

EF MEDISPA

INTELLIGENT SKIN CARE



EF MEDISPA Kensington

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YOUR CONSULTATION - A TREATMENT PLAN TAILORED TO YOU

To make sure we address your individual needs and concerns, all of our treatments begin with a private consultation with one of our highly experienced Treatment Coordinators to:

- Discuss your individual concerns and ambitions
- Share treatment options that will address your concerns
- Advise you on expected results from treatment
- Design a treatment programme for your individual budget



"During the consultation we listen to understand our clients' concerns and goals helping us to tailor a personalised treatment plan."
Z. Sheard, Treatment Coordinator at EF MEDISPA



Medical Aesthetic
Clinic of the Year



Best Beauty Facility of the Year
Best Health & Beauty Facility of the Year



Shortlisted 2016,
Winner 2015



Finalists Best Clinic Team,
Best Aesthetic Practice 2016

Book a consultation today
02071220229

EF MEDISPA
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BOOK CONSULTATION

CUSTOMISED FACIALS & PEELS

We offer an extensive range of bespoke facials and peels targeting a huge variety of skin concerns such as:

- Acne and acne scarring
- Rosacea
- Wrinkles
- Dull skin
- Pigmentation

Our team of highly trained therapists will analyse your skin and devise a bespoke treatment plan, personalised to your individual needs.

Combining the best skincare products with breakthrough techniques, our bespoke facials will rejuvenate, nourish and balance your skin for a healthier, radiant complexion. The variety of our customised peels including light chemical, chirally correct and medical strength will brighten your skin, even out discolorations and smooth out signs of ageing.

During our personalised treatments we use the most cutting-edge and well researched skincare brands to achieve optimum results including Biologique Recherche, DermaQuest, SkinCeuticals and Cosmedix.



SKIN FIRMING AND REJUVENATION

3D SkinLift by Ultraformer , a non-invasive, lifting and tightening ultrasound treatment, ideal for areas of sagging skin on both face and body.

LED Luminous Lift , a relaxing light treatment to repair, replenish and rejuvenate your skin.

Quick Lift , sometimes coined the "Lunchtime Facelift", a unique combination of laser and light technology to instantly reduce signs of ageing in less than an hour.

IPL Skin Rejuvenation , light pulses to regenerate collagen, firm, even out your skin tone and fade pigmentation.

Radiofrequency , a non-invasive face and body tightening treatment harnessing the power of ultrasound and radiofrequency technology to deliver heat to the deeper layers of the skin and improve its firmness.

Pixel Laser , precise points of light to remove damaged cells from small areas of skin. It stimulates new cell growth and helps to eradicate fine lines, wrinkles, acne and scarring, leaving the skin youthful and glowing.

Fraxel Laser , a fractional ablative laser treatment for skin resurfacing, face and body scarring, stretch marks, enlarged pores, rough skin texture, hyperpigmentation, fine lines and wrinkles.

Microfirm , an advanced skin tightening and firming treatment combining micro-needling with radiofrequency energy to address typical trouble areas such as drooping jowls, prominent facial pores, age spots and acne scarring.

"After a few weeks of 30 minutes skin firming sessions, 2-4 times per week my skin looked more alive and radiant than it had in years."

S. Thomas - LED Luminous Lift

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ANTI-WRINKLE INJECTIONS AND DERMAL FILLERS

Botox®, one of the most famous anti-wrinkle injectables which works to soften the tell-tale signs of ageing.

Dermal Fillers, an injectable treatment to restore lost volume, improving skin elasticity and smoothing out nagging lines and imperfections.

Liquid Lift, a unique combination of Fillers and Botox. This revolutionary semi-permanent lift delivers natural looking results, which can last up to two years.

Botox for Hyperhidrosis, one of the most effective treatments for excessive sweating. Botox injections can be used in many affected areas with the most popular being the underarms.

Platelet Rich Plasma (PRP), a safe, self-healing, rejuvenating treatment that encourages natural skin regeneration. During PRP your blood is extracted, the invigorating stem cells are separated and re-injected into your skin through several "mesotherapy-type" injections.

"After having fillers, people were asking if I'd been on holiday as I looked much more refreshed and rejuvenated."

