



Beauty Decoded

The latest innovation
in beauty

In conversation

with _____

Dr. Liesel Holler

Founder and Managing Director
Dr. Liesel Holler Clinic



Dr. Liesel Holler

ADVANCED AESTHETICS

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5

minutes
with

Dr. Liesel Holler



1. Please tell us a bit about yourself and how was your journey leading up to running one of UK's leading beauty clinics ?

I am 43 year old, I have 18 years experience as a medical doctor and 12 years practicing Aesthetic Medicine. I studied Medicine in Sweden and started as a surgical trainee, then moved on to become an Anaesthetic Registrar and worked in Intensive Care in the UK before finally changing speciality to Aesthetic Medicine.

I was born in Peru and represented my country as Miss Peru in the Miss Universe 2004. I have lived in the UK since 2008, and I work both in my own clinic in Kent, and also in Chelsea with Dr Raj Acquilla who trained me many years ago.

My experience as an anaesthetist has made safety my priority, and having an aesthetic eye for beauty, facial balancing and harmonisation has given me the opportunity to give the best outcomes for my patients. They also appreciate the fact that I am always very honest and offer them a bespoke treatment that suits them as an individual, with natural results.

I am a mother of 2 beautiful boys, 9 and 11 years old. My husband was born in Iran but grew up in Sweden like me. Our boys speak Spanish, English, Persian and understand Swedish.

2. How has been your experience so far with patients from the Middle East ?

Over the years I have treated countless patients from the middle East, mainly in the central London location. They often travel for work or to visit their children who study in the UK. I have gotten to know many of them over the years and it is always a pleasure to see and hear how their families are. The vast majority ask for subtlety, elegant and natural results.

3. When first time patients arrive to your clinic and are not quite sure about what to do ... , how do you go on to make sure they will get the best treatment?

I begin by asking them to look in the mirror and tell me what they would like me to help them with. Knowing and understanding what bothers them is paramount, so that I can offer them the best treatment plan. It allows me to tell them what treatment options they have, in order for us to achieve what they are looking for. I always assess the face as a whole, full face assessment, to achieve a natural and balanced result. Sometimes people ask for things that wouldn't suit their face, and it is important to discuss this so that they don't end up looking odd or unnatural.

4. What does your typical workday look like ?

I normally start my day at 9.30 am and see between 10-15 patients a day until around 5 or 6 pm. I rarely have time for proper lunch as I'm quite fully booked, and also because we chat and catch up on things with my lovely patients.

Finally: What's the best piece of advice given to you ?

Kindness first. I truly believe in kindness first, always. This translates into my patients' wellbeing, as I never point out things that would make them feel bad about themselves. My job is to make them feel more confident and happier, not to give them insecurities.





ROYAL MANSOUR
MARRAKECH

Dr Liesel Holler MBBS MRCA is a highly-skilled medical doctor who specialises in advanced medical aesthetic treatments to restore and enhance natural beauty. She is a national trainer for Allergan and is also a trainer for Dr Raj Acquilla's Masterclass.

Dr Holler is an aesthetic doctor in Chislehurst, Bromley and runs clinics for patients in the local surrounding areas (Bromley, Orpington, Beckenham, Bexleyheath, Bexley, Eltham, Blackheath, Sidcup, Greenwich, Sevenoaks, West Wickham).

She also holds a clinic in the Raj Acquilla clinic in Chelsea. Dr Hollers' cosmetic clinic offers a variety of skin treatments available to patients with all skin types and needs.





Fat dissolving and body contouring device

Fat dissolving is a medical procedure that applies high intensity focused ultrasound energy. The residue of broken fat cell walls, helped by macrophage, is discharged from the body through lymphatic vessels and blood circulation. Body contouring without any damage or adverse effects. A device with painless treatment.



Why choose LIPOnceL ?

Unless your purpose is to reduce the total volume of body fat, the surgical operation of (laser-assisted) liposuction can be considered an excessive and unnecessary method.

If your aim is just to correct your body shape or figure, all you need is to refine your outward form of volume by reducing subcutaneous fat. This is a non-invasive procedure based on HIFU that offers you more advantages.

