

FACE FACTS WITH DOCTOR NESTOR: COSMETIC SURGERY IN THE SALON

The world of cosmetic surgery and medicine is an ever changing, ever evolving one, with more people than ever before looking to undergo treatments and procedures.



With many beauty salons now keen to incorporate cosmetic procedures into their offering, we thought it would be a good idea to ask an expert for advice on who should be carrying this out, what type of set-up you need and to offer wisdom on the type of products and treatments clients are looking for.

Therefore, let us introduce to Salon NV's Medical Cosmetic Doctor and expert, Dr Nestor.

Dr Nestor runs the Age Refined Cosmetic Medical practice at St George's Cross Glasgow with his wife, Nurse Practitioner Michelle, and he is happy to answer your questions about services, treatments and results.

He told us: "Cosmetic medicine is now very much about helping people age gracefully. Putting volume and definition back to where it was and preventing ageing features like deep-set lines, which are difficult to simply resolve later in life."

Dr Nestor's ethos is that he wants people "to look like themselves on their best day." We like this!

He said: "It's about airbrushing and tweaking a few things to make the skin look healthier, and the face more youthful, and bring out your potential."

That's what many people are looking for when they embark on cosmetic procedures, but there are some who, largely thanks to images in the media, want the more extreme result – blown up lips and puffed out cheeks.

Dr Nestor is not keen on this and said it should be about "doing the least amount of work to get the best results."

He said: "You cannot make someone have Megan Fox's lips but you can help them make the most of what they have."

Although repeat business is key, subtle changes can make the biggest difference to someone's life and help you win a long-term client.

So, as a salon owner, what should you look for when it comes to recruiting someone to carry out treatments?

Dr Nestor said: "There are key questions to ask: is the person a doctor, dentist or nurse prescriber? Largely, legally, only these people can carry out treatments using botulinum toxins (a prescription only medication) and dermal fillers."

Other points to raise are: "Are they insured? Do they have proof of previous work they have carried out? Do they offer an after care service to ensure treatments have worked? Will they give their contact details so the client can get in contact if they have any problems? Do they go over a client's medical history and have them sign a consent form?"

Wise words Dr Nestor, but amongst the many treatments that are on the market at the moment, which are proving most popular?

"There's been a huge shift in focus from the surgical world to the non-surgical world."

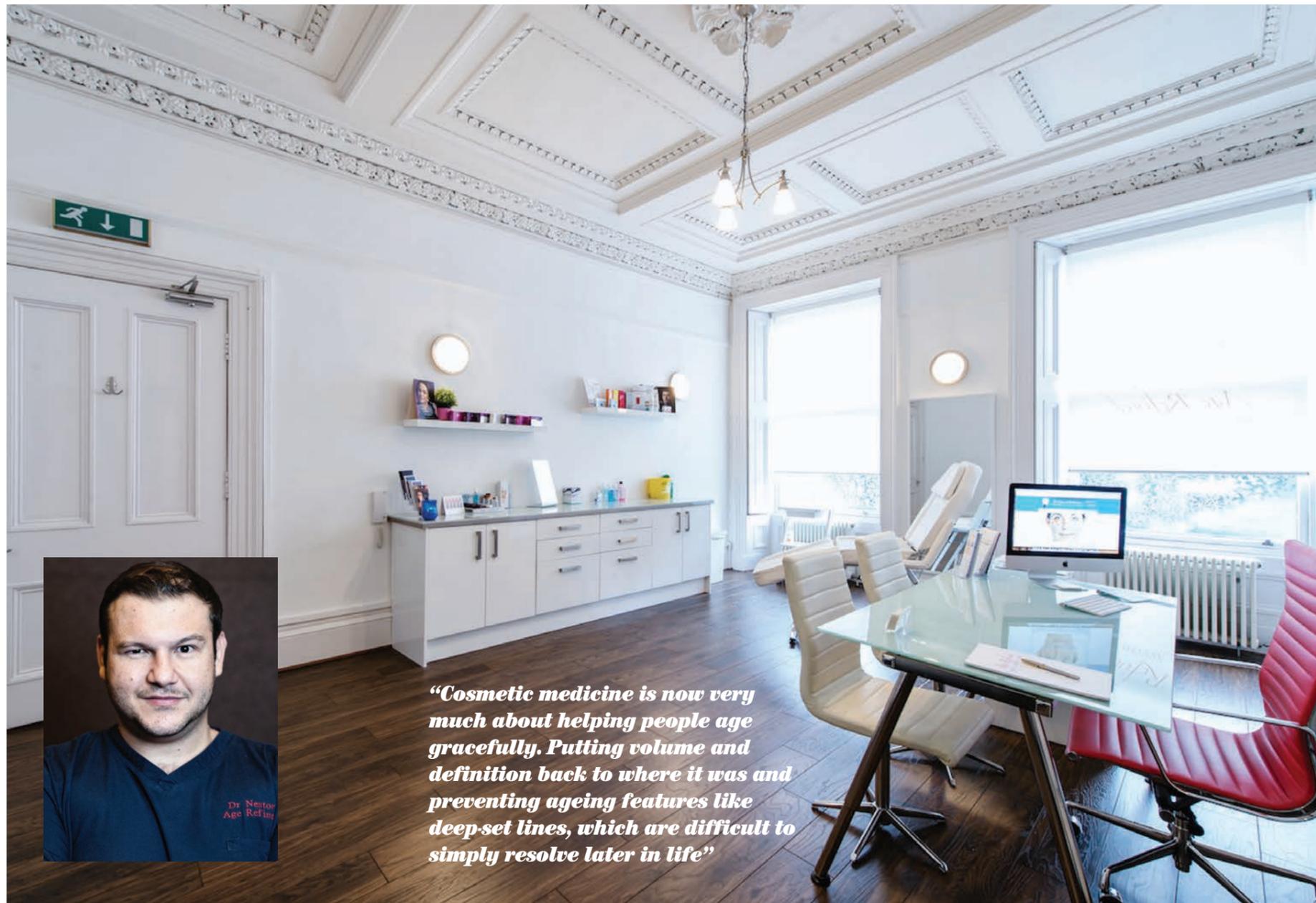
"BOTOX(R), dermal fillers, chemical peels, non-surgical rejuvenation and the one-stitch lift are all high on the agenda."

There's also been a shift in attitude towards treatments: no longer viewed purely as vanity products, many can also help people feel generally better about themselves and Dr Nestor believes there is nothing better than when a client tells him how he has improved their life.

Something many salon owners will be able to relate to, whether it be that life-boosting haircut or make-up transformation for a special day.

The world of medical aesthetics and the hair and beauty industries go hand in hand and that is why we've enlisted Dr Nestor to bring you advice in every issue of Salon NV.

As well as explaining more about the fascinating area of toxin treatments and dermal fillers in the next edition, Dr Nestor welcomes your questions on everything from what equipment your salon will need for a cosmetic procedure area, to his top tips on the latest products on the market.



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All you have to do is email the doc at drnestor@salonnv.co.uk
You can find out more about Age Refined at www.agerefined.co.uk