



Face book

M BNS Ltd, in Thame, is a nurse-led clinic that specialises in medical aesthetic nursing treatments. Medical aesthetics consists of different treatments, including wrinkle relaxants, dermal fillers and Intense Pulsed Light treatment that treats sun damaged skin, red veins and permanent hair reduction. These therapies all lead to a general improvement of the skin and complexion, including lines and wrinkles.

MBNS treatments are performed by three nurse specialists who have many years of experience in this field. The treatment regimes are slightly more invasive than, a beauty treatment, but usually with a noticeable improvement either instantly or within a week or

two. Seeking out a medical aesthetic treatment is often a natural progression for someone who has traditionally looked after their image, either with good homecare products or through regular beauty therapy.

MBNS is on the cutting edge both in the treatments they offer and how they attract their clients. They have recently introduced a diagnostic camera to allow them to examine what lies under the surface of the skin.

Nowadays people are a lot more willing to talk about medical aesthetic treatments such as wrinkle relaxants and dermal fillers. All are discussed candidly in various glossy magazines and on television programmes. MBNS is keen to educate people in order to help them feel

comfortable when talking about their various treatments. And what better way of getting discussion going than through a website forum dedicated completely to everything to do with medical aesthetics?

So they have introduced a 'MBNS Chat' on their website (mbnsclinic.co.uk). A forum (sometimes called a blog) is basically an area of a website that is designed to help people to learn about, post questions on and offer their own experiences on a specific subject. In the case of MBNS, you simply go to www.mbnsclinic.co.uk and double click on the icon – MBNS TALK – on the left hand side of the page. You will be taken into a virtual cafe where anyone can come and chat openly about aesthetics and find out more about what MBNS has to offer.

MBNS pride themselves on being one of the top clinics in the country, and the nurse practitioners there are also trainers in this growing field, so their expert advice is certainly worth reading. The “blogger” can feel safe in the knowledge that the advice they are getting is correct and accurate rather than something that has been poorly researched, third or fourth hand, by a journalist. They can also talk with others who have had treatment or are considering treatment.

Anyone can register on the site and begin to chat. All you need do is create a username and password, and off you go. MBNS believes that this is the most advanced medium for finding out what people think and offering them expert guidance at the same time. The MBNS forum is a place where a group of people can get together in the privacy of their own homes with the same goal in mind: that is, finding out what aesthetic treatments are all about, which ones would best be suited for them and what other people’s personal experiences were like. So when they do visit the clinic, they know they are in safe hands and can feel relaxed and informed.

Here are just a couple of the topics that have been discussed recently on the MBNS forum.

Dermal fillers

Sally66

How have people found the swelling after having a filler? For example, if I wanted to be discreet about my treatment, will my family/friends know I've had something done when I get home?

Helena_T51

You may have some localised swelling and a bit of bruising. All of it can be easily covered with their ‘industrial strength’ (haha!) camouflage make up that the girls put on you at MBNS, so it shouldn’t be a problem to go back to work. Do be warned though, some people bruise more than others, so if you know you normally bruise like a peach then it may be best to come later in the day so you don’t have to go straight back to work. This will just give it a bit more time for the swelling to subside.

Supergirl

I've found that I don't swell at all! There may be a tiny raised lump similar to a small insect bite where the needle went in, but this usually goes down after a couple of hours, and with a bit of make up over it you can't notice it at all.



Frown relaxing injections

KTC

How long do frown relaxing injections last before I have to come back again?

catwoman

It all depends, I think. I know for definite that you can't be treated less than 12 weeks after your last frown relaxing treatment. But after that I think it all depends on the individual. I usually go about 14 weeks until I start to see it wear off, but then I have a friend who also has it and she can go for 16 weeks+!!

wonderwoman

I'd say 3 months for virgins and 6 months for veterans!

westendgirl

I've had it! I had frown relaxing injections - I am proud to say (!) and they last 12 weeks for sure. It takes about two weeks to take effect, but I really noticed such a big difference. Now, I have a frown relaxing fund at home and come back to the clinic every 12 weeks. It is the best treatment I have ever had!



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