

TATTLER[®]



March 2023

DIVINE!
WHAT DOES
YOUR BOTOX
SAY ABOUT YOU?

DARLING!
JOIN THE NEW
SOCIAL CLIQUE
TAKING OVER

PLUS
LADY SITWELL
ON HER STALKER
NIGHTMARE

MEET ELLA RICHARDS

IT GIRL

GRANDPAPA'S A ROLLING STONE



In the line of beauty

At River Aesthetics, which recently celebrated its 10th anniversary, collagen stimulators – also known as ‘the gift that keeps on giving’ – are the key to restoring youthful vitality. From thread lifts to fillers, treatments work with your body for long-lasting effects

IT IS A TRUTH UNIVERSALLY (if often too late) acknowledged that as we age, the collagen most of us took for granted in youth begins to ebb. The decrease in this precious protein is a key contributor to skin ageing, causing lost volume, sagging and the appearance of wrinkles.

It may all sound a little disheartening, but the good news is that there are some ingenious ways to replenish that which nature depletes. And one of the foremost destinations for such work is River Aesthetics, which has become one of the premier clinics for collagen stimulation and body contouring, as well as the go-to spot for those seeking thread lift treatments.

River Aesthetics has recently celebrated its 10th anniversary. In the course of that decade, it has built a reputation that draws patients from across the UK to London, Hampshire and its flagship cosmetic medicine and wellness clinic in Bournemouth, in the heart of Dorset. This popularity is thanks to its two medical directors, Dr Victoria Manning and Dr Charlotte Woodward, and their team of experts. Advanced aesthetic doctors, global trainers, international speakers and former general practitioners, the dynamic duo specialises in non-surgical treatments that create the most natural-looking results, enhancing patients’ beauty by means of the latest

cutting-edge technologies. From traditional anti-wrinkle injections, lip augmentation and body sculpting procedures to advanced lifts and dermal fillers, there are plenty of pioneering treatments on offer at River Aesthetics.

Drs Manning and Woodward are regarded among the UK’s leading thread lift doctors, and internationally recognised as pioneers of new technologies and techniques in this innovative field. A non-surgical, minimally invasive alternative to a facelift, a thread lift involves inserting specialised surgical threads into the soft tissues of the face. These are pulled to lift and contour the skin, immediately restoring lost volume and reducing lines and wrinkles.

One of the clinic's signature treatments is the Silhouette Soft® Thread Lift, which can be used as a standalone treatment or in combination with dermal fillers and muscle-relaxing injections. In this unique procedure, the threads are made of a clear, absorbable form of polylactic acid, which dissolves and helps stimulate your skin's own collagen production. The threads are inserted under the skin using a fine needle, without the need for incisions, to elevate the sagging tissue and lift problem areas. Only a small local anaesthetic is needed at the entry and exit points of the threads.

In addition to the initial lifting results from the treatment, the threads trigger the body's natural healing response by stimulating collagen regeneration and encouraging continued volume and tightness long after the thread dissolves. As a result, the face is redefined, and the effects of ageing are significantly reduced.

The treatment takes around one hour (plus 30 minutes for the pre-consultation session), and the downtime is minimal. Despite this, the effects can last up to 18 months, and following the initial lift, there will be a gradual improvement of the result over the first 12 weeks as new collagen is formed, resulting in tighter, firmer and smoother skin.

Another groundbreaking treatment on offer at River Aesthetics is the RiverLIFT, which combines thread-lifting with next-generation dermal filler techniques to lift and tighten the face and neck while stimulating fresh, flexible collagen. Drs Manning and Woodward pioneered this innovative treatment themselves, drawing on their in-depth knowledge. It's achieved with a series of feather-light threads that are inserted under the skin to weave a supportive 'scaffold', redefining contours while encouraging collagen production.

Then come the Ellansé® fillers, replacing collagen – the body's plumping molecule, which decreases with age – to revitalise and lift skin. Taking barely 60 minutes yet lasting up to two years, the RiverLIFT is renowned for its subtle yet stunning, youth-enhancing results.

