

HARLEY STREET EXCELLENCE IN BURNHAM

None of us is perfect. You may be able to ignore those little imperfections on your face or the rest of your skin but for some they loom large as unsightly blemishes that they'd rather be without. BY JANE STEVENS



ELAINE STODDART RUNS PRIVATE PRACTICES IN BOTH HARLEY STREET, LONDON AND BURNHAM

I always knew that electrolysis was used for hair removal but I had no idea, until I met Elaine Stoddart, how many other applications it has.

Elaine Stoddart is a highly qualified, and experienced, medical aesthetician and specialist electrologist with over 20 years of experience. She runs private practices in both Harley Street, London and Burnham.

She is also Director of Education for Sterex Electrolysis International Ltd and has trained surgeons, doctors, nurses and many other medical practitioners and therapists in electrolysis and advanced electrolysis/cosmetic procedures. She has written books and lectures widely on the subject, here and internationally. So you know your are in good hands.

Electrolysis was first invented in 1865 and is a proven, effective and totally safe method of permanent hair removal. Advancing technology has meant electrolysis is now more gentle and comfortable, even more effective and remains an affordable, modern treatment increasingly popular today. Results can sometimes take time, but it remains the only permanent method of hair removal.

Advanced Electrolysis first appeared in 1910 and has developed into a highly successful method of removing and visibly reducing the appearance of a wide range of minor skin imperfections, leaving a blemish-free smooth skin.

Skin is the largest organ in the body and starts life as a flawless canvas, free from imperfections. However, damage is caused by a number of factors such as natural ageing, UV light and environmental and health conditions which can result in unsightly blemishes and disorders considered cosmetically unattractive.

Advanced Cosmetic Procedures using electrolysis is a simple and safe method of successfully removing, visibly reducing and improving the appearance of unwanted skin blemishes, helping both male and female clients attain and maintain a beautiful, smooth and blemish-free skin.

Elaine is able to treat a wide range of blemishes including:

Thread veins

These are extremely common. They're not broken capillaries, as we call them, but permanently dilated capillaries. They have very thin walls which constantly dilate and constrict and, as we age, these vessels lose their elasticity, can become permanently dilated and noticeable. They may be caused by changes in temperature, smoking, hormonal changes, alcohol, skin fragility, pregnancy as well as being a possible inherited condition – it's not known for sure. They are commonly seen in a maturing 'English Rose' complexion.



Before

After



Wart before

After

Age spots

and hyper-pigmentation marks are caused by an accumulation of a yellow pigment called lipofuscin caused by aging of the collagen producing cells.

Sometimes these cannot be successfully treated since the discolouration may be located in the deeper dermis and only the superficial epidermis is removed in the treatment. (You will be advised upon consultation whether any pigmentation treatment you undergo will be expected to have a successful outcome.)

Sebaceous cyst

is a retention of sebum contained in a sebaceous sac under the skin that is blocked by an overgrowth of the surface epidermis. The size can vary from the equivalent of a pea to an egg. They most commonly appear on the face, chest, scalp and back. They may have an open or closed top and when small can be successfully treated using electrolysis.

Dermatosis Papulosa Nigra

are a common, non-contagious disorder which develops during adolescence on Afro-Caribbean skin (the actor Morgan Freeman has them).

They are smooth, dome shaped, brown to black papules, mainly seen on the cheeks, neck and upper chest.



Papulosa Negra before

After

Syringoma

are benign non-contagious, flesh-coloured elevations of the skin. They are mostly seen on the lower eyelids and upper cheeks.

Xanthomas

are deposits of fatty materials under the surface of the skin and can appear anywhere on the body. Xanthelasma Palpebra is a common type that appears on the eyelids. Xanthomas are commonly associated with elevated cholesterol levels.

The colour doesn't respond to treatment but the blemish size can be considerably reduced and then easily camouflaged with cosmetics.

Unightly scars

can be atrophic (indented) or hypertrophic (raised). Using an advanced technique it's possible to smooth the skin and reduce the appearance of the scar. Though the colour cannot necessarily be changed or improved, any irregularity in depth or density can be softened and smoothed to improve the appearance.

Moles

can be visibly reduced and improved using advanced electrolysis techniques, however, for the patients



Mole before

After

safety, it is essential to ensure that the mole is a perfectly normal, healthy mole before any treatment.

Healthy moles are often pigmented growths or small blemishes on the skin that commonly appear in the first few decades of life in almost everyone. The average young adult has about 25 moles. Unusual or atypical moles can signify an increased risk of melanoma although malignant melanomas can arise from both existing moles or from healthy skin.

The ABCDE rule helps recognise suspicious moles.

A – Asymmetry,

B – Blurred Borders (irregular, or jagged edge)

C – Colour variation

D – Diameter larger than 5mm (1/4 inch),

E – Elevation (especially when uneven)

E – Evolution (changes over time).

Referral to a GP may be necessary prior to treatment.

For more information or to make an appointment see www.elainestoddart.com

A PATIENT'S PERSPECTIVE

"I have had thread veins on my face for as long as I can remember. Cursed with a pale, English complexion, these little veins seem to have appeared gradually ever since I was small, aggravated by exposure to the sun, bruises, harsh weather and the like.

I had a particularly noticeable cluster on my cheek which I was covering up most days with make-up and that make-up would often need re-applying.

The treatment with Elaine involved me lying down on a couch under a powerful magnifying glass while Elaine used a probe the size of an eyelash to zap the capillaries on my face one by one.

The zapping itself was fairly painful but bearable. Elaine did her best to put me at ease! Immediately afterwards, there was some redness in the treated areas but this very soon faded.

Within a couple of days I noticed an improvement and when I started wearing make-up again (I was told to avoid this for a couple of days) I needed to put on far less and my complexion looked fresher, smoother and more even. I have since had quite a few compliments about how well I'm looking!

I am very pleased with the results. I intend to go back and have further treatment in the near future."



Above: After

Before