

Smooth operator

With over a decade of experience, supreme skill and famously natural-looking results, Miss Sherina Balaratnam brings all the latest non-surgical innovations to S-Thetics Clinic in Beaconsfield

WHEN CONTEMPLATING HOW amazing it would be to attain the skin we've always dreamed of, we need to be sure that our chosen aesthetic doctor is a champion of skin health. Miss Sherina Balaratnam is exactly that. After years of learning as an NHS surgeon, she has built a reputation over the last decade as an equally well-respected aesthetic doctor specialising in the very latest non-surgical innovations in cosmetic treatment.

Her medical aesthetic practice is the state-of-the-art, multi-award-winning S-Thetics Clinic in the heart of Beaconsfield Old Town in Buckinghamshire. As you might guess from that initial capital in the name, S-Thetics Clinic was founded by Miss Balaratnam, and she is also the Medical Director. Whether your goal is to improve your skin health, reduce fine lines and wrinkles, sculpt your body by removing stubborn pockets of fat, or simply to look less tired, S-Thetics Clinic is surgeon-led and can customise a treatment plan to meet your needs.

Miss Balaratnam's expertise encompasses everything from advanced botulinum toxin

treatments to non-surgical tightening using radio frequency. With a skill set including light-based lasers for body sculpting, Miss Balaratnam is famed for her know-how in acne and scarring, using the best cosmeceutical brands and chemical peels, micro-needling and resurfacing. She is also a co-author of the chapter on botulinum toxins in the prestigious Oxford Textbook of Plastic and Reconstructive Surgery, the 'bible' for any surgeon in training.

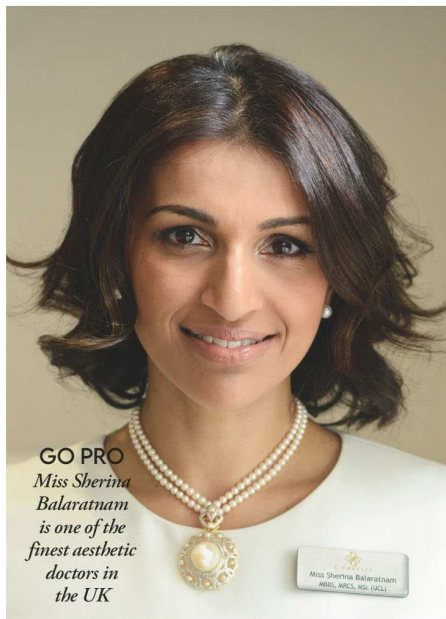
With a subtle and highly personalised approach to facial rejuvenation, Miss Balaratnam has earned a place as one of the UK's leading non-surgical cosmetic specialists. As such, she regularly trains other healthcare professionals on advanced injectable techniques and the consultation process. Hailed for her natural-looking results and finesse with dermal fillers, she was selected for the second year running by renowned Brazilian cosmetic surgeon Dr Mauricio de Maio as one of the top 50 injectors in the world. She also featured as one of the Ultimate 100 Global Aesthetic Leaders in the latest MyFaceMyBody Ultimate 100 guide.

So her patients at S-Thetics Clinic know they're in virtuoso hands, and trust her when she explains why she favours Juvéderm. Results last between nine and 24 months.

'I always carry out a facial assessment on each patient, in static and dynamic positions, to identify which areas are showing signs of ageing,' says Miss Balaratnam. 'The Juvéderm range of fillers has been designed to integrate seamlessly with patients' skin and facial structures to produce natural-looking results.'

'While fillers are obviously scientific formulations, the key ingredient in the ones I use is hyaluronic acid, a water-loving molecule that's predominantly found in the skin. Essentially we're restoring what the natural ageing process and daily life has gradually reduced.'

As we age, we lose volume in our faces, causing changes to the appearance of our overall facial structure. We also lose collagen and elasticity in our skin, contributing to fine and



GO PRO
Miss Sherina Balaratnam is one of the finest aesthetic doctors in the UK

Top three treatments

FACIAL FILLERS

A non-permanent cosmetic injectable treatment that can effectively treat some of the deeper underlying signs of ageing, such as: loss of facial volume, lines and wrinkles, jawline sagging, loss of lip definition and volume.

EMSCULPT NEO

The world's first and only technology that combines Radiofrequency and HIFEM+ (high intensity electromagnetic field) to eliminate fat by 30 per cent and build 25 per cent more muscle, non-invasively.

CELLUMA LED

Nine FDA clearances to treat a range of skin, muscle, joint and pain conditions, used for in-clinic treatments and also available for home use.



PHOTOGRAPH: GETTY IMAGE 1011490510

deep wrinkles. In a setting such as S-Thetics Clinic, fillers are one of the most popular treatments to help the appearance of these effects, rejuvenating the overall look of ageing.

Applied skilfully, facial fillers can achieve a refreshed-looking complexion by seamlessly supporting the face to add lift and replace lost volume, without looking obvious or overdone. 'I use fillers to re-volumise the temple area,' says Miss Balaratnam. 'This helps to lift the brow and opens up the eyes, giving a brighter-looking facial expression.'