As aesthetic doctors at the very top of their game, Drs Manning and Woodward are so skilled at this multi-layered approach that they lecture on the subject and train other doctors in the combination of skills needed to achieve such excellent results. It's a standard of expertise that is the product of more than 45 years of combined medical and aesthetic experience. With all this in mind, it's little wonder *Tatler* itself has named River Aesthetics as 'the best clinic in the UK for threads'.

Fillers are another strength here, especially Ellansé® advanced rejuvenating dermal fillers, the perfect choice for both women and men who are looking to revitalise skin and boost firmness. Unlike traditional fillers that simply treat wrinkles and volume loss, Ellansé® acts as a bio-stimulator, using the body's natural response to stimulate collagen production. This means it treats the underlying causes of facial ageing and offers longer-lasting youth-boosting effects. Considered a 'next-generation' dermal filler, it immediately restores lost volume and minimises wrinkles, but also continues to stimulate the production of your own collagen

The Silhouette Soft Thread Lift triggers the body's natural healing response by stimulating collagen regeneration

gradually over time. A consequence of that is that results can last up to two years.

It's clear that every treatment in this highly regarded clinic is designed to work with your body to provide the most natural-looking, long-lasting results. And the team has more than enough experience to succeed in this ambitious aim. Dr Manning has more than 20 years of clinical experience across both general practice and aesthetics. She is passionate about restoring her patients' confidence on their 'journey back to themselves', a process that she supports with extensive work in industry education and standards. A global aesthetics industry trainer, speaker, examiner and key

opinion leader for both Silhouette Soft® Thread Lifts and Ellansé, Dr Manning is also an expert trainer in other non-invasive options and in vaginal rejuvenation techniques.

Co-founder Dr Woodward has more than 25 years of experience as an accredited medical aesthetics doctor and general practitioner. It was during her time as a GP that she discovered aesthetics, and she was instantly taken with the transformative powers, the artistry and, above all, her patients' positive reactions. Since then, she's practised exclusively in the aesthetics sector for more than 17 years, becoming highly regarded for her innovative use of threads and filler. In addition to her in-clinic work, Dr Woodward trains hundreds of professionals annually at the River Aesthetics Academy, and takes pride in setting the standards for best practice. As one of the first doctors in the UK to perform a Breast Thread Lift (leading the way for advances in the use of sutures in aesthetics), she is also passionate about safety.

The newest addition to the River Aesthetics team is Dr Victoria Wright. With more than 15 years of clinical experience across a broad range of medical disciplines, Dr Wright has immersed herself in the rapidly evolving industry of aesthetic medicine while continuing her work as a GP in the New Forest in Hampshire. She's a great advocate of providing a holistic experience for her patients, offering consultations that encompass skin health, aesthetic aspirations and nutritional support, combined with optimised physical and psychological wellbeing. With a wealth of clinical expertise and specialist techniques in aesthetic medicine, she seeks to help patients attain their aesthetic goals, specialising in lip and cheek enhancement, as well as facial remodelling, including jawline and chin, and anti-wrinkle therapies.

Another key member of this elite team is aesthetic practitioner Ella Moore. With seven years of experience in the industry, Ella specialises in Morpheus8, supporting the medical team in prepping the skin prior to collagen stimulation treatments, while also focusing on body contouring procedures. As a trained aesthetician and the clinic's lead practitioner, Ella appreciates the importance of understanding her patients' end goals, creating a bespoke treatment plan designed to elevate natural beauty and leave you feeling more confident than ever.

Whether you head to River Aesthetics in London, Hampshire or Dorset, for a one-off treatment or a long-term plan, you will find renewed confidence is always the goal at this industry-leading, award-winning clinic.



Dynamic duo

The award-winning founders of River Aesthetics, Dr Victoria Manning and Dr Charlotte Woodward, offer more than 45 years of combined medical and aesthetic experience. They are recognised among the UK's leading thread lift doctors.