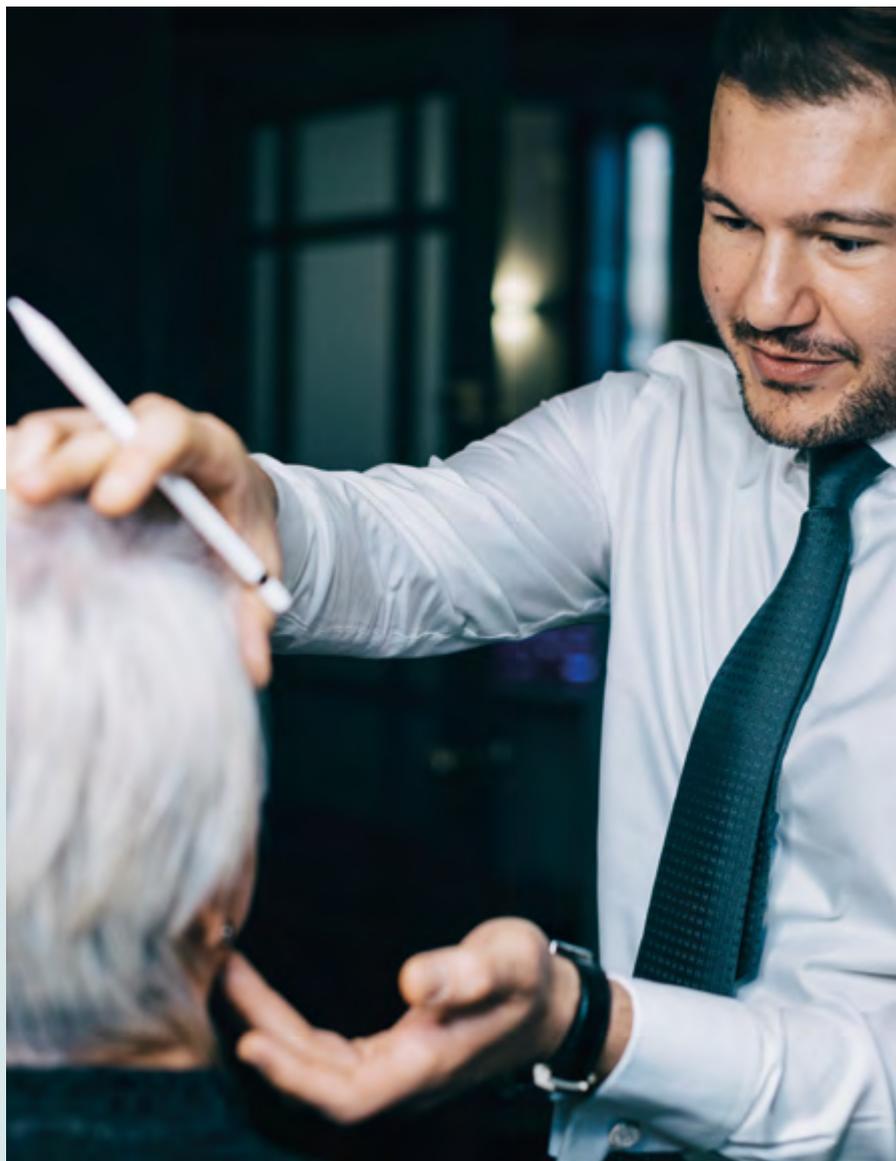


# Dr. NID

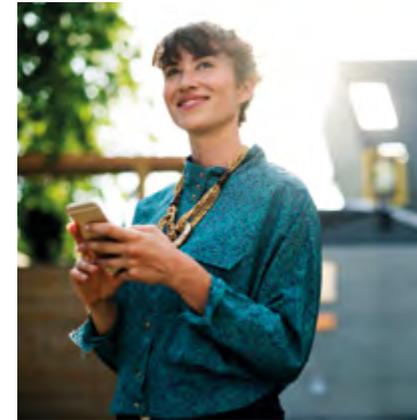
Medical Cosmetic Centre



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Member of the British College of Aesthetic Medicine  
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Dr Nestor is a national and international speaker and published author in Aesthetic Medicine.

