



RIVER  
AESTHETICS

# INDEX

ABOUT RIVER AESTHETICS .....	<b>PAGE 3</b>
MEET THE TEAM .....	<b>PAGE 5</b>
OUR DOCTORS .....	<b>PAGE 6</b>
CERTIFICATIONS, QUALIFICATIONS & AWARDS .....	<b>PAGE 10</b>
IN THE PRESS .....	<b>PAGE 11</b>
THE PATIENT JOURNEY .....	<b>PAGE 13</b>
FACE TREATMENTS .....	<b>PAGE 14</b>
BODY TREATMENTS .....	<b>PAGE 22</b>
SKIN TREATMENTS .....	<b>PAGE 28</b>
CONTACT US .....	<b>PAGE 36</b>

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# ABOUT RIVER AESTHETICS

Industry-leading clinics in London, Hampshire & Dorset offering an award-winning range of non-surgical facial rejuvenation and body sculpting treatments.

Internationally renowned and individually focused, River Aesthetics' honest and mindful approach is centred on putting your well-being first and supporting you to be the best version of yourself.

Advanced Aesthetic Doctors, global trainers, international speakers, and former General Practitioners; Dr Charlotte Woodward and Dr Victoria Manning specialise in non-surgical treatments that create natural-looking results enhancing a patient's natural beauty utilising the latest cutting-edge technologies available in the industry.



# ABOUT RIVER AESTHETICS



Our ethos is to provide a highly personalised approach, with bespoke procedures tailored to each individual's needs. We are passionate about providing unrivalled patient care and are proud to take an ethical approach, meaning you will only be offered treatments appropriate to your needs.

River Aesthetics have a wide treatment offering, developed after many years of extensive education and research. Our pioneering treatments include The RiverLIFT, The RiverBROW Lift, Ellansé Dermal Fillers, Silhouette Soft thread lifts, alongside the more traditional anti-wrinkle injections, lip augmentation, and body sculpting procedures.

With a wealth of clinical experience combined with a true passion for aesthetic medicine and industry reputation, you are in excellent hands with River Aesthetics.

# MEET THE TEAM

River Aesthetics is led by female medical directors, Dr Victoria Manning and Dr Charlotte Woodward, two celebrated names in the world of aesthetics.

Supported by a team of dedicated medical and cosmetic experts to help guide you on your path of rejuvenation, health, and wellbeing, the clinic is passionate about providing patients with treatments that are proven to achieve natural-looking results, restore youthfulness and enhance overall wellbeing.

As the best clinic in the UK for threads in the Tatler Beauty and Cosmetic Surgery Guide 2022 and 2023, and the UK's premier collagen stimulation and body contouring clinic, Dr Charlotte Woodward and Dr Victoria Manning are highly regarded as the UK's leading thread lift doctors, and internationally regarded as pioneers of new thread technologies and techniques.



## OUR DOCTORS



### Dr. Victoria Manning BM DFFP MBCAM

Dr Victoria Manning is a highly skilled and experienced medical aesthetics doctor with over 20 years of clinical expertise across both general practice and aesthetics. Passionate about helping her patients restore their inner confidence and giving them their sass back after life knocks them down, being part of their recovery journey is what drives her.

A global aesthetics industry trainer, speaker, and key opinion leader for Sinclair Pharma's Silhouette Soft® Thread Lifts & Ellansé, Dr Manning is also an expert trainer in PDO Threads and Vaginal Rejuvenation techniques. Selected by Sinclair Pharma to head up the latest Silhouette Soft® Pilot in the UK, Dr Manning and River Aesthetics will be the first in the UK to trial the newest, innovative suture from the Silhouette Soft® thread portfolio. She was also recently appointed to join the Specialist Advisory Board of CMAC (Complications in Medical Aesthetics Collaboration) giving guidance to clinicians on complication management and outcomes.

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## Dr. Victoria Manning BM DFFP MBCAM *continued...*

Enthusiastic about teaching other medical professionals, Dr Manning advocates the importance of knowledge transfer amongst aesthetic practitioners following the ethos of that we never stop learning no matter how long we have been doing something. With an increasing part of her work being the correction of poor work by unqualified individuals, she is dedicated to ensuring safety is regarded as paramount by the aesthetics industry and constantly strives to push for regulation from governing medical bodies.

Dr Manning regularly writes articles and opinion pieces for the aesthetic medical press and is often featured as the top aesthetics expert in various lifestyle magazine brands, being most recently featured in Tatler's Top 40 Doctors in the UK 2022 list.

As well as a proud mother to two incredible university age kids, Dr Victoria Manning is honoured to have grown River Aesthetics to such amazing heights following a chance meeting with fellow former GP, Dr Charlotte Woodward, over 10 years ago!

## Dr Charlotte Woodward MBCHB MRCGP MBCAM

Dr Charlotte Woodward is the co-founder and medical director of River Aesthetics. With more than 25 years clinical experience, she is an extremely skilled and accredited medical aesthetics doctor and general practitioner who has practiced exclusively in the aesthetics sector for over 19 years.

Dr Woodward discovered the world of aesthetics during her time as a GP and was instantly taken with the artistry involved, the ability to make people feel good and the privilege of witnessing overjoyed reactions of patients upon seeing their procedure results in the mirror. She favours the highly personalised approach and ensures every person she cares for receives only the best bespoke aesthetic treatments that are specifically tailored for their needs and life stage, a philosophy that runs deep in the River Aesthetics DNA.

