

ARE YOU SUMMER READY?



It can take more than just losing weight to feel good in a swim suit, *Dr Kim* prescribes some quick-fix treatments that can help boost your confidence

TONE AND DEFINE

Muscle toning technologies can help you achieve more efficient fat loss and muscle definition and are highly effective in those who are struggling to lose resistant weight around their middle. A 30-minute BTL Emsculpt Neo treatment on the abdomen is the equivalent of doing 20,000 stomach crunches at 100% capacity, with an average fat loss of 30%. It will give you a definite confidence boost when it comes time to take your shirt off.

REMOVE SKIN TAGS OR UNWANTED SKIN LESIONS

Skin tags and unsightly actinic keratoses can be easily and painlessly removed with cryotherapy. The medical CryoPen is a precision instrument that uses a fine jet of nitrous oxide at high pressure. Unlike the more traditional methods, it can be used to remove unwanted benign skin lesions with minimal risk of scarring or damage to the surrounding skin. The treatment only takes a few minutes although in some cases, a repeat treatment may be required.

REDUCE REDNESS AND SCARRING

Acne on the face, chest or back can leave redness and purple marks that can linger in the affected area for years, often long after the actual acne has cleared. This inflammation can be managed with RF micro-needling which gives the additional benefit of reducing the scarring. Your doctor might also advise the addition of fractionated laser or radiofrequency treatments to improve these results.

SMOOTH AND TONE CELLULITE

Cellulite is a perfectly normal occurrence in over 90% of women, whether they are skinny or overweight. It is difficult to get rid of cellulite permanently, but for those who are bothered by it, the really good news is that some recent introductions to the market have created a buzz of excitement. Not all of these new treatments have reached the UK as yet, but LipoFirm PRO and Emsculpt Neo are increasingly available here. Both machines combine powerful

muscle contractions and radiofrequency, leading to the required combination of skin tightening, fat breakdown and lymphatic drainage. The Penrose Clinic signature programme combines these machines with a home treatment regimen that uses clinically proven ingredients.

SHRINK AND TIGHTEN YOUR MUMMY TUMMY

The BTL Emsculpt supramaximal contractions of the abdominal muscles have been demonstrated in clinical studies to reduce post-pregnancy diastasis – the gap in the fascia between your stomach muscles that just won't close. VoluDerm, micro-needling, TriFractional radiofrequency, and LED phototherapy, are all excellent treatments for the management of stretch marks and skin laxity after pregnancy.

ABOUT DR KIM

Dr Kim Prescott practices Aesthetic and Lifestyle Medicine as well as working in clinical research, and lecturing and training in advanced aesthetic techniques. She consults from her clinics in Cobham, Knightsbridge and Fetcham Park House.

You can contact Dr. Kim by emailing info@drkpcclinic.co.uk, calling 01372 371201 or by visiting her website, drkpcclinic.co.uk.