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Turning back the clock

Dr Natalie Blakely of Guildford's new Light Touch Clinic on the new, safer alternatives to plastic surgery

"We wanted to be as 'un-clinic' as possible," explains Dr Natalie Blakely of Guildford's new Light Touch Clinic. "We made it welcoming and comfortable ... a place you'll enjoy visiting and where you feel completely confident about the advice and treatment."

Situated in a restored townhouse in Guildford High Street and elegantly furnished down to the last detail, Light Touch is certainly not a typical clinic and the difference doesn't stop there. As a cosmetic medicine clinic, it specialises in new anti-ageing treatments such as Restylane, Sculptra, Juvéderm and Obagi skincare – the 'injectables' and complementary treatments which now provide a real alternative to plastic surgery.

Dr Natalie Blakely explains why these treatments are good news for everyone who would like a younger look. "With this new generation of dermal fillers, wrinkle-relaxing treatments and dermal implants we can offer a natural, more refreshed facial aesthetic. Procedures can be as short as thirty minutes or so and in many cases there is no down time and instant results. A woman can literally walk out of our clinic looking five or more years younger."

Trained at Guy's, King's and St Thomas' hospitals and with several years' experience working in one of the large national anti-ageing clinics, Dr Blakely is

passionate about the positive effects of anti-ageing. "Looking good helps you feel good about yourself. You feel more confident and energised knowing you are looking your best."

Clients are often surprised at the versatility of cosmetic medicine. Injectables can be used to contour your cheekbone or jawline for a firmer and more youthful shape or rejuvenate your neck, décolletage or backs of hands. One of the most exciting procedures now available is use of dermal fillers: "With zero downtime and instant results, it literally turns back the clock in a single treatment, making it a safer and substantially more affordable alternative to plastic surgery."

With further innovations on the way in 2010, Dr Blakely is committed to staying in touch with cosmetic medicine developments as they take place. In October she attended the annual British Association of Cosmetic Doctors (BACD) conference for Doctors specialising in Cosmetic medicine. She also believes her doctor's training



makes a difference: "There is no way I would do these procedures if I wasn't confident in my understanding of anatomy, the physiology of how we age and understanding the science behind the products we use."

Since opening its doors, Light Touch Clinic has attracted clients not just from the Guildford area but the neighbouring counties and beyond. Following the success of their Launch Evening in December, further events are planned for 2010 including Spring Coffee Mornings which provide an opportunity to meet Dr Blakely and question experts on specific treatments.

Particularly popular at the moment, with Valentine's Day only a few weeks away, is Lip Augmentation, a highly successful procedure that improves shape and volume, restoring the 'cupid's bow' and making your whole face look younger. As it gives instant results, there's still plenty of time to book your free consultation before February 14th!

Spring Coffee Mornings at Light Touch Clinic:
Thursday March 18th: 10.30am Botox and Dermal Fillers
Thursday April 1st: 10.30am Sculptra
To reserve your place or for information on further 2010 events, call 01483 568013 or email info@lighttouchclinic.co.uk

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