIN THERAPY
NATURAL
TONER
PET™ delivery
CELL-WHITE
LIGHTENING
EMULSION
with PET™ delivery technology
SESHA
SKIN THERAPY
SESHA
SKIN THERAPY
PLUS CREAM
RENU
EXFOLIATING GEL
SESHA
SKIN THERAPY
SUPER
C SERUM
PET™ delivery technology
SESHA
SKIN THERAPY

THIS GEORGETTE FULL LENGTH GOWN IS PART OF A COLLECTION OF 6 ONE OFF PIECES, ALL IN SIZE 8-10. AMY IS ALSO AVAILABLE FOR BESPOKE DESIGNING, FOR INDIVIDUALS, TAILORED TO THEIR TASTES AND BODIES.

Beyond the skin

A selection of unique stylish
designs by Amy Pollard

THIS COCKTAIL DRESS IS 1 OF 6 DESIGNS BY AMY POLLARD, GRADUATE OF THE LONDON COLLEGE OF FASHION, WHO HAS ALSO WORKED AT HARRODS BASED BOUTIQUE JASMINE DI MILO'S, JULIEN MACDONALD AND DEBENHAMS DESIGN.

A PLAYSUIT WITH A CORSETED TOP, OVERLAYED WITH HAND PLEATED CHIFFON, THIS ITEM IS CENTRAL IN AMY POLLARDS FEMININE, VOLUMINOUS, HIGH FASHION COLLECTION.

FOR BESPOKE DESIGNS CONTACT AMY AT:
AMYLOUISEPOLLARD@HOTMAIL.CO.UK

3M Unitek

U N C O M P R O M I S I N G

Results

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CLARITY™ | SL
SELF-LIGATING BRACES

What is mineral make-up?

VIEW POINT FROM: HANNAH DACRE

Make-up is used every day worldwide to enhance features, camouflage defects, keep us in fashion, improve our confidence or for theatrical purpose – it has many applications. Every face can be transformed with the appropriate use of products, provided they are selected and matched to your skin type, complexion and hair colouring. It should not be a random experiment – the fact that your best friend uses product X does not mean it is necessarily suitable for you. You must find out what suits you, as we are all different. Damaged skin can result from the cumulative effect of multiple layers of make-up applied to your face over a period of years. Make-up is chemical in nature and ultimately will effect the area to which it is being applied. Current thinking revolves around the use of make-up which is chemically inactive, and the term mineral make-up refers to products which contain naturally occurring minerals and inorganic pigmenting agents that are chemically inert.

There is a wide range of skin-healthy agents found in mineral make-up including zinc and iron oxides, titanium dioxide, ultra marine and mica. Mineral powders have the added advantage of inhibiting bacterial growth because they don't retain water – you can imagine what happens to moisture retaining make-up when it has been left in your make-up bag for a few months. The absence of preservatives from their formulation supports the claim that mineral make-up is less likely to cause skin damage than its conventionally formulated rivals. Many brands contain essential broad spectrum sun protection as well as micronised powder particles which are light-reflective and minimise the appearance of fine lines and wrinkles.

Mineral make-up can be matched to every skin type, from dark to light, marrying the benefits of skin care with any cosmetic needs you might have. If you want a skin-healthy formulation this is an ideal solution because mineral make-up has other added benefits, including:

- Replenishment and protection of sensitive skin
- Neutralisation of free radicals
- Provides natural long-lasting weightless skin coverage
- Hypoallergenic qualities

Mineral make-up is endorsed by cosmetic plastic surgeons, dermatologists, medical aestheticians, and is used for skin coverage after certain treatments where camouflage is required. Its anti-microbial and anti-inflammatory properties are ideal for use by those who suffer from rosacea and acne.

Mineral make-up is non-comedogenic (does not cause or aggravate blackheads), oil-free and water resistant, so lends itself to those who lead active or outdoor lifestyles. This is why Hollywood has adopted it as the make-up of choice in the demanding film recording studio environment.