Dr Nestor obtained his Medical Degree and Honours Degree in Neuroscience from the University of Edinburgh in 2006. Upon completing his junior doctor years, he pursued a surgical career, gaining experience from several surgical specialties, predominantly Trauma and Orthopaedic Surgery, and Plastic Surgery. He also entered Aesthetic Medicine, which became his passion. Dr Nestor focuses on non-surgical facial rejuvenation, skin health, and hair restoration surgery. He holds fortnightly clinics at PHI Clinic on Harley St, as well as regularly teaches non-surgical facial thread lifts in the UK and Europe.

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## Introduction

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Every face ages, it's a fact of life. Genes, race, gender, environmental factors and lifestyle choices all play a part in how quickly we show the signs of ageing but studies have pinpointed that five different cell processes slow or decline at five different landmark ages. This brochure will give you an insight into what to expect and how to manage the process. The good news is that facial rejuvenation can start at any time. Our aim is to help you look like you – on your very best day, every day.

We are also fully committed to your intimate and hormonal health. Our dedicated Women's Health Clinic doctors can offer support and treatment for most conditions, whatever your age.

# 20s

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In our 20s skin might look great, this is what we call your “post-acne and pre-wrinkles phase”, it is this period that can determine what your skin will look like later in life. The first process to decline is natural antioxidant production, and that happens in your 20s. There was, until recently, the belief that those in their 20s needed to simply moisturise and use sunscreen but new research shows that skin is already susceptible to oxidative stressors and damage.

## **SKIN:**

### **PROBLEM:**

Genetic and environmental factors have an impact on how quickly we age and, from as early as 25 years old, collagen production starts to decline, and the process of skin ageing begins. For some, fine lines may start to show, sun spots appear, skin may become dry, while more extreme conditions such as acne or the resultant scars can still be problematic. Skin feels dry due to a build-up of the epidermal layer and needs exfoliation rather than moisturiser.

### **SOLUTION:**

We work with ZO Skin Health to create skincare packages to suit a range of concerns. These include, but are not limited to, a daily skin care regime to improve and maintain skin's health; acne treatments; solutions for rosacea, sun spots and oily skin.

## **CREASES:**

### **PROBLEM:**

The loss of collagen, hyaluronic acid and elastin becomes evident in our mid to late 20s. Static lines start to develop as a result of facial movement. Vertical lines appear between our brows and horizontal ones above our brows.

### **SOLUTION:**

1. Good skin health with clinically proven products (ZO SKIN HEALTH regime).
2. BOTOX® can be used to decrease the intensity of the muscles and therefore fold the skin less, resulting in a softer smoother appearance.

## **VOLUME:**

### **PROBLEM:**

Facial proportions not in harmony, retrognathic chin (chin small), humps or depressions in nose, small thin lips.

### **SOLUTION:**

For those unhappy with their profile, dermal fillers can be used for non-surgical nose and chin re-shaping for both men and women. Fillers are used to fill deficits along the flat of the nose to give an evenly contoured line and smooth out any imperfections; they are also used to reshape the contours of the chin and fill in any unwanted dimpling to create an improved profile.

For Women's Health in your 20s see pages 14 - 15.





## 30s

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Our 30s can be a decade where we are juggling work and family-life, experiencing a lack of sleep and sometimes stress. These have a direct impact on our skin. But other things are happening too: as this is also when your body's metabolism starts slowing and so, too, does the bioenergy of skin cells. Looking tired and sad is the main complaint from patients during this decade – which is easily resolved.

### **SKIN:**

#### **PROBLEM:**

From mid-30s, collagen and elastin are depleting much faster than our skin can replenish and repair, making skin appear drier and facial lines more visible as skin loses some of its smoothness and elasticity. For many women, the latter half of the 30s is when hormone levels begin to drop, which may dry skin out further. As the skin's naturally hydrating substance hyaluronic acid (HA) reduces, skin starts to lose structure and volume, resulting in wrinkles and folds.

#### **SOLUTION:**

ZO Skin Health aims to stimulate your now lazy fibroblast cells to work better and efficiently at producing HA and collagen.

