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A TREATMENT AT CAVENDISH IS AN INVESTMENT  
IN YOURSELF. WE MAKE SURE IT'S ONE YOU'LL LOVE.



## ENHANCE YOUR BODY

CAVENDISH CLINIC  
LONDON



## ABOUT CAVENDISH CLINIC

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We're delighted you've chosen to enquire with Cavendish Clinic. With our decades worth of experience in medical aesthetics, and being founded by the UK's leading plastic surgeons, you're in incredibly safe and expert hands. We're delighted to have outstanding patient satisfaction with excellent clinical results. With 4.8 stars on TrustPilot, our patients wholeheartedly agree too.

Founded by doctors, our clinics are the ultimate safe space. When it comes to handling COVID-19, we've gone above and beyond government guidelines to create a world-class level of protection for our clients.

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## COOLSCULPTING

**For many of us, despite doing everything right – exercising, eating well, even reaching a goal weight – it is still almost impossible to shift excess fat. The hips, stomach, arms, and chin are notorious for localised fat that seems so difficult to lose. The ‘bra bulge’ is another common example of this type of fat.**

### THE BENEFITS

CoolSculpting is a saviour for banishing un-shiftable fat. It reduces the size of stubborn areas, corrects the appearance of loose skin, and creates a smoother silhouette for the whole body. It can help your clothes fit better, reverse signs of ageing, and transform a post-pregnancy tummy.

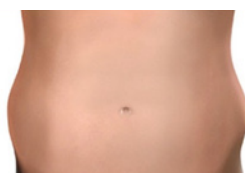
### THE SCIENCE

The sad truth is, fat cells (or adipocytes) don’t vanish completely, even after weight loss. They stay in the system even when we’ve burned off the fat that fills

them. They also have an ability to rapidly increase in size when we gain weight, sometimes up to 100 times its own size. That’s why it’s so hard to keep weight off once we’ve lost it. CoolSculpting uses patented cooling technology to chill these adipocytes cells to a temperature at which they can’t survive. In the weeks after your appointment, your body will naturally metabolise these cells out of your body, decreasing the volume and appearance of pockets of fat. This technology delivers permanent fat reduction just like liposuction does.

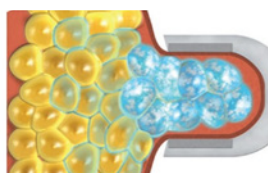
### THE EXPERIENCE

CoolSculpting is a safe, non-invasive process that can be performed in as little as 35 minutes. The only thing you’ll feel is the cooling of your skin. The process works by using temperatures that damage only fat cells, not skin tissue – although you may experience some tingling and redness in the hours or days after.



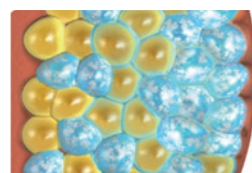
#### STARTING POINT

Lifestyle choices, genetics, or simply time and gravity can result in areas of stubborn fat. No matter the culprit, many of us have pockets of unwanted fat.



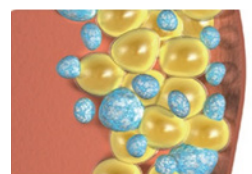
#### STEP 1

Made up of fat cells that are often resistant to diet and exercise, these stubborn areas of fat can be reduced with CoolSculpting



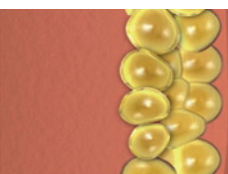
#### STEP 2

Coolsclupting uses controlled suction and cooling to target and crystallise fat cells. The fat cells are literally frozen away.



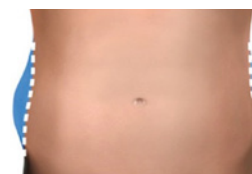
#### STEP 3

Following a treatment, the crystallised fat cells are slowly and safely expelled from the body over the next few weeks and months.



#### STEP 4

After having a Coolsculpting treatment, any remaining fat cells condense, significantly reducing the fat in the treated area.



#### END RESULT

The reduction in fat cells in treated areas results in an improvement in appearance and balance of the body. You can say “goodbye” to that stubborn fat.

## WHY CAVENDISH?

Cavendish Clinic is the leading provider of CoolSculpting in the UK, having performed over 10,000 treatments. We are also one of the very few clinics who offer DualSculpting – CoolSculpting

performed on two areas at once. During our unique 360° body assessments within our dedicated CoolSculpting suite, we design a tailored plan for you, ensuring the best possible results.

## TESTIMONIALS

“

Wonderful coolsculpting treatment performed by the Cavendish Clinic Kensington .The staff were very kind, informative and reassuring. The treatment was administered professionally and in a clean sterile and comfortable environment. During the treatment I felt at ease and enjoyed the peace, quiet and time out.

