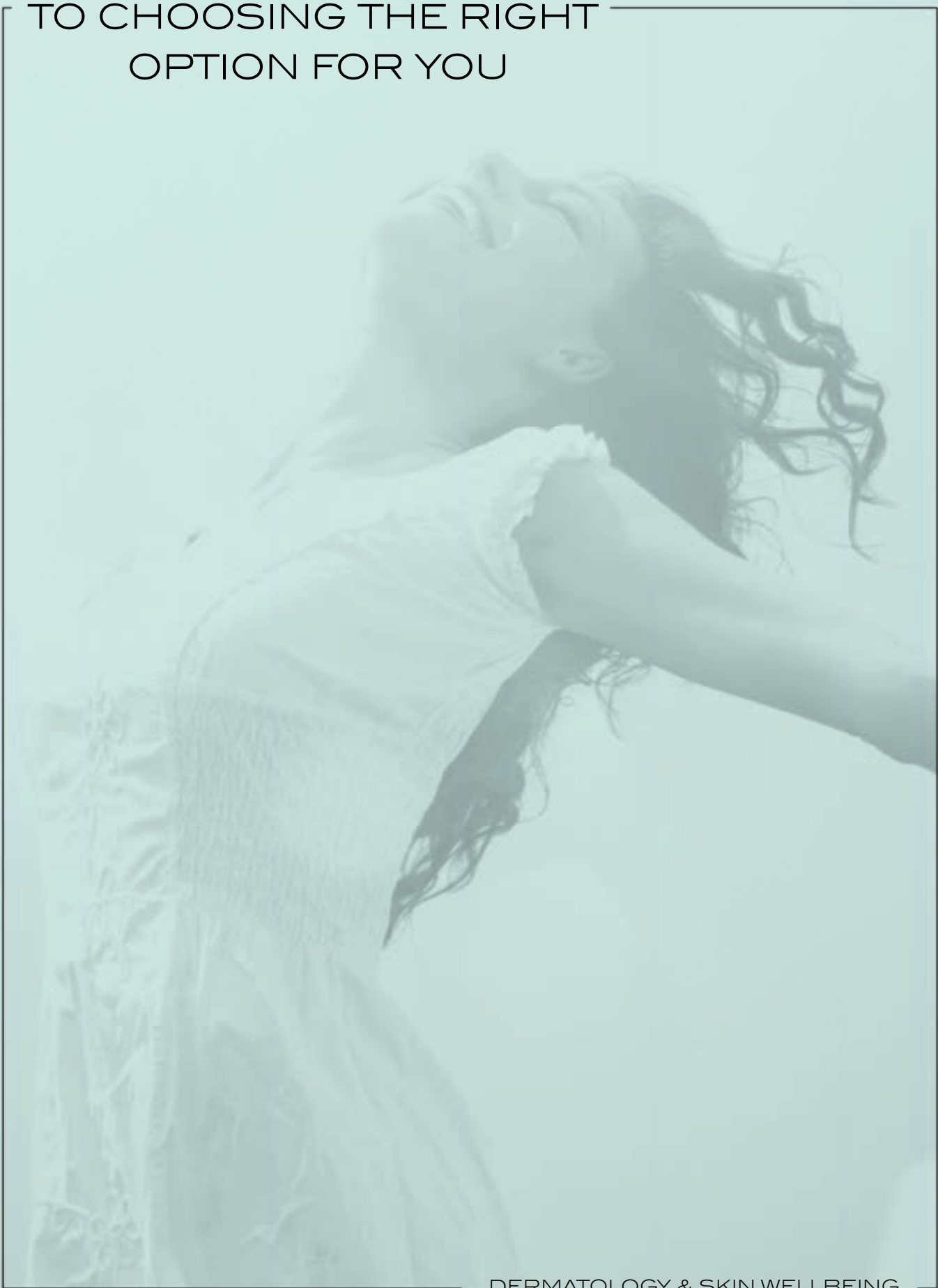


YOUR COMPLETE GUIDE  
TO CHOOSING THE RIGHT  
OPTION FOR YOU



DERMATOLOGY & SKIN WELLBEING

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## A NOTE FROM DR STEFANIE...



Hello,

I'm Dr Stefanie Williams, the Medical Director at Eudelo. It's been an absolute pleasure putting this brochure together for you and I hope you find exactly what you need.

Our aim here at Eudelo is not only to look after the health of your skin, but also your skin's wellbeing, helping you feel confident and at your peak, inside and out. So whether you have a medical skin condition which needs treatment, or simply want to look your very best, our specialised Dermatology team will help you achieve what you're looking for.

I'm passionate about providing the very best of care, whether you're attending Eudelo for a routine check-up, or you want something a little more specialised, and it's a passion I share with my incredible team.

We're all dedicated to making sure your time with us is as pleasant and straightforward as possible, and that includes giving you all the information you might need, so that you can make the right decision for your skin...

...that's why I've created this brochure.

In it you'll discover the full range of treatments available here at Eudelo, both medical and aesthetic. You'll also be able to get to know us a little better, and find out more about how we work.

Hopefully it will give you the confidence to take a big step forward and feel happy, healthy and beautiful in your skin.

Please don't hesitate to get in touch if you have any questions, you can call us on **020 7118 9500**, or email us at **reception@eudelo.com**.

Speak to you soon!

*Dr Stefanie*

**Dermatologist & Medical Director of Eudelo**



## OUR UNIQUE APPROACH

### **Medical Dermatology**

Our multi-award winning private skin clinic offers a personal and high-quality service. We are driven by the importance of prevention, early diagnosis and treatment of troubled skin, while embracing the most recent scientific advances.

We have an extremely highly-qualified team of Dermatologists, seeing both adults and children, so you can be assured your skin is in the very best hands.

For any medical skin issue, we ensure you'll always be seen by a Consultant Dermatologist, and not just a GP with special interest in Dermatology for example. All Dermatologists have undergone rigorous training in their specialty and have been assessed by medical examination boards.

As a general Dermatology clinic for all ages and genders, we address the entire spectrum of skin conditions, from breakouts, acne and rosacea, to eczema and rashes, lumps and bumps, mole checks and skin cancer screenings.

“WE WANT YOU TO HAVE HEALTHY SKIN, LOOK YOUR VERY BEST AND FEEL HAPPY IN YOUR SKIN.”

Sometimes people might feel that their skin issues are not serious enough to warrant a visit to a Dermatologist, but our belief is that this is never the case. We take every patient's worries very seriously and do everything we can to address them – no skin complaint is ever too small.

### **Aesthetic Dermatology**

Considering a cosmetic treatment? To achieve the best possible, low-risk results, it's vital to choose the right clinic. We are proud that Eudelo is a Dermatologist-led clinic. And all our aesthetic practitioners are highly trained and in a unique position to combine in-depth knowledge of skin biology with expertise in cosmetic treatments.



Aesthetic Dermatology is a vital part of our work and with our range of advanced, non-surgical cosmetic procedures and award winning team, we are proud to represent the UK's benchmark for Aesthetic Dermatology.

Your peace of mind is paramount to us, so we encourage all patients interested in aesthetic treatments to book full assessment first, before deciding what treatments may be right for them. We feel that it is crucial to carefully analyse your skin first, rather than rushing into a procedure on the first appointment, as often is the case in other clinics. If you are unsure how to proceed, we also offer a complimentary discovery consultation, so you can make sure we are a good fit and find out the best course of action.

Based on your our findings, we will then go on to develop a bespoke plan for you. This will include personalised recommendations for your daily skincare regime (including foundation, if desired), as well as the right types of Dermatology Grade Facials to benefit your skin. We can also offer a helping hand with non-surgical aesthetic procedures should you wish to take it a step further.

WE CAN'T WAIT TO  
WELCOME YOU TO THE  
**EUDELO FAMILY**

Here at Eudelo we are fully embracing, and in fact actively driving the paradigm shift from treating isolated lines and wrinkles to analysing and treating the entire face in balance, making you look more attractive rather than artificially younger. We want you to look your very best and help you feel amazing in your skin.