Among all other non-invasive treatments for fat reduction, **LIPOnceL** is a singular apparatus that is capable of destroying fat cells at the highest subcutaneous temperature above 70 degrees. With the fewest number of procedures (only one time), it is expected to bring the biggest effects for a waist circumference reduction of 2 to 5 cm.

Technology to tighten and firm areas on your body



TeslaFormer uses FMS (Functional Magnetic Stimulation) technology that delivers magnetic energy (3 Tesla) to the peripheral nerve of the muscle in order for it to contract the muscles deeply, known as supramaximal contractions. The contractions you achieve with TeslaFormer are impossible to achieve with regular exercise. When you are exercising a muscle, the body will only allow you to contract that muscle to 40% of its maximum potential.

TeslaFormer bypasses the brain and contracts the muscle directly with the Functional Magnetic Stimulation technology. TeslaFormer, like an exercise, tears the muscle tissue. The body's reaction to the damage is to repair. While the body repairs the muscle it also builds it

Advantages

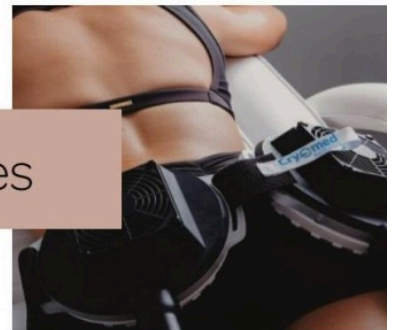
- Grows and strengthens muscles
- Non-invasive Treatment
- No Pain
- No downtime
- The only system that can be applied to different parts of the body (Abdomen, Buttocks, Legs, Back, Shoulders, Arms, Pelvic Floor Muscles)
- The only system capable of performing core therapy.
- By working out the core muscles, it provides a strong core area, more balanced and good posture. Applies to Pelvic Floor, Back and Abdominal Muscles in a single 30-minute session
- More than 50,000 contractions in a 30-minute session
- Can be applied over clothing
- Magnetic Wave Technology
- No preparation required
- Works muscles both isometrically and isotonicly.

What areas can I treat with TeslaFormer?

Stomach



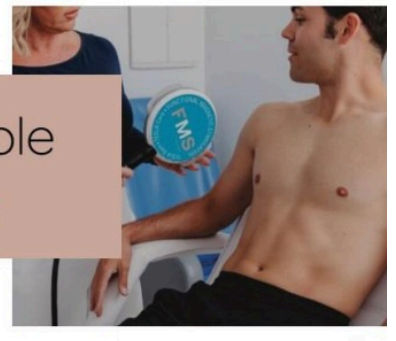
Glutes



Legs & arms



Multiple areas



Further Devices

Skin Tightening

Long-term lifting of the skin

By treating each of the three skin layers, the collagen production and elasticity will be maximised to produce complex lifting effects. Ultrasound treatment to the SMAS layer which existing lifting treatment devices had limitations is not possible.

Non-invasive treatment for urinary incontinence problems

A breakthrough treatment for urinary incontinence and confidence. This unique technology revolutionises the women's intimate health and wellness category by providing those suffering from urinary incontinence with a completely non-invasive option.

Skin Regeneration

Non-invasive treatment for skin regeneration which is based on electromagnetic fields combined with electrostimulation and vacuum technology to improve the appearance of scars, burn, stretch marks, cellulite as well as lifting and tightening ageing skin.





Hair Loss Treatment

Male and female hair loss treatment

A safe and useful option for treating and preventing hair loss, androgenetic alopecia. TRICOPAT™ is the latest development in trichology for hair loss treatment of male and female scalp pathologies, in a completely painless way and without injections.

The device uses the unique TRICOGENESI™ methodology, which is backed by 2 global patents and marks an innovation that is 100% Italian.