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## OUR DOCTORS





## Dr Charlotte Woodward MBCHB MRCPG MBCAM *continued...*

Well-regarded for her innovative use of threads and fillers, Dr Woodward is always ahead of the curve with new products, procedures, and pioneering techniques, and is often heavily involved in the developmental stages with international pharmaceutical companies. She was one of the first doctors in the UK to perform a Breast Thread Lift, setting the standards for industry best practice and leading the way for advances in the use of sutures in aesthetics.

Passionate about aesthetic medicine & safety, Dr Woodward is a prominent global advanced trainer for Sinclair Pharma's Ellansé and Silhouette Soft® brands, as well as an ambassador for their newest product Maili, and a global trainer in PDO Threads and Vaginal Rejuvenation with Desirial®. She trains hundreds of medical professionals every year both in person at the River Aesthetics Academy, as well as at well-known external industry events and meetings.

Recently listed as one of Tatler's Top 40 Aesthetic Doctors 2021, Dr Woodward features regularly on global webinars and conferences on thread lifting procedures, writes articles for national and industry press, and is a sought-after speaker. Along with Dr Victoria Manning, she is the go-to expert in the field of thread lifting and collagen stimulation techniques world-wide. Outside of River Aesthetics, Dr Woodward enjoys family life with her supportive husband of 27 years and their two wonderful daughters.

## CERTIFICATIONS & QUALIFICATIONS

Patient safety is our priority at River Aesthetics. A CQC certification is the hallmark of a clinic that has demonstrated clinical excellence and offer safe, high-quality, and compassionate care. We have also undergone the rigorous Save Face accreditation process.



General Medical Council



## AWARDS

River Aesthetics clinical excellence has been recognised by the many awards we have won over the years including the My Face My Body Award, the Top Clinic accolade, as well as high commendation for the Best New Clinic in the UK and Ireland at the well-respected Aesthetics Awards.

Sinclair Pharma awarded the clinic Elite Status for our work with Silhouette Soft thread lifts and developing the RiverLIFT (an innovative combination procedure to restore natural facial volume and soften the signs of aging.)



River Aesthetics work extensively with the media offering opinion and expertise as the UK's leading clinical aesthetics doctors, being featured in The Telegraph, Condé Nast Brides, The Sunday Times, and Daily Mail, amongst others.

As the best clinic in the UK for threads in the Tatler Beauty and Cosmetic Surgery Guide 2022 and 2023, the doctors are highly regarded as the UK's leading thread lift doctors, and internationally regarded as pioneers of new thread technologies and techniques.

Included not once, but twice in 2023's Tatler Beauty and Cosmetic Surgery Guide and represented in the Tatler Address Book; River Aesthetics' premises in London, Dorset and Hampshire are regularly recognised as one of the top anti-ageing clinics in the UK.

Listed as highly recommended practitioners in The Tweakments Guide by renowned beauty journalist and author, Alice Hart-Davis. Dr Charlotte Woodward's and Dr Victoria Manning are highly acclaimed both in the media and aesthetics industry for their expertise and skill.

Tatler Beauty & Cosmetic Surgery Guide 2023 Highlights:

- Dr Victoria Manning and Dr Charlotte Woodward appear in 'In the line of beauty'.
- The best treatment for volume loss, with our Ultimate RiverLift.
- River Aesthetics recognised as the BEST Clinic in the UK for thread lifts.

THE  TIMES

TATLER

The Telegraph

Daily  Mail

Aesthetics  
MONTHLY JOURNAL FOR MEDICAL AESTHETIC PROFESSIONALS

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## In fine form

Discover the UK's premier collagen stimulation and body contouring clinic, River Aesthetics

WE ONLY GET ONE CHANCE TO MAKE a fine impression with our appearance, and at River Aesthetics they know it. Led by two non-medical doctors, Dr Victoria Manning and Dr Charlotte Woodhead, River Aesthetics has become the UK's premier collagen stimulation and body contouring clinic. It is a leader in the Aesthetic Awards for Best Clinic in the South of England. This doesn't stop our patients travelling from far and wide to experience what has become our only international gold standard in thread lifts, but also the destination for body contouring.

Following success in London and Harrogate, Dr Manning and Woodhead have opened their flagship clinic in Bournemouth. The treatment now works through the skin not on the surface, but on the underlying structure. Everything from the warm, glowing to the softening, Bournemouth is geared towards the patient experience. In their clinic, you can relax into the treatment, and you can relax into the results. This is a place that guides you to achieving the best version of yourself.

Dr Manning and Dr Woodhead put a new way of self-confidence and inner strength, of course, along with total independence, intelligent thinking and a sense of adventure. Collagen stimulation and body contouring, the Cagney and Larry of the thread revolution, empower people to age well and long-term.

This is what led the pair to pioneer The RiverIFT, the ultimate non-surgical aesthetic procedure to lift and define the face and neck. Combining innovative thread technology with non-operative thermal skin techniques, The RiverIFT addresses signs of ageing in a way that is beneficial to the natural, stimulating the body's own collagen, Botox and fillers.