K. Parking - Dermal Fillers



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ACNE - ACNE SCARRING - ROSACEA - PIGMENTATION

Acnelan , an intensive treatment for acne-prone skin.

This acne peel is a new, clinical treatment and home care programme that calms and clears acne-prone and seborrheic skin.

At **EF MEDI SPA** we offer an extensive range of facials and peels to deal with acne, scarring and rosacea. Some of our most advanced treatments to tackle these skin concerns:

Pixel Laser , a fractional ablative laser treatment for skin resurfacing, face and body scarring and hyperpigmentation.

IPL Skin Rejuvenation , an effective treatment for Rosacea and other skin irregularities. It utilises Intense Pulsed Light technology to regenerate collagen and even skin tone and discolouration.

LED Luminous Lift , an exclusive 30 minute facelift using light technology to repair, replenish and rejuvenate your skin, including clearing acne and acne scars.

"Since having treatments at EF MEDISPA the acne and scarring is gone and my skin looks and feels amazing!"

M. Hassan - Acne Treatment



STRETCH MARK REDUCTION



Carboxy Therapy , CO₂ injections to the stretch marks or scars to trigger a flow of oxygen to the area encouraging the skin tissue to heal itself.

Fraxel Laser , a laser resurfacing treatment to target stretch marks and scars treating the outer skin whilst triggering new collagen production.

Microfirm , combines the power of micro-needling technology with radiofrequency energy to treat stretch marks.

Dermapen , an advanced microneedling treatment triggering new collagen production to restore skin damage. It is usually combined with hyaluronic acid or a special growth factor serum to enhance the results of the treatment.

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HAIR RESTORATION

Platelet Rich Plasma (PRP) , nourishing injections of growth factor on your hair follicles to encourage hair growth. One of our experienced practitioners will take a small sample of your blood, separate the growth factors and then transfer it into your hair follicles. Each PRP injection will supply the hair follicle with vital nutrients resulting in much thicker, healthier hair.

Mesotherapy , a bespoke blend of vitamin injections customised to your needs which can treat a variety of problems including hair loss.



HAIR REMOVAL

Permanent Laser Hair Reduction , highly successful and pain-free laser hair removal with the Soprano laser, on any part of the body and for most skin types. The treatment uses a diode laser combined with in-motion technology and a cooling system that makes it safe, gentle and highly effective.

"I have had my upper lip done with the Soprano Laser at EF MEDISPA, after a full course of literally pain-free treatments I couldn't be happier with my results. I can't wait to start with my legs now."

M. Long – Laser Hair Removal



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TREATMENTS FOR CELLULITE

We offer a variety of cutting-edge, bespoke cellulite treatment packages tailored to your needs, type of cellulite and lifestyle for optimum results.

CelluFix by T-Shape , a non-invasive, pain-free cellulite reduction treatment combining radiofrequency energy, cold laser and vacuum-assisted technologies to effectively treat orange peel skin.

Lipotripsy , Radial Wave Therapy to enhance blood circulation, reduce cellulite, tighten and tone the skin.

Radiofrequency , a non-invasive cellulite treatment harnessing the power of ultrasound and radiofrequency energy to reduce the orange peel skin and contour the body.

Mesotherapy , uses micro-injections of a bespoke blend of cellulite-busting solutions to help enhance your lymphatic system, reducing the appearance of cellulite and toning your body.

Electro Lymphatic Therapy , utilises a technological device to improve lymphatic drainage and enhance the elimination of toxins that result in cellulite.

"The EF MEDISPA team were brilliant, they devised a package of treatments that actually tackled my cellulite and now I have smooth cellulite free thighs!"

N. Wright - Cellulite Reduction

CelluFix by T-Shape

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NON-SURGICAL FAT REDUCTION



Reduce by Vanquish

Reduce by Vanquish , a pain-free, permanent fat reduction and inch loss treatment with zero downtime.

Radiofrequency , a non-invasive fat reduction treatment harnessing the power of ultrasound and radiofrequency to improve your silhouette whilst toning your skin.

Carboxy Therapy , injections of carbon dioxide to target localised stubborn fat. The CQ injections will increase the amount of oxygen in the treated area, enhancing the dissolution of fat cells whilst triggering the production of new collagen.