Tailored ZO Skin treatments will also address adult acne, rosacea, enlarged pores and pigmentation.

### **CREASES:**

#### **PROBLEM:**

The loss of collagen, hyaluronic acid and elastin is well established in our 30s. Static lines start to develop as a result of facial movement. Vertical lines appear between our brows and horizontal ones above our brows.

#### **SOLUTION:**

1. Good skin health with clinically proven products (ZO SKIN HEALTH regime).
2. BOTOX® can be used to decrease the intensity of the muscles and therefore fold the skin less, resulting in a softer smoother appearance.
3. Our in-clinic Chemical Peel treatments are designed to optimise and support the outcomes of skin restoration and rejuvenation programmes, to give you healthy, glowing and youthful skin. At the Medical Cosmetic Centre, we are proud to offer three grades of chemical facial peel, to address a broad spectrum of skin concerns.

### **VOLUME LOSS:**

#### **PROBLEM:**

The cheeks are one of the first places we lose volume (fatty tissue) in our early and mid-30s. We therefore lose the contour, shape and height of our cheeks and hollows under the eyes can appear. The unsupported skin begins to move towards the folds at the nose to mouth lines, making these appear deeper.

#### **SOLUTION:**

Dermal fillers are a safe, effective and minimally invasive way to replace the volume lost in our cheeks, either raise them back up, or help to maintain their youthful height. When a little filler is also placed in the chin, this gives us a strong profile and lifted appearance. Our aim should only ever be to replace what has been lost and maintain the look of our 30s, not look 20.

For Women's Health in your 30s see pages 14 - 15.

# 40s

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At around 40, cellular senescence kicks in. It's a complicated process in which the natural life cycle of skin cells is arrested, and it affects the complexion in many ways. At this point, quality prescription skincare is almost always necessary and additional aesthetic procedures can make a real difference.

## SKIN & CREASES:

### PROBLEM:

Our skin is thinner and less hydrated than ever before. Uneven skin tone begins to age us. Solar elastosis (sun spots) appear, as may rosacea (redness around the nose, cheeks and chin). Darkness under the eyes may become evident as the lower eyelids (one of the thinnest skins in the body) become even thinner, allowing the colour of the underlying muscle to show through. Fine lines around the eyes become more noticeable.

### SOLUTION:

1. ZO medicated skin system to hydrate, repair and replenish skin. Chemical peels can help to lift pigmented areas.
2. BOTOX to weaken the intensity of muscles causing wrinkles between and above the brows, as well as crow's feet
3. Our in-clinic Chemical Peel treatments are designed to optimise and support the outcomes of skin restoration and rejuvenation programmes, to give you healthy, glowing and youthful skin. At the Medical Cosmetic Centre, we are proud to offer three grades of chemical facial peel, to address a broad spectrum of skin concerns.

## VOLUME LOSS:

### PROBLEM:

As we enter our 40s volume loss appears in our foreheads, temples and cheeks, resulting in lowering of our brow, drawing in of the temples and some hollowing under the eyes. This can give a sad or tired appearance to an otherwise rested, happy face. As the face loses its architectural support in the upper third, there are consequences in the lower half of the face, with the appearance of mild to moderate jowls and facial sag.

### SOLUTION:

Fillers made of our own natural hyaluronic acid (HA) (the same molecule is found in every living organism) are a clear gel which allows us to restore the volume we have lost, never more. This helps to restore the youthful contours and fullness we once had, without changing us. Our aim should always be to look great for our years. Youthful, not younger.

Visit [www.drnestor.co.uk](http://www.drnestor.co.uk) for some before and after pictures of our happy patients who have kindly allowed us to showcase Dr Nestor's work.

For Women's Health in your 40s see pages 14 - 15.



# 50s

By our 50s we will notice a loss of muscle, bone and fat under the skin. This along with changes in collagen and elastin makes fine lines and wrinkles more dramatic, especially if you've smoked or spent time in the sun. It is also during this decade that most women experience the menopause.