We are also keen ambassadors of Regenerative Aesthetic Dermatology. This is an exciting new approach, where we are trying to help the skin to help itself, rather than simply 'painting over the cracks'.

Any cosmetic work we do is designed to produce a natural looking result and you can enjoy the confidence that beautiful skin inspires, with our 100% natural look guarantee.



# EUDELO

## CLINIC DESIGN

Our flagship premises on Bondway were custom designed by one of London's most acclaimed interior design agencies. Located between the new American Embassy and MI6, the clinic is one of the most accessible places in London. Well-connected train and tube stations are less than a one-minute walk away.

*"We wanted to do something completely different - move away from the stuffy Harley Street feel. Patients love the clinic's fresh ambiance and luxurious interior design - it feels like a calm sanctuary within a vibrant and colorful part of town."*

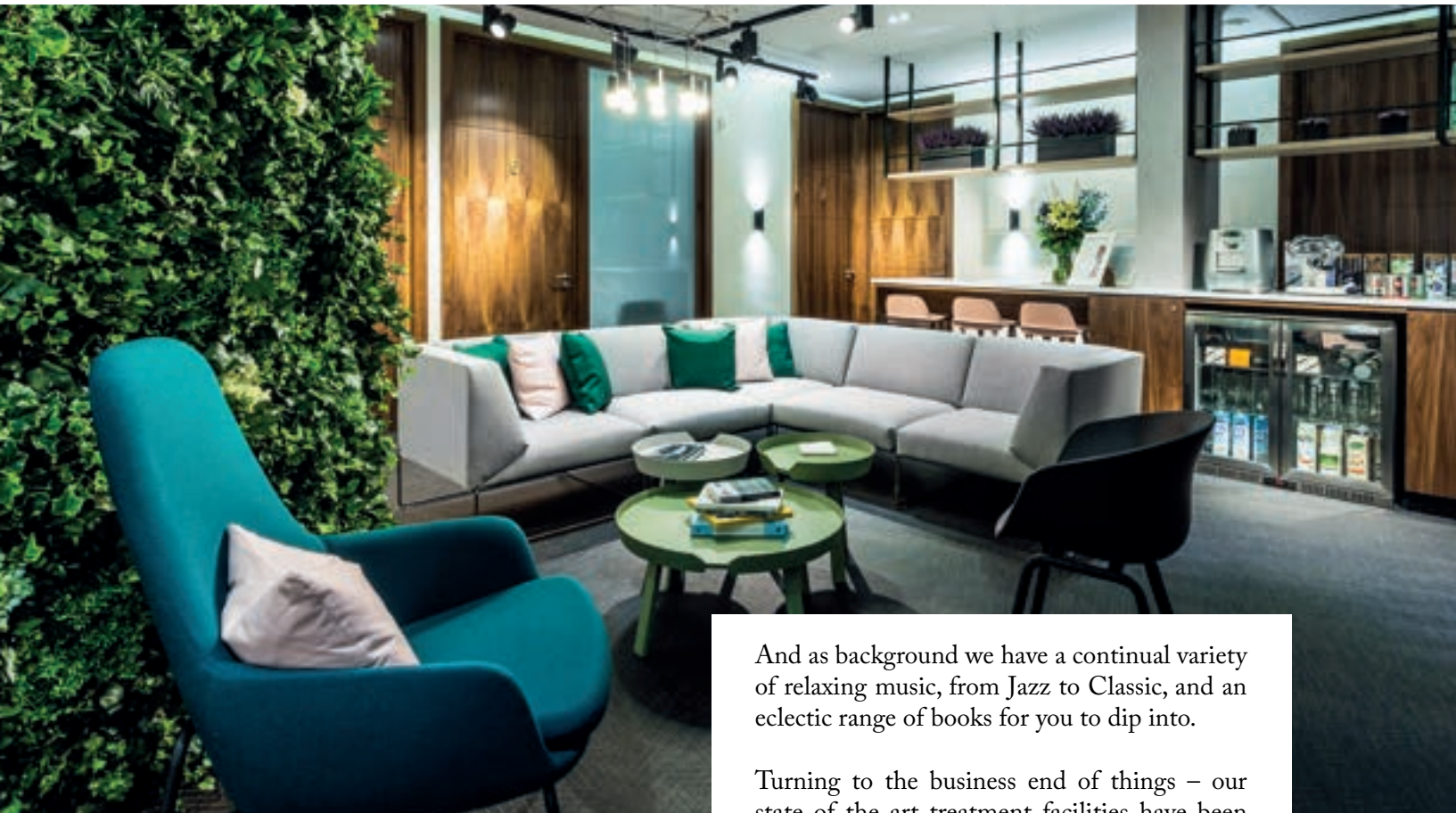
Our clinic has been specially designed to help make your visit as relaxing and pleasurable as possible, while at the same time embodying cutting edge design and advanced medical provision throughout.

The theme of relaxation begins right from when you set foot in the door. One of the most striking features is our full height green wall, which runs the length of our reception. Its helps emphasize the contrast between the lively cityscape outside and the serene pace of life our side of the doors. Reception also features one of our 'Inner Portraits', original modern art created from individual skin cells - commissioned by Eudelo.

As you step further away from the hustle and bustle outside and are guided into the waiting area of our clinic - the first thing that strikes you is how it comes across as a home-from-home. The centerpiece of the waiting area is a large L-shaped sofa and lounge chairs, which help make waiting so much more pleasurable.

However many of our patients come to see us in the middle of their working day, so we also designed a dedicated working bar, with high-stools, space and power for laptops as well as high speed Wi-Fi, for those who need it.





And as background we have a continual variety of relaxing music, from Jazz to Classic, and an eclectic range of books for you to dip into.

Turning to the business end of things – our state of the art treatment facilities have been designed from the ground up to make sure they are both comfortable, but at the same time highly functional.

You won't believe how much thought we put into the very last detail when planning the clinic. Our design team for example installed over 60 lights in the waiting area alone, in order to achieve the most perfect ambience.

The clinic also features modern interpretations of the chandelier, based on sculptured wiring and the latest LED technology. Even our luxurious bathroom is worth seeing with its lavish flower bouquet and tiles hand-selected by our medical director.

*"The contrast between dark brown walnut wood and our pink bar stools and sofa cushions was chosen to symbolize the wide variety of skin colours we see in clinic."*

On the other side of the working area, we have our FuturApproved tea bar. Here we offer coffee and a range of seven (at last count!) types of organic tea, as well as different types of milk, and natural sweeteners, so you can be confident of finding refreshment that is skin-friendly.





Our treatment rooms feature art by Dutch X-ray photography artist Albert Koetsier.

We also have a fully CQC (Care Quality Commission) approved minor operations room, where we carry out small surgical procedures such as biopsies and mole removals.

Your treatment may also involve a visit to our exclusive 'numbing room' – which is set aside from the main waiting area to allow patients with numbing cream on their face to wait in a more discrete area while the numbing takes effect.

While many clinics simply give you a tube of numbing cream and let you apply it yourself – or even worse – give you nothing at all, we make sure that all our patients have a pain-free treatment experience.

You might also make use of our diagnostics skin lab, which features advanced measuring and diagnostic equipment (some of them specially sourced from Germany) to help us understand your skin at a more fundamental level, and derive the best treatment plan possible.

Skincare products are an essential part of what we advise on and provide. Our retail area features hand selected cosmeceutical skincare for you to browse at your leisure, and ask your practitioner any questions you might have.

We are very proud of our flagship premises and look forward to welcoming you here soon!





# MEDICAL DERMATOLOGY





# OUR TREATMENTS AND SERVICES

## Moles, skin cancer & sun damage

### ‘SKIN HEALTH MOT’

For your peace of mind, we offer a routine, annual skin health check-up, very much like your car’s MOT. This includes a full body mole and skin cancer check-up, dermoscopy and a digital facial sun damage analysis with printed report.

We even offer a special price for your Skin Health MOT. (Simply let our team know that you would like to take advantage of our full ‘Skin Health MOT’ when you’re booking in.)

Surgical mole removal and tissue examination in the lab naturally cost extra, but most patients won’t need this.

Remember – the earlier a skin cancer is detected, the better the outcome. We recommend yearly routine mole checks / skin cancer screenings.