CelluFix by T-Shape , a pain-free body sculpting treatment combining the power of radiofrequency, laser and vacuum-assisted technology to target stubborn fat whilst smoothing out cellulite.

Mesotherapy , uses micro-injections of a bespoke blend of cellulite-busting solutions to help enhance your lymphatic system, reduce stubborn fat and tone your body.

DIET AND NUTRITION

Our bespoke **Nutrition packages** are devised and implemented by our in-house qualified Nutritionist.

EF MEDI SPA can help you choose between a variety of programmes to find the one that will help you reach your goal weight, increase your energy levels or address your skin concerns.

"The diet was easy to manage and I didn't have to spend a lot of time preparing the meals. The end results were amazing - 14kg loss and I have learnt how to maintain a healthy lifestyle."

T. Cwick - Well Man Diet

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DRIP & CHILL® IV VITAMIN INFUSIONS

The EF MEDI SPA Drip & Chill® Lounge, offers specialist IV Vitamin infusions and Intramuscular Shots delivering valuable nutrients to enhance your health and overall wellbeing, boost your energy, improve athletic performance and fight signs of ageing. After an in depth consultation with your EF MEDI SPA Treatment

Coordinator your full medical history will be taken and a bespoke blend of vitamins and nutrients will be prescribed. The treatment will be performed by a fully qualified, experienced nurse in our specialist lounge, allowing you to lie back and relax as the valuable nutrients are gently administered.



DISCLAIMER

The medical information on our website is provided without any representations or warranties, expressed or implied. We do not warrant or represent that the medical information on this website is true, accurate complete, current or non-misleading. You must not rely on the information on our website as an alternative to medical advice from your doctor or other healthcare provider. If you have specific questions about any medical matter, you should consult your doctor or other healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information on our website. The products and treatments referred to above will only be provided after completion of a comprehensive medical history, and under the prescription of EF MEDISPA's medical practitioner. Before starting any diet, exercise or supplementation programme, it is recommended that you consult with a healthcare professional.

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HEALTH & WELLBEING

Our Intimate Rejuvenation treatments address a variety of female concerns including:

- Stress urinary incontinence
- Loose skin on the labia or labia asymmetry
- Vaginal laxity
- Vaginal dryness
- Pigmentation on intimate areas

Colonic Hydrotherapy , a gentle infusion of water into the colon through a special disposable tube, used to cleanse your body of any unwanted waste and toxins. This holistic approach can help with weight loss, multiple skin concerns and also improve your immune system. All of our colonic treatments are performed by our in house specialist using the latest technology, in our customised suites including private toilet facilities.



SURGICAL FAT REDUCTION

At **EF MEDI SPA** we have a dedicated medical team of specially trained surgeons, and skilled nurses who can provide expert aftercare. Prior to your surgical fat reduction procedure you will have a private consultation with your **EF MEDI SPA** doctor.

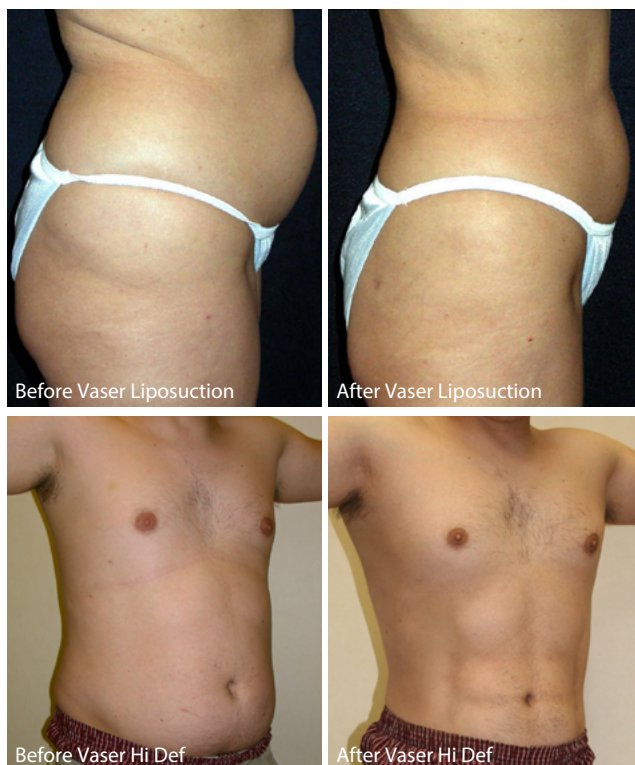
Vaser Liposuction , a walk-in walk-out procedure that doesn't require general anaesthetic or lengthy downtime. Vaser Lipo uses a gentle ultrasound probe to emulsify and remove large or small stubborn areas of fat while precisely sculpting your body.