Now the results! ..... Nearly 12 weeks in and my results are amazing! So happy. The description of the recovery was explained step by step and it was text book along with the results. I couldn’t be happier with my smoother more defined shape. A great treatment with fantastic results. Thank you.”

**SIMONE MANN**



11 Jan 2020

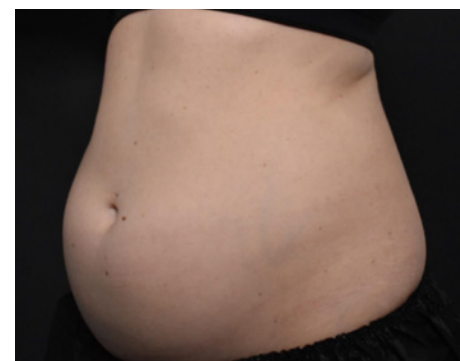
## FAQ

### IS COOLSCULPTING PERMANENT?

Once the treated fat cells are crystallised (frozen), they are destroyed and are naturally processed and eliminated from the body. When the treated fat cells are gone, they’re gone for good. You don’t need to follow any diet or special exercise regime. Your practitioner will explain in detail how the procedure works and give you a good idea of your expected results.

### HOW SOON WILL I SEE MY RESULTS?

After CoolSculpting, your body will naturally metabolise the treated fat cells, revealing your results from as little as 4 weeks. These results will continue for up to 12 weeks, which is when you return to us for a review with your practitioner.



**BEFORE**



**AFTER**

Treatment results may vary.

# EMSCULPT

You may have heard the term 'Emsculpt' floating around in the world of celebrity fitness. Drew Barrymore is an ambassador for the procedure, and in 2019, it was voted 'The Most Worth It' cosmetic treatment in 2019.

## THE BENEFITS

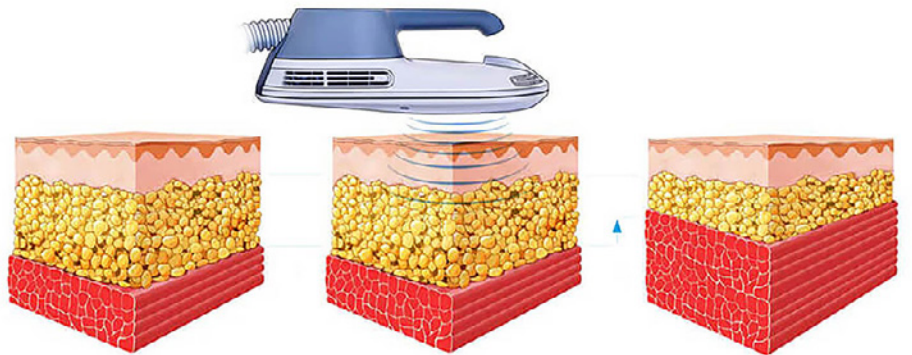
Emsculpt is a revolutionary toning treatment which goes beyond the reach of exercise. It uses concentrated electromagnetic energy to tone and lift the stomach, arm and leg muscles. It can also be used to achieve the fashionable 'butt lift', without invasive surgery. It builds muscle, burns fat and visibly improves whole-body definition. The best part? There's nothing artificial going in, and nothing artificially going out. Emsculpt technology simply works in tandem with your body to push your muscle tone to its maximum potential.

## THE SCIENCE

Think of Emsculpt like doing 20,000 sit ups in 30 minutes. The highly focused electromagnetic pulse forces the muscles to contract 20,000 times – more than could ever be achieved by exercise – in order to build muscle tissue within an exceptionally short time. Your muscles need energy to fuel this contraction, so Emsculpt simultaneously reduces fat by burning the fat stored.

## THE EXPERIENCE

The experience of Emsculpt may feel unusual for some, but not painful. You will feel waves of energy that promote deep contractions, and you may find your legs lift involuntarily through the treatment (this means it's working!). Due to the energy your own body is using to build muscle and burn fat, you may feel fatigued later in the day, and experience some muscle soreness similar to the post-gym ache.



### BEFORE

Skin, fat and muscle form your overall body appearance.

### DURING

The skin remains unaffected while the energy penetrates to fat and muscle layers.

### AFTER

This results in substantial improvement of your appearance due to building muscle and burning fat.

## WHY CAVENDISH?

Emsculpt is a treatment where expertise is particularly important in the achievement of first-rate results. Our team includes doctors from London's leading university hospital, and we were one of the first clinics to bring Emsculpt to the UK. We hold decades of shared experience in implementing advanced beauty technologies.