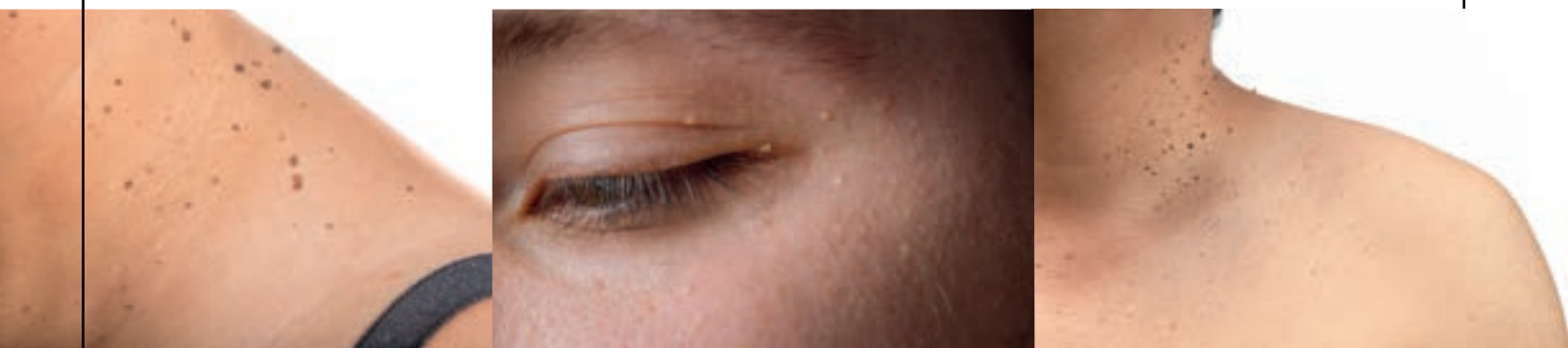
These are completely non-invasive examinations that will ensure peace of mind.

If you have a particularly high number of moles, have a high sun-exposure history (e.g. you’ve lived abroad, worked outdoors or have outside hobbies), are fair skinned, or have other risk factors for skin cancer or mildly suspicious moles, we may recommend more frequent check-ups.



# LUMPS & BUMPS

## Common lesions you can find on your skin



- Skin tags
- Warts & verrucas
- Milia, or 'milk spots'.
- Little vascular lesions such as 'cherry angiomas' also called 'blood spots', and 'spider nevi'.  
These are very common and can appear either as bright red, slightly raised blemishes, or dilated blood vessels with smaller capillaries radiating from them
- Pigmented lesions known as seborrhoeic warts (pigmented warts)
- Overgrowing (hypertrophic or keloid) scars

Although these problems are usually harmless, we appreciate that it can make you feel very self-conscious. The good news is that most of these benign lesions are easy to treat.

After proper diagnosis by a Dermatologist, one of our Medical Aestheticians can remove most of them with a straightforward procedure called ACP (advanced cosmetic procedure), or if the lesion is larger, our Dermatologist might use a different technique. The results can be truly liberating for the patient.



# FACIAL SKIN PROBLEMS

Facial skin problems can include...

- Breakouts such as acne and rosacea
- Redness and broken vessels
- Eczema and dermatitis
- Irregular pigmentation

Facial skin problems are extremely common complaints in our clinic. Even if they're painless or benign, they can be particularly stressful as they are easily visible and can seriously affect confidence and quality of life. Effective treatments include topical creams or medication which our Dermatologists can prescribe. However often the condition can even be controlled with changes to your skincare only. This, combined with our amazing Dermatology Grade Facials, can make the world of difference.

Many forms of sun damage and skin cancers also occur on the face and must be treated quickly and thoroughly. That's why it's so essential to make an appointment, as soon as you notice anything unusual.





# NEWBORN, PAEDIATRIC & TEENAGER SKIN PROBLEMS



Babies and children can suffer from a large variety of skin problems including eczema and other skin rashes, patchy hair loss, infections such as impetigo, warts and verrucas, and many others, all of which we can treat here at Eudelo.

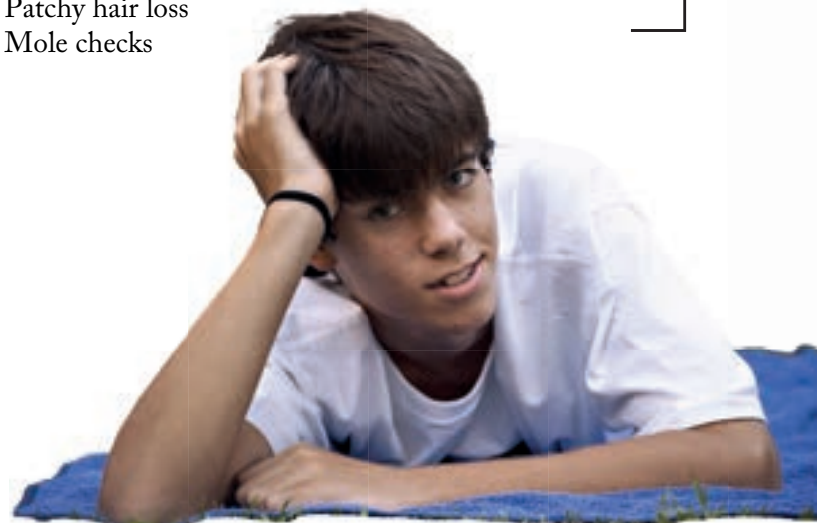
We are also experts in treating teenage breakouts and feel very strongly that spots, pimples and acne, no matter how mild, are not a rite of passage, but a skin condition that requires early treatment! We have seen firsthand in the many teenagers we've treated, the devastating effect breakouts can have on youngsters' confidence in this highly formative time of their life; and what a difference it makes to have clear skin again.

Think about it - what other disfiguring, potentially scarring facial skin condition would you leave untreated, thinking it's just "one of those things", or that "it will pass soon enough"? None!

Our specialist Dermatologists will aim to make your visit as quick and easy as possible!

Here's just a few of the common childhood problems we can help with...

- Eczema, dermatitis and other rashes
- Breakouts, spots & acne
- Skin & scalp infections
- Warts & verrucas
- Patchy hair loss
- Mole checks





## DISORDERS OF THE SCALP & NAILS

Diagnosis and treatment of scalp and nail disorders is also a daily part of our Dermatologists' work. Hair problems might include hair loss, excessive facial hair growth and various skin conditions affecting the scalp, such as psoriasis, eczema and seborrhoeic dermatitis.

Usually treatment for these can begin with the first appointment. Treatment options for hair loss include specially made-up, prescription strength hair tinctures, low level laser light and local infusion of growth factors.

Nail problems may include fungal nail infections and nail psoriasis. For nail fungus, which is very common, we offer topical lacquers and oral medication, but also an innovative laser that can eliminate the fungus in just two treatment sessions.

We can help with...

- Nail problems
- Skin diseases on the scalp
- Hair loss
- Excessive hair (face or body)





# ALLERGIES

We treat all types of skin-related allergies, including contact dermatitis and urticaria ('hives').

We can usually begin your treatment on the day of the consultation, and also offer a blood test to test for various allergies. We can even diagnose wasp and bee venom allergies with a simple blood test and prescribe emergency medication to carry around if needed.

For other types of allergies we might arrange for you to have a so-called patch test with one of our specialist partners, depending on the type of allergic response you have.

What we can help you with...

- Diagnosis and treatment of allergies
- Diagnosis and treatment of hives (urticaria)
- Diagnosis and treatment of hay fever



## RASHES & BODY SKIN PROBLEMS

SKIN PROBLEMS ON THE BODY CAN INCLUDE...

- Eczema & dermatitis
- Acne on the back and other body areas
- Psoriasis
- Pityriasis versicolor
- Pityriasis rosea
- Urticaria ('hives')
- PLE ('sun allergy')
- Skin infections such as folliculitis and abscesses

The above skin conditions can be incredibly uncomfortable, affecting your daily routine and impacting your enjoyment of life. The good thing is that we see conditions like this every day and they are almost always, easily treated.