*This dynamic duo of doctors has patients travelling from far and wide in experience to find they become not only the international gold standard in the fitness thread lift, but also the destination clinic for body contouring.*

River Aesthetics has clinics in London (Whitechapel), Exeter and Bournemouth. Please visit [riveraesthetics.com](http://riveraesthetics.com) or call 01202 524980

#riveraesthetics #nonmedical #noninvasive

# TATLER

**Beauty & Cosmetic Surgery Guide 2023**

**COUNTRY & TOWN HOUSE**

A METAFOR FOR CALL HOME

## THE RISE OF THE RIVER BROW

Feed your eyes on the new trend for tuckering your brows, a subtle enhancement that those who love aesthetics just can't get enough of

**W**all have discovered lower lip and the hairline brow. But there's a new aesthetic trend that's being pioneered in the South and London that's all in the eye. This elegant, subtle, and eye-catching enhancement gives the perfect solution for those who want to get a lift.

**It's all about eyes...**

Many patients are asking about the lift that which makes a subtle, natural, and eye-catching enhancement to the eyes. This elegant, subtle, and eye-catching enhancement gives the perfect solution for those who want to get a lift.

**How long does it last?**

The RiverIFT treatment uses a non-surgical approach to lift the brows, and the results last for up to 12 months. This is a non-surgical approach to lift the brows, and the results last for up to 12 months.

**Is the RiverIFT right for me?**

The RiverIFT treatment is a non-surgical approach to lift the brows, and the results last for up to 12 months. This is a non-surgical approach to lift the brows, and the results last for up to 12 months.

**FOR EYE**

**DRIVE BROAD**  
[riveraesthetics.com](http://riveraesthetics.com)

# THE PATIENT JOURNEY

River Aesthetics are dedicated to supporting and empowering our patients to age well, balancing their physical & emotional wellness, and safely achieving beautiful, natural-looking results.

River Aesthetics ethos is to provide a highly personalised approach, with bespoke aesthetic procedures and treatments tailored to the life stages of each person we care for.

## 1. CONSULTATION

All patients begin their River Aesthetics journey with a full, no-obligation medical consultation, to help identify areas of concern and develop a tailored plan to meet individual needs.

## 2. TAILORED TREATMENT PLAN

All our patients receive a bespoke tailored treatment plan specific to their needs. The plan will be accompanied by thorough treatment information, so that you are able to carefully consider if you would like to go ahead with any aesthetic treatments.

## 3. ONE TO ONE SESSION

As a River Aesthetics patient – you will receive our undivided attention from the moment you walk through our doors, and this support will continue long after you have left. Your treatment will be carried out with the highest quality of care, ensuring your comfort and safety remains a priority throughout.

## 4. POST TREATMENT

Even when the treatment is over, we will stay in touch to ensure that you receive appropriate aftercare. You will be given an aftercare treatment plan, and our team will be available for any queries you may have at any time.



## THREAD LIFTS

A thread lift is a non-surgical and minimally invasive aesthetic treatment that rejuvenates skin and helps to treat signs of ageing, restore volume, and reduce wrinkles. The procedure involves inserting specialised surgical threads into the soft tissues which are then pulled tight to lift the skin.

As a result, the face is redefined, volume restored & the effects of ageing are significantly reduced. As we age, collagen production naturally slows down causing a loss of firmness and elasticity of the skin. 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 & tightness long after the thread dissolves.



Suitable for the face and neck, PDO threads effectively treat signs of ageing with a dual lifting and regenerating collagen effect to give a youthful contour.

Made from Polydioxanone, the same dissolvable material used for medical stitches, the smooth sutures are inserted beneath the subcutaneous layer of fat and pulled tight to instantly lift the sagging skin. Once the threads are in place, your body starts to produce new bundles of collagen, which gradually plumps out the skin and gives an incredible rejuvenating effect.

The treatment takes around 1.5 hours, with results from the treatment last around 2 years.

"As the nation's leading experts in thread lifting, we use PDO threads to lift the face and body for beautiful natural results." - Dr Charlotte Woodward



## SILHOUETTE SOFT®

Silhouette Soft® is a revolutionary thread lift treatment dubbed the 'non-surgical facelift' due to its amazing results enabling redefined facial features, increased volume and a reduction in lines & wrinkles.

This innovative 30-minute non-surgical procedure involves treating sagging skin on the face with extremely fine state-of-the-art threads designed to help stimulate the natural production of collagen.

The Silhouette Soft® thread lifting treatment is effective for sagging jowls, redefining the jaw line, lifting marionette lines, cheek enhancement, tightening the neck, and brow lift. The treatment takes around 30 minutes, and the effects last up to 18 months.

"As world experts and lecturers in this treatment it is one of our favourite to perform, we often hand our patients the mirror immediately afterwards and they cry with joy as they are so happy with the result, which is an amazing feeling for us and them" - Dr Victoria Manning



Aptos thread lifts are the newest generation of thread lifts available on the market, featuring an improved formula of Elastin, Collagen and Hyaluronic Acid that effectively treats the signs of ageing. The initial results are seen immediately, and continue to improve, as the collagen and elastin form and mature. Alongside the removal of fine lines, wrinkles, tissue volume and sagging skin, the treatment can be used to lift the brow, define the jaw, assist with facial asymmetry, treat under-eye bags, and lift or reshape the nose.

The treatment takes around 1.5 hours, and the effects last up to 18-24 months.