## TESTIMONIALS

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Everyone at the clinic was welcoming and professional and I was given really thorough advice in the consultation. Rebecca gave me really unbiased advice on the treatments best for me (I originally came in for a different treatment). I had a course of four EmSculpt treatments and my result is better than I imagined. I would highly recommend this! Have already referred three of my friends!

### RISHO



★ Trustpilot

3 Mar 2020

## FAQ

### HOW LONG DOES IT TAKE TO SEE RESULTS?

As early as 4 weeks, with peak result at 12 weeks.

### WHAT CAN I EXPECT DURING MY TREATMENTS?

Your treatment plan will begin with a thorough complimentary consultation at Cavendish Clinic with one of our highly experienced aesthetic practitioners. After discussing your treatment goals and a body assessment, we will create a tailored treatment plan to help you achieve your EMSCULPT goals.

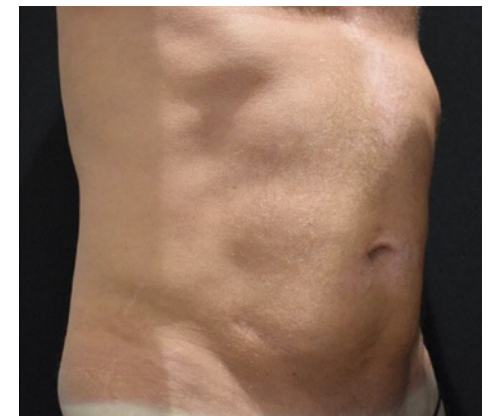
The treatment is completely non-invasive and requires no recovery time or any preparation or after care. Treatments last 30 minutes, with a minimum of 4 sessions diarised 2-3 days apart. During treatment the sensation of EMSCULPT is like an intensive workout in the gym. You can feel it working! Most patients relax during treatment and catch up on some rest or watch Netflix with us.

### WHAT CAN I EXPECT FROM MY RESULTS?

For most patients, results can be felt right after the first treatment. We always recommend a course of 4 treatments, several days apart, your practitioner will create your tailored plan for you. The greater results can be seen 2-4 weeks after your last treatment.



### BEFORE



### AFTER

Treatment results may vary.

## VELASHAPE 3

**VelaShape 3 is an advanced contouring treatment that uses light energy to banish cellulite, dimples and 'orange peel skin'. Favoured by celebrities such as Kim Kardashian and Heidi Klum, VelaShape achieves that enviable smooth and toned appearance you see in glossy magazines.**

### THE BENEFITS

As well as reducing cellulite and improving skin tone and texture, VelaShape can reduce the circumference of the thighs and abdomen, leading to a smoother, more contoured silhouette.

### THE SCIENCE

VelaShape uses four methods in treating cellulite and dimpled skin: massage, gentle suction (or

vacuum), infrared light, and bipolar radiofrequency energy. Cellulite is caused by the stiffening of fibrous bands under the skin. The massaging action of the VelaShape device works to relax and stretch these bands, whilst the suction draws the skin closer to the infrared light and radiofrequency energy in the device. These energies heat the skin, reducing skin laxity by tightening tissue, and shrinking and eradicating fat cells.

### THE EXPERIENCE

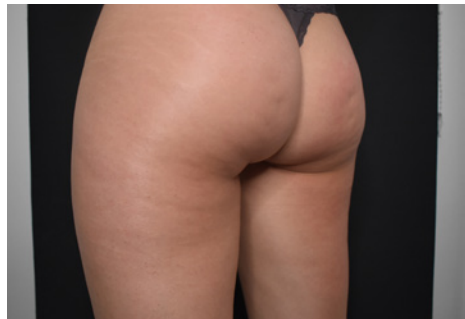
You'll feel warmth and suction during the VelaShape process, but it's neither painful nor invasive. There's no downtime, just some warmth and pinkness to the skin after the procedure - much like the aftermath of a deep tissue massage.

## WHY CAVENDISH?

As the UK pioneer in providing this exceptional treatment, we are London's flagship destination for VelaShape. Working with advanced technologies requires first-rate training, knowledge and experience, all of which we are proud to share decades of among us. We provide both versions of VelaShape 2 & 3!



**BEFORE**



**AFTER**

Treatment results may vary.

## EXILIS ELITE

**Elixir Elite works across the face and body to stimulate the most crucial building block in our skin – collagen. It uses thermal wave technology to deliver dramatic anti-ageing, firming, and contouring benefits.**

### THE BENEFITS

The rejuvenating powers of Exilis Elite are twofold. One, it can be used facially to trigger new collagen production deep within the dermal layer, smoothing skin, reducing fine lines and wrinkles, and increasing skin's volume and 'bounce'. Two, it can be used in body contouring and sculpting, where the ultrasound waves target and diminish unwanted fat cells – no invasive surgery required.