Key make-up tips

- The key to a flawless complexion is cleansed moisturised skin. It is essential to use a cleanser, toner and moisturiser suited to your individual skin type.
- Then apply a concealer where needed. Cover dark circles under eyes with a yellow or peach-tone concealer; for red areas or spots use a pink tone. Blend well with inward strokes around the problem area and dab under delicate eye areas.
- Foundation should ideally give good coverage but feel lightweight. Choosing the correct colour is also important. Apply to your hand or neck and let the foundation settle on your skin. This will give you a truer colour match.
- To warm up and enhance complexion, blush should be applied in a sweeping motion to the apples of your cheeks. The colour is dependant on your own skin tone and hair colour. Apply a small amount then add to it to create the most suitable shade.
- Define your eyes with eye shadow on the eyelid in the appropriate place. Further definition can be achieved by accentuating the top eyelid and the inner wet line with a pencil.
- Open up eyes with eyelash curlers. Apply a coat of clear, brown or black mascara in a zig-zag motion from root to tip.
- Lips should complement the rest of your make-up, if you have chosen dramatic colour on the eyelid opt for a more subtle lip gloss or lip colour. Lip liner can be used over the entire lip surface initially to give staying power to the overlying gloss. Don't forget to pop the lip gloss into your handbag for easy touch-ups.

Mineral make-up products

1 PRESSED FOUNDATION FROM £25

2 EYESHADOW FROM £12

3 PRESSED BLUSH FROM £19

4 LOOSE POWDER FROM £23

5 AUTOMATIC EYELINER FROM £9

6 LIP GLOSS FROM £18

7 MINERAL GEMS FROM £8

All products are available from Pearl Studios at The Beauty Society.

1

2

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Killer manicure

How to achieve beautiful hands and nails

STEP BY STEP GUIDE FROM
KATE HARRIS – BEAUTY THERAPIST

Step 1
Perfectly shape those nails with files from **The Natural Nail Company** available in three different strengths to suit individual requirements - soft, hard and normal.

Step 2
Exfoliate to perfection using **Jessica LeRemedi Hand Silk Exfoliator**, which removes dry skin to leave your hands silky-soft, boost circulation and increase collagen production to give you plumper younger looking hands.

Step 3
Revitalise your cuticles with **Jessica Nourish** - a therapeutic cuticle formula ensuring nails grow strong and healthy.

Step 4
Deeply hydrate with **Jessica Phenomen Oil** to intensely moisturise dry hands and encourage cuticles to gently push back – also ideal for dry feet, left over night for an intense moisturising treatment.

Step 5
Hands are kept soft and supple using **Sesha Active Recovery Hand Cream** – luxuriously moisturising, leaving hands silky smooth with the benefit of sun protection to shield from UV damage and reduce the occurrence of age spots and hyper-pigmentation.

Step 6
Glamorous nails start with **Jessica Basecoats** chosen according to your nail condition - coat on colour with a vast choice of shades – follow with non-chip top coats to add gloss and shine.

Step 7
Jessica Quick Dry is used for an express manicure to go – freshly painted nails become touch dry in 60 seconds from just one drop.

Step 8
Envelope your hands and nails in **Gel Luscious Gloves** to luxuriate and sooth, seeping an abundance of vitamins, nutrients and essential oils to pamper your skin.

Files from The Natural Nail Company

Gel Luscious Gloves

Jessica Phenomen Oil

Jessica topcoat

Jessica nail polish has a vast choice of shades

Sesha Active Recovery Hand Cream

Both Jessica and Sesha treatments and products are available from Pearl Studios at The Beauty Society.

Semi-permanent make-up

VIEW POINT FROM: LINDEN SHEFFIELD

Are you one of the countless thousands who plucked their eyebrows to oblivion in their youth – so often that they eventually stopped growing back?! Now that hairline-thin brows are no longer 'the look', do you resort to an eyebrow pencil, agonising over getting them even, worrying about accidentally rubbing them off, and avoiding the swimming pool at all costs?