Treatments range from various prescription ointments and creams to oral medication. For special cases one of our dermatologists can also refer you for private phototherapy (light treatment).







**AESTHETIC  
DERMATOLOGY**



# AESTHETIC DERMATOLOGY - THE EUDELO SYSTEM

We all want radiant, healthy, beautiful skin that reflects our youthful outlook and boosts our confidence, yet many of us still feel apprehensive to accept the 'helping hand' of aesthetic procedures. That's of course understandable, given that we are bombarded with scary examples of people having had something 'done' in the media.

Nobody wants to look like somebody else or end up looking weird, or have a botched job done. But what we all want is to be the very best version of ourselves...

... to look your best, whatever your age.

We have the solution for you. Yes, it is possible to look your very best without looking 'done'. Thanks to recent advances leading to today's remarkable Aesthetic Dermatology toolbox, that's perfectly possible ... and in fact our specialty! Our opinion on the matter is simple: if you can see that somebody has had something 'done', it's simply been overdone or done badly.

And what most people also don't realize is that starting early enough with modern aesthetic treatments will actually

prevent many of the supposedly inevitable changes of age. You can decide how well you age!

Here at Eudelo we have developed a very special method of analysing and treating the face, as it is crucial to look at all three key areas of facial ageing for best results and a balanced outcome. The three areas to take into consideration are:

- 1.) Lines & wrinkles
- 2.) Skin surface & texture
- 3.) Volume & contour

WE WILL ALSO ALWAYS TALK ABOUT YOUR SKINCARE AND PUT TOGETHER A TAILORED REGIME FOR YOU IN WRITING.

The following are some examples of aesthetic treatments we offer here at Eudelo.





# SMOOTHING LINES AND WRINKLES...

ONE OF THE THREE  
KEY AREAS  
OF NON-SURGICAL  
AESTHETIC  
DERMATOLOGY IS  
SMOOTHING FACIAL  
LINES AND WRINKLES  
AND OUR TREATMENTS  
FOR THIS ARE VERY  
POPULAR.

What we offer...

- Wrinkle relaxing injections with botulinum toxin (also known under the brand names – ‘Botox’ and ‘Bocouture’) for softening mimic lines such as crows feet, frown lines and worry lines. Rest assured we don’t do the ‘frozen look’ here at Eudelo. We are experts in ‘Sprinkle Botox’ (using very small doses, but in multiple injection sites) in order to get the most harmonious and natural looking result.
- Fillers - Suitable for a wide variety of lines and wrinkles, from deep nose-to-mouth lines to superficial ‘lipstick bleed’ lines around the mouth. We use the highest quality HA (hyaluronic acid) fillers, the gold standard of dermal fillers.
- Skin Boosters and natural growth factor injections – These gentle treatments address fine lines, crinkling of larger skin areas and improve overall loss of skin elasticity. We also use lasers and various forms of advanced medical needling to help with fine lines and loss of skin elasticity.



**WE OFFER  
A 100%  
NATURAL  
RESULTS  
GUARANTEE**

**- UNIQUE IN  
THE UK!**



## IMPROVING SKIN SURFACE AND TEXTURE

The second 'column' of Aesthetic Dermatology aims to improve your skin surface, skin quality and texture. Achieving an overall better skin quality is equally as important as fixing specific lines and wrinkles to improve the overall appearance of your face.

Here at Eudelo we use a variety of bio-stimulatory (regenerative) procedures to improve fine lines and crêpy skin, improve skin elasticity, soften acne scars and shrink pores.

However, it's not only your face that gives your age away. The quality of skin on your hands, neck and chest also influences how young and attractive you appear. The good news is, that the non-surgical treatments below can also be used on the hands, neck and décolletage.

All of these techniques aim to 'help the skin to help itself', which means we are encouraging the skin to build more collagen and elastin itself, i.e. behave like a younger skin on a cellular level, rather than just 'painting over the cracks' – true skin regeneration - some would call it skin bio-hacking!

What we offer...

- **Mesotherapy** – Mesotherapy is a wonderful treatment to 'feed' your skin and help improve overall skin quality on your face, hands, chest and neck. A sterile cell-boosting cocktail is infused into the skin with a series of tiny injections. The blend contains a mix of key skin optimising

ingredients, proven to protect and stimulate skin cells. Mesotherapy can be used not only to correct mature skin, but also as a wonderful preventative measure in younger patients.

- **HA Skin Boosters** – Gently plumping the skin with superficial injections of hyaluronic acid (HA Skin Boosters) is a great treatment for improving skin quality, texture and hydration of the face hands, chest and neck. Here at Eudelo, we use a high-dose, stabilised HA with a proven efficiency and safety record.

- **PRP (platelet rich plasma) treatment** (also known as 'Vampire' or 'Dracula' Lift) – PRP therapy of the skin is a regenerative treatment that encourages skin cells to proliferate and build more collagen and elastin, thus renewing the skin from within. This is achieved by infusing the skin with high potency growth factors, which we isolate from your own blood.





• **Exo (Exokine)** – Exo is an even more advanced form of regenerative treatment to encourage skin cells to generate more collagen and elastin, thus naturally rejuvenating the skin. In comparison to PRP, our Exo solution contains 10-100 times more growth factors - the Rolls Royce of regenerative treatments! .

• **Carboxytherapy** – This innovative treatment supports vital blood vessel regeneration and improves micro-circulation in the skin, which allows more oxygen and nutrients to reach the skin, ultimately leading to skin regeneration.

• **Medical Needling** – This is a very natural regenerative treatment that 'helps the skin to help itself'. Instead of injecting anything into the skin, needling involves an advanced automatic needle pen equipped with sterile, ultra-fine needles, which mechanically mimic the effects of fractionated laser technologies, gently stimulating growth factor release and collagen production in the skin.

• **Advanced Medical Needling** - In order to further enhance the benefits of medical needling, we recommend combining the procedure with infusion of growth factors, PRP, Exo, or pigment regulating ingredients. The addition will super-boost your needling effects with even better results. This is one of the most popular treatments at Eudelo - the results can be outstanding.

• **Peels** – We perform a variety of different chemical peels, but also a high-tech plasma energy peel, depending on your skin's needs. Peels are great for reducing sun damage with loss of elasticity and mottled pigmentation, as well as improving skin quality, pore size and texture. We offer gentle peels for both younger skin and those who don't want visible flaking after the treatment, as well as stronger peels for more mature skin. Peels are also great for comedones ('blackheads and whiteheads'), breakouts and acne.

• **Laser, IPL, Radiofrequency and Ultrasound** – In addition, we offer various other effective treatments to improve skin quality and surface, including no-downtime lasers (also great to improve pore size and scarring) and IPL (also for facial redness and broken vessels), as well as radiofrequency and ultrasound skin tightening / lifting.



## FACIAL CONTOURING

While cosmetic treatments used to be all about 'chasing' lines and wrinkles, over the last few years we have learned that there is something much more important to an attractive face – it's the facial contour. There is no doubt that sculpted cheekbones and naturally plump 'apple' cheeks, a beautifully straight nose and a firm jawline contribute to a younger looking, more attractive face. Here at Eudelo we can certainly give you a non-surgical helping hand to improve your features with special contouring and volumising injections.