Vaser Hi Def , a highly specialised procedure for defined body contouring. With this procedure we are able to outline your muscles by removing excess fat and shape a six pack.

Vaser 4D , a technique that is able to take Vaser Hi Def's results further by following the natural 4D movement of the muscle.

"The results of my Vaser Lipo treatment were fantastic and two years on I am still delighted. I would highly recommend this procedure."

R. Fieldgrass - on Vaser Lipo



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SURGICAL ENHANCEMENT

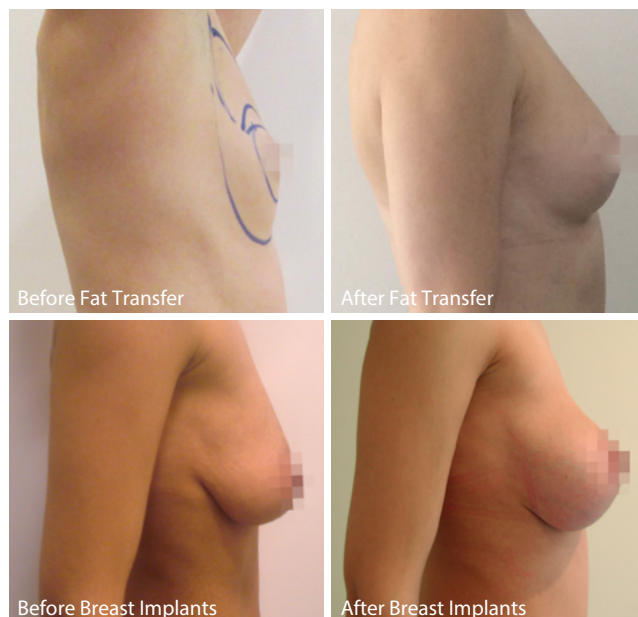
Fat Transfer to the breasts or buttocks, a cutting – edge surgical solution to remove fat from one area and transfer it to accentuate another area of your choice.

Breast Enhancement , to reduce or reshape your breasts that does not require general anaesthesia and overnight stay. Get instantly fuller breasts with Fat Transfer or Breast Implants according to your preferences and the suggestions of your Treatment Coordinator.

“After having two children and breast feeding, my breasts lost a lot of volume. Breast implants at EF MEDISPA gave me fuller, uplifted breast, I couldn’t recommend it enough.”

Z. Budd – Breast Implants

Blepharoplasty , to reduce puffiness or sagging skin on the eyelid and remove eye bags for a more youthful appearance. Small incisions are made either on the crease of the upper eyelid or inside the lower lash line, to avoid visible scarring.



SPECIALIST AFTERCARE AT EF MEDISPA

At EF MEDI SPA we know cosmetic surgery is a very big life decision and we want to ensure you feel looked after from the moment you book your procedure all the way through to your recovery post-procedure.

We also understand that, as with every element of your procedure, the aftercare you require is very personal and individual to you and your body. Therefore we offer customised aftercare programmes to suit your needs. Aftercare is vital post cosmetic surgery to aid the healing process and ensure optimum results from your procedure.

You will have the opportunity to discuss the aftercare programme at your initial consultation with your Treatment Coordinator, with your surgeon before the procedure, and then with the nursing team before your journey home. Some of the treatments offered include ultrasound, manual and electro lymphatic massage, which are designed to help the healing process by removing excess fluid and toxins.

Depending on your procedure, daily aftercare may be recommended. EF MEDI SPA clinics are open 7 days a week so there is always someone available to attend to your care. EF MEDI SPA 's aftercare programme is carried out by

the nursing team and specially trained aesthetic therapists.

Our aftercare programmes at EF MEDI SPA are also available to you if you have had a surgical procedure performed elsewhere and would like us to take care of you.



Pressotherapy

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