Meanwhile, any qualified medical aesthetics professional will tell you that placement of filler is key. Even if your concern is, for example, hollow cheeks, Miss Balaratnam will take into account your face as a whole, and may treat the areas around your cheeks rather than the cheeks themselves, to maintain optimum balance and achieve the most authentic-looking result.

As well as adding volume to specific areas, fillers can be an effective way of enhancing the overall structure of the face. Juvéderm's Volux treatment is used to sculpt the jawline and chin for a more defined silhouette.

Miss Balaratnam takes a similarly holistic approach with state-of-the-art techniques for building muscle and reducing fat such as EMSculpt NEO. Using High Intensity Focused Electro-Magnetic Technology on specific areas of the body, EMSculpt NEO induces muscle contractions beyond anything achievable in the gym. One 30-minute treatment causes around 20,000 muscle contractions – the equivalent to 20,000 crunches.

For a long while body treatments lagged behind those for the face, but EMSculpt NEO harnesses sophisticated non-invasive technology to achieve outstanding results. This next-generation body contouring treatment

TATLER PARTNERSHIP

can melt fat while simultaneously building muscle. On average you can achieve 30 per cent more fat reduction and 25 per cent more muscle volume in just four 30-minute sessions.

'It's often referred to as the "lunchtime lift",' smiles Miss Balaratnam. 'The procedure takes around half an hour to complete in-clinic. It requires no anaesthetic and there is zero post-treatment downtime. Patients can walk out and resume daily activities straight afterwards.'

Economical and effective, the targeted NEO paddles sculpt and tone up to nine areas including the abdomen, buttocks, front and back thighs, calves, biceps and triceps.

'It is the first and only device that treats fat and muscle on all four sides of the thighs,' says Miss Balaratnam. 'It is also clinically proven to reduce diastasis recti – the clinical name for the abdominal separation that can be experienced during pregnancy – by 19 per cent on average.' Although results aren't instant, with around four to six treatments required in total, they are permanent if your fitness levels are maintained.

Whatever treatments she may advise for her patients, Miss Balaratnam's priority is that they choose the path: 'Always base your decision on a clinic and practitioner you trust, with a cooling-off period between your consultation and any treatment.'

Miss Sherina Balaratnam & S-Thetics Clinic

A Local Country Ambassador for Allergan, manufacturers of BOTOX® and the Juvéderm® Ultra range of fillers Invited into Allergan Elite International Mentorship scheme (one of just 12 doctors globally)

Experienced former NHS Surgeon with a background in reconstructive and burns surgery

Winner *Best Clinic South England Aesthetic Awards*

Winner *Best New Clinic South England and Wales MyFaceMyBody Awards*

Twice Winner *Reception Team of the Year UK and Ireland Aesthetic Awards*

S-Thetics Clinic, Marlborough House, 45 Wycombe End, Beaconsfield, Buckinghamshire HP9 1LZ. Please call 01494 670990 or visit sthetics.co.uk

📍 @sthetics_clinic 📱 @STheticsByMissSherinaBalaratnam 🐦 @MissBalaratnam 📺 S-Thetics Medical Aesthetic Clinic



Dress, POA, **JAIME MORALES CORTÉS**.
Shoes, £545, **CHRISTIAN LOUBOUTIN**

9. FOR WOBBLY LEGS

What EMSculpt NEO Total Leg Treatment with Magda Szczukiewicz at The Cosmetic Skin Clinic.

The lowdown When it comes to leg shaping, most energy-based treatments are spectacularly underwhelming. However, a forward-thinking approach by The Cosmetic Skin Clinic is shaking things up: they've introduced the latest EMSculpt NEO, which is a souped-up version of the original muscle-defining device, with the added perk of skin-firming, fat-blitzing radio-frequency. The treatment targets the entire circumference of the thighs and calves – effectively debulking heavy-looking legs, while honing and toning – so lie back on the bed as EMSculpt pro Magda Szczukiewicz does her stuff, attaching large plastic paddles to specific areas

EMSCULPT NEO IS A SOUPED-UP VERSION OF THE ORIGINAL DEVICE, WITH THE ADDED PERK OF FAT-BLITZING RADIOFREQUENCY

of the legs, and securing them with Velcro straps. What follows is a rhythmic dance of zaps and taps, mildly reminiscent of a 1980s Slendertone machine, which can be dialled up

or down in intensity. The process is repeated until the entirety of the legs has been treated – each cycle takes 30 minutes – and a course of four treatments, one week apart, is advised.

Pain factor While never painful, the sensation is intense, ticklish and, frankly, odd. Afterwards, muscles feel exhausted – as if they've done a decent workout – so skipping the gym that evening is suggested.

Downtime None at all to speak of, bar a slight feeling of fatigue.

Results This is less about achieving a large reduction in weight, more about tightening and toning. However, the course completed, legs do look gratifyingly more svelte. Feel free to flash them with abandon.

Details From £3,000, for a course of four sessions (cosmeticskinclinic.com). ▷