The Benefits Of Hair Loss Treatment

TRICOPAT® technology combines the simultaneous action of skin micro-incision and acoustic waves to perform various dynamic restructuring actions:

- Immediate increase of blood microcirculation for tissue oxygenation
- Stimulation of the tissue's cellular metabolism
- Delivery of active ingredients

Clinical Study

This technique represents a safe and useful option for treating and preventing androgenetic alopecia, by mechanisms that included activating fibroblasts and elastin at the scalp under wound healing conditions, pronging anagen phase regrowth of new hair by stimulation of the blood microcirculation and by the effect of growing factors.

Moreover, this procedure is simple for the operator and is extremely pleasant for the patient, with cost-effect ration very low. As this association targets multiple pathogenetic factors of AGA, we believe that this procedure should be offered to patients with AGA for a faster hair follicle stimulation.

Trichoscopy showed an improvement in 20 patients (10 males - 10 females).

During my hair loss treatment?

Our hair loss treatment is available at our clinics in Bromley and surrounding areas. Tricopat™ is at the forefront of hair treatment options available for men and women suffering from hair loss and other conditions affecting hair growth and comfort. Dr Holler and her team are available to answer any questions you have about the hair loss treatment and can provide information on pricing and treatment options.



Hydrafacial

A Refreshing Facial

Relaxing and effective treatment experience, enjoyed by many celebrities

Hydrafacial - A Refreshing Facial

Suitable for all skin types and ages, whether you have dry skin, oily skin or combination skin, the Hydrafacial treatment in our Chislehurst and Bromley clinic will improve the look and health of your complexion. 6 facials treatments in 1, immediate results, radiant, healthy looking skin, no downtime.



**A Glowing Skin Is
Always In**



Hydrafacial procedure in the Bromley clinic?

If you are looking for a hydrating facial treatment and you are located in the Bromley / Chislehurst area our Hydrafacial treatment is perfect as it combines the pleasant experience of an ordinary facial with results that you would expect from a medical facial treatment, but without the pain and downtime.

It does this by combining six of the most effective proven different approaches, which could all exist as a stand-alone medical facial, into one treatment process. This includes lymphatic drainage, exfoliation, GlySal™ Peel, extractions, infusion of antioxidants and bathing the skin in LED light.

These steps result in deeply cleansed and hydrated skin that looks fantastic.

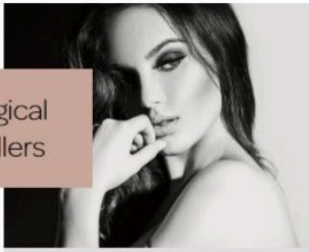


Dermal Fillers



Lift, add volume, improve the appearance of your skin, reduce lines & wrinkles with dermal fillers.

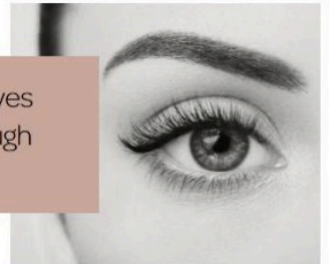
Non-surgical
facelift fillers



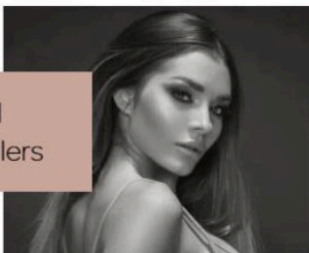
Non-surgical
Rhinoplasty



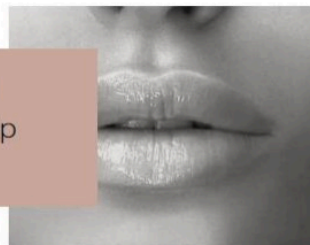
Bright eyes
tear trough
fillers



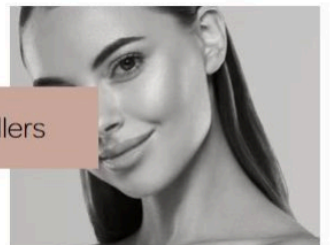
Chin and
jawline fillers



Natural
looking lip
fillers



Cheek fillers



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I feel that my experience has driven my passion and ethos for aesthetic medicine to be very much about wanting people to feel the best about themselves and enhancing natural beauty, not changing your appearance.