### THE SCIENCE

Collagen is one of the key cellular structures that keep our skin firm and bouncy. The thermal wave

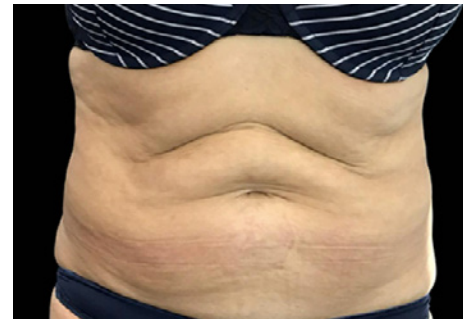
technology breaks down collagen fibres to stimulate your own body's healing response, boosting natural collagen cell production. When used on the body, the thermal waves target and shrink stubborn fat cells, separating them into digestible compounds such as water, glycerol and fatty acids that are then metabolized by the body.

### THE EXPERIENCE

As with all of our cosmetic treatments, this is a non-invasive and even relaxing procedure. At the beginning, you will feel a sensation of deep heat. Smaller areas such as the face may take as little as 20 minutes, whereas larger areas like the stomach and thighs may take up to an hour.

## WHY CAVENDISH?

As with so many beauty technologies that now enjoy wide popularity and acclaim across the UK, Cavendish Clinic was one of the first to add Exilis Elite to our line-up. Now renowned experts in the procedure, our team of doctors and surgeons know how to get the best out of this breakthrough cosmetic system.



**BEFORE**



**AFTER**

Treatment results may vary.

## OUR EXPERT TEAM



### DR. MATT JAMES

Founder

Working as a busy consultant plastic surgeon in London, Mr Matt James has 20 years' experience providing reconstructive services internationally. Previously Clinical Director of service at Guys and St Thomas' NHS trust, he now leads hand trauma services. Having performed thousands of successful operations during his career, he founded Cavendish

Clinic in 2011 with two other consultant doctors, Mr Jamil Sheikh and Dr Sanjay Gulati. All three consultants regularly review our portfolio of treatments ensuring we offer tried, tested and safe treatments. We are proud to be overseen by consultant doctors and registered with the CQC to ensure exceptional standards of care.



### AGNIEZSKA TRACZ

Clinic Director

Agnieszka, our Clinic Director, is a fully qualified Cosmetologist. Having obtained a Bachelor's Degree in aesthetic treatments, she has over 15 years' experience and has worked for some of the most renowned aesthetic clinics in the country. Agnieszka is extremely knowledgeable and passionate about the non-surgical solutions offered at Cavendish Clinic and her key objective is always to help her clients look and feel naturally rejuvenated with the help of the latest non-invasive techniques and cosmeceutical solutions.



### GAILA JANCYTE

Clinic Manager

Gaila is our Clinic Manager, and is originally from Lithuania but moved to London 10 years ago. She finished her Beauty Therapy degree at the London College of Beauty Therapy in 2011. Since then, she has garnered impressive experience at some of London's most prestigious medispas. Gaila is known for her extensive skincare knowledge and specialises in skin and body contouring treatments. Her favourite treatments are Dermapen microneedling and CoolSculpting.

## WHAT'S NEXT?

Still deliberating on which of our leading-edge treatments is right for you? Each one of the enhancements and technologies we offer comes with so many unique benefits, it can be hard to choose. Which one is "best" depends on one key factor – you!

Your consultation with us is an opportunity to ask any questions we haven't covered in this booklet. During your 360° skin, facial, and body consultation, you'll have dedicated one-on-one time with one of our highly-trained team members. We'll go through your goals, your medical history, and any queries you may have, in complete privacy, and without pressure or obligation. Next, we tailor our treatment plan to your aesthetic vision, so you can relax and leave it to the experts.

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REMEMBER, A TREATMENT AT  
CAVENDISH IS AN INVESTMENT  
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ONE YOU'LL LOVE.

## SHARE THE LOVE

Refer a friend and earn £25, and your friend gets £25 too!

If you've already had a great experience with us and would like to recommend us to your friends and family – this offer will benefit both of you. Your friend will get £25 off their first treatment with us and you will get £25 off your next treatment too. Please mention 'Refer a Friend' offer to our friendly front of house team upon booking.

Offer redeemable against treatments only.  
Skin care is not applicable.

## KEEP UP WITH US ON INSTAGRAM

 @CAVENDISH\_CLINIC

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## ASTI PARTNER

Cavendish Clinic supports Acid Survivors Trust International (ASTI). ASTI works to end acid violence globally alongside supporting victims of acid violence. For more information on ASTI, please see [www.acidviolence.org](http://www.acidviolence.org)

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For list of T&C's please take a look on [www.cavendishclinic.co.uk/terms-and-conditions/](http://www.cavendishclinic.co.uk/terms-and-conditions/)