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HONEST AGEING™

**WY Honest Ageing™**

· Defining ageing honestly - *natural looking results, restoring radiance, optimising health.*



THE HOME OF HONEST AGEING™





## SOME WORDS OF WELCOME...

At WY, through our promise of Honest Ageing™, we enhance natural beauty and ensure each and every client reaps the rewards of optimum skin health. In these pages you will find out more about our approach and how our accolade as the 'best facial in London' is only part of what we are most proud to deliver for our clients.

### Why Honest Ageing™?

It is inevitable that the years will pass so, no matter the life stage of a client, we look to provide the skin treatments that guarantee ageing gracefully whilst still maintaining inner beauty and self-confidence.

Our WY team are each leaders in the aesthetic field and, as hand-picked experts, are united by a passion to care for clients and their skin to the very highest standards. So, from the moment you enter our clinic, we promise radiant skin, natural results and a holistically motivated approach to our treatments. Whether you

are looking to preserve your appearance and counter the effects of your dynamic life or rejuvenate your skin and reverse signs of ageing, you can expect a personal experience that goes more than skin deep.

At WY, we strive to bring balance and calm through our knowledge and expert partners. We're therefore delighted to be widening our offering to ensure we are helping our clients not only to look their best, but feel their best too, through the introduction of carefully selected trusted wellness services.

So, whether you are seeking visible rejuvenation from a non-surgical face lift or our iconic HydraFacial or if you need the Seqex system to relieve pain and inflammation, we are here and ready to support your needs.

We can't wait to welcome you,

*Anna*



## THE *WY* APPROACH

Our clinic is where the pinnacle of aesthetic excellence and best practice meet a conscious approach to visible skin treatment results and optimal health. Situated on the second floor of a historic Georgian house, on the corner of Harley Street, our light and airy space has a relaxing and calm feeling.

*It is all about you and how you want to feel.*

Your initial consultation with one of our aesthetic doctors will be an opportunity for you to discuss any concerns that you may have, and also allows us to understand your desires and expectations. Your doctor will then create a treatment plan and/or skincare regime that suits you and your lifestyle.

You will also have a computerised skin analysis so that we can examine beneath the superficial layers of the skin in order to create preventative treatment plans, as well as corrective solutions.

As inner rejuvenation is equally important to us as the outer, we also like to attune to your overall goals for energy and wellbeing as part of your consultation. Whether we can help you through WY's wellness offering or refer you to one of our trusted partners, we are here to ensure that you are glowing both inside and out.

## NEW FOR YOU. HONEST AGEING™ HAS NEVER FELT SO GOOD...

We know that clients find our clinic a welcoming environment and through listening to their needs it is clear that the stresses of modern life show no sign of slowing.

Although our focus is, and will always be, excellence in caring for skin, for a while we have been challenging ourselves to develop ways we can support clients' overall wellbeing as we look to deliver on our promise of 'Honest Ageing™'.

For this reason, we are excited to now offer a select number of wellness treatments that will look to restore balance in our client's lives.

These, along with our coveted selection of experts in our forever growing black book of 'trusted partners' means we are well placed to guide you depending on the needs of your mind, body and soul.

# my SKIN

There are many reasons why our clients choose WY and our extensive treatment portfolio is capable of addressing a range of skin needs. Below are just some of the areas we can effectively treat and an overview of our treatment types:

## Cosmetic needs:

Facial volume loss	Thread veins
Lines & wrinkles	Ageing skin
Pigmentation	Sun damage
Thin & dry lips	Stretchmarks
Uneven skin texture	Oily, congested skin
Skin laxity	

## Medical related issues:

Acne & acne scarring	Rosacea
Excessive sweating	Teeth grinding
Headaches	Thread veins
Melasma/Chloasma	
Pigmentation	

## We offer an extensive and effective variety of treatment types:

Anti-wrinkle injections	PRP & mesotherapy
Cosmetic Acupuncture	Sclerotherapy
Dermal/facial fillers	Skin peels
Facial sculpting	Skin rejuvenation
Hyperhydrosis	Skin resurfacing
Lip enhancement	Skin tightening & contouring
Microneedling	
Non-surgical facelift	

# my INJECTABLES

The array of products and aesthetic procedures we offer is ever evolving, and yet, no matter the innovation, you can trust WY to only introduce those which are safe, guarantee results and can be tailored to suit each client.

All of our practitioners have a soft touch and a keen eye for detail. Handpicked for their skill and expertise their ethos is one of the same – to provide natural looking results and to restore radiance.

You will always be you.