Help is at hand! You can have your eyebrows back! Semi-permanent make-up techniques can be used to restore what has been lost. Once applied, this make-up stays in place perfectly all day, every day, irrespective of the weather. You can also redefine your lip and eye contours (using semi-permanent eyeliner and lip liner).

Why only semi-permanent? The pigments used are designed to fade, typically over two to five years (or more), because the colour which suits you at 25 may not be suitable at 40 or even 80 years of age. Clients usually have a single 'top-up' treatment every couple of years or so. We can simultaneously review the colour match and adjust things as required taking into account changing hair colour and skin tone.

At your first treatment, time is spent discussing colour, shape and selecting a mixture of pigments to suit your skin. A topical anaesthetic is applied to the area being treated to minimise any discomfort before your brows, lips or eyes are minimally painted with the selected pigments. At this point, the overall shape and desired final effect is assessed to ensure your satisfaction before the procedure is taken to the end of this first stage.

A second phase of treatment is required after a fortnight or so and very occasionally a third top-up may be necessary for fine-tuning. The reason for more than one phase is to ensure that the transition from no brows to full brows is subtle and to minimise any skin irritation.

"Does it hurt?" – is a question commonly asked. About as much as plucking or having your eyebrows waxed. The topical anaesthetic is very effective, and most clients say it was much more comfortable than anticipated. The healing process takes around five days and is not obvious to any onlookers.

What about semi-permanent eye and lip liner? They are used to achieve a much more subtle effect than traditional painted-on make-up. Lip liner is useful if one desires the accentuation of the natural lip, but should not be used to inappropriately enhance the lip size. Clients are advised to choose shades that are slightly darker than their natural tones for maximum effects. Fashion trends do change and the popularity of browns and burgundys two or three years ago would look very dated now. The expertise of Linden Sheffield exists to guide you through the process of decision-making and treatment to make sure your satisfaction is long lasting.

Book a semi-permanent make-up consultation and treatment with Linden Sheffield at Pearl Studios at The Beauty Society

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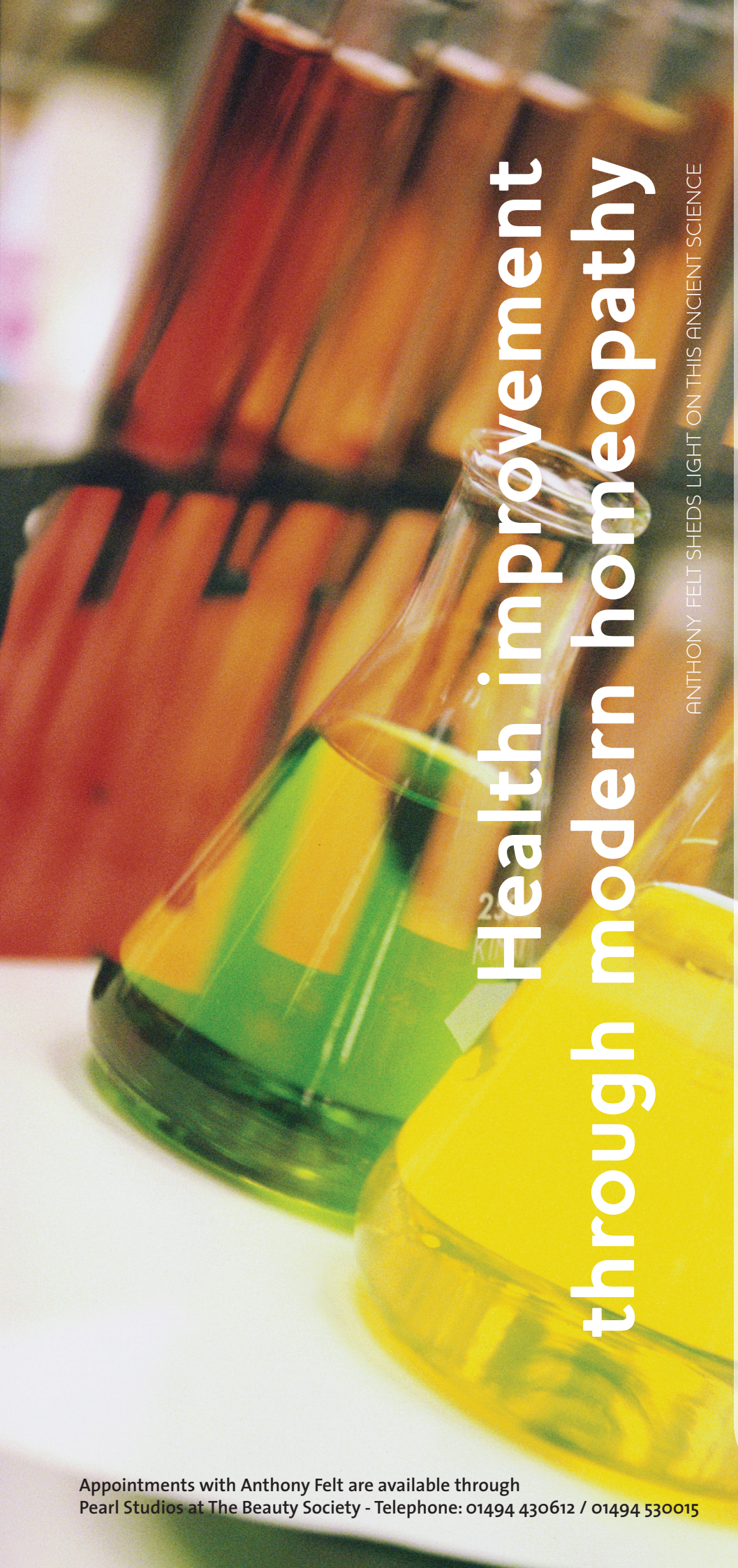

