

## Mesotherapy

### **What is Mesotherapy?**

Mesotherapy treatment involves injecting small amounts of conventional or homeopathic medication and/or vitamins just under the skin surface - the mesoderm, no deeper than 4mm to break down the fatty cellulite tissue and improve skin circulation, tone, firmness and texture.

Mesotherapy can be used for body sculpting, cellulite reduction and skin rejuvenation. Mesotherapy has been touted as the latest breakthrough for cellulite & fat tissue deposit reduction Why? Because it works!

Mesotherapy has been positively written about in publications such as Elle, Marie Claire and Cosmopolitan Magazines, and The Evening Standard, Daily Mail and Sunday Times Newspapers.

### ***How does Mesotherapy work on cellulite reduction, weight loss and spot reduction?***

The medication contains a combination of a vasodilator (improves circulation), lipolytic (dissolves fat) and anti-inflammatory (reduces swelling) as well as minerals and vitamins. Although mesotherapy will reduce cellulite, weight cannot be lost through this type of treatment. Skin will be visibly smoother after a series of treatment sessions.

Mesotherapy can target specific areas or spots where your body stores excessive fat. The customized formulas are injected in a specific area blocks the cells from storing fat and helps break the existing fat cells down. Your body then naturally flushes out the broken-down fat. Spot reduction can be used for double chins, love handles and any other area where your body stores unwanted pockets fat.

## **WHAT IS CELLULITE?**

Cellulite is a disorder of fatty tissue caused by a combination of venous and lymphatic malfunction, resulting in poor skin circulation and drainage. Cellulite appears in the subcutaneous level of skin tissue. Fat cells are arranged in chambers surrounded by connective tissue called septae. As water is retained, fat cells held within the perimeters of this area expand and stretch the connective tissue. Eventually this connective tissue contracts and hardens (sclerosis) holding the skin at a non-flexible length, while the surrounding tissue continues to expand with weight, or water gain. This results in areas of the skin being held down while other sections bulge outward, resulting in the lumpy, 'cottage-cheese' appearance.

About 90% of women suffer from cellulite. Irrespective of their weight. In addition to mesotherapy treatment, lifestyle changes such as decreasing caffeine and alcohol intake, eating healthily and increasing exercise will improve cellulite.

## **MESOTHERAPY TREATMENT**

### **Mesotherapy differs from liposuction**

Mesotherapy is a non-invasive procedure, no anaesthesia is necessary, there is no

recovery time, no down time, no post-operative garment and no scarring. If weight is gained after mesotherapy, fat will not occur at previously thin sites which is possible after liposuction.

### **Local weight loss (body sculpting)**

Mesotherapy is a non-surgical alternative to liposuction and is not an invasive procedure. Saddle-bags, love handles, hips, inner and outer thighs, waist line, arms, double chin, fat pads under eyes, fat pads on the knees and the buttocks can be sculpted with mesotherapy.

Mesotherapy treatment is targeted to correct these problems by:

- Improving blood flow to the area
- Improving lymphatic drainage from the area
- Dissolving excess fat deposits
- Removing fibrotic hardened connective tissue
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### **WHAT IS THE TREATMENT LIKE?**

Using tiny needles the medication is injected into the mesoderm. The ‘multi-pricking’ can be done by hand or using a specific mechanical delivery system. Whilst discomfort is minimal, a numbing cream can be used. The procedure takes 25 minutes and no recovery time is required.

### **ARE THERE ANY SIDE EFFECTS?**

No significant side effects have been reported, mesotherapy cellulite treatment is very safe, you may get some mild bruising at the injection site, and this will fade 12-36hrs after treatment.

Anyone can have mesotherapy cellulite treatment, except pregnant women and people taking warfarin. If you take aspirin or clopidogrel regularly it is wise to stop these 5 days prior to treatment to minimise bruising.

### **HOW MANY TREATMENTS ARE REQUIRED?**

This depends on the individual case and the patient's body. Some patients see results after one treatment session while others may require four or five treatments to begin to see results. Often the patient's clothing will become looser and friends and family will tell the patient they appear thinner. However, mesotherapy is more about losing inches rather than losing large amounts of weight.

Treatments are weekly and a course of 6-8 treatments may be required depending on the extent of cellulite and fat deposits present. The treatment is long lasting and the results measurable.

### **How long do the benefits last?**

Treatment areas will remain free of unwanted fat as long as the patient maintains a healthy diet and exercise. Follow up sessions once or twice yearly are recommended to maintain the best results. Once the desired results are achieved, treatments for cellulite and fat deposits will require maintenance over a 4-6 week period on an annual basis.

**WHAT ARE THE COSTS?**

**£85 per area per single treatment**

**£20 discount for any additional areas when booked in one session.**

**For example:**

**1 area £85**

**2 areas £150**

**3 areas £215**

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