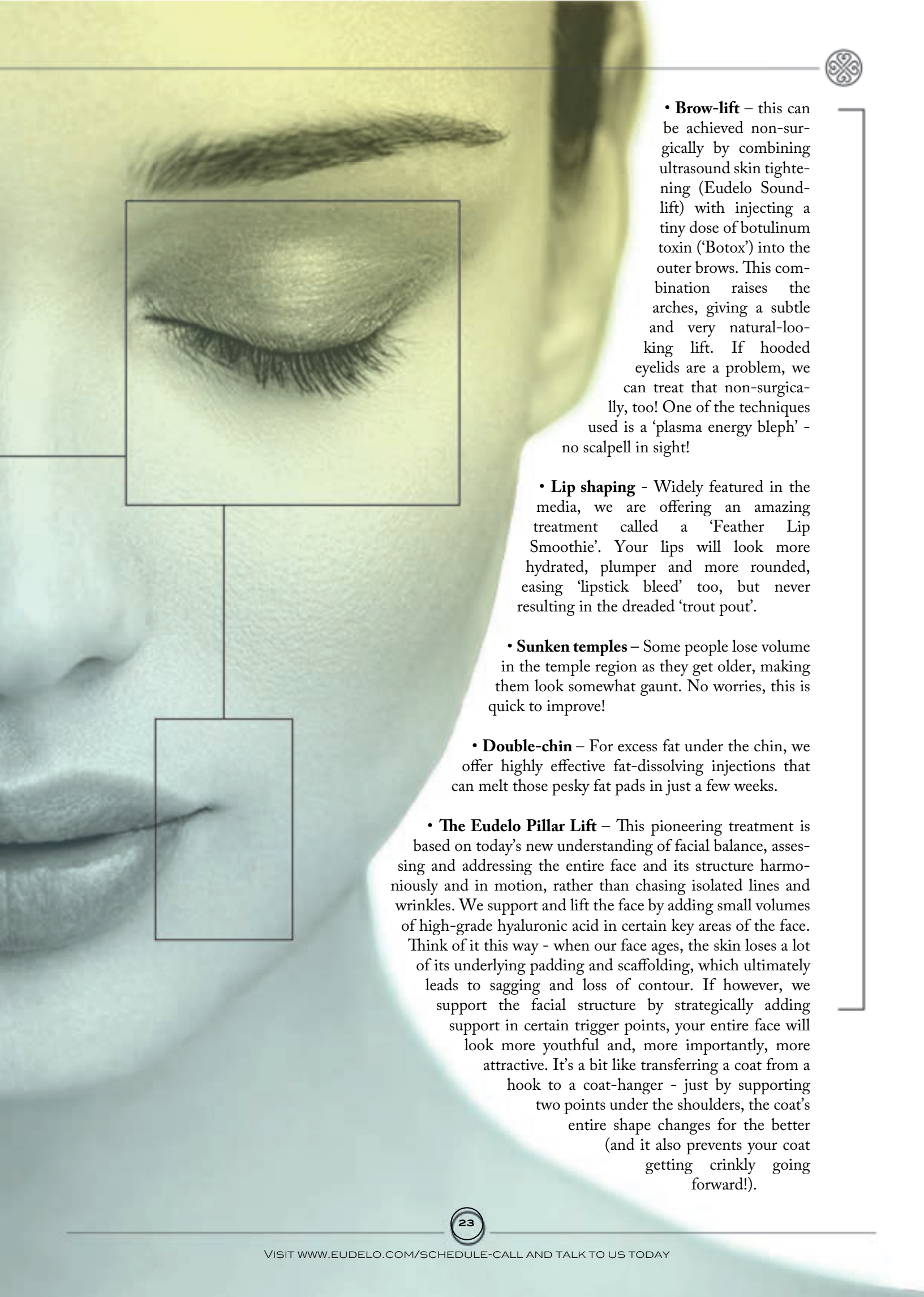
Our results look perfectly natural – that's our signature look, and we only use the highest quality products on the market. Many treatments can even be completed within your lunch hour.

What we offer...

- **Cheek contouring**– We can enhance your cheeks non-surgically by softly injecting a lifting hyaluronic acid gel directly under the fat tissue in your cheeks. Our practitioner will always give you a completely natural look with gently sculpted cheekbones and naturally plump 'apple' cheeks, avoiding the dreaded 'pillow face' look common to less experienced practitioners.
- **Nose enhancement** – We can smooth prominent humps and bumps on the bridge of your nose, even out its shape or refine its profile - all without surgery! Your nose may even appear smaller than before treatment.

- **Definition to the chin and jaw line** – Ever wished you wouldn't have that weak looking, receding chin? We can help with that - without a scalpel in sight. We can also treat the jawline, making it look firmer and much better defined, hiding jowls and lifting downward facing corners of the mouth. Life changing!
- **Lifting hollows under the eyes** – If the area under your eyes seems to be hollow and dark shadows are making you look constantly tired, then a soft skin booster or mesotherapy can make a major difference.





• **Brow-lift** – this can be achieved non-surgically by combining ultrasound skin tightening (Eudelo Soundlift) with injecting a tiny dose of botulinum toxin ('Botox') into the outer brows. This combination raises the arches, giving a subtle and very natural-looking lift. If hooded eyelids are a problem, we can treat that non-surgically, too! One of the techniques used is a 'plasma energy bleph' - no scalpell in sight!

• **Lip shaping** - Widely featured in the media, we are offering an amazing treatment called a 'Feather Lip Smoothie'. Your lips will look more hydrated, plumper and more rounded, easing 'lipstick bleed' too, but never resulting in the dreaded 'trout pout'.

• **Sunken temples** – Some people lose volume in the temple region as they get older, making them look somewhat gaunt. No worries, this is quick to improve!

• **Double-chin** – For excess fat under the chin, we offer highly effective fat-dissolving injections that can melt those pesky fat pads in just a few weeks.

• **The Eudelo Pillar Lift** – This pioneering treatment is based on today's new understanding of facial balance, assessing and addressing the entire face and its structure harmoniously and in motion, rather than chasing isolated lines and wrinkles. We support and lift the face by adding small volumes of high-grade hyaluronic acid in certain key areas of the face. Think of it this way - when our face ages, the skin loses a lot of its underlying padding and scaffolding, which ultimately leads to sagging and loss of contour. If however, we support the facial structure by strategically adding support in certain trigger points, your entire face will look more youthful and, more importantly, more attractive. It's a bit like transferring a coat from a hook to a coat-hanger - just by supporting two points under the shoulders, the coat's entire shape changes for the better (and it also prevents your coat getting crinkly going forward!).



## THE ROLLS-ROYCE OF AESTHETIC TREATMENTS

# THE EUDELO GLOW ARCHITECT™

Eudelo's *Glow Architect* is a revolutionary non-surgical treatment package that garners a significant, yet completely natural and balanced looking rejuvenation of the entire face.

Combining different non-surgical treatment modalities, all working in concert, the *Eudelo Glow Architect* addresses all of the main signs of ageing including lines and wrinkles, deflation of facial volume and contours, sagging, enlarged pores, declining texture and crepey appearance, dull, lacklustre skin and irregular pigmentation.

When we are young, our facial skin is supported well by underlying structures such as bone and fat. Unfortunately, around mid-age, we start losing some of this useful scaffolding. Decline of supporting facial volume, plus gravity, will cause the overlying skin envelope to start sagging, leaving the entire face looking more worn and tired. In addition, the skin surface and texture become less refined and patchy pigmentation often appears.

Completely tailored to each individual, the *Eudelo Glow Architect* works gently to not only restore more youthful contours of the face and soften lines and wrinkles, but also improve skin quality, pore size, texture and irregular pigmentation. Your face will look amazingly refreshed and more youthful, but in a completely natural way.

"This is the best treatment I ever had, hands-down!"







## DERMATOLOGY GRADE FACIALS™

Eudelo has developed a range of highly effective no-downtime treatments, which not only greatly improve the appearance of your skin, but also support long-term skin health. They will also help clear congestion and breakouts, soften irregular pigmentation and can remove milia (milk spots).

These Dermatology Grade Facials are not to be confused with high street or spa facials! While our treatments might not be quite as relaxing, they are much more results driven and evidence based, and suitable even for problem skin.

All of our Dermatology Grade Facials are completely bespoke, and tailored to your skin's individual needs. Your therapist will assess your skin on the day and adjust the treatment accordingly.

For best results you should have one of these gentle regenerative treatments every month, as our skin renews itself in monthly intervals and benefits from continuous care to stay in optimal shape.

Our core treatments are...

- **The Fit Skin Forever Facilitator** – This is the Eudelo signature treatment. The program is designed to keep your skin in optimal condition

long term, keeping ageing at bay at a cellular level and allowing you to look beautiful and radiant at any age. It includes a mild peel, lymphatic drainage boost and an advanced form of wet microdermabrasion. Healthy skin is happy skin!