## SKIN & CREASES:

### PROBLEM:

Years of sun damage and environment factors have started to take their toll on our skin. Decreasing oestrogen levels contribute to thinning, drier skin. Solar elastosis (sun spots) are more prominent. Darkness under the eyes may become evident as the lower eyelids (one of the thinnest skins in the body) become even thinner, allowing the colour of the underlying muscle to shine through, giving the appearance of dark bags. Creases in the face are now established and begin to bother us.

### SOLUTION:

1. ZO medicated skin system to hydrate, repair and replenish skin. Chemical peels can help to lift pigmented areas.
2. BOTOX to weaken the intensity of muscles causing wrinkles between and above the brows, as well as crow's feet.
3. Bio-identical hormone replacement to help restore lost hormones and improve texture of skin.
4. Our in-clinic Chemical Peel treatments are designed to optimise and support the outcomes of skin restoration and rejuvenation



programmes, to give you healthy, glowing and youthful skin. At the Medical Cosmetic Centre, we are proud to offer three grades of chemical facial peel, to address a broad spectrum of skin concerns.

## VOLUME LOSS:

### PROBLEM:

As we enter our 50s volume loss continues in our foreheads, temples and cheeks, resulting in further lowering of our brow, drawing in of the temples and more pronounced hollowing under the eyes. As the face loses its architectural support in the upper third, there are consequences in the lower half of the face. Nasolabial fold (nose to mouth lines) appear deeper. Marionette lines (mouth to chin lines) are established, turning the corners of the mouth downwards. All of this combined gives us the appearance of looking sad, tired and saggy. Our faces don't reflect who we are inside.

### SOLUTION:

1. Fillers made of our own natural hyaluronic acid (HA) (the same molecule is found in every living organism) are a clear gel which allows us to restore the volume we have lost, never more. This helps to restore the youthful contours and fullness we once had, without changing us. Our aim should always be to look great for our years. Youthful, not younger. Dr Nestor believes in bringing out your best, without anyone knowing you've had any treatments.
2. Dr Nestor specialises in the Silhouette Soft® thread lift, which provides an immediate mechanical lifting effect as well as a biological lift by stimulating the natural production of collagen in the months following the process. The natural-looking results restore volume and definition, and reduce wrinkles with results lasting 12-18 months.

Visit [www.drnestor.co.uk](http://www.drnestor.co.uk) for some before and after pictures of our happy patients who have kindly allowed us to showcase Dr Nestor's work.

For Women's Health in your 50s see pages 14 - 15.

# 60s

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During your 60s and beyond, collagen levels in the skin will deplete rapidly and the body will eventually stop producing it. This means your skin will become more lax, thinner and much drier than it has previously been. On a positive note, symptoms of the menopause are left behind meaning hormones are less likely to influence the quality of the skin.

## SKIN & CREASES:

### PROBLEM:

Years of sun damage and environment factors have taken their toll on our skin. Low oestrogen levels contribute to thinning, dry skin. Solar elastosis (sun spots) are obvious. Darkness under the eyes is evident as the lower eyelids (one of the thinnest skins in the body) become even thinner, allowing the colour of the underlying muscle to shine through, giving the appearance of dark bags. Creases in the face are now established and begin to bother us.

### SOLUTION:

1. ZO medicated skin system to hydrate, repair and replenish skin. Chemical peels can help to lift pigmented areas.
2. BOTOX to weaken the intensity of muscles causing wrinkles between and above the brows, as well as crow's feet
3. Bio-identical hormone replacement to help restore lost hormones and improve texture of skin
4. Our in-clinic Chemical Peel treatments are designed to optimise and support the outcomes of skin restoration and rejuvenation programmes, to give you healthy, glowing and youthful skin. At the Medical Cosmetic Centre, we are proud to offer three grades of chemical facial peel, to address a broad spectrum of skin concerns.

## VOLUME LOSS:

### PROBLEM:

As we enter our 60s volume is lost in our foreheads, temples and cheeks, resulting in a lowering of our brow, drawing in of the temples and more pronounced hollowing under the eyes. As the face loses its architectural support in the upper third, there are consequences in the lower half of the face. Nasolabial fold (nose to mouth lines) appear deeper. Marionette lines (mouth to chin lines) are established, turning the corners of the mouth downwards. All of this combined gives us the appearance of looking sad, tired and saggy. However, there are still ways to freshen the appearance.