Health improvement through modern homeopathy

ANTHONY FELT SHEDS LIGHT ON THIS ANCIENT SCIENCE

Homeopathy is a system of medicine that provides a safe and gentle way of treating ailments. It is essentially a holistic and natural complementary therapy. Homeopathy sees symptoms as healthy expressions of the body's internal imbalance. Homeopathic remedies are given to boost the body's own natural healing abilities, thus effecting a cure.

Over 30 million people use homeopathy all over Europe and consider it to have the following advantages:

- Provides an overall improvement in health and wellbeing by treating the individual not just the disease
- Targets the underlying cause of illness
- Safe and effective treatment
- Remedies can be taken alongside other medication
- Works in harmony with your immune system

What can homeopathy treat?

Homeopathy can be used to treat acute illnesses and problems such as colds, influenza, sore throats, food poisoning, infections and emotional and physical shocks.

Longer term conditions which benefit from homeopathic treatment include:

- Hayfever
- Eczema
- Anxiety
- Stress
- Migraines
- Depression
- Arthritis
- Sleep problems
- Digestive disorders
- Menopausal symptoms
- Children's developmental and behavioural problems
- Chronic fatigue syndrome
- Irritable bowel syndrome

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Traditional chinese massage, acupuncture, exercise therapy and dietary advice

Traditional Chinese Medicine (TCM) is a term used to cover various medical treatments developed over thousands of years. Its underlying principles were derived from the study of natural processes and the cycle of the seasons. In the West this system of medicine is sometimes referred to as traditional oriental medicine as it has been influenced by traditions from a number of Eastern countries, not only from China.

The techniques can be effective in the treatment of both emotional and physical conditions. They can also assist with smoking cessation and weight loss (combined with dietary advice), and can improve general health even if no specific ailment is present.

The three main concepts underlying TCM are Qi, Yin and Yang and the five elements

1. **Qi – universal energy**
   Qi (pronounced 'chee') is considered to be the energy that forms the basis of everything in the universe. In the body, Qi is considered to be the life force or vital energy which mainly travels along channels known as meridians. According to TCM, health (both physical and emotional) is dependent on the smooth and balanced flow of Qi.