- **The Acne & Rosacea Assassinator** – This clinical specialist treatment helps clear up breakouts, while keeping your skin young and beautiful looking. It is a deep pore cleansing, clarifying and anti-inflammatory treatment perfect to combat spots, congestion and prevent scarring. It's also perfect for teenage breakouts.

- **The London Pollution Protector** – This highly protective, anti-pollution treatment is perfect for anybody living or working in urban areas like London. It is based on thoroughly removing 'sticky' pollution leftovers (which harm our skin), not only from the skin's surface, but also gently flushing them out from your pores.

- **The Intense Brown Spot Minimiser** – This non-invasive treatment will help to gently soften irregular pigmentation, brighten your complexion and give your skin a lovely glow. Our anti-pigmentation treatment can help reverse the ravages of chronic sun exposure such as mottled pigmentation, and other forms of uneven skin tone such as melasma



• **The Supreme Age Decelerator** – Featuring innovative ‘Time Capsule’ technology from Germany, the ultra-advanced treatment includes multiple steps to encourage maximum skin regeneration and rejuvenation non-invasively. Improving the appearance of your skin as well as slowing down skin ageing on a cellular level - a win-win treatment!

The treatment is also performed under state-of-the-art clinical brainwave optimization. While one of our Medical Aestheticians works on your face, you listen to deeply relaxing, cutting edge sound technologies. This supports you in sinking into a beneficial hypnotic state supporting cellular regeneration and rejuvenation.

WE ARE THE ONLY CLINIC IN THE UK TO OFFER  
DERMATOLOGY GRADE FACIALS !



## IRREGULAR PIGMENTATION

THERE ARE VARIOUS TREATMENTS WE OFFER TO IMPROVE PIGMENTATION, ALL OF WHICH ARE BESPOKE TO YOUR SPECIFIC NEEDS

- **Prescription creams to lighten pigmentation** – These work much stronger than over-the-counter products. Some of them even help with breakouts and skin ageing at the same time.
- **Clinical Peels** – We offer different types of peels that can help with pigmentation. Our peels come in different strengths to suit your skin's needs.
- **Freezing** – Certain types of brown spots can be eliminated with a simple freezing in clinic.
- **Infusion of a pigment lightening solution** – We use an advanced microneedle pen with high-grade anti-pigment ingredients for this treatment.
- **Laser / IPL** – A course of laser / IPL can greatly improve mottled pigmentation and age spots.
- **Dermatology Grade Facials** – These no-downtime treatments can help to gently even your skin tone.
- **Supplements & Home care** – A tailored skincare regime and special supplements can support treatment of irregular pigmentation.
- **The Eudelo Melaout**– The most powerful treatment available to tackle even stubborn pigmentation. A true wow effect with improved skin texture and pore size as added benefits!



## BODY TREATMENTS

We provide a range of innovative treatments to improve the appearance of the skin on the body. These include tailored treatment packages to reduce the appearance of cellulite and stretch marks, as well as fat reduction for stubborn areas.

Cellulite is a condition where connective tissue cords pull down the skin, while in between tiny fat pockets push up against the skin, creating an uneven surface with dimpling. We improve this by combining treatment modalities to address the problem from all angles. This is a popular treatment that has been featured in Tatler .

Stretch marks appear when the skin is stretched too strongly, too quickly. They often occur on the tummy in pregnancy, on the hips after weight gain or on the back during a growth spurt. A combination approach is always most effective and we will devise a treatment package tailored to your skin's specific needs. This may include a combination of Exo-Needling with Carboxy-therapy, which leads to improved skin elasticity, regeneration and tissue remodelling.

We also offer effective fat reduction treatments in clinic that can reduce excess fat pockets in areas such as the tummy, inner thighs, 'saddle bags', knees and upper arms.



## EXCESSIVE SWEATING

Excessive sweating (hyperhidrosis) can be a debilitating condition. Quality of life is compromised, as sufferers are unable to feel confident and comfortable when engaging in everyday activities.

Painless injections with a substance inhibiting local sweat production is an extremely effective option for the armpits, lasting for 9-12 months.

SWEAT REDUCING INJECTIONS ARE VERY POPULAR IN OUR CLINIC, ALSO WITH OUR MALE PATIENTS, AS THE TREATMENT IS SO EASY AND EFFECTIVE.

For the palms and soles, topical solutions and special home-use iontophoresis machines (electrical impulse therapy) can help many patients, and we can prescribe these for you.





# MELTING AWAY FAT

Most of us have those stubborn little fat bumps, which are virtually impossible to shift no matter how much effort we put into eating well and exercising. Think stubborn tummy bulge, 'love handles', 'saddlebags' or back fat under the bra line. Not to forget those pesky fat deposits under the chin and along the jawline.

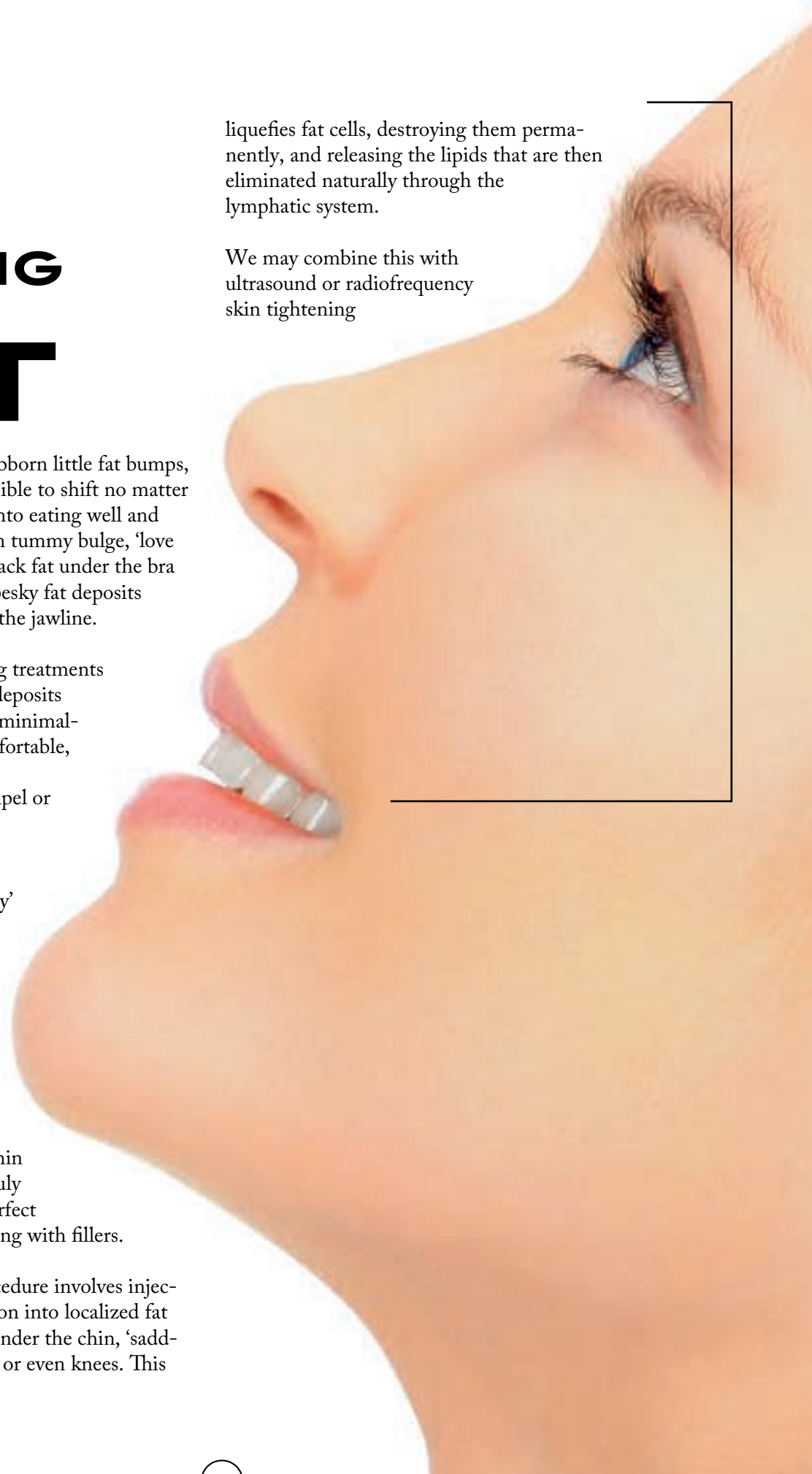
Our innovative fat melting treatments can reduce unwanted fat deposits without surgery. This is a minimal-invasive treatment in comfortable, relaxed surroundings with no general anesthesia, scalpel or stitches in sight.