### SOLUTION:

1. Fillers made of our own natural hyaluronic acid (HA) (the same molecule is found in every living organism) are a clear gel which allows us to restore the volume we have lost, never more. This helps to restore the youthful contours and fullness we once had, without changing us. Our aim should always be to look great for our years. Youthful, not younger. Dr Nestor believes in bringing out your best, without anyone knowing you've had any treatments.
2. Dr Nestor specialises in the Silhouette Soft® thread lift, which provides an immediate mechanical lifting effect as well as a biological lift by stimulating the natural production of collagen in the months following the process. The natural-looking results restore volume and definition, and reduce wrinkles with results lasting 12-18 months.

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For Women's Health in your 60s see pages 14 - 15.

# Women's Health

## INTIMATE HEALTH

### PROBLEM:

As we age our pelvic area also loses collagen, resulting in vaginal laxity. This can have an impact on our daily lives, from having to visit the loo more frequently, and during the night to urinary stress incontinence which refers to those little accidents when being active at the gym, walking, sneezing or laughing. Women who have had children, naturally or via C-Section often find these symptoms can be present immediately afterwards.

### PROBLEM:

During hormone fluctuations and decline in the 40s, 50s and 60s lubrication, satisfaction and desire can all decline. The resulting thinning of the vaginal wall can also cause pain and discomfort on intercourse. Loss of a woman's sexual health and confidence can often add strain to her relationship.

### SOLUTION:

ThermiVA is a clinically proven radio frequency device to help restore the integrity of damaged collagen, and more importantly stimulate the production of new collagen in the pelvic floor. It is pain free and carries no down time. This helps to support the neck of the bladder and improves both urgency and incontinence. The thickened vaginal wall increases lubrication and therefore eases sexual discomfort and pain.

## HORMONE LEVELS:

### PROBLEM:

Women can experience hormone fluctuation and decline at several occasions during her life. Hormone-related conditions include peri-menopause, menopause, premenstrual syndrome, postnatal depression and endometriosis. As a woman moves through each phase of her life, balancing and replenishing these vital hormones, such as oestrogen, progesterone and testosterone is important for the maintenance of her health, energy, mood, brain function, bones, vaginal and urethral tissues, skin, and cardiovascular health.

### SOLUTION:

At Dr Nestor's Medical Cosmetic Centre, we carry out a comprehensive consultation and appropriate tests, in order to evaluate the full picture. If a hormonal imbalance is diagnosed, a personalised treatment plan of bio-identical hormones is made specifically for you. Bio-identical hormones are 100% identical in chemical structure to our own hormones, and their effects and benefits replicate them closely. They work in synchronisation with the body making it more effective than traditional HRT medications.



# Prices

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**NOTE:**

BOTOX® has been used cosmetically for 26 years, and can be used to erase crow's feet, frown and forehead lines, as well as improving 'gummy smile' and 'orange peel chin', where the skin has dimpled. Reducing the extent of wrinkles, helps to achieve a fresher, more youthful and natural look.

## Botox

1 Area	£180
2 Areas	£250
3 Areas	£320
4 Areas	£370
Neck Lift	£300
Gummy Smile	£180
Orange Peel	£100
Brow Lift	£250
Smoker's Lines	£100
Bunny Lines	£50

## Fillers

Lip Quality Enhancement (0.55ml syringe)	£250
Lip Augmentation (1ml syringe)	£350
Cheek Contouring	Starting from £350
Temple Rejuvenation	Starting from £350
Eyebrow Lift	Starting from £350
Jaw Line Rejuvenation	Starting from £350
Tear Trough Rejuvenation	Starting from £400
Non-Surgical Chin Remodelling	Starting from £350
Non-Surgical Nose Remodelling	Starting from £400
Hydrating Skin-boosters	Starting from £300

## Woman's Health

Urinary Incontinence	3 Treatments for £2900
Finance 6, 10, 12 months available	1 Treatment for £999
Feminine Tightening	3 Treatments for £2900
Finance 6, 10, 12 months available	1 Treatment for £999
Bio Identical Hormone Treatment	£250
Prices for test and treatments vary	Consultation for £250