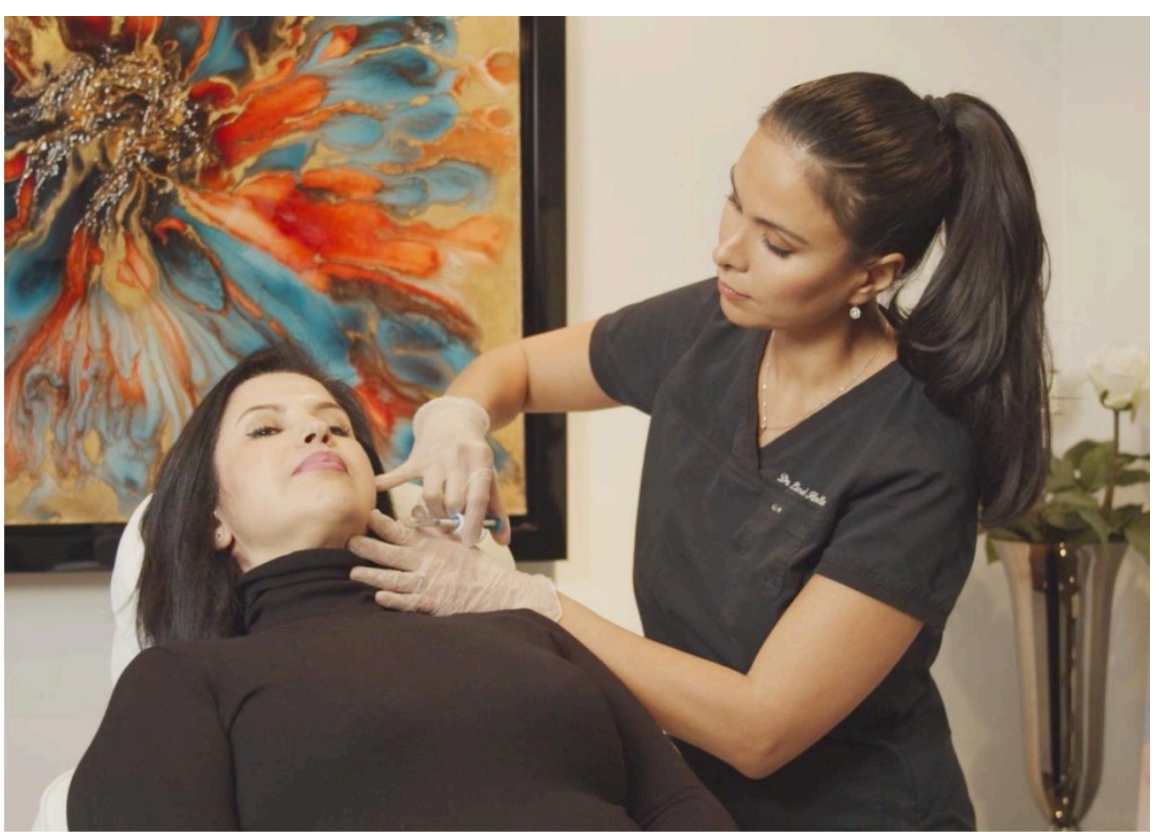
Dr. Liesel Holler

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Dr. Liesel Holler
formerly *Miss Peru*





Botox - Reduces lines and wrinkles

BOTOX® (Botulinum toxin type 'A') has been in use for more than 20 years in the treatment of many medical conditions and has now become one of the most popular cosmetic treatments worldwide. It is an FDA-approved, injectable drug derived from a strictly controlled purified protein. It works by temporarily relaxing the underlying muscles that cause dynamic wrinkles.

