

## **Did you know women will spend around £3000 on ‘tweakments’ ahead of the festive period and set your calendar reminder because you need to start next week!!!**

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Women will spend up to £3,000 to look ‘just perfect’ ahead of the endless parties, countless photo opportunities and family gathering, according to Karidis Clinic London who revealed the top 5 treatments requested in the run-up to Christmas are:

Botox (usually three areas) @ £540

HydraFacial @£160

Body Ballancer @£85

Lip filler 1ml @ £385

Ultherapy Neck Lift @ £1,870

According to the clinic, whose clients include Denise Van Outen and Michelle Visage, the most popular date to start the pre-festive maintenance is the week commencing the 28th October.

Suzi Noble, a Senior Nurse Practitioner at Karidis Clinic said, “Often women and men come to me wanting to look their best for the festive time and I advise clients book in for their injectable treatments such as Botox and fillers now. Botox, for example, takes up to two weeks to smooth and soften fine lines and having it done now gives us a chance to tweak or top up the treatment if needed. With fillers, there is a risk of light bruising and swelling, so I’d always advise allowing a couple of weeks a big event just to be on the safe side. Plus, I find the hydrating effect on the skin can take four to six weeks to look its best – just in time for the Christmas parties!”

The clinic also reports a rise in Ultherapy, a non-invasive procedure to lift skin on the neck and tighten the jawline, two months before Christmas. Suzi Noble says, “Between three to eight weeks you should start to see an improvement in skin tone and in the New Year skin will appear tighter with optimum results at six to eight months post-treatment.”

Maxine Dornon, a Practitioner at Karidis Clinic, said, “As Christmas approaches more and more people are starting to think about the social season and all the events they are going to attend and all the delicious treats they may consume so they start to make more enquiries about treatments to help them look and feel their best and most confident.”

“Hydrafacials are always a hit and they are perfect to have now and during the festive season as they incorporate several treatments in one, including lymphatic drainage, deep cleansing, exfoliation, extractions, hydration, targeted serums and LED light therapy for specific skincare concerns,” she adds.

“Body Ballancer is also very popular pre-Christmas because while you are relaxing and enjoying the therapeutic benefits of this all over lymphatic massage to relax tired muscles and reduce fluid retention, we treat clients to a rejuvenating LED Light Mask combined with a Vitamin C Infusion that will help brighten the skin, boost collagen and reduce brown marks and pigmentation.”

And some women are brave enough to venture under the knife and undergo a Half Hour Eye Lift procedure, two months before Christmas.

Cosmetic Surgeon, Mr Alex Karidis says, "We have to be careful not to trivialise any surgical procedure, as they are under a general anaesthetic and on the operating table but, with an experienced surgeon, an eyelid lift is a very quick, not very complex procedure that can produce amazing results. Patients can leave hospital the same day typically and the recovery is relatively quick. And, for most patients, the scarring is very fine and well-hidden."

Karidis Clinic [www.karidis.co.uk](http://www.karidis.co.uk)

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