

Dr Selena Langdon the developer of the CoolCodes for CoolSculpting named as a Top Aesthetic Doctor by Tatler Magazine

Submitted by: Berkshire Aesthetics

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Dr Selena Langdon, the founder of Berkshire Aesthetics, which provides non-surgical aesthetic treatments, has been included in the 2019 Tatler Beauty & Cosmetic Surgery Guide and named as one of the UK's best doctors for body treatments.

Dr Selena Langdon stated, "I am so pleased to have been recognised by Tatler in this year's guide. Having commenced my medical career as a Plastic surgery trainee the opportunity to work with the CoolSculpting technology has been both challenging and rewarding. As a medical device which is used to sculpt the body, as I would have done in surgery, I have applied my surgical knowledge to develop a unique approach to treating patients with the CoolSculpting device. I call the system the CoolCodes which codifies the CoolSculpting treatment. The CoolCodes take the basic treatment approach set out by the manufacturer to an advanced level. Many patients will be aware of the MD Codes for facial aesthetics and I have followed a similar process to develop the CoolCodes for body contouring".

CoolSculpting is a medical device from Allergan, the pharmaceutical company which manufactures leading anti-wrinkle and filler products, and is used to remove stubborn areas of fat without the need for surgery or downtime. The technology was developed in the 2000s and is the original device used to deliver cryolipolysis (the removal of fat through freezing). Importantly CoolSculpting is the only FDA cleared and CE Medical Marked cryolipolysis device meaning it has been proven both safe and effective.

A key part of the reason Dr Langdon was recognised by Tatler was also down to her commitment to patient safety and last year met with the Prime Minister to encourage better regulation of aesthetic treatments. Dr Langdon said, "it is extremely important that patients do their research into the treatments, the devices and the practitioners. Without proper regulation it is down to individuals to make the right choice. Safety should be a priority and patients need to ensure they are fully informed before proceeding with any treatment".

Dr Langdon is proud of her inclusion in the Tatler Beauty & Cosmetic Surgery Guide, which is seen by many as the bible of the best cosmetic doctors in the country. She hopes to use her increased profile to further promote and improve patient safety and to develop awareness of her CoolCodes approach to body contouring treatments with CoolSculpting.

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