



You can't turn back the clock, but with these non-invasive treatments, you can look your best

BE YOUR BEST

Who wouldn't like to look enhanced, revitalised and refreshed? And now, thanks to the Bluebell Anti-Ageing Clinic, it's never been easier

West Essex folks may be familiar with the Bluebell brand – for the past 16 years its dental practice in Chigwell has been providing the highest standard of service to the community. And now the company is rolling out the same success story with a range of non-surgical anti-ageing treatments. Called the Bluebell Anti-Ageing Clinic, this exciting expansion to the business provides a friendly and caring environment in which non-surgical treatments are carried out to enhance, revitalise and refresh the way you look.

Reassuringly, Dr Suki Shakthi, principal dentist at the Chigwell practice, will also be heading up



Dr Suki Shakthi, principal dentist at the Chigwell practice, will also be heading up the new anti-ageing clinic

the new clinic. She has over 26 years experience in the dentistry profession, and for the last 12 of these years she has also been

carrying out facial aesthetic treatments. As a highly-qualified dentist, she knows the human facial anatomy in depth and anti-ageing treatments are a natural extension from dental treatments so clients can rest assured that they are in the best possible hands.

Dr Shakthi has been trained by the leading experts in the anti-ageing field and regularly attends seminars and training programmes to keep up to date with the latest developments. So whatever your concerns, she can create a treatment plan which is tailored to your individual needs.

Here we detail what treatments the Bluebell Anti-Ageing Clinic currently offers... ▶

DERMAL FILLERS

With age our skin loses hyaluronic acid, often referred to as the body's inner moisturising lotion, and as a result fine lines start to appear. Dermal fillers are designed to help soften lines around your eyes and improve your under-eye area, add volume and fullness to your cheeks and temple, soften your smile, add volume and definition to lips and contour your chin and jaw line, whilst maintaining a natural look and feel.

During the procedure topical anaesthesia will be applied to the area being treated, which provides a very good numbing effect. The dermal filler, which is also mixed with local anaesthetic, is then injected into precise areas. Most people have minimal or no downtime and after treatment can go back to work and carry on as usual.

8-POINT FACE LIFT

As we age, key areas of the face lose volume, the 8-point lift targets these areas using a dermal filler to create a beautiful, naturally-lifted result with minimal discomfort or downtime. This technique lifts and contours the whole mid and lower face and is ideal for anyone who is starting to notice their skin sagging or face dropping, tired looking under eye areas or jowls forming along the jaw line.

NOSE RE-SHAPING

Non-surgical nose reshaping is a non-invasive way to enhance your appearance and make a dramatic impact on your self confidence without resorting to expensive, painful surgery that could have unpleasant side effects and a long recovery process. Hyaluronic filler is injected into zones around the nose, resulting in a natural look. It is virtually painless and takes very little time to perform, but with amazing results which can be seen almost immediately and can last up to 18 months.

CHIN/JAW FILLER

This is extremely beneficial to those who have concerns about the appearance of their chin or jaw line.

For those who feel that they have a disproportionately small chin, dermal fillers can be



injected to lengthen it and achieve the desired proportion. It can also move the chin forward or downward to create the perfect ratio between the nose, lips and chin. Dermal fillers on the chin can also be used to fill wrinkles and folds, making the appearance of the chin more aesthetically pleasing. Dermal fillers can be used to stiffen the skin on the jaw line and define the chin and jowl area, while also giving a face lift effect by improving the definition.

LIP ENHANCEMENT

Our lips are one of the most vulnerable areas for ageing as the skin is very thin. Over time our lips start to lose fullness and wrinkles start to appear. Dermal fillers can add fullness to thin lips, while keeping the look and shape natural.

ANTI-WRINKLE INJECTIONS (BOTOX®)

Glabella lines, also known as frown lines, are lines that appear between the eyebrows when we frown. Lines are formed by the repeated action of frowning due to the lack of elasticity in ageing skin. Crow's feet, meanwhile, are clusters of tiny wrinkles and fine

lines that form around the outer corners of the eyes. They are caused by years of frequent muscle contractions. Botox injections work by blocking the nerve signals to certain muscles, making the muscles more relaxed, thus reducing the appearance of lines and wrinkles.

PRP

Platelet Rich Plasma Therapy, also known as PRP Therapy, uses your own blood to encourage the production of new collagen. During PRP Therapy, a small amount of blood is extracted from your arm and placed in a specially designed centrifuge. The blood is spun at such a rate that the red blood cells are separated from the platelets and plasma. The 'platelet rich' plasma is then injected back into the patient, helping to rejuvenate problem areas. Results are noticeable within 3-4 weeks and often only one treatment is required ■

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Gef in touch

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