Up until recently we were unable to 'take things away' without surgery, so our options for treating under-chin fat deposits for example were very limited. However, this has changed and the difference our fat melting and skin tightening treatments can make for the definition of the chin area and jawline can be truly amazing. This can be a perfect addition to facial contouring with fillers.

The clinically-proven procedure involves injecting a sterile 'soapy' solution into localized fat deposits in areas such as under the chin, 'saddlebags', thighs, stomachs or even knees. This

liquefies fat cells, destroying them permanently, and releasing the lipids that are then eliminated naturally through the lymphatic system.

We may combine this with ultrasound or radiofrequency skin tightening





# EUDELO CELL HIIT™

## INNOVATION TO SUPPORT FULL BODY CELL REGENERATION

*Eudelo Cell HIIT* uses pioneering German technology IHHT (intermittent hypoxia-hyperoxia treatment) to help your cells regenerate and provide anti-ageing benefits on a truly sub-cellular level. Not only that - it also balances the autonomic nervous system to help your body cope better with stress.

During these relaxing sessions, the breathing air is cycled between lower and higher oxygen concentrations in a controlled manner, giving your cells an exceptional cell regeneration workout, without having to lift a finger.

## ADVANCED ALTITUDE TRAINING FOR YOUR CELLS

Our high-tech IHHT system takes the physiological experience of altitude training (hypoxic training) and takes it one step further. This training is used with great success by competitive athletes and the military to improve cell function and boost cellular fitness, whilst at the same time improving stress resistance, increasing protection against oxidative stress and strengthening the immune system (as well as supporting fat metabolism as an added benefit...).

Eudelo Cell HIIT initiates a multitude of health-promoting mechanisms to increase the vitality of your cells, including helping your mitochondria to regenerate. Mitochondria are your cells' power plants and are extremely important for optimal cellular function. However, mitochondria are highly susceptible to oxidative damage and cell ageing as their genetic material is not protected within the cell's nucleus. So, as your age increases, your mitochondria become more and more damaged and can no longer produce enough energy for the cell. This rate of damage is made even worse by

**A HOT TOPIC**  
THE THREE SCIENTISTS  
RESEARCHING ALTITUDE-  
INDUCED CELL ADAPTATION  
WERE AWARDED THE  
NOBEL PRIZE !

other factors such as stress, suboptimal nutrition and environmental factors. The result – we feel limp, burnt out or lacking energy.

*Eudelo Cell HIIT* supports the generation of new, healthy mitochondria which results in the improved production of ATP (adenosine triphosphate), our cells' fuel. ATP is needed as an energy source for all reactions and metabolic processes in our billions of cells, and therefore greatly improves vitality and wellbeing.



## SO WHAT DOES THIS MEAN FOR YOUR SKIN?

An imbalance of free radical generation and antioxidant supply causes oxidative stress which is one of *the* main causes for ageing. With regards to the skin, the visible consequences of oxidative stress and cellular ageing include loss of skin elasticity, wrinkle formation, sagging, as well as irregular pigmentation.

Stress further contributes to premature ageing and also inflammatory skin conditions.

*The Eudelo Cell HIIT* accelerates cell regeneration by improving how your mitochondria function and reducing oxidative stress amongst many other benefits. This means healthier skin, more energy and less stress!

## THE EUDELO CELL HIIT – MORE THAN JUST IHHT

The Eudelo Cell HIIT delivers a cellular power-recharge in less than an hour, combining IHHT with high-tech brainwave entrainment to further lower stress hormone levels, and a special cell protecting supplement kick-starter set, helping to fully rebalance your skin from the inside out.

During each 45min. session, you essentially climb up and down mount Kilimanjaro 5 times! This repeated shift between low oxygen (hypoxia), high oxygen (hyperoxia) and normal oxygen levels (normoxia), trains the body on a cellular level. A bit like a HIIT (high intensity intervals training) session in the gym, but for your cells - hence the name!

For even higher benefits, we can combine the Eudelo Cell HIIT with lymphatic drainage to provide maximum 'detox' for your body.

EUDELO CELL  
HIIT IS EXCLUSIVELY  
AVAILABLE AT  
EUDELO,  
NOWHERE ELSE  
IN THE WORLD!





## THE BENEFITS

**1** Eudelo Cell HIIT provides **anti-ageing benefits** from the inside out by:

- a) Improving cell functions and boosting cellular fitness and vitality
- b) Helping your cells' mitochondria to regenerate
- c) Reducing oxidative stress in the body
- d) Supporting healthy telomere length
- e) Sharpens mental capacity with improved ability to concentrate

⇒ Recommended for anybody who wants to age well.

**2** Eudelo Cell HIIT strengthens your immune system and resistance to infections

⇒ Great for anybody who tends to pick up every cold and flu virus around and wants to improve their immune functions in a completely natural way.

**3** Eudelo Cell HIIT improves stress resilience by:

- a) Harmonising your autonomic nervous system, ie creating a balance between the fight-and-flight (sympathetic) and rest-and-digest (parasympathetic) system. This balance is all-to-often completely out of synch in our fast-paced society.
- b) Improving your heart's autonomic function: i.e. increasing your heart rate variability HRV (which is a marker of healthy ageing).
- c) Lowering stress hormone levels such as cortisol (also known as the 'death hormone').

⇒ Vital for anybody with stress in their life!

**4** Eudelo Cell HIIT supports a healthy body weight by:

- a) Optimising fat metabolism and speeding up weight reduction.
- b) Improving production of ATP (adenosine triphosphate), our cells' fuel, which is needed as an energy source for all metabolic processes in your body.

⇒ Great as an addition to our body treatments and for anybody concerned about their weight

## WHY ARE WE DIFFERENT?

*The Eudelo Cell HIIT* uses ground-breaking IHHT technology from Germany, but that's not all! At Eudelo, we add high-tech brain-wave entrainment and special cell protecting supplements into the mix— these all work in concert for added benefits.

Our IHHT technology is also different from many other systems on the UK market:

- Many other altitude training systems perform IHT, not IHHT, meaning they do not deliver hyperoxia in the recovery phase as we do. Hyperoxia (a short burst of high oxygen to help cells recover more quickly before 'climbing up the mountain' again) is in our opinion important for the best possible cell training.
- Most importantly however, most other systems don't offer adaptive hyperoxia which works via biofeedback. Eudelo Cell HIIT provides the IHHT training with integrated biofeedback to fully individualise treatments.

This means the oxygen concentration in the delivered air is constantly and automatically adapted to the patient's live blood oxygen level throughout the entire session. This is very important for best results, as it means that the training is fully tailored to the individual patient's needs on a particular day.

- Furthermore, the air patients breathe in during the Eudelo Cell HIIT is moistened so that it is more comfortable to inhale. Many other devices do not moisten the air.
- Last but not least, we use two pulse oximeters at all times, instead of one, for added patient safety.

We bring the mountain to you – join us at the top to recharge your batteries.



## TESTS & INVESTIGATIONS

We offer a large variety of tests, including various bloods test, skin and mucosa swabs, nail scrapings, examination of skin samples under the microscope and many more.