It has always been important to us that we understand you as an individual and work with your features which is why our 'less is more' approach always delivers for our clients. Rather than seeing you once with dramatic results we choose to treat you conservatively, helping you to achieve a balanced and natural appearance. Why be like anyone else when you can be you?

## Anti-wrinkle injections & dermal fillers

In experienced hands, injectables sculpt, lift and

significantly reduce, or even remove, the appearance of fine lines and wrinkles - a classic giveaway of age. Our fillers can add definition to lips, cheeks and jawline, recreating youthful curves. We use a variety of leading products (including Botox, Juvéderm, Belotero, Restylane and Teosyal) for a refreshed, rested look and a very effective non-surgical facelift.

## Prophilo

Rightly known as a 'super skin booster', Prophilo (hyaluronic acid) sits between mesotherapy and dermal fillers as it hydrates and rejuvenates skin from within. This treatment uniquely stimulates four different types of collagen production to prevent loss of elasticity and tighten skin.

## Brand New: Viscoderm Hydrobooster

Viscoderm is a stabilised hyaluronic acid injectable product. The hydrostretch mechanism helps to diminish the most superficial wrinkles that we can't normally target. Even after anti-wrinkle injections, any static lines still present can be treated with this amazing new injectable. Key areas to treat include forehead, fine under eye lines and lip lines.

# my HYDRAFACIAL COMBINATIONS

## WY HydraFacial

HydraFacials generate, deservedly, more media hype than any other treatment. A red-carpet favourite, this super-advanced, medical-grade facial instantly produces more radiant, firmer skin, as it resurfaces, deep cleanses, exfoliates, plumps and hydrates. Incorporating hyaluronic acid, antioxidants and red LED light, it boosts collagen and elastin, nourishes skin and produces a noticeable healthy glow.

## WY HydraDetox

Relax in a mechanical massage suit knowing you are having full body lymphatic drainage at the same time as your HydraFacial. This gentle relaxing massage drains the lymph nodes that are generally filled with fluid first and paves the way for an enhanced circulation of lymph. This treatment combination is incredibly relaxing whilst boosting circulation and removing toxins to reduce cellulite. You will leave sprightly and detoxified with an additional glow to your skin.

## WY HydraRadiance

Combines the HydraFacial with the Obagi Radiance Peel. A unique blend of acids gently and effectively peel the skin with minimal to no downtime. The result is smoother, tighter and brighter skin.

## WY HydraTight

This treatment combines the HydraFacial with radio-frequency to tighten the skin by stimulating collagen and elastin production. A very relaxing treatment with no down-time which delivers amazing immediate results that continue to improve for months after the completion of treatments.

## WY HydraEyes

Combines the HydraFacial with the Intraceuticals Atoxelene Infusion to the delicate eye area leaving no area of your face untouched and fully rejuvenated. Atoxelene is a powerful combination of vitamins and antioxidants in addition to Argireline (nature's answer to Botox) which hydrate and smooth away lines.

# my TREATMENTS

We offer a variety of aesthetic treatments which in combination with our HydraFacials and Injectable treatments give you a dedicated portfolio to cater for your every need. Here is a small but not exhaustive selection:

## MESOTHERAPY Micro-needling

This advanced micro-needling procedure is designed to stimulate your skin, encouraging it to regenerate and repair itself naturally, producing smoother, brighter, younger and healthier looking skin.

## EndyMed PRO 3DEEP

State-of-the-art EndyMed PRO 3DEEP uses three technologies to create bespoke skin tightening and brightening treatments. This cutting-edge system uses radiofrequency to tighten skin, stimulating collagen and elastin; fractional skin resurfacing to tighten, improve sun damage and dramatically reduce fine lines and wrinkles; and Intensif - microneedling with radiofrequency - to tighten, reduce pores and improve scarring.

## INTRACEUTICALS

Intraceuticals Infusion is a gentle, relaxing and bespoke treatment which uses hyperbaric pressurised oxygen to infuse your skin with hyaluronic acid and antioxidant serums. It is used to plump, rejuvenate, hydrate and replenish the skin, giving an immediately more youthful appearance and natural glow. Another favourite with well-known faces.

## PDO (Polydioxanone) THREADS

A PDO Thread Lift is a non-surgical facelift, suitable if you have loose skin around your mid to lower face and are looking for a lifted, tighter and fresher appearance. The 'PDO lift' is a safe and effective alternative to surgery with instant results which continue to improve over time as your collagen production is stimulated.

# my WELLNESS

We have long been driven by a passion to support our clients to look and feel their best and achieve a balance that works with them and their lives. The addition of selected treatments to our offering demonstrates our commitment to delivering this and we are excited to highlight these incredible inclusions:

## **BHRT - Bioidentical Hormone Replacement Therapy**

All too often our hormone health is overlooked or only focused on at a certain time in our lives. And yet, balanced hormones are essential for all aspects of health and wellbeing, and can hold the key to unlocking happier, healthier lives for each of us no matter our age or gender.

