



image depict

Results are seen after just one treatment but a course of 4 to 6 is recommended for best results.

RioBlush Carboxy Therapy costs £100 per treatment and is available with Dr Jules Nabet at Dr Nabet's Medical Rooms, London. Tel: 020 7938 2195

Mesotherapy:

Mesotherapy stimulates the mid-dermis, or middle layer of skin, with microinjections of conventional or homeopathic medication and/or vitamins to deliver treatment to a specific area of the body. Mesotherapy is now practiced in many countries around the world in a variety of cosmetic applications including cellulite and fat reduction and skin rejuvenation. In this country, only medical practitioners may use mesotherapy.

Mesotherapy uses different injection techniques according to the patient's concerns, delivering the ingredients to different depths but typically quite shallow: 4-6mm. Many of the needle sticks are not even felt as the skin is pinched prior to and during the injections. Since the injections are very superficial, they disperse very slowly and travel down to deeper tissues.

Treatments are usually a course of ten for fat and cellulite reduction and six for skin rejuvenation. These are normally given once a week. The patient is then assessed to determine an on-going programme of maintenance. In some cases, a further full course of treatment may be recommended.

Mesotherapy is delivered directly into the areas of concern. It can help to breakdown fat as well as improving micro-circulation in the area and the lymphatic drainage. It may also improve skin texture.

Mesotherapy cost £180 per treatment and a course of ten is normally recommended.

The treatment was carried out by Frances Furlong Registered Nurse Practitioner at Skin Health Spa, London. Contact number 0207 655 6920.

Lipolyse Laser:

The Lipolyse laser heats and breaks down fat cells, which are subsequently