

## **Mesotherapy**

### ***Non-invasive treatment to rejuvenate the skin and restore a youthful glow***

Mesotherapy is an innovative procedure that nourishes and restores the skin. A complex mixture of vitamins, minerals, and amino acids are injected into the skin, in a series of super-fine injections. The treatment helps stimulate the production of collagen and elastin, improving the skin's natural elasticity and giving dull, tired skin a radiant glow.

### **What is Mesotherapy?**

Mesotherapy is a non-invasive skin treatment that can instantly improve the appearance of dull, tired skin and reduce the signs of ageing.

The skin specialist injects a bespoke blend of ingredients directly into the mesoderm layer of the skin, using very fine needles. Depending on individual needs, the complex cocktail can include hyaluronic acid, vitamins, amino acids, minerals, and antioxidants.

Following therapy, the skin should appear more radiant, firm, smooth, and hydrated. Depending on your skin, Bella Vou recommends a course of around six treatments for the best results, followed by a maintenance treatment once or twice a year.

### **Why have Mesotherapy?**

Mesotherapy can stimulate the fibroblast cells in the skin to produce more collagen, boost blood circulation, flush toxins, and restore a youthful glow to tired or aging skin.

Different Mesotherapy blends can treat various problems. These can include:

- Rejuvenating dull, tired skin.
- Reducing fine lines and wrinkles.
- Smoothing scarring.
- Fading uneven pigmentation due to age or sun damage.

### **What happens in Mesotherapy?**

The specialist practitioner at Bella Vou will carefully assess your skin, then choose a blend of active ingredients to address your concerns. They will inject these into the mesodermal layer of your skin at several key points. The injections together with the naturally occurring substances work in combination to result in a more youthful complexion.

The process can sting a little; however, the team at Bella Vou will apply a topical anaesthetic cream to numb the area and maintain your comfort.

## **How long is recovery from Mesotherapy?**

You will be able to get on with your usual activities following the procedure. However, some mild redness, small lumps, and bruising are normal for a few days after treatment. The team will advise on follow-up care and recommend mineral make-up to camouflage any problems.

Most patients notice a mesotherapy glow following treatment. But a programme of six to eight sessions is usually necessary to get the very best cosmetic results.

## **Quick glance guide to Mesotherapy**

**Procedure Time:** Around 1 hour, allowing for preparation and topical anaesthetic application

**Recovery:** There is no downtime following the procedure

**Anaesthetic:** Topical anaesthetic cream

**Hospital stay:** No

**Treats:** Scars, pigmentation and skin ageing.

## **Why choose Bella Vou for Mesotherapy?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards. The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

## **Your Mesotherapy journey at Bella Vou**

**Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have, the results you want to achieve, and whether Mesotherapy can help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

*'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

### **Preparation for Mesotherapy**

You may be asked to stop taking some medicines such as aspirin and ibuprofen to reduce the risk of bruising and bleeding during the procedure. People with clotting disorders and those taking blood thinning medication are unable to have mesotherapy. If you have any concerns, the staff at Bella Vou will always be on hand to answer your questions, offer support and provide expert guidance on safe treatment.

### **What happens during Mesotherapy?**

Mesotherapy is carried out as an outpatient procedure. Before treatment, the skin specialist will apply a topical anaesthetic cream to numb the skin and ensure your comfort.

Your practitioner at Bella Vou will clean the skin, then use a super-fine needle to make multiple injections into the mesodermal layer of the skin. The practitioner might employ different techniques depending on your skin and your treatment goals. Number needling, light needling and cannula techniques all offer benefits. The specialist will choose the method that is best able to achieve your desired outcome.

Each injection is rapid and shallow. The specialist will also massage the area to ensure even distribution of the active ingredients.

### **Recovery from Mesotherapy**

There is minimal downtime following the procedure. Most people can go home and get on with normal activities. However, the staff at Bella Vou are always on hand after your treatment. They'll offer you a drink or a snack and answer any questions. There may be some minor skin redness and small bumps after the procedure. This usually settles within 24 hours, when the skin should appear more radiant, plumped, and even.

### **FAQs**

**How do I know which is the best treatment for me?**

Dr Uma at Bella Vou is an expert in skin assessment and analysis. She will listen to your concerns, scrutinise your skin, and explain the best ways to address your problems and achieve your goals.

To get the best results, Mesotherapy can be combined with other aesthetic treatments including Anti-Wrinkle Injections or Dermal Fillers.

**Is Mesotherapy painful?**

The team at Bella Vou is dedicated to ensuring your comfort during treatment. They will apply a topical anaesthetic before the procedure to numb the skin and reduce pain.

The needle is very, very fine, and is inserted a shallowly into the skin in a series of quick procedures. So, any discomfort should be minor and transient.