

The Clinic by Dr Mayoni

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It's the one thing women struggle to talk about: what happens to down below after having children, and as you age.

As we grow older, our facial skin loses its vitality as collagen fibres fatigue.

We happily discuss the latest anti-ageing breakthroughs to wage the war against ageing, but when it comes to our nether regions it's something we are uncomfortable to talk about.

Vaginal tissue is affected by the same ageing process, along with pressure from childbirth causing issues such as stress incontinence. It's an embarrassing condition, and until now solutions have been scarce.

Urinary incontinence affects twice as many women as men. This is because events unique to women, such as pregnancy, birth, and menopause, can affect the bladder, urethra, and other muscles that support the pelvic floor.

It can happen to women at any age, but it is more common in more mature ladies and is usually because of hormonal changes during menopause.

As a mother of 3 children, Dr Mayoni Gooneratne truly understands the pressures faced by many women today, (including those who wish they had just a little time to get their zen back) – and is dedicated to helping women restore their health and self-confidence through a combination of aesthetic treatments, skincare and wellness approaches.

Geneveve™ from Viveve is the latest breakthrough procedure for tightening down below, and is available at The Clinic by Dr Mayoni, who is recognised as one of the leading, most respected doctors in the aesthetics industry today.

The treatment is ideal for all pre-menopausal women who suffer from stress urinary incontinence, vaginal laxity (looseness of the vaginal tissue) and/or decreased sexual function. It's a pain free, quick & effective treatment, for those looking for a non-surgical alternative.

What is it and how does it work?

Loss of plumpness and laxity of skin around the vagina is a consequence of reduced collagen production and quality. The treatment uses clinically-proven cryogen-cooled monopolar radiofrequency (CMRF) to uniformly deliver gentle heating, cooling delicate surface tissue; thus stimulating the body's natural collagen formation process and improving the appearance of the area resulting in plumper, firmer skin. That means no incisions and no downtime.

You would expect to see results from up to 90 days post-treatment; as that's when the collagen begins to generate. Studies have shown that 90% of women treated had a significant sustained tightening for 12 months post-treatment. The benefits from just one treatment lasts for at least 12 months. One treatment lasts for 30 minutes.

What happens before and after your treatment?

From the moment you walk through the door, leave and beyond – you will receive the best treatments, advice and aftercare – delivered with the upmost attention. The clinic's approach is to focus on the client as an individual; taking a holistic style to health and beauty.

Ensuring you have the best possible experience right from the very start, the front house team will greet and welcome you to the relaxing chill out room where you can unwind with vitalizing refreshments prior to your consultation. Each client is requested to fill in a detailed medical history form – this will help the team understand more about how you are feeling and any areas of concern you may have.

Dr Mayoni specialised in colorectal and pelvic floor surgery in her early career, and spent three years researching incontinence in women. She understands what a sensitive topic this is, and that it can be difficult to talk about. You can rest assured that is nothing to feel embarrassed about: there is nothing weird or abnormal about this problem and you are not alone.

You do not have to make the big decision on the day – The Clinic by Dr Mayoni encourages you to take home some literature on the treatments or refer to the website and think carefully about how you would like to move forward.

Established in 2016 by Dr Mayoni; The Clinic team were swiftly awarded 'highly commended for best new clinic' by the prestigious Aesthetics Awards 2017 – and pride themselves on the highest standards of patient care and ongoing investment in medical training and technology.

Tucked away in the heart of Lewisham, South London; the Clinic provides a comfortable, discreet and safe environment for those undergoing cosmetic treatments; whilst placing ethical practice and innovation at the core of everything they do. They offer a discrete but personal service, with a full range of beauty and advance medical treatments from dermal fillers to skin peels and specialist treatments as above. ■
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