2. **Yin and Yang**
   These are considered to be the fundamental forces of the universe. Within a system, they need to be balanced over a cycle to achieve harmony. These forces are never static and there is a continual dynamic interaction between them.

   Yin is viewed as earthly energy, and has qualities such as cooling, darkness, condensing and stillness. Yang is viewed as heavenly energy, and has qualities such as warming, brightness, expansion and movement. In the body, Qi is considered to comprise Yin and Yang components:

   - Yin Qi is responsible for nourishing, moisturising and rest.
   - Yang Qi is responsible for energy (activity), warmth and movement.

3. **The five elements (or phases)**
   According to this theory, all the processes of the universe can be divided into five elements or phases (wood, fire, earth, metal and water). Again, these are not static; they are considered to be expressions of movement. In the West, the term five elements has developed, but some think the term 'phases' better describes them.

   The five elements strongly resonate with the seasons, with water being the most Yin element, so resonating with winter (a time of coolness and rest), and fire the most Yang, therefore resonating with summer (the season of warmth and activity).

   In the body each element has an associated Yin and Yang organ, and each of these organs has its own meridian carrying Qi. Therefore it is considered that each organ affects the production and flow of Qi within the body, so affects both physical and emotional health. This differs from the western medical view of the body's organs.

Types of treatment

The medical treatments encompassed by TCM are acupuncture, massage, qigong exercise therapy, dietetics and herbal medicine.

Acupuncture
This is probably the most well known form of TCM. With traditional acupuncture the aim is to improve the flow of Qi within the patient, the balance of Yin and Yang and the functioning of the organs using the five element model. For this, a detailed case history is required to be taken during the first treatment session when any conditions to be treated need to be assessed. From this information a treatment plan can be formulated to allow the treatment of both the symptoms and the underlying causes. The treatment itself involves the insertion of fine needles into specific points along the meridians to adjust the flow of Qi. These needles are very fine; much finer than those used for injections.

There are several different styles of traditional acupuncture practised in the West, and different practitioners may use varied approaches when treating the same conditions. However, all practitioners will aim to improve the underlying energy balance of the patient, sometimes combining different styles of acupuncture to give a more holistic treatment.

The other form of acupuncture is western medical acupuncture practised by doctors, dentists and physiotherapists. They often attend courses of just a few days (compared with the 3 to 4 year courses of a traditional acupuncturist), and usually use acupuncture only as an adjunct to their main therapies. With this form of acupuncture, the focus is on treating the symptoms rather than any underlying energy imbalance – in fact many of these practitioners do not accept the concepts of Qi, Yin and Yang or the five elements. However, these practitioners can get good results, especially in achieving pain control.

Traditional chinese massage
Traditional chinese therapeutic/remedial massage is referred to as 'tui na' (meaning push grab). This produces similar results to traditional acupuncture through the massaging of certain meridians, and is usually carried out through the patient's normal clothing.

As with acupuncture, there are many different styles. Another type of massage widely practised in the west is shiatsu; this comes from Japan but is thought to have originated in China, and has many similarities to tui na.

As well as therapeutic/remedial forms of traditional Chinese massage, there are forms used for relaxation which are referred to as 'an mo' (meaning press rub). As well as massaging through patients' clothes with 'an mo', massage oils and gentle stretches can also be used to relieve muscle tension.

Qigong exercise therapy
Qigong (sometimes written as Chi Kung) means the 'practice of Qi', and covers a vast array of traditional chinese exercises – tai chi is probably the most well known form in the west. All forms aim to improve health by activating the Qi within meridians through gentle movements.

Chinese dietetics and herbal medicine
In TCM all foods are considered to have energetic properties, so practitioners trained in dietetics can recommend diets that are tailored to the patient's energetic requirements. Chinese herbal medicine works on similar principles. However, compared to other foods, herbs have a stronger energetic affect so only small amounts are needed. A herbalist will prescribe mixtures of herbs and supply these in pill form, or as a powder or tincture to be mixed with warm water. Alternatively coarsely ground herbs can be supplied for the patient to boil up each day to make herbal stocks.