"As world experts and lecturers in this treatment it is one of our favourite to perform, we often hand our patients the mirror immediately afterwards and they cry with joy as they are so happy with the result, which is an amazing feeling for us and them" - Dr Victoria Manning

## NON-SURGICAL NECK LIFT

The delicate neck area can be one of the first places to show signs of ageing including skin laxity, fine lines, wrinkles, crepey skin and a double chin. For exceptional results in rejuvenating the neck and achieving a naturally refreshed appearance, River Aesthetics recommend using a combination of skin tightening, thread lifting and next generation dermal fillers:

**Skin Tightening BTL Exilis Ultra 360™** – delivers ultrasound and radiofrequency, simultaneously into the epidermis to smooth and tighten.

**Silhouette Soft Lift** – A revolutionary thread lift treatment that treats signs of ageing.

**Profhilo** – Based on pure hyaluronic acid technology, this hydrates as well as stimulates collagen and elastin. “Necks are the part of our body that give away our age. The skin is delicate and needs looking after. We can help restore your natural collagen with threads and ELLANSÉ® which lift the neck and help crepey skin, for natural beautiful results.” - Dr Victoria Manning

## BROW LIFT

The RiverBROW Lift is a non-surgical treatment exclusively created by River Aesthetics that involves using tiny dissolvable threads to lift the brows, combat signs of ageing, and achieve a rejuvenated look. An ideal treatment for patients who are noticing signs of drooping or flattening of the brow, as well as those experiencing ageing around the eyes. A brow lift is also a great solution for patients who have a slightly heavier brow, or possibly asymmetrical brows.

Results are immediate and, if combined with muscle relaxing injections to stop the downward pull around the eye, can last 12-18 months.

“The RiverBrow lift allows us to use the latest thread technologies combined with dermal fillers to give you a subtle and natural brow lift” - Dr Victoria Manning



## RHINOPLASTY

Improving the shape or appearance of your nose can be achieved through non-surgical rhinoplasty using dermal fillers, a procedure often coined the '15-minute nose job'. River Aesthetics can safely alter the shape of the nose without the need for invasive surgery and the cost, pain and downtime associated.

The procedure involves the injection of a hyaluronic acid dermal filler into areas around the nose, the treatment can add height to the nasal bridge, re-contour the bumps on the bridge, remodel the angle of the tip, straighten & sharpen the nose and narrow a flared nose. The treatment takes around 15-30 minutes with instant results lasting for 9-12 months.

"This is a great alternative to surgery for those who want to straighten their nose or hide a bump, it restores self-confidence and gives instant long-lasting results" Dr Charlotte Woodward

## TEAR TROUGHS

A common condition for both men & women, the tear trough is the depression, or hollow, between the upper cheek and eyelids typically caused by ageing as the skin in the area becomes thinner and facial fat descends under the eye. River Aesthetics carry out corrective treatment using Hyaluronic Acid based dermal fillers, which are naturally biodegradable and perfectly safe for the delicate eye area. Careful placement the filler can disguise any hollowness and illusion of eye bags, adding volume underneath the skin and creating a smooth, brightened and more youthful appearance.

The result of a single treatment can be seen instantly and lasts for 9 -12 months.

"We use Maili Percise to treat this delicate area. Over the years we have had to correct a lot of badly treated tear trough fillers, that have been treated by inexperienced practitioners. It is one of the areas that really needs an experienced medical practitioner to achieve beautiful natural results, take a look at our before and after photos to see for yourself." - Dr Charlotte Woodward

## MUSCLE RELAXING

Muscle relaxing anti-wrinkle injections are a painless and targeted way to reduce the effects of skin ageing, whilst also preventing new lines and wrinkles from forming. Here at River Aesthetics, we use a brand of Botulinum Toxin Type A, called Azzalure®, derived from naturally occurring plant proteins that when injected into muscles temporarily cause muscles to relax and make them unable to contract as tightly for an anti-ageing affect.

We always aim for a soft, natural look still maintaining normal facial expression and helping restore a youthful appearance. You will start seeing results 72 hours after treatment, optimum results are 2 weeks post treatment.

“Anti-wrinkle treatments are great for smoothing out those lines we hate, once you’ve had this treatment, you’ll never want to go without it again” - Dr Charlotte Woodward

## LIP ENHANCING TREATMENTS

One of the most expressive features of the face, lips tend to lose volume and hydration as we age. At River Aesthetics we create natural looking lip enhancements which lend volume and definition, giving a youthful and rejuvenated appearance. Lip fillers are a non-surgical treatment that uses naturally biodegradable hyaluronic acid based dermal fillers to define, hydrate, and plump lips. The procedure can also help to eradicate those fine lines around the mouth that can develop due to age or smoking.

The whole process takes just 30 minutes and you should notice results right away, with optimum results seen 28 days and lasting 6 – 9 months.

“These are often done badly by inexperienced practitioners, but at River Aesthetics we specialise in natural looking lips that fit your facial harmony, so you just look like you have naturally luscious lips, and no-one knows you have had anything done.” -Dr Charlotte Woodward

## GUMMY SMILE

River Aesthetics can simply and effectively correct this common concern without the need for invasive dentistry or surgery. By treating the overactive upper lip muscle of a gummy smile with anti-wrinkle injections, we can significantly relax the muscle and stop the upper lip from rising too far over the gums when you smile.

