

mayfair times

MAYFAIR / ST JAMES'S / MARYLEBONE
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Dame Shirley Basse

AN EXCLUSIVE INTERVIEW

MAYFAIR MEETS
MONACO

PLUS:
THE BUTTERFLY BALL

CUTTING-EDGE TREATMENTS

We ask some leading doctors to give us the lowdown on the latest, science-based treatments to try now

WORDS SOPHIA CHARALAMBOUS

DR RASHA CLINIC EXOSOME FACIAL REJUVENATION

Designed to increase skin collagen by six times and elastin levels by up to 300 per cent, the scientific biotech breakthrough, the Exosome Facial Rejuvenation is one of the most cutting-edge treatments that can be found at Dr Rasha Clinic. Exosomes in the skin carry proteins, DNA



and RNA from one cell to another, modifying the function of the recipient cells. When a healthy cell sends an exosome to an unhealthy one, the damaged cell repairs itself. This treatment is ideal for anyone with acne, scarring, wrinkles, sun damage, age spots, sagging and enlarged pores. There is no downtime and the benefits will last for 18 to 24 months.
*9 Shepherd Market,
£1,000 per session*

NEW OPENINGS



THE SPA AT 45 PARK LANE
This 10,000 sq ft wellness space features Park Lane's longest swimming pool at 20 metres. Roman-style flora mosaics and natural timber slatted ceilings boost the tranquility for guests. Spa treatments are available from nearby Dorchester Spa, which include Aromatherapy Associates' Ultimate Aromatherapy Experience.
45 Park Lane



OURONYX
Ouronyx focuses solely on the face. Co-founder Ida Banek wanted to create a space where science is used to optimise results. The diagnostic assessments combine psychological, aesthetic and anatomical markets, which include 3D and 2D scans. The service is completely tailored for you, working alongside your chosen doctor.
20 St James's Street



BARBARA STURM
Exclusive to the Dr Barbara Sturm Mount Street boutique is the Anti-Ageing Body Treatment, which uses the Enzyme Cleanser, Anti-Ageing Body Cream and Clarifying Mask to exfoliate, detox, hydrate and plump. But you can't go wrong with the Signature SturmGlow, which lifts, plumps and brightens the skin.
135 Mount Street



DR DAVID JACK
MORPHILO

Combining the benefits of Morpheus8 and Profhilo is what Dr David Jack has coined as Morphilo – a bespoke combination treatment only available at his Harley Street clinic. The treatment uses the sub-dermal, micro-needling, radio-frequency device that is Morpheus8 with the hyaluronic acid injections, Profhilo. He says: "I have been using Morpheus8 for the neck, face and

body and my patients are delighted with the results.

One of the main advantages is that it can be combined with other surgical or non-surgical treatments, for example.

Morpheus8 can be used at a deeper level to target the fat pocket under the chin, which previously has been difficult to treat non-surgically."

96 Harley Street (Morpheus8 is £2,900 for two sessions, and Profhilo treated twice per area £900).



DR PREEMA VIG
THE BODY SUITE & BODY PROFHILO

The Body Suite at Dr Preema Vig's clinic uses the latest cutting-edge technology to create a bespoke body makeover. The approach is about layered treatments to target and stimulate each layer from the muscles to the tissue quality and surface skin. Having only just launched in the clinic is Body Profhilo. This exciting treatment is said to deliver the best aspects of the hyaluronic acid injections to areas of the body that require a moisture boost. The syringes are larger to apply to larger surface areas and come with a sheet mask and topical cream to apply at home, before returning four weeks later for the second treatment.
118-127 Park Lane, POA

DRMEDISPA
ALMA PRIMEX

DrMediSpa is the first UK clinic to introduce Alma PrimeX, under director Dr Munir Somji. The technology focuses on circumference reduction and skin tightening in the abdomen, waist, thighs and buttocks areas using Ultrasound and Radiofrequency. Guided Ultrasound waves selectively affect adipose tissue and result in a reduction in fat thickness. UniPolar Radio Frequency effectively heats the dermal and subcutaneous layers, targeting collagen and elastin fibres, and promoting new collagen formation. There are four booster features to either amplify, concentrate or control the waves.

59 Chiltern Street (£250 per session, four-six treatments required).

