

Frances Furlong

Cosmetic Nurse

Frances Furlong is a Registered Nurse, BSc (Hons), and an Independent Nurse Prescriber. A mobile aesthetic nurse consultant, she owns Perfect Skin Ltd and rotates between eight different clinics in London (Harley Street and Knightsbridge), Essex (Chingford, Chigwell, Newport and Hornchurch) and Suffolk (Sudbury).

Why did you become a cosmetic nurse and what do you enjoy most about your work?

'After my nursing training at St Bartholomew's Hospital London, I spent three years in acute medicine before going to work in the field of laser ophthalmics. This led me to become involved in laser dermatology where I worked in Harley St. I have spent the last 14 years becoming experienced in aesthetics and dermatology.'

Four words your close friends would use to describe you?

'Loyal, funny, trustworthy, reliable.'

What treatments do you offer?

'Muscle relaxing treatments, hyperhydrosis, dermal fillers, volumising fillers, dermal roller for face, body and eye

rejuvenation, mesotherapy for facial rejuvenation, fat reduction and cellulite, Intense Pulsed Light, laser for leg veins, diathermy for face and leg veins, skin peels (glycolic and TCA), retinol, microdermabrasion. Also bespoke treatments such as non-surgical facelift and tired-eye treatment which I have developed. My own skincare Suisse Absolue is my latest venture.'

In your opinion, what is the most exciting new anti-ageing treatment available?

'I favour a combination approach: I love the fact that I can combine volumising fillers with mesotherapy and dermal rollers in one treatment with outstanding results.'

Could you recommend some products for particular skin conditions?

Acne: 'Suisse Absolue Pure+ Cleansing Gel and Serum Pure+ to regulate sebum production. This range is made with herbal extracts from the Swiss mountains such as edelweiss, and willowherb.'

Pigmentation: 'MelaClear Intense Depigmenting Care Serum, combined with skin peeling.'

Anti-ageing: 'Suisse Absolue Serum

Vital+, and Cream Vital+, with colostrum extract, proteins and hyaluronic acid.'

What are your own favourite skincare, hair and make-up products?

'My favourite skincare brands are Suisse Absolue and NeoStrata. For my hair I use Trevor Sorbie products and the Macadamia Natural Oil range. I am a fan of Laura Mercier and gloMinerals make-up.'

ABOUT FRANCES FURLONG

Frances Furlong trained at St Bartholomew's Hospital. She has an Honours degree in Aesthetic Medicine and Dermatology from the University of Greenwich and a diploma in laser and light therapies. Frances is a member of the Royal College of Nursing and the British Association of Cosmetic Nurses. She was recently awarded second place at the Aesthetic Awards as Best UK Mobile Practitioner. She often contributes to national magazines and newspapers and is an *InStyle* beauty judge. She lives in Brentwood, Essex with her husband Matt and daughter Sophia, three.

Contact details

To arrange an appointment with Frances Furlong, please call 07508 404 862 (London), 0208 500 0544 (Chigwell), 0208 527 6175 (Chingford) 01799 542284 (Newport) or 01708459100 (Hornchurch). Email: info@perfect-skin.co.uk. For more information, please visit perfect-skin.co.uk.



'With more than 14 years of experience within the industry and always at the forefront of what's new, I offer a unique approach to your facial and body needs in a caring and professional manner.'