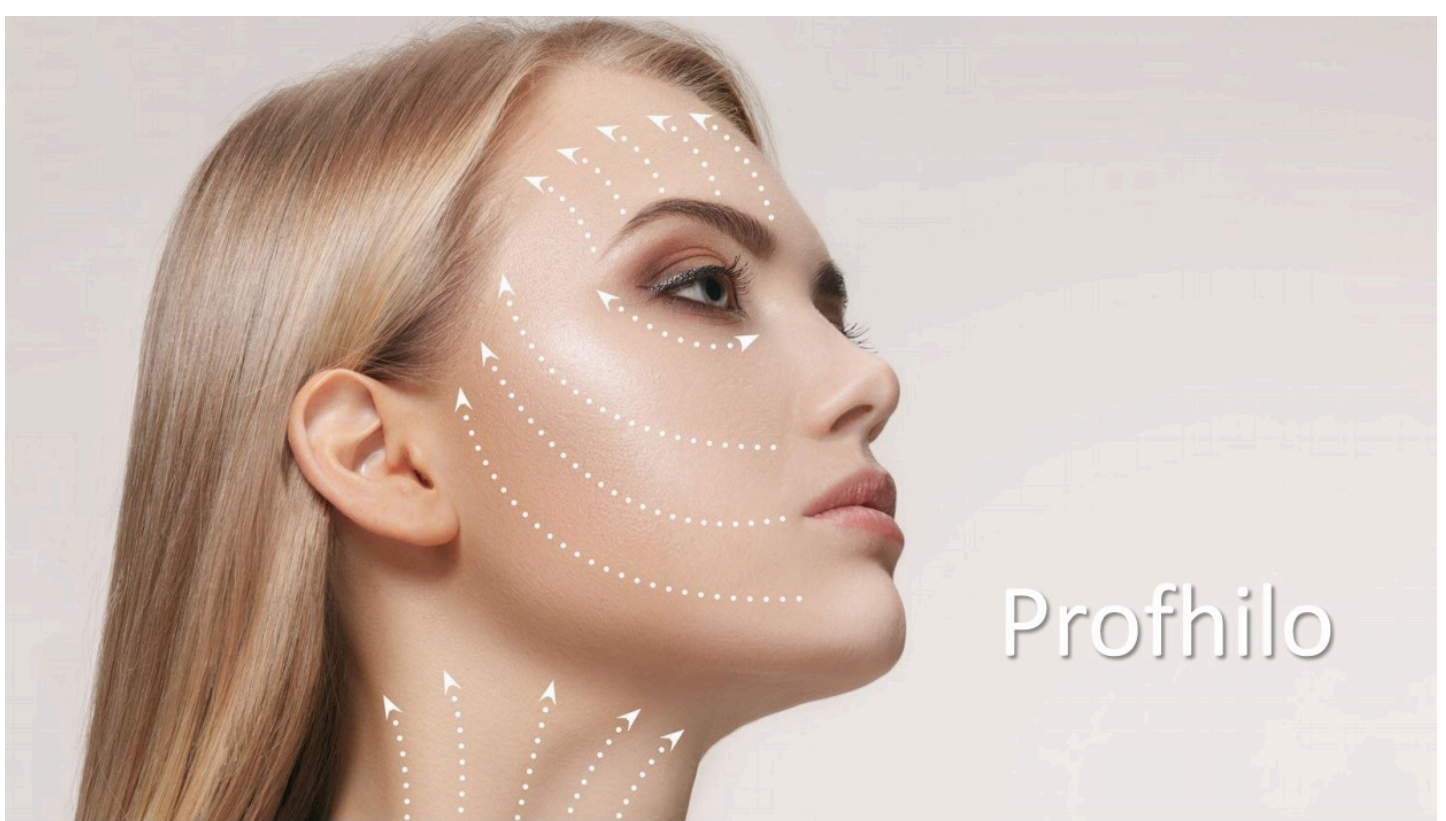
Botox is one of the most popular skincare treatments to reduce lines and wrinkles. Dr Holler's Bromley Botox clinic offers a selection of wrinkle relaxing solutions to improve and enhance the appearance of your skin.