Edward Vere offers these treatments at The Beauty Society

A 15 minute initial consultation will give you an opportunity to discuss symptoms and explore which combination of treatments would be better suited to your needs.

Patients who are sensitive to needles can achieve equally good results by massage alone. Bespoke daily qigong exercise programmes and dietary advice are usual accompaniments to support other treatments.

Ear acupuncture treatment is given for smoking cessation and half-hour back and shoulder massages for relaxation.

Edward Vere can be contacted directly:
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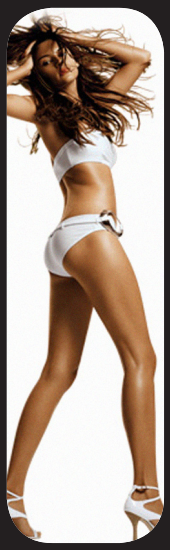

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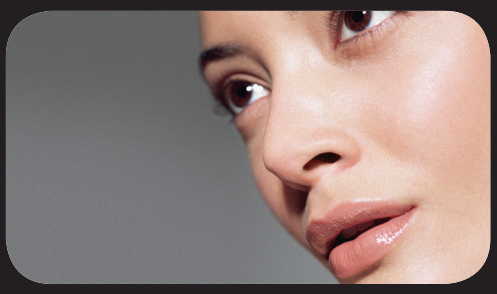

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BDS LDS [ENG.] FDS [ENG.] FFD [IRE.] M.SC [MANC.] M.ORTH [EDIN. & ENG] MBA [BRUNEL]
DR. PETER ILORI IS A SPECIALIST IN ORTHODONTICS AND FACIAL AESTHETICS. IN 2001, HE WAS AWARDED THE MBA WITH DISTINCTION FROM BRUNEL UNIVERSITY IN UXBRIDGE. HE IS THE FOUNDER/OWNER OF THE BEAUTY SOCIETY AND IS INVOLVED IN THE DEVELOPMENT OF AESTHETIC AND COSMETIC ENHANCEMENT PROTOCOLS FOR CLIENTS OF ALL SKIN TYPES. HE IS A MEMBER OF THE ASSOCIATION OF FACIAL AESTHETICS (AFA), THE AMERICAN ASSOCIATION OF ORTHODONTICS, WORLD FEDERATION OF ORTHODONTICS AND THE BRITISH ORTHODONTIC SOCIETY.

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DR. WALE TOWOLAWI IS AN ORAL SURGEON, DENTIST AND MEDICAL DOCTOR PRACTISING IN THE LONDON AREA AND HOME COUNTIES. HIS EXPERTISE INCLUDES IMPLANTOLOGY, ORAL SURGERY, MEDICAL/FACIAL AESTHETICS AND DERMATOLOGY.

DR. RONNIE COOPER MD DIP. DERM
DR. RONNIE COOPER IS A DERMATOLOGIST AND AESTHETIC PHYSICIAN WITH OVER TWENTY YEARS EXPERIENCE. AS WELL AS PRACTICING WITHIN THE NHS PRIVATE SECTORS, DR. COOPER ALSO RUNS SEVERAL ISLAND CLINICS IN THE CARIBBEAN AND HAS COMPLETED SHORT STINTS IN EXOTIC PARTS OF AFRICA. HE IS PRESIDENT OF THE CARIBBEAN DERMATOLOGY ASSOCIATION AND AN INTERNATIONAL MEMBER OF THE AMERICAN ACADEMY OF DERMATOLOGY. DR. COOPER’S EXPERTISE INCLUDES THE DIAGNOSIS AND TREATMENT OF CONDITIONS RELATED TO THE SKIN, NAILS, AND HAIR. AS AN AESTHETIC PHYSICIAN HE IS INVOLVED IN THE DESIGN AND DELIVERY OF PROTOCOLS FOR THE ENHANCEMENT OF APPEARANCE, ANTI-AGEING, SKIN CARE, ADVANCED CHEMICAL PEELS, BOTOX®, DERMAL FILLERS AND LASER THERAPY.

