

3 treatments to... **HELP YOU LOOK FIT & FAB IN 2013**

New treatments now on offer at UK clinics promise to improve skin tone and sculpt your body. **Words: Sam Lewis**

1

FACIAL PEELS

US dermatologist Dr Howard Murad has launched a new medical-grade facial peel in the UK, lauded by celebrities such as Emily Blunt, Georgia May Jagger, and Renee Zellweger. Currently only available at London's Karidis Clinic, the Murad Medical Resurfacing Peel offers visible anti-ageing results and is suitable for all skin types and ages with no downtime.

The treatment uses a combination of antioxidants, hydrators and anti-inflammatories to penetrate deep into the epidermis, stimulate the renewal of cells, improve blood flow and enhance skin clarity. Aimed at reducing the appearance of fine lines and wrinkles, the peel can also prevent acne breakouts, diminish pigmentation and clear pores.

The Karidis Clinic also features the new Obagi Blue Peel Radiance, a skin-perfecting peel that offers similar results to the traditional Obagi Blue Peel, only with half the downtime of its 10-day recovery period. The top layers of the skin are peeled away to reveal a fresh, tighter and brighter complexion within three to six days. Results can be seen after just one treatment but a course of four to six is recommended.

THE LOWDOWN: The Murad peel starts at £120 (introductory special offer), while the Obagi peel also costs from £120. www.karidis.co.uk

2

BODY CONTOUR DEVICE

A new FDA-approved medical device that recently won in the Best Non-Surgical Body Contouring category at the annual Aesthetic Awards in the US is now available in the UK. Med Contour has been nicknamed the 'Friday Night Body' because it claims to trim waistlines and smooth skin in under an hour, making it perfect as part of your preparation for a special event.

Ideal for bellies, back rolls, muffin-tops and bridesmaid's bulge (the fatty bit in the armpit), Med Contour is a painless, non-invasive procedure using a handheld device to deliver ultrasound and cavitation technology to break down fat cells in targeted problem areas. A lymph-drainage massage is carried out afterwards.

Dr Ravi Jain, of Riverbanks Clinic in Harpenden, one of the first clinics to offer the treatment in the UK, says: "Med Contour aids the body's lymphatic drainage system by helping the body excrete the fat cells and, after four to six treatments, the results are long-lasting. In contrast to surgical liposuction, there's no recovery time, so clients can resume their normal activities immediately afterwards — ready for their Friday nights!"

THE LOWDOWN: £900 for a course of six sessions targeting one area — for example, the stomach. www.med-contour.co.uk

3

RADIO-FREQUENCY FACIAL

Secret RF is a new treatment that combines fractional ablative radio-frequency (RF) with micro-needling to target a variety of skin conditions, including sun damage, acne scarring and wrinkles.

Anaesthetic cream is applied before a small handheld device briefly inserts a collection of gold-plated micro needles to a selected depth (0.7-3.5mm) in a specific area such as the face, neck or décolletage. Once the needles penetrate the surface of the skin, creating hundreds of tiny holes, the device delivers RF energy to stimulate collagen production exactly where it's needed, preventing burns to the skin or damage to surrounding tissue. Healing time is therefore quicker than many other skin rejuvenation treatments, with only up to 48 hours of redness afterwards. Dr Joshua Berkowitz, clinical director of London-based Wimpole Aesthetics, one of the first clinics in the UK to introduce the treatment, says: "I can vary each treatment to match the skin problems of each patient and, by precisely adjusting the energy delivered through the micro-needles, I can stimulate much greater amounts of collagen than I've ever been able to do before."

THE LOWDOWN: From £800 per session. Up to three recommended. www.wimpoleaesthetics.co.uk ●

"I can vary each Secret RF treatment to match the skin problems of each patient and, by precisely adjusting the energy delivered through the micro needles, I can stimulate much greater amounts of collagen than I've ever been able to do before." Dr Joshua Berkowitz