Botox Indications

Botox treatment can also act as a non-surgical facelift and helps to reduce a number of common cosmetic issues such as:

- Crows feet
- Forehead wrinkles
- Frown lines
- Hyperhidrosis (Excessive sweating of armpits, hands and feet)
- Brow lift
- Bunny lines
- Gummy smile
- Vertical lip lines (Smokers lines)
- Wide jaw reduction
- Teeth grinding/clenching (Bruxism)
- Neck bands
- Down turned mouth
- Chin dimpling
- Nefertiti lift (combination of treatment to neck bands, chin and down turned mouth)





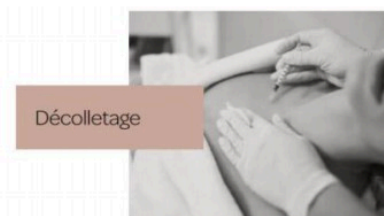
Profhilo - 'The injectable moisturiser'

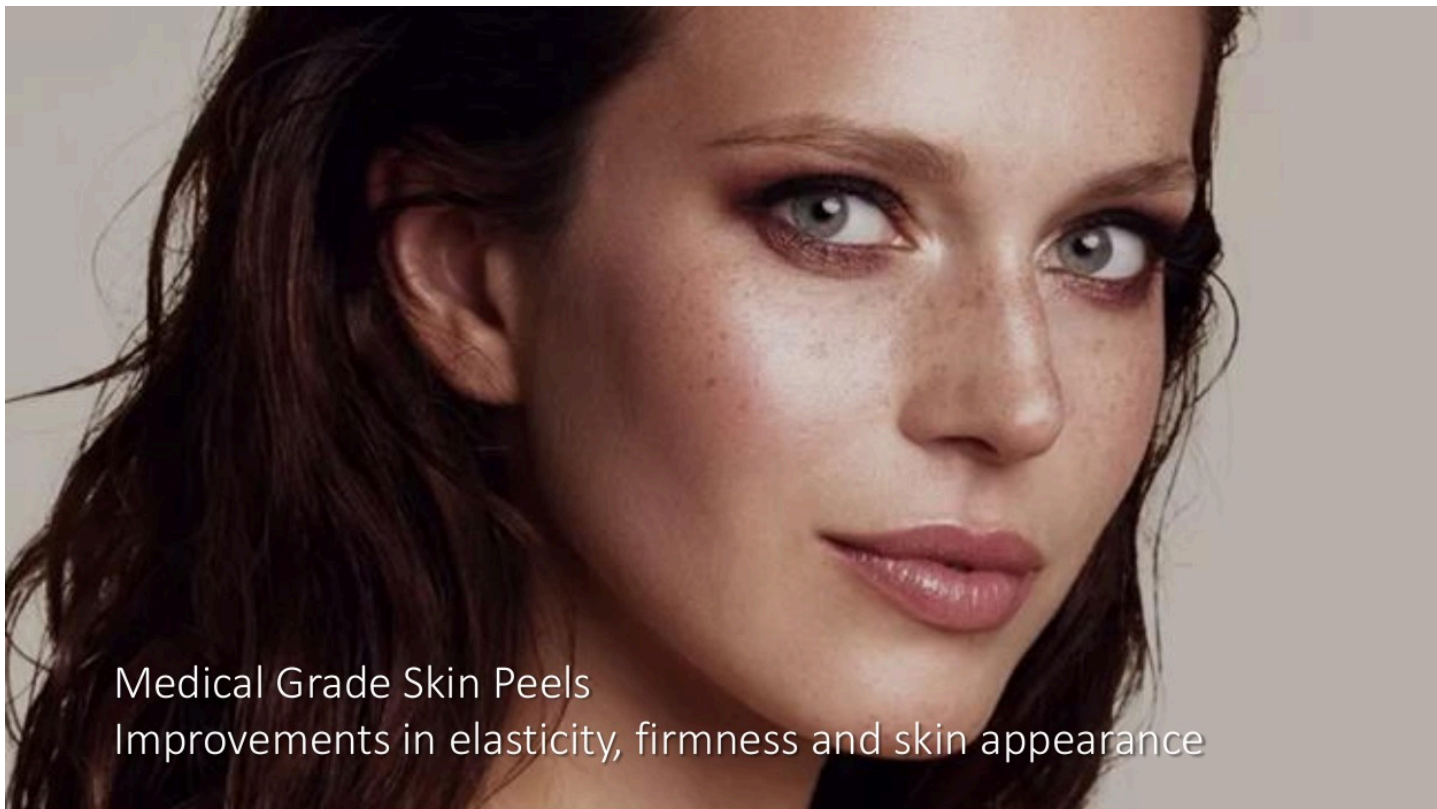
Profhilo treatment is new development in the treatment of skin laxity using hyaluronic acid (HA) injections. It can be used in all areas of the face, neck and décolleté, including those for which we have not previously had the right tools, Profhilo offers a weightless, dynamic volumisation and a dramatic improvement in tissue quality.