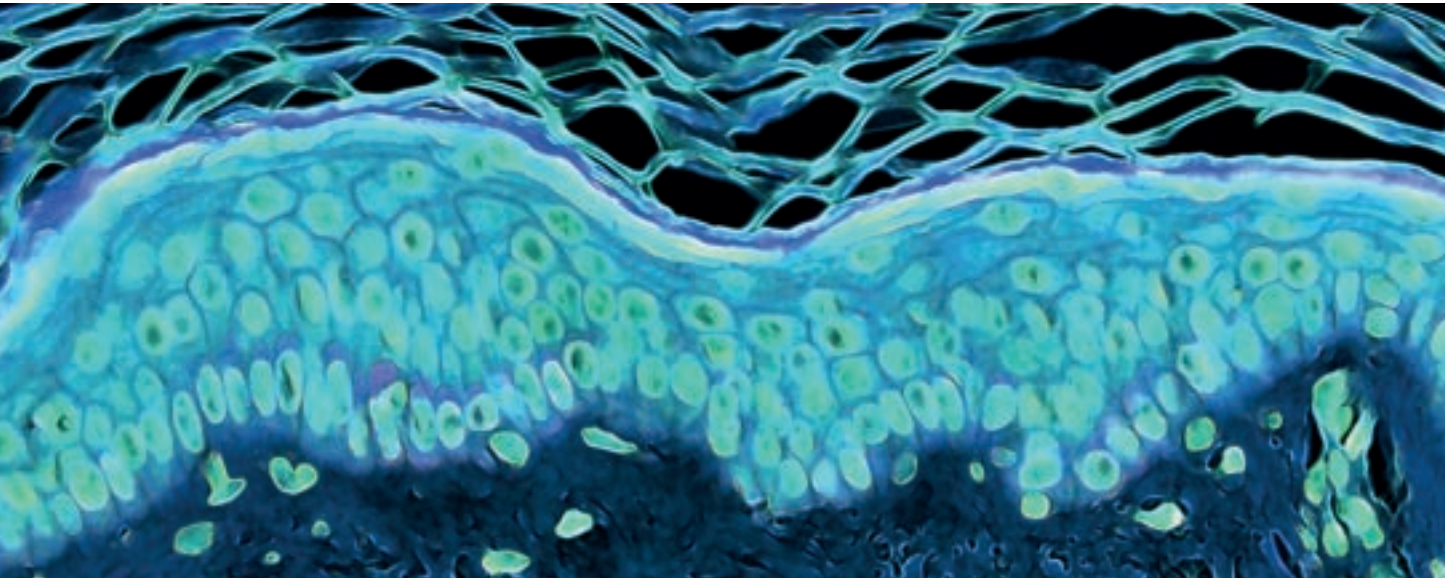
We can even measure your cells' telomere length, revealing your true biological age (which might be different from the number of candles on your last birthday cake!). Other investigations include advanced anti-ageing hormone profiles and cortisol day profile testing (the latter gives us information about your internal stress levels throughout the day - done via saliva samples).

We also offer exclusive DNA testing (via a saliva sample) for skin related genetic markers (your skin's 'genetic health'), revealing valuable information about your skin's strengths and weaknesses and how we can support it as best as possible.



The background of the page is a microscopic image of biological tissue, likely a cross-section of an organ. The image is rendered in a monochromatic blue and green color scheme. It shows various cellular structures, including what appears to be a large, irregularly shaped cell or glandular structure in the upper half, and a more organized, layered structure in the lower half, possibly representing a different tissue type or a different layer of the same organ. The overall appearance is that of a histological section.

# INNER PORTRAITS

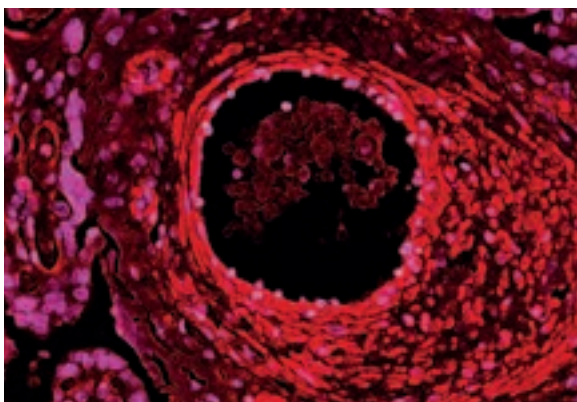


**A UNIQUE SERVICE THAT IS UNAVAILABLE ANYWHERE ELSE IN THE WORLD, OUR INNER PORTRAITS ARE ALSO A PERFECT GIFT**

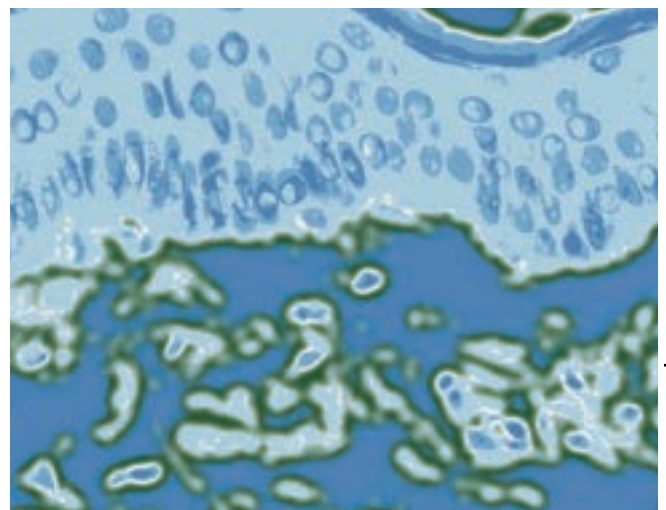
The inner beauty of our body's cells has been appreciated by scientists and medical practitioners for many years. Now, for the first time the ability to immortalise the incredible beauty of your own cells is being made available.

Eudelo is proudly offering the ground-breaking opportunity for you to have intensely personal pieces of original modern art created from your own skin cells. Our Inner Portraits have even been featured in an art magazine.

We also offer intimate Inner Portraits created from placenta samples after delivery of a baby. The perfect 'Push Present'!



*The Art of Together - an Inner Portrait created from a placenta sample - showing both mother's and baby's cells together.*





## THIS IS WHAT OUR PATIENTS HAVE SAID ABOUT US:

- *"I don't trust my skin to anyone else!"*  
- SUSANA
- *"Stefanie was amazing, the best dermatologist I've seen without a doubt and I've seen quite a few!"*  
- ALEXANDRA
- *"I cannot praise them highly enough."*  
- HELEN
- *"You'll never look back and the results are amazing!"*  
- ANOUSHKA
- *"I couldn't recommend the clinic more."*  
- HANA
- *"It made a great difference to my skin and quality of life."*  
- KLARA
- *"Amazing and long-lasting results and excellent service!"*  
- KATYA
- *"The final effects were remarkable - and indeed still are."*  
- ANNE
- *"Never has my face been so well looked after!"*  
- SILVIA
- *"The quality, dedication and professionalism are incomparable."*  
- NATASHA
- *"I couldn't be happier with the results."*  
- JENNY
- *"This place is amazing!"*  
- KAREN



# AND THIS IS WHAT THE PRESS HAS SAID ABOUT US:



• *“Top dermatologist Dr Stefanie Williams...”*

- COSMOPOLITAN

• *“Leading dermatologist Dr Stefanie Williams.”*

- TELEGRAPH

• *“Here are the London practitioners I’d recommend: Dr Stefanie Williams. Dermatologist by training, she also excels at facial rejuvenating techniques.”*

- EVENING STANDARD

• *“One of Britain’s best cosmetic doctors.”*

- TATLER

• *“Dermatologist Dr Stefanie Williams is a lip rejuvenation pioneer.”*

- WOMAN & HOME

• *“Top dermatologist Dr Stefanie Williams.”*

- IN STYLE

• *“London’s top 25 Medi-Spas...run by the delightful, no-nonsense dermatologist Dr Stefanie Williams, the clinic offers both medical and cosmetic dermatology treatments.”*

- THE LONDON MAGAZINE

• *“Dr Williams is an expert in her field.”*

- DAILY MAIL



We hope you've had time to read over all of the innovative treatments we offer. If you have any questions do not hesitate to contact us on 020 7118 9500 to arrange a complimentary discovery consultation in clinic.

**We can't wait to welcome you to the Eudelo family!**

# eudelo

DERMATOLOGY &  
SKIN WELLBEING



**VISIT [WWW.EUDELO.COM](http://WWW.EUDELO.COM)**

AND SCHEDULE YOUR DISCOVERY CALL TODAY,

OR CALL US ON  
020 7118 9500