Using our advanced techniques, in just 15 minutes we can create a subtle and natural-looking improvement (whilst still preserving the full freedom of expression of the treated area). Results will be seen in 2 weeks and will last for 4-6 months.

“With a small injection of Azzalure®, we can lower your upper lip, so you reveal less of your gum when you smile. You will still have the same beautiful smile just with less gum showing, our patients love this and feel so much confident having photos afterwards.” - Dr Victoria Manning

## MASSETERS

Bruxism, otherwise known as the unconscious clenching or grinding of the teeth, is a common issue that causes a prominent or asymmetric jaw line.

By treating the muscle with anti-wrinkle injections, we can stop the masseter muscles being able to contract as tightly preventing the involuntary grinding of the teeth and clenching of the jaw. As a consequence, the size of the muscle is reduced and a softer angle of the jaw is created, resulting in a more youthful oval face.

The masseter muscle relaxes one week after treatment and softening of the jaw line occurs at around 6-8 weeks.

“We can help you with your teeth grinding by a small injection of Azzalure® into your master muscles. Our patients are amazed by how much better they feel after this treatment, being pain free for the first time in a long time.” - Dr Victoria Manning

# hydracial

HydraFacial™ is a unique and non-invasive multi-step skin treatment combining six separate skin rejuvenation procedures in one: Detox, Cleansing, Exfoliation, Extraction, Hydration and Antioxidant protection. This medical deep clean for the skin, removes impurities and feeds the skin with the nutrition it needs.

The HydraFacial™ multi-step process starts by cleansing, exfoliation and extraction to remove impurities and dead cells from your skin. At the same time, it replenishes your skin with vital nutrients including antioxidants, peptides and hyaluronic acid helping to mitigate environmental damage, plump and firm skin, reduce the appearance of fine lines & wrinkles, reduce puffiness, cleanse deeply, and even skin tone.

“The HydraFacial™ is a medical deep clean for the skin, removing impurities through exfoliation and extraction, finishing with feeding the skin with nutrition that it needs. We love it for the long lasting fresh glowing results, a no down time treatment perfect for all skin types.” - Dr Victoria Manning

We also offer HydraFacial with Keravive. This treatment is designed to cleanse, stimulate, nourish, and hydrate the scalp and hair follicles for fuller and healthier – looking hair.

## MAILI

A new generation of premium hyaluronic acid fillers that delivers long-lasting, natural-looking results using minimum product. Each MaiLi treatment is bespoke, so whether you want to smooth over wrinkles and lines, add volume and definition, or leave your skin looking great, there is a treatment for you.

There are four advanced HA gels in the MaiLi portfolio: Precise, Define, Volume and Extreme, each designed to reshape, refine, and enhance every area of the face. All whilst retaining natural expression and movement, enabling you to feel confident that you look like the best version of you.



CoolSculpting® is the only FDA approved non-surgical fat reduction treatment that uses controlled cooling to eliminate stubborn fatty deposits in a highly targeted way giving the treated area a smooth, contoured appearance by reducing fat and tightening skin. Patients see amazing long-lasting results after just one treatment with no surgery or downtime. Once treated, the fat cells are gone forever – leaving a more sculpted you!

The treatment uses temperatures of up to -11c to trigger a natural inflammatory process, called apoptosis, that safely destroys diet & exercise resistant fat on the stomach, back, chin, arms, inner thigh and flanks. The procedure takes only 35-45 minutes, and results will be visible 6 weeks post-treatment, with optimum results at 12 weeks.

“CoolSculpting® is an FDA approved fat reduction treatment. We target stubborn pockets of fat through freezing the area down to -11 for a short period of time. Over the space of 12 weeks a natural inflammatory process called apoptosis kicks in disposing of the dead cells. We love this treatment as it gives you noticeable results leaving you with the sculpted look you’ve always wanted.” – Ella Moore (Aesthetician)



## BREAST THREAD LIFT

A wonderful alternative to going under the knife, the ground-breaking RiverLIFT is a procedure designed by Dr Charlotte and Dr Victoria. Made from Polydioxanone (PDO), the same dissolvable material used for medical stitches, the smooth sutures are inserted via needle to instantly lift the sagging breasts. Once the threads are in place they act as a “scaffold” supporting the new structure and encourage the regeneration of collagen which over time gives an incredible rejuvenating effect.

The procedure takes approximately one hour, and the first effects are visible instantly, but considerable improvement appears after 2 or 3 months with results lasting up to 2 years.

“Many patients after breast feeding feel their breasts have started to sag a little. We use threads to lift the tissues subtly back to where they use to be. This is an excellent treatment for patients with small breasts who just want a little uplift without the volume that implants can cause.” - Dr Charlotte Woodward

## ULTRA FEMME 360™

Much like the skin covering our bodies, vaginal tissues are susceptible to ageing and laxity. Exilis Ultra Femme 360™ provides a safe alternative to labiaplasty or vaginoplasty and doesn't involve any of the common risks associated with surgery and anaesthesia. Using radiofrequency technology, Ultra Femme 360™ stimulates the growth of new collagen in and around the vagina, resulting in the restoration and tightening of the area.

Ultra Femme 360™ can enable tightening of the vaginal opening, vaginal canal, and the perineum, an increase in blood flow to the clitoris, improving its sensitivity and heightening sexual sensation, strengthening of the vaginal muscles, and a decrease in stress incontinence.