What Make Profhilo different?

Profhilo isn't a filler, it is not a skinbooster; it's the first injectable hyaluronic acid for skin remodeling and treating skin laxity. It is a stimulatory product which will slowly evolve the patient's own tissue, without creating immediate volumisation or augmentation where it is placed. It offers fantastic hydration but ALSO triggers collagen and elastin production, resulting in bio-remodelling of the skin, thereby remodeling the skin to achieve a more youthful appearance. This has been borne out in clinical trials and in practice.

Which areas can I treat with Profhilo?





Medical Grade Skin Peels

Improvements in elasticity, firmness and skin appearance

A medical skin peel is an effective way to improve the appearance of your epidermis by removing the damaged outer layers of the skin. This type of chemical skin peel treatment is also used to reduce the effects of conditions such as sun damage, acne scars and pigmentation. Other aesthetic chemical peels treatments also reduce the appearance of cellulite, stretch marks and sagging skin.

At Dr Holler's Bromley clinic, we use a specialist medical chemical peel to treat a range of skin conditions. This treatment is a unique and gentle solution that uses nanotechnology to deliver amazing results.

The Benefits of Medical Chemical Skin Peels

Chemical skin peels are a highly effective way to improve the appearance of your skin. The process involves using chemicals applied to the skin, which acts as an immediate exfoliation process to remove dead skin cells. The treatment then encourages skin regeneration, which improves the look and feel of your face. You'll also notice enhancements to spots, wrinkles, skin tone and colour.

The chemical skin peel is a non-invasive and safe procedure that offers virtually pain-free results. This type of peel is most commonly used to treat the face, but you can also improve the appearance of your neck and neckline skin with this treatment.

There are also several advantages to this type of treatment:

- ✓ You can have a medical skin peel facial at any time of the year
- ✓ This treatment can be performed on skin anywhere on the body
- ✓ It's a quick and easy procedure
- ✓ In most cases, medical peels are not painful
- ✓ You can achieve immediate and noticeable results

Chemical Peels

- Brighten your skin
- Smooth rough skin
- Lighten acne blemishes & prevent outbreaks
- Diminish lines & wrinkles
- Increase collagen & elastin
- Even skin tone, remove unwanted dark spots



Skincare



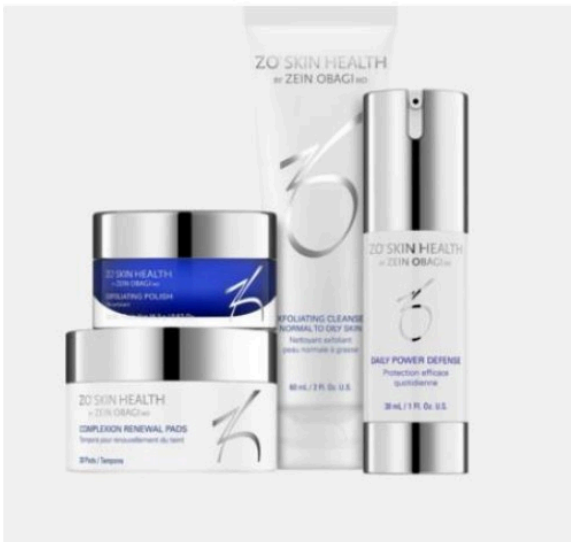
Pharmaceutical And Cosmeceutical Grade Skin Care

Bespoke skincare plans

Our aesthetic clinic in Bromley and the surrounding areas offer a wide range of non-surgical treatments to improve the tone and feel of your skin. Some of our most popular procedures include Botox, Dermal Fillers, Chemical Peels and Microneedling, and each offers a natural-looking result to enhance your appearance.

