

# Dr Nestor

## An Introduction to Aesthetics

Our new expert columnist explains why looking younger is about enhancing what you have – not changing who you are



Aesthetic medicine, for me, is all about ensuring that the patient looks like them on their best day – it's absolutely not about looking ten years younger or like an entirely different person. Combining science and art, aesthetic medicine is considered by many to be more akin to a study of beauty than a visit to the doctor. Aesthetic procedures focus less on changing your appearance or who you are, concentrating instead on non-surgically refining certain features and restoring youthful, natural contours and health to the skin.

It's important to have a healthy perception and realistic expectations of what aesthetic medicine can do for you. For instance, depending on your requirements, the correct procedures or treatments can help soften signs of ageing, gently correct facial symmetry, achieve beautiful features and give skin much-needed hydration.

Looking younger and fresher is usually the key aim of undergoing a procedure – our skin loses hydration, collagen, elasticity and tone as we age, and the fatty tissues that keep our skin looking plump start to lose volume. The result? Sagging tissue and deepening folds, ageing us beyond our years. However, a great cosmetic doctor can use various different treatments to slow down the process and restore that lost youthfulness in a natural way. Treatments can be in the form of wrinkle relaxing injections, dermal fillers, or for more extensive cases, Silhouette Soft Thread Lifts. In this way, we can ensure that you look like you – but incredible for your age.

I have spent most of my medical career studying the process of ageing and I completely understand the concerns and the needs of my patients. I am a firm believer that aesthetic treatments should only be administered to patients after a thorough consultation, adhering to every facet of medical ethics, including ensuring that treatments are only administered in

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a professional medical environment. It is for this reason that I decided to open Dr Nestor's Medical Cosmetic Centre in Edinburgh last year.

The clinic is doctor-led and patient-centred, operating by appointment only and to the highest standards. I am a member of Health Improvement Scotland and work alongside them to implement regulations for clinics to improve patient safety, so it's incredibly important to me that we offer the very best experience for our patients, and that their needs are at the forefront of what we do.

In the Medical Cosmetic Centre, I address male and female facial ageing, skin and health and also hair loss concerns. Hair restoration surgery has become far less taboo and the technology behind the procedure is incredible these days. In fact, we are just about to open an operating theatre within the Centre, where hair restoration surgery will take place, so the population of Edinburgh will have the opportunity to undergo the procedure at one of only two places in Scotland where an in-house doctor will see you entirely through the process, from consultation through to surgery and recovery, knowing your needs and your progress at every step of the way.

For me, patients are always at the very heart of what I do, and I am dedicated to ensuring that those who choose to see me have the very best experience and, of course, the very best results.

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To book a consultation with Dr Nestor, visit [www.drnestor.co.uk](http://www.drnestor.co.uk)

DR NESTOR'S  
MEDICAL COSMETIC CENTRE