“Stress incontinence is a much bigger problem than most people realise, and now we can help. The Ultra Femme 360™ promotes collagen and tightens the tissues in the vagina and vulva to greatly improve symptoms. Just ask our patients, they love it!” - Dr Charlotte Woodward





A new and revolutionary treatment developed specifically to improve women's intimate health and address cosmetic concerns both during menopause and after childbirth. Desirial® is an innovative injectable hyaluronic acid formula designed to rejuvenate the vaginal area by treating discomfort, dryness, and chronic irritation.

A safe injectable hyaluronic acid filler specially formulated with the antioxidant Mannitol, Desirial® strengthens the protective function of the labia majora (the outermost lips of the vagina) and improves the aesthetic appearance of the area with results lasting up to 6-12 months dependent on the individual.

## ELLANSÉ®

Perfect for treating veiny and crêpey hands, ELLANSÉ® advanced rejuvenating dermal fillers provide deep dermal hydration for the hands, moisturising from within to improve skin firmness, keep skin looking plump, hydrated and diminishing the appearance of fine lines.

Unlike traditional fillers, ELLANSÉ® acts as a biostimulator that uses the body's natural response to stimulate collagen production to treat the underlying causes of ageing with long-lasting effects that give a natural youthful appearance!

The treatment takes approximately 60 minutes and results are immediate but will improve over 3 months due to the collagen stimulation, and last for around 2 years.

"Hands are often forgotten, yet they are on display all the time. We can plump up hands with ELLANSÉ® or treat sun damage with our M22 laser giving beautiful results." - Dr Victoria Manning





## IPL HAIR REDUCTION

At River Aesthetics we champion the use of the M22 Intense Pulsed Light system, a pain-free solution that uses pulses of laser light to damage the hair follicle for permanent hair removal.

An FDA approved process that gives long-term hair reduction of up to 90%, laser hair removal for all skin types and areas such as the underarm, bikini area, legs, back & shoulders, chest & abdomen, lip and chin. You can expect to see the best results with a course of at least 6 treatments, after which the hair will have been reduced dramatically and the skin left silky-smooth.

“This is the gold standard for permanent hair removal, it’s so lovely being hair free all summer” – Ella Moore (Aesthetician)

## HYPERHIDROSIS

It’s normal to sweat, but severe sweating can cause great embarrassment. Hyperhidrosis is a common condition that can affect the whole body, especially areas like the underarms, feet, hands, and scalp. Excess sweating can be managed with the use of Anti-Wrinkle Injections that work to block the transmission of nerve impulses to the sweat glands eliminating the production of sweat in the treated area.

The treatment takes about 15-20 minutes and initial results can be seen from 5 days, with full benefits achieved after 2 weeks and results lasting for 3-6 months.

“If you find you get embarrassing sweat patches or your palms sweat excessively, we can help by injecting multiple small injections of Azzalure® into the affected area, leaving you sweat free and free to wear whatever you want.” – Dr Victoria Manning



## HYDROBOOSTER

Smoother, radiant, firmer skin? Viscoderm® Hydrobooster is a dual action treatment that works from the inside out, restoring hydration levels, smoothing superficial fine lines and wrinkles, and improving the skin's structure & elasticity. A great treatment for those who aren't ready for Botox!

Viscoderm® Hydrobooster has two functions which help to stretch superficial wrinkles in a natural way, resulting in its unique HYDROSTRETCH action. The first being deep hydration that improves the elasticity, radiance and smoothness of the skin, and tissue restructuring that stretches superficial wrinkles for those with signs of ageing, particularly around the dynamic areas of the face including the eyes, mouth and forehead.

"This is a wonderful treatment for those that don't want Botox but would like your forehead lines or crow's feet softening, whilst still having natural movement. It only takes 2 treatments to achieve long lasting results."-

Dr Victoria Manning

## PROFHILLO®

Hailed as "a true breakthrough in anti-ageing medicine", Profhilo® is a revolutionary injectable that both tightens and hydrates the skin without the use of dermal fillers. It is an excellent option for the early prevention of lines, wrinkles and loss of volume.

Profhilo® treatment is based on pure hyaluronic acid (HA) technology and acts as more of a 'skin booster' than a filler, hydrating the skin, as well as stimulating four different types of collagen and elastin.

A course of Profhilo® involves three sessions spaced approximately 4 weeks apart with results lasting 3-6 months.

"One of my favourite treatments, I have this done on a regular basis to keep my skin looking healthy and glowing"

- Dr Charlotte Woodward



## MORPHEUS8

Fractional remodelling for skin tightening, contouring, and resurfacing for the face and body. Established as a go-to for celebrities, this three-course treatment simulates the production of collagen in the underlying layers of the dermis to improve skin appearance and reduce irregularities.

Morpheus8 is an excellent choice for patients with skin laxity and/or overlying skin surface problems such as scarring and can be used with complementary therapies for even better results. This exciting new treatment stimulates collagen production in the underlying layers of the dermis. By targeting the deeper layers of the skin, tissues of the face and body can be remodelled to reveal a more radiant youthful appearance.