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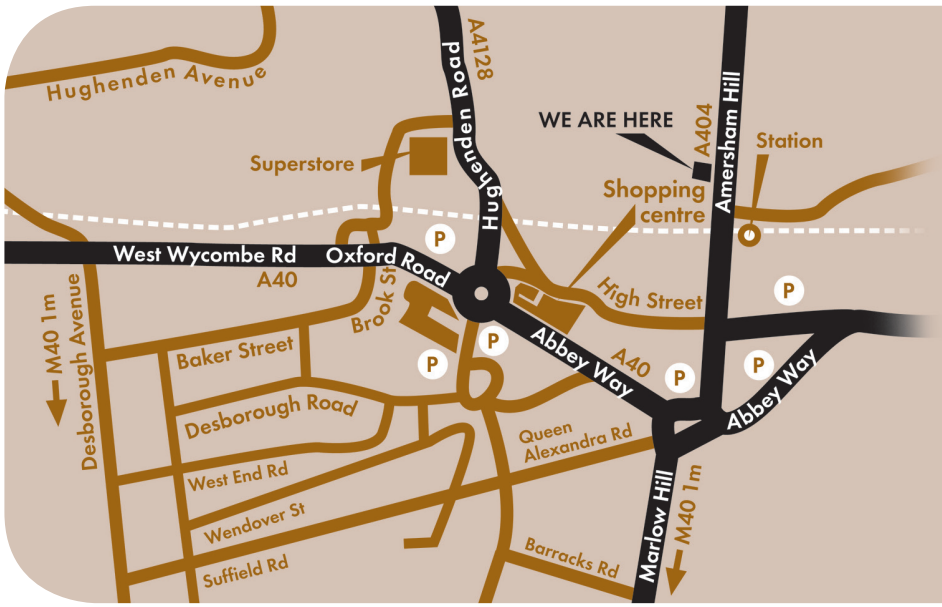

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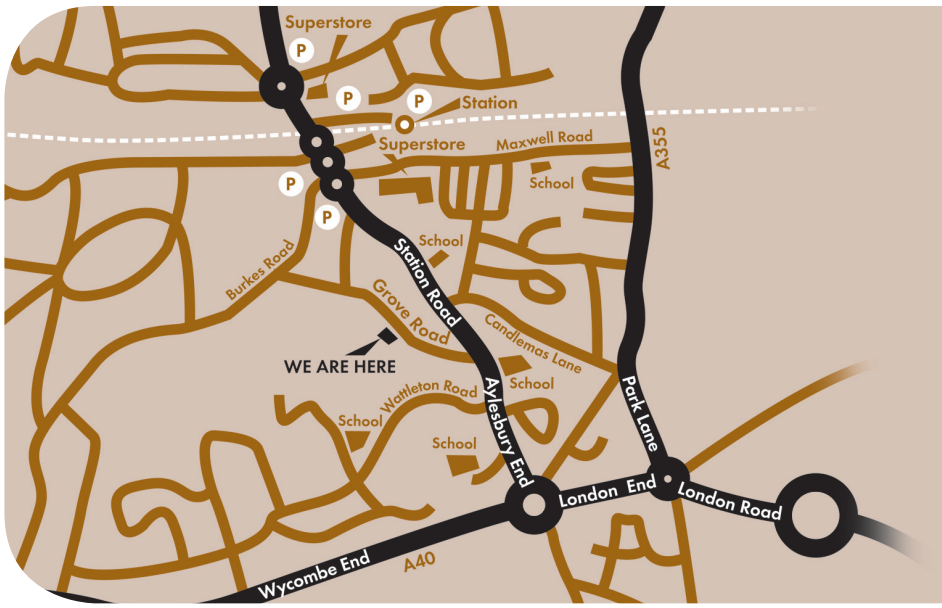

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