



Steve before Sculptra™ treatment



Face it we're not getting

After turning 40, **Steve Hatch** decided it was time to visit MBNS.

Hi. My name is Steve Hatch. I am 42 and, yes, I have had some aesthetic treatment. Well, Sculptra™ to be precise. Let me explain.

I have always believed that men should take care of their appearance. In my opinion, there isn't anything vain about it; we clean our cars, we paint the outside of our houses, so maintaining your own body should be perfectly natural.

Turning 40 was not the big deal that I thought it would be. I was very active, attending karate classes two or three times a week, and with a semi-regular visit to the gym.

At 41, I decided to join my partner in training for a half marathon and lost a fair amount of weight relatively quickly. I felt great until I noticed that the weight was coming off my face and making me look tired, gaunt and, worst of all, older. This really hit me when I was snapped side on in a photo. It didn't look like me – at least not the image of me I had in my head anyway. I had lost so much volume in my cheeks and the more I looked in the mirror, the worse I was feeling. I actually became quite down about it.

The subject came up in conversation with a friend who noticed I wasn't my usual self. Fortunately, she had heard of the Sculptra product. So, later, I set off on a Google search quest to find out more. I quickly came across the MBNS clinic in Thame and, after checking out their website, I made a rather apprehensive phone call armed with my newly acquired internet knowledge. They were very welcoming and made me feel at ease right away; so I booked an initial consultation.

One of my concerns was actually looking like I had had treatment. I have a few rugby player mates and, after dishing out my fair share of banter, I just knew they would have a field day. The specialist at MBNS chuckled ever so politely at this and explained that it was a gradual process that would stimulate my own collagen. Ok, so my own collagen will start to plump out my face again? Great, but just how gradual are we talking here I asked?

A noticeable change after about 3 months and 9 months to reach the full effect, was the answer. Sure enough, after just 3 treatments and 9 months later I have been very pleased with the results. Apparently, it lasts up to 3 years, but the good news is that you can just have one further treatment to maintain your collagen growth, should you need it.

I have had people commenting that I look well; but the only people who know about the treatment are those I choose to tell. I did come clean and told the rugby chaps. Following a little bit of stick, though, one asked for the number of MBNS and another admitted that he had had filler! We stopped short of having a group hug or going shopping together, but it just goes to show...

I'm 42 now and I am a great deal happier when, armed with my shaving gel and razor, I catch myself staring back from the mirror.

any younger



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MBNS opens its doors

On 17 April, MBNS held an open day so that people could come along and watch first hand how the team demonstrated various specialist treatments available at the clinic.

A highly successful event began with Aesthetician Anne Devenport's demonstration of a Fire and Ice medical facial, known otherwise, as the Red Carpet treatment, thanks to its popularity with Hollywood celebs.

Next, Nurse Specialist Stephanie Green took visitors through a collagen enhancer treatment.

A product called Sculptra™ which stimulates the body's own collagen is injected into areas of the face. Lewis (pictured below right) is a big fan of the treatment and was more than happy to have his treatment observed. Sculptra™ stimulates the skin's natural collagen content, which diminishes as we get older. It is a slow, gradual procedure

that takes up to nine months for its effects to mature and lasts up to three years. It is equally popular with men who prefer a subtle improvement in their looks rather than a more instant change.

The day was rounded off with a demonstration by Kit Brennan of the natural look achieved by the 'id bare minerals' makeup range from Bare Escentuals. This make up is recommended by healthcare professionals for flawless coverage, whilst providing the healing protection of micro-minerals.

