



## CHILLING OUT AT THE CHILSTON

Our health editor visits the Chilston Clinic to check out the vibe



You relax almost before you're through the door of the Chilston Clinic; it's based in a classic Victorian house with large light rooms and a relaxing homely atmosphere. But make no mistake, Chilston's owner Amanda Day,

who's been at the cutting edge of the beauty industry over twenty years, means serious business.

She offers a wide variety of rejuvenating and skin reviving treatments all meticulously researched and she spends a lot of time getting to know her clients and their individual concerns before suggesting a relevant treatment.

"I believe there's a move away from cosmetic surgery into more holistic and gentler treatments" she says. "We give every new client a full and personal consultation, looking at their problems, their diet and their general health before discussing which treatments will benefit them most."

Chilston specialises in non-invasive laser treatments for hair removal, red vein removal and reduction of scar tissue. Their very latest treatment is Fraxel, an exciting advanced technique for skin resurfacing and rejuvenation. It promises smoother and fresher looking skin, improved tone and texture and reduced wrinkles, particularly around the eyes. Any pain is minimised by a mixture of topical anaesthetic and cold air on the treatment area.

Amanda suggests that most people will need three to five sessions and

although there are side effects such as redness and swelling, they will be given specific instructions about reducing the temporary discomfort. The treatment, although not cheap, costs a fraction of the price of invasive cosmetic surgery and can be long lasting provided you care for your skin, avoid sun exposure and use sunscreen regularly.

A lot has been written about sunbathing recently and the fact that keeping out of the sun could mean you end up with a shortage of essential Vitamin D. Amanda says that twenty minutes a day in the sun is OK (providing it's not in direct sunlight at the hottest time of the day). That should give us our vitamin D while not incurring skin damage. By the way, the Chilston also offers a useful early detection system for anyone worried about moles on their face or body.

Because Amanda and her team are highly qualified and knowledgeable, you feel you are in capable hands when you bring them your skin problems. It's worth booking a consultation even if you're unsure whether you want to go further, and the cost of a consultation is refundable against the eventual treatment. What's more, if Amanda doesn't feel you will benefit from a particular treatment, she will definitely say so.

You can reach Amanda Day on 01892 513535 or email at [info@chilstonclinic.co.uk](mailto:info@chilstonclinic.co.uk)