When our hormones are out of kilter, even slightly, it can massively impact our health and overall feelings of well-being and, typically we can find ourselves feeling tired, irritable and just not quite ourselves both physically and emotionally. BHRT at WY restores and optimises your hormone levels and mitigates the effects of imbalances that can occur.

You'll notice an overall sense of balance and calm with increased clarity, improvements to your general mood, better sleep and greater energy.

## **Cosmetic Acupuncture**

Our unique Natural Lifting Facial treatment, works primarily with the face and ears which are both microsystems of the body, meaning we can effectively treat major organs of the body whilst simultaneously retraining muscles and stimulating collagen production within the face, to naturally lift and rejuvenate the skin.

The small, very fine needles, encourage blood flow, muscles to tighten and skin to spring back as well as regain a well-rested glow.

A nourishing collagen mask with jade roller and facial cupping are also used to further stimulate blood flow, help muscles contract and give a refreshing glow.

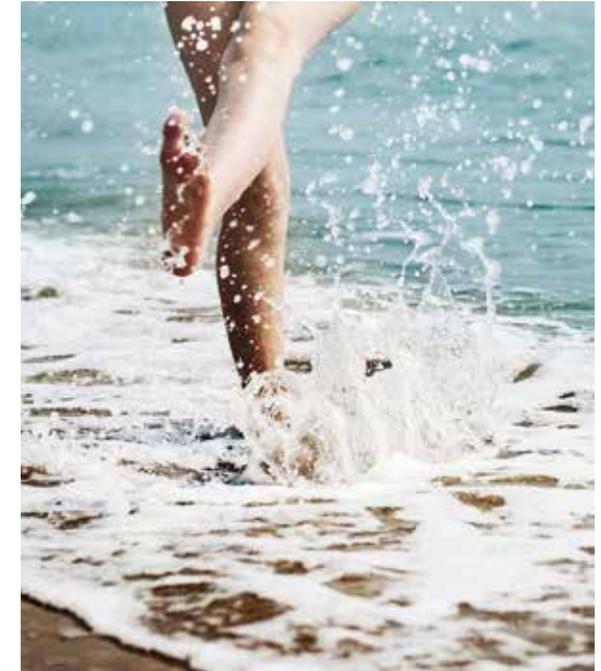
This is a deeply relaxing treatment that will balance your chi leaving you feeling invigorated and recharged.

## **Prolon the 5 Day Fasting Mimicking Diet**

Based on over 25 million dollars' worth of research and decades of clinical studies by **Professor Valter Longo**, ProLon allows your body to achieve the health benefits comparable to water-only fasting, whilst eating! The cellular changes that occur during the fast allow you to have the freedom to go back to your usual lifestyle for the remaining 25 days of the month. Complete the programme 3-12 times per year to maintain the long lasting benefits of fasting.

## **PRP - Platelet Rich Plasma**

PRP is a revolutionary natural treatment using your own plasma (taken from your own blood sample) to isolate growth factors which is then injected into the skin using a tiny needle. It works by stimulating cells to regenerate the skins connective tissue, resulting in accelerated healing, improving elasticity, tone and thickness of the skin.



# my SEQEX

## SEQEX

### Electromagnetic Therapy for Supreme Health & Healing

SEQEX magnetic therapy is a revolutionary electromedical device to help treat various medical concerns, offering supreme health and healing benefits. SEQEX is the first, extremely low-frequency electromagnetic field (ELF-EMF) device with Ion Cyclotron Resonance-like (ICR) properties to address health issues from arthritis to osteoporosis.

The science of Electromagnetic Fields and ICR-like technologies is well-known and the healing potential of this technology is based on years of research. Electromagnetic fields that are similar in intensity and frequency to the geomagnetic field (GMF) can be safely used to promote health and well-being. SEQEX is proven to have a profound effect on our overall wellness thanks to its ability to reduce inflammation, induce a muscle relaxant effect and contribute to improving microcirculation, alleviating aches, pains, stress and sleep disorders. SEQEX technology

cleverly generates electromagnetic fields, whose characteristics are compatible to the GMF, resulting in optimum healing.

Here at the WY Clinic, we are thrilled to offer this innovative treatment which is CE approved and FDA listed, as a solution to a range of health issues.

