

How should I go about choosing a clinic and practitioner?

with beauty expert Dr Rose

Obviously the clinic setting itself is a factor - if it's clean, welcoming, somewhere you look forward to spending some time. Is it a distance that you are happy to commute to for a consultation, treatment and review appointment if necessary? I have had a couple of clients travel from abroad for treatments and, although that's very flattering, you should be able to go and see your doctor for a review and any adjustments should they be needed without too much hassle. A plus point of my particular clinic is the private car park right outside where clients can leave discreetly via the side door after treatment if they don't want to be seen!

You have to find the right practitioner for you and if you're not sure after consultation, don't go ahead. Don't be afraid to ask about qualifications etc, it shouldn't cause any offence at all. Beauty is a very personal thing and when you find a cosmetic doctor that you trust and that really understands what you wish to improve and achieve, you will possibly see that person for treatments twice, maybe three times a year, putting your trust and your looks literally in their hands. So, at the very first consultation before you decide to go ahead with anything at all, do make sure you feel comfortable, able to ask any questions and that you're not being pressured into having any treatments that you're unsure about. Check whether the same person who you've spoken to will be doing your actual treatment. I do all the consultations and treatments myself in my clinic in The Lodge Clinical Spa, and also I like for my clients to be able to contact me directly afterwards if they need reassurance or have any queries.

Also, I should say it's important for me to tell a client honestly if I don't think I am able to achieve something as, the last thing I want is to make promises I can't deliver. And if the particular problem that a client is pointing out will need surgery to resolve, it's important to say so. But I do truly believe that by taking the time to decide together on a treatment plan we can achieve very rewarding and satisfying results.

Ok, I'm definitely feeling interested! What treatments do you offer?

I offer muscle relaxing injections with Botulinum Toxin A and I use both Botox™ and Dysport™ brands to do this depending on which I think will give the best individual results. These injections are still globally the number-one-most-performed nonsurgical cosmetic procedure and often the first treatment I will offer to someone such as yourself, as it gives great, reliable results with minimal discomfort and

the treatment only takes a few minutes. It's commonly used to treat frown lines, forehead lines, crows feet but can also be used in various other more advanced techniques to other areas, even in the armpits to treat excessive sweating.

I also use dermal fillers, a pure gel like substance which is injected to smooth wrinkles, plump and define lips and add volume to cheeks - actually, dermal fillers were mainly used to literally "fill" individual wrinkles and lines in the past, but, more recently, the trend is to sculpt and add volume where facial volume is lost with age or weight loss, and results using these techniques (usually in combination with botulinum toxin treatments and sometimes additional chemical skin peels) can be so good, they get referred to as a "non-surgical facelift."

You mention peels?

Yes, I'm really excited to be able to offer Enerpeel, a really innovative range of Chemical Peels developed using an advanced technology which mean the peels provide excellent results but with much less redness, irritation and skin shedding compared with other peels of a similar strength. Although they work like peels, there's basically not that much "peeling". Having been made aware of this range and the related skincare products over the last few years whilst attending dermatological and cosmetic conferences abroad, I'm very proud to be the first Doctor in the North of England to be trained in and able to offer these treatments. The skincare range has been extensively researched by top dermatologists in Europe and there are products to address all skin problems which show excellent clinical results.

You can book all treatments from Dr. Rose at The Lodge, Thornton Hall Hotel & SPA, 0151 353 3737



Fleurs D'Ombre Bergamote



Jean Charles Brosseau, creators of the legendary Ombre Rose L'Original, presents his latest addition to the Fleurs D'Ombre family, Fleurs D'Ombre Bergamote.

The fragrance is for spring and is a stunning, zesty scent made from orange, bergamot with a bouquet of rosemary, jasmine, heliotrope and clove, infused with patchouli, tonka, oakmoss and amber. It's available exclusively from John Lewis in Liverpool One only.