## RESURFX Lumenis®

The Lumenis® M22 ResurFX is a fractional skin rejuvenation solution that gives remarkable results for younger, healthier, glowing skin. The laser treatment works with your skin to stimulate deep collagen regeneration completely transforming the skin. The unique fractional rejuvenation technology allows for non-ablative skin resurfacing, which means it treats the layers of skin under the surface without damaging the surface itself and is able to treat over 40 skincare problems including stretch marks, scars, rosacea, uneven skin tone, fine lines, enlarged pores, birthmarks, leg veins and more.

After just one 30-minute treatment you will see visible changes in the skin condition, with optimum results noticeable after 3-5 sessions. Improvements will also continue for up to 6 months after the treatment due to the deep collagen regeneration process!

“At River Aesthetics we use the Lumenis M22 Resurfx which is a non-ablative laser this is amazing for improving fine lines, wrinkles and texturised skin. It is one of my favourite skin treatments to perform with incredible results.” – Ella Moore (Aesthetician)

### VASCULAR

There are a number of different types of vascular lesions, such as broken thread veins, blood spots, port wine stains and rosacea. IPL light is used to destroy these visible blood vessels, which are then reabsorbed into the body and broken down into smaller particles, before rising up to the surface of the skin and, finally flaking away as part of the body's natural healing process. Combining three high-tech machines in one, the Lumenis® M22 Resurfx is a state-of-the-art laser that can completely transform skin and stimulate the production of new collagen in the deep layers of the skin giving the patient new, radiant and youthful skin. Results are long-lasting, however optimum improvements from each session will show at 4 weeks.

“Over time due to sun exposure, lifestyle and skin conditions we can develop areas of redness and broken vessels on the face. Using IPL, we can eradicate these vascular problems for a more uniform skin complexion.” – Ella Moore (Aesthetician)

## ACNE Lumenis®

A non-invasive solution for inflammatory acne that offers a great alternative for oral medications, the Lumenis® IPL Acne treatment greatly improves the skin's appearance, reducing acne while at the same time treating redness and pigmentation in just a few treatments.

During the 15-20 minute treatment, short pulses of intense light are emitted from an applicator onto your skin, blue light penetrates through the most superficial skin layers and helps eliminate acne bacteria whilst the infra-red light simultaneously reduces the inflammation or excess sebum production that characterises acne.

"We use the Lumenis M22 which has a unique filter specially designed for the treatment of acne. Within a couple of sessions, you can see a great improvement in your blemishes due to the destruction of acne causing bacteria. This can also be combined with our carbon laser facial resulting in an incredible transformation." – Ella Moore (Aesthetician)

## THE PERFECT PEEL™

A revolutionary peel that will transform your skin into looking younger, healthier, and clearer in just one week. Blending a number of powerful ingredients that penetrate deep into the cellular level of the skin to fight oxidant damage and fight signs of ageing. The Perfect Peel is proven to increase collagen and elastin production, brighten and tighten skin, reduce wrinkles, correct pigment problems, exfoliate the skin and reduce inflammation.

The Perfect Peel takes less than 15 minutes and can be used on all skin types. After one treatment, overall skin tone and complexion will appear smooth, glowing, and fresh. A series of 2-3 treatments will allow for optimal results for skin conditions such as active acne.



Obagi Blue Skin Peel is a deep rejuvenation treatment that makes your skin look younger and healthier, dramatically improving your complexion by eliminating blemishes, acne scars, wrinkles, uneven pigmentation and sun damage whilst increasing overall texture and tightness.

Obagi Blue Skin Peel allows the Doctors to regulate the depth of the peel to remove surface layers of aged and damaged skin. These dead cells are replaced by healthier ones, allowing the skin's own clarity and tightness to resurface and once your skin has completely finished peeling, you will immediately notice the dramatic results of your newly improved complexion.



With no down time and instant results, this treatment is extremely popular as a pre-event or pre-party treatment, as well as part of any on-going anti-ageing or skin rejuvenation programme. The Intraceuticals Oxygen Facial uses hyperbaric oxygen to promote the delivery of hyaluronic acid and infuse specialist serums into the skin to reduce fine lines and wrinkles and leaving it instantly glowing, lifted & visibly refreshed. There are a range of serums that can be used, each containing different essential vitamins, botanicals, antioxidants, and amino peptides to meet different treatment objectives and patient concerns.

Offering instant results and leaving you with deeply hydrated skin that helps to enhance the volume and density of your skin.

'The Oxygen facial is our pre-event treatment, loved by celebs. Using a 3-step layering process of different sized molecules of hyaluronic acid your skin is hydrated, plumped, and refreshed. The ideal facial for any event.' – Ella Moore (Aesthetician)

## EXILIS ULTRA 360™

As part of the ageing process, loose skin can be worsened by genetics, weight change, and UV exposure. The award-winning BTL Exilis Ultra 360™ is a non-surgical and non-invasive skin tightening treatment that helps you achieve youthful skin and a smooth appearance all-year-round.

During your treatment, controlled monopolar radiofrequency and ultrasound energy encourages new collagen and elastin production, stimulating cell turnover causing a targeted skin tightening for a more lifted and contoured appearance.

Suitable for all areas of the face & body, each session takes between 30-60 minutes and a series of treatments will typically be required to achieve the desired result.

“BTL Exilis Ultra 360™ uses monopolar radio frequency which stimulates our fibroblasts to produce more collagen and elastin, this tightens the skin for a more lifted and contoured appearance. This also perfect before any other collagen stimulating treatments for example threads and fillers to optimise results.” – Ella Moore (Aesthetician)

## LED MASK

This cutting-edge mask is the secret to clearer, and more youthful looking skin. It features three wavelengths that provide a multitude of skin rejuvenation treatments to the face and neck including anti-aging, anti-bacterial and anti-inflammatory.