Our treatments are the perfect way to achieve fast and effective results, and we encourage our customers to complement these techniques with a comprehensive skincare routine.

Dr Holler can recommend suitable products for your skin type as she has developed a deep understanding of what works well for individual lifestyles. By maintaining an aftercare routine between cosmetic procedures, you will likely see improved results.



ZO SKIN HEALTH : ANTI-AGEING PROGRAM

This moderately aggressive skin care routine, with highly advanced anti-ageing ingredient technology, is designed to help reduce the appearance of early or significant signs of environmental and chronological ageing.

The Anti-Ageing Program uses potent ingredients, concentrated formulas and aggressive delivery systems to improve and strengthen skin's appearance and to protect against future damage.

Benefits

- Helps reduce the appearance of fine lines and face wrinkles.
- Promotes a more even-looking skin tone and finer pore appearance.
- This skin care routine preserves and maintains a more youthful complexion.
- Helps prevent future skin damage by protecting against the harmful effects of the sun.





Medical-Grade Products

Complements our anti-ageing treatments

Skinade is a multi-award winning, natural peach and mangosteen flavoured anti-ageing collagen drink containing a patent pending formulation of active ingredients that aims to boost your body's natural production of collagen and hyaluronic acid. Skinade aims to improve the way your skin looks and feels in as little as 30 days.

Skinade has been developed by leading UK scientists and is designed to provide a perfect ratio of liquid to active ingredients to create one of the most advanced, effective and bio-available anti-ageing skincare products on the market today. Skinade is an alternative approach to your skincare regime - a drink that promotes better looking skin from the inside out.



The benefits

After completing a course of skinade, consumers have reported the following results:

- + Increased skin hydration and radiance
- + Reduced appearance of fine lines and wrinkles
- + Increased skin suppleness
- + Healthier looking hair and nails

What does Skinade do?

Skinade delivers essential micronutrients in liquid form and aims to re-build the collagen matrix in your skin. Skinade aims to combat the signs of ageing by reducing oxidative stress, preventing cross linking of collagen fibres, increasing moisture and hydration, increasing natural hyaluronic acid production within the dermal layer of the skin. As a result skinade aims to restore your skin's youthful appearance, improve tone, texture, hydration, smooth furrow lines and promote better skin suppleness.



Platelet Rich Plasma



Long-Established Medical Treatment

Platelet Rich Plasma- heals wounds & rejuvenates skin

Platelet Rich Plasma therapy (PRP) is a long-established medical treatment that is commonly used for healing wounds. Recent developments in this treatment have crossed over to the world of aesthetics and have become a popular skin care treatment to improve the appearance of the skin.

Platelet Rich Plasma therapy (PRP) is used to reduce the signs of ageing to leave you with radiant skin. It is most commonly used on your face, but you can also have this treatment on your neck, décolletage and hands. The regeneration properties of this treatment also make it the perfect option for anyone looking to treat hair loss and hair thinning.

Skin Quality and Hair Regeneration

Your natural beauty in a natural way

Platelet Rich Plasma therapy (PRP) is a long-established medical treatment that is commonly used for healing wounds. Recent developments in this treatment have crossed over to the world of aesthetics and have become a popular skin care treatment to improve the appearance of the skin.

The Benefits Of Cellenis® PRP Treatment

Dr Holler uses the effect Cellenis® PRP treatment in her Aesthetic clinics, as it is the purest form of PRP. This effective procedure works to reduce the ageing process and increase the skin's supply of nourishing blood to stimulate collagen production. This natural booster will improve the growth of new skin cells, which thicken and smooth your skin.





DIAL FINISH
18K gold, satin-brushed,
hand-engraved

FERDINAND BERTHOUD
FB 2RSM.2-1