### **SEQEX is clinically proven and approved for the following conditions:**

- Arthrosis
- Osteoporosis
- Sciatica
- Arthritis
- Tendonitis
- Localised and generalized pain
- Any inflammatory disorders

Seqex is also used to assist with overall wellbeing & wellness helping with any aches, pains, stress and sleep disorders. Seqex helps to promote harmony and balance for overall internal rejuvenation and optimal health.

The treatment is delivered by lying on a bed which administers waves of pulsed electromagnetic field (PEMF) consistently for 36 minutes. The treatment is not painful or uncomfortable, although some initial intensity in any problematic areas for a short time may be experienced. 2/3 treatments per week are recommended for optimal results.

Reports show noticeable changes can be expected within the first 6 or 7 treatments if not before.



# my TEAM



**Anna Silsby**  
Managing Director



**Rosie Waters**  
Senior Aesthetic



**Anna Chan**  
Aesthetic Nurse



**Duncan John**  
Operations Director



**Dr. Saira Vasdev**  
Aesthetic Doctor



**Dr. Paris Acharya**  
Aesthetic Doctor



**Dr. Holly Cole-Hawkins**  
Aesthetic Doctor



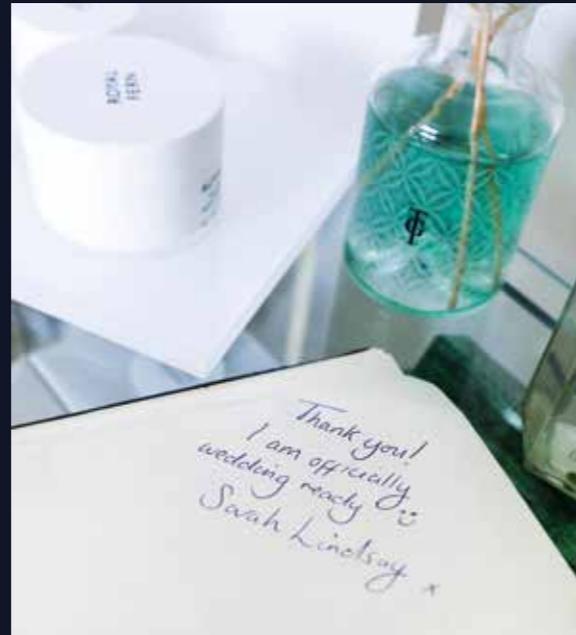
## my CLIENT PRAISE

Please extend my most sincere thanks to all at WY for the most perfect experience yesterday. From the minute I arrived rather hot and bothered to the minute I left complete with fillers and Botox ,so expertly administered by the totally delightful but highly professional Dr Saira, I felt I was in the hands of experts in their field who listened and cared. Although early days I am so thrilled with the results and know that time will only improve. I look forward to putting my face in the hands of WY Clinic. Thank you again'

**Diana Chick**

'I have personally had 14 HydraFacial treatments at WY. I cannot fault the service offered in any way and my dermatological issues have been improved quite dramatically. What I like about the company and its practice is that they do not advise patients on having treatment just for the sake of it! I have had so many comments about my skin. Everyone wants to know the secret! It's WY Clinic.'

**Anne, PA, Vitality**



Our team and our special treatments feature regularly in the media, including Tatler, Vogue and GQ as well as being sought out by those in the public eye.

"Instead of worrying about the signs of ageing, I choose to put myself in the reliable hands of the WY Clinic, where magical treatments such as the HydraFacial are not only skin enhancing, but life enhancing too... I would recommend that everyone makes a visit to their wonderful world of wellness!"

**Lucy Halfhead, Senior Editor / Travel Director at Harper's Bazaar and Town & Country**

"When it comes to skincare treatments, it's vital to feel (and know!) that you're in safe hands. Whether it's for one of their wonderful facials or problem-solving treatments, at the WY Clinic the expertise and care the team show is exceptional and the skin-glowing results you leave with speak for themselves."

**Amy Wilson Wyles,  
Freelance Health & Beauty Editor**

"I love the relaxed and friendly welcome you get when stepping foot inside the WY Clinic. When you put your face and body in hands of an expert, you expect them to respect you and nurture you, and that's exactly the five-star treatment I received at WY Clinic. Not only that, but the results are even more of a reason I'd return - my skin is glowing, plump and I can't wait to get back there!"

**Samantha Freedman, Beauty Editor**

"WY offers an abundance of skincare treatments and expertise. From a luxury facial to more targeted skin solutions, the clinic is a go-to skincare destination."

**Lauren Murdoch-Smith,  
Deputy Beauty & Health Editor, Vogue**



## SOCIAL MEDIA SHARES



Please don't hesitate to contact us - we will happily arrange  
a consultation or answer any questions you may have

We look forward to welcoming you.

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