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NATIONAL SLIMMING
& COSMETIC CLINICS



COSMETIC TREATMENTS

AT NSC CLINICS



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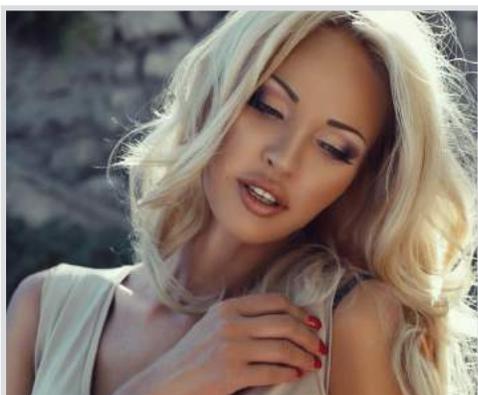
NSCclinics

Welcome to National Slimming and Cosmetic Clinics



Michelle Nicholls, director of
NSC Clinics, says:

"We were one of the first clinics to introduce anti-wrinkle treatments and dermal fillers; these are very popular treatments and make people feel younger and more confident and can also be used as a preventative against aging. Here at NSC Clinics, we only use the Rolls Royce of all products. Why not book an appointment and look and feel 10 years younger?"



Cosmetic Treatments

National Slimming & Cosmetic Clinics are specialists in non-surgical cosmetic treatments. We understand the importance of looking good and feeling confident. For 34 years we have provided thousands of men and women with an alternative to facial surgery. During this time we have earned ourselves a strong reputation within the cosmetic industry.

Non-surgical cosmetic treatments are less painful than surgical procedures and have little or no recovery or downtime. One hundred per cent of all our cosmetic treatments are administered by highly experienced doctors and nurses. We provide free individual consultations with practitioners who will assess your specific requirements and create a personalised treatment plan to achieve your desired results.

National Slimming and Cosmetic Clinics only use products from market leaders and the latest technologies available in the industry which produce long-lasting results quickly.



Call **0800 917 9334** to book an appointment or
click here to request a call back.



Anti-Wrinkle Treatments

With NSC Clinics.



Anti-wrinkle injections are used to treat unwanted facial lines such as forehead lines, frown lines between the eyebrows and crows feet. Anti-wrinkle injections can deliver an 'instant face lift' and smooth away facial lines and wrinkles in one simple treatment that makes you look years younger.

This truly remarkable treatment works by simply relaxing your facial muscles. It is a safe, simple treatment that can also be used to treat the lower face and can achieve excellent results in softening vertical lip lines, lifting corners of the mouth, bunny lines and tightening the neck and jowl areas.



+ How does it work?

Our anti-wrinkle injections are a natural, purified protein which are injected in very small amounts into the area where the treatment is required. The product then relaxes the muscles, smoothing out the lines and wrinkles.

+ Are the results instant?

No, the results are not instant. The results will be noticeable up to a maximum of 14 days after treatment.

+ Is it safe?

Yes, the treatment is 100% safe. NSC Clinics have only experienced doctors performing our anti-wrinkle treatments.

+ Is it painful?

No, the treatment is not painful however numbing cream is available if preferred.

* Not available in all clinics.

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Dermal Fillers

At NSC Clinics



Whether you would like to smooth out wrinkles, create fuller, more sensuous lips or add definition and volume to your cheeks or chin, our extensive range of dermal fillers will provide volume to support the skin's structure. Dermal fillers are the perfect treatment for you when creams are no longer enough, giving you the added confidence that comes with looking and feeling years younger.



"If you're unhappy with your smile, whether it be because of your lips or teeth, I would highly recommend having your lips enhanced at NSCC. I love smiling but hated my teeth as my upper lip used to disappear when I smiled. Since having them plumped with a natural effect I now feel more confident and happier."

Sarah, Bournemouth.



+ How do dermal fillers work?

A dermal filler is a substance which is injected into the skin to plump it up, make it firmer and effectively reduce the appearance of unwanted lines and wrinkles. They boost the skin's supply of hyaluronic acid, a substance naturally produced by your body, instantly diminishing the appearance of lines and wrinkles.

+ Is it painful?

No, our dermal filler treatments are combined with a local anaesthetic called lidocaine which will minimise any discomfort.

+ Are dermal fillers safe?

Yes, at NSC Clinics we use only the highest quality products including Juvederm. Millions of treatments have been performed throughout the world and produced excellent results.

* Not available in all clinics.

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Lip Fillers

At NSC Clinics



If you would like to create fuller, more sensuous lips or add definition to your lips, our extensive range of dermal fillers will provide the volume you need. NSC Clinics' specialist team of highly experienced doctors will assess your personal requirements, highlight any specific areas of concern you may have and create a tailor-made treatment plan specifically for you.



"I LOVE my new lips and I am so glad I went for it. After getting it done, I realised how much of a little deal it actually is – the dentist was a hundred times worse!! The results are so worth the 15 minutes that you are in the doctor's room for. I really think that getting enhanced lips makes such a difference to my face overall and in my eyes, large lips are a really attractive feature so I feel so much more confident now."
Rebecca, Bournemouth.



+ Is it painful?

No, our dermal filler treatments are combined with a local anaesthetic called lidocaine which will minimise any discomfort.

+ How long do the results last?

The treatment lasts 6 to 12 months after which time the product naturally disappears.

+ Are lip fillers safe?

Yes, at NSC Clinics we use only the highest quality products including Juvederm. Millions of treatments have been performed throughout the world and produced excellent results.

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8 Point Facelift

At NSC Clinics



The 8 Point Facelift is a new, simple, affordable and very effective way of creating a gentle facelift by using regular fillers of different volumes and consistencies, expertly tailored for each individual by our skilled doctor to produce the best results and fine looks. The 8 points are chosen on each side of the upper, mid and lower face to create a gentle pull, fresh look and smoothness of the skin without leaving any lumps at the sites of injections.

When considering the 8 point non-surgical facelift it is important to consider the total look rather than just one area of the face. The treatment is specifically tailored for each individual by skilled and experienced NSC Clinics doctors.

Restoring volume to the mid face using advanced and precise techniques offers a more complete anti-ageing solution compared to individual dermal filler treatments. Replenishing lost skin volume to regain a youthful curve to the cheeks making them higher and firmer will leave your skin looking rejuvenated creating a much more youthful natural appearance.

At National Slimming & Cosmetic Clinics you can be assured that we use only the most trusted and FDA approved products. All of our clinics are registered and regulated with the Care Quality Commission to ensure the highest standards of patient care.



+ Is it painful?

No, the products we use contain lidocaine a local anaesthetic which will minimise any discomfort.

+ How long does the treatment take?

It takes about 30 minutes to perform.

+ How long does it last?

The results last for up to 18 months and there is no recovery or downtime associated with the procedure, making it a very popular treatment.

* Not available in all clinics.

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Thread Lifts

At NSC Clinics



At National Slimming & Cosmetic Clinics we offer Thread Lift treatments as seen on ITV's Lorraine. This gives a more youthful facial shape.

A young face tends to be shaped like a 'V'. With age the skin loses its structure, elasticity, volume, muscle size and even bone mass. This means the classical youthful V-shape is reversed and becomes more like an inverted 'V'. The thread lift treatment aims to restore the youthful facial V shape.

This is achieved with small, thin threads positioned in the subdermal tissue. Thread lifts offers a triple response enabling stimulation of collagen production, a durable lifting effect and tighter, firmer skin.



"The 8 point lift was amazing because I had been having filler treatments for a long while which I was really happy with and then the doctor suggested that I have an 8 Point Lift which is a mini facelift using fillers. I just couldn't believe the results - not only do I look younger but feel amazing... Everyone is saying how well I look. A little more money but well worth every penny.

Mandi Swallow

+ What is a Thread Lift?

Thread lifts are a minor non-surgical treatment with thin threads that lift the skin and increase elasticity. The threads are completely biodegradable. Side effects vary but some swelling and bruising can be expected.

+ What is the advantage of a Thread Lift treatment?

Thread lifts address some problems associated with facial ageing that are only otherwise dealt with by invasive surgery, in particular sagging aspects of the low face, neck and jawline.

+ How long does the results of a Thread Lift last?

The effect lasts one to two years, depending on age, lifestyle and skin condition. Results generally last longer in people who take care of their skin and general health by avoiding the sun, attention to a healthy diet and not smoking.

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Non-Surgical Nose Job

At NSC Clinics



Non-surgical rhinoplasty is a safe