

# what the experts say...



## DR DEBORAH MCMANNERS

### FIELDS OF INTEREST:

Facial sculptress – non surgical face lifting and rejuvenation for men and women

Dr Deborah McManners clearly loves her job - looking radiant and line free, she is a wonderful example of today's sophisticated approach to beauty and wellbeing.

With a packed diary, Dr Deborah is both hugely knowledgeable as well as approachable. "We all want to look the best we can. People who visit my clinics want to improve the quality of their skin, as well as to tackle established lines." With non-surgical approaches such as dermal fillers, she produces wonderful results with very little downtime. With skin peels and light-based treatments, Dr Deborah can also rejuvenate your skin.

Dr Deborah performs non-surgical face lifts and facial sculpting with tremendous results. She explains that as women get older, there is a gradual change from a feminine heart-shaped face to a squarer outline. "One of the most satisfying procedures is the restoration of a feminine profile and the delight that my patients feel. Likewise, if a man has been concerned that his chin is not a strong feature then I can improve this for him."

"Making a real difference to acne scarring and blemishes dramatically boosts self confidence and for some of my patients treatment has completely turned their lives around." The Queen of lip treatments, Dr Deborah also creates beautiful lips to achieve a sophisticated and natural look.

Her informative approach allows consideration of your priorities, expectations and budget. Dr Deborah offers a complete service and will develop a plan that will leave you feeling and looking instantly better.

With state of the art light based treatment, she will effectively remove unsightly thread veins on your legs, ready for the summer. Or you can see the years roll away, along with the effects of late nights, smoking and too much sun. Say goodbye to age spots, sun spots, spider veins, wrinkles and rosacea.

The first UK female doctor to become a Registered Naturopath, she advises on all aspects of healthy living and many of her patients will successfully lose several stones in weight.

As author of "The Ultimate Holistic Health Book" she also writes regular magazine columns focusing on Medical Aesthetics and healthy living. To plan a programme of treatments, book a no-obligation, free consultation to get yourself on a path of self improvement, contact one of her clinics now.

**Dr Deborah McManners runs clinics in Regents Park - Central London, Blackheath, Kent and Surrey.**

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[www.drdeborahmcmanners.com](http://www.drdeborahmcmanners.com) DEBORAH MCMANNERS  
*Medical Cosmetics*



## MR PAUL E BANWELL

FRCS(Eng) FRCS(Plast)

### FIELD OF INTEREST:

Consultant Plastic & Cosmetic Surgeon

### Quality assurance in cosmetic surgery

Mr Paul Banwell FRCS(Plast), a Consultant Plastic Surgeon in the South East and a member of the British Association of Plastic Reconstructive and Aesthetic Surgeons (BAPRAS) and the British Association of Aesthetic Plastic Surgeons (BAAPS) believes that any patient considering cosmetic treatments should first look on the BAPRAS or BAAPS website for their nearest surgeon. "I would recommend patients seek a consultation with a fully-accredited plastic surgeon for an unbiased, balanced opinion of the cosmetic treatments available and the expected outcomes."

Patients should also ensure that their treatments are carried out in accredited establishments such as hospitals from the BMI, Spire, Nuffield Health or Ramsay Groups – names synonymous with quality and the highest levels of care. Mr Banwell explains: "For instance, the McIndoe Surgical Centre (part of the BMI group) in East Grinstead is the largest Cosmetic Surgery Centre in the UK and offers a huge range of cosmetic surgery services."

When asked if the credit crunch has affected referrals, he says "Whilst there is still a huge demand for cosmetic surgery, there is no doubt that patients are being cautious. However, breast augmentation, liposuction and tummy tucks are still extremely popular as are many of the non-surgical treatments including skin health treatments, prescriptive chemical peels, microdermabrasion, IPL, PDT, Botox and Dermal Fillers". He adds, "Patients seem even more interested now in the concept of Skin Health and the relationship with excessive sun exposure. Many patients are now realising that using sun protection factors (SPFs) and medical-grade skin care regimes can actually reduce pigmentation, blemishes and fine lines as well as guard against skin cancer." Initially a sceptic regarding so-called cosmeceuticals, Mr Banwell is now a firm advocate of medical grade skin care and he has seen first-hand some of the excellent results obtained as part of a long-term strategy. "The innovative and cutting-edge Rationale skin care products from Australia have been a huge success with my patients" explains Mr Banwell. "For instance, niacinamide is a unique immune protectant which also helps with pigmentation due to sun damage and ageing."

Another potential up and coming non-surgical treatment for facial (and body) rejuvenation is Indiba. This celebrity-endorsed treatment has a variety of indications and utilises similar technology to that used in the rehabilitation of professional sportsmen. "We have been very impressed with the early results and patients love it!"

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## DR STEPHEN ROBERTSON

### FIELDS OF INTEREST:

Non Surgical, anti-ageing treatments and procedures to enhance the face and body

Dr Robertson has nearly two decades of experience in Cosmetic Medicine having progressed from a background in Dermatology, to using Collagen and early skin regimes in 1990, and then onto Cosmetic and Laser Medicine. Having established his first full-time clinic in 1993, Dr Robertson, as Clinical Director of Cameleon Clinics, has two full-time clinics, (Watford & Southampton), three satellite clinics, (Bournemouth, Jersey & Windsor), and one overseas clinic, (Barbados).

The staff at all his clinics are informed and welcoming, offering a high level of personal service in ambient surroundings. All telephone enquiries receive the same friendly service.

Clinics are lead by Dr Robertson who sees all clients personally for any advanced techniques.

His portfolio of treatments include muscle relaxing injections, Dermal fillers (Restylane®, Juvederm®, Sculptra®, Radiesse®), Lip enhancement (Softline®, Restylane®, Juvederm®); Macrolane® breast enhancement, Fraxel® laser for skin resurfacing, advanced laser lipolysis, and radiofrequency using Thermage® or Radiage®.

In addition, his personally trained and experienced staff offer microdermabrasion, chemical peels and skin care regimes, IPL (Intense Pulsed Light) for hair removal, red vein removal and pigment removal, Ruby laser and YAG laser treatments.

Dr Robertson aims to produce optimal and consistent results using established treatments and procedures and is also involved in using new innovative techniques having first established their efficacy and safety.

His motto is that treatments should be safe, effective and incur minimal downtime.

Dr Robertson strongly believes in achieving professional not commercial results and his recipe for success is to aim to achieve what the client wants and not what he sees as a quick fix. In this way his clientele continues to grow by personal recommendation.

Dr Robertson is a founder member of British Association of Cosmetic Doctors (BACD) and is a former member of ESCAD (European Society of Cosmetic & Aesthetic Dermatology). His clinics are registered with the appropriate authorities.

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