The treatment is 100% safe and doesn't give off harmful radiations and heat, unlike some other laser treatments. It also doesn't damage your skin, has absolutely zero side effects and no recovery time. Often known as Low Level Light Therapy, the 20-minute treatment stimulates the facial cells, and kick starts a number of processes which help rejuvenate the skin with results after just one session.

“We absolutely love our LED masking, especially after ThermaVein® and laser treatments. It reduces redness and inflammation and is also great for acne.” – Ella Moore (Aesthetician)

## MESOTHERAPY

Mesotherapy is a minimally invasive medical technique which involves a micro-injection of a specially prepared mixture of hyaluronic acid, amino acids, natural extracts, vitamins, minerals & homeopathic agents to the mesodermal layer of the skin.

This infusion of savvy ingredients both nourishes and rejuvenates the skin from the inside out targeting a vast number of skin & body concerns including dull skin, dehydration, thinning hair, cellulite and fat reduction, stretch marks, sun damage, superficial wrinkles, pigmentation problems, and acne scarring.

The majority of patients require 3 treatment courses, where micro-injections are delivered every 4 weeks, but the skin will immediately feel hydrated & nourished after each treatment.

“We use a combination of vitamins, amino acids and hyaluronic acid specifically designed for area being treated. It can be used to treat cellulite, crepey skin, hair loss, acne scarring just to name a few.” - Dr Charlotte Woodward

## HYDRATITE

HydraTite™ is a unique combination of two transformative skin treatments: the HydraFacial™ and BTL Exilis Ultra 360™ radiofrequency-based skin tightening which is suitable for the face, jawline and neck. By combining these two procedures, we provide an unrivalled treatment which deeply cleanses, exfoliates, nourishes, tightens and replenishes the skin.

The ultimate procedure to have before a special event, or just for general skin health! You will be left glowing and refreshed, with a visible and immediate tightening effect. Your face will appear tighter, brighter and more radiant immediately after treatment, but the effects will continue to for up to 12 weeks post treatment.

“Our patients love the results that this treatment delivers, it really is the platinum of facials. In the world we now live in 90 minutes of ‘me’ time is what the doctor recommends.” – Ella Moore (Aesthetician)





ThermaVein® is a quick and relatively painless procedure designed to eliminate red veins, thread veins, red spots, spider veins and rosacea with immediate results.

Thread veins can be caused by ageing, hormonal changes, sun damage, pregnancy, lifestyle and can even be heredity. By harnessing the power of heat energy caused by high frequency currents producing a thermal pulse, the ThermaVein® uses a process known as thermocoagulation which seals the thread vein walls, causing them to disappear instantly and permanently.

A session usually takes 30 minutes with instant permanent results however, some results may take up to 6 weeks.

“The gold standard in thread vein removal, Thermavein® gives you long lasting results to remove broken facial capillaries caused by wind and sun exposure. Always remember your SPF!” – Dr Victoria Wright

# IV DRIPS

Intravenous Vitamin Therapy (IVT) is a cutting-edge 30-minute treatment involving a drip of vitamins, trace minerals and antioxidants specifically designed to support the immune system, rehydrate the body, correct any chemical imbalances, and increase energy levels.

Whatever concerns you may have, there will be a treatment to help:

<b>IV Wellness Protocol</b> Boost your energy and feel amazing	<b>IV Age Defiance</b> Rediscover your get up and go	<b>IV Hair Tonic</b> Let your hair shine from the inside out	<b>IV Immunobooster</b> Boost your immune system
<b>IV Athlete Sport</b> Looking to get a head start?	<b>IV Mind Support</b> Relax body and mind	<b>IV Detox Fat Burning</b> Achieve fat burning and detoxification	<b>IV Performance Booster</b> Powering you to peak performance
<b>IV ATP Energiser</b> A healthy pick-me-up	<b>IV Vitality Booster</b> Vitality from within	<b>Booster Shot Glutathione</b> Increase energy levels and slow down the ageing process	<b>Booster Shot Fat Burner</b> Speed up your metabolism



“When you’re feeling a bit run down, our IV infusions can give you that boost to give you your mojo back, so that you’re full of energy and raring to go! we absolutely love them.” - Dr Victoria Manning

## WEIGHT LOSS MANAGEMENT PROGRAMME

River Aesthetics is proud to be a certified partner of The National Medical Weight Loss Programme (NMWLP), offering you medical support, advice, education, and treatment options to help you on your weight loss journey.

Our doctors will carry out a full assessment of your medical history and BMI before we confirm whether the weight management plan is viable for you.

The plan involves a weekly injection of Ozempic, this medication will work as an appetite suppressant. Delivery is via a pen and is virtually painless. Ozempic makes you feel less hungry, feel fuller quicker and fuller for longer. This should lead to significant weight loss.



Certified Partner of  
The National Medical  
Weight Loss Programme



**RIVER**  
AESTHETICS

With a wealth of experience combined with a true passion for aesthetic medicine, you really could not be in safer and more knowledgeable hands.

Contact us today to book your no-obligation consultation and start your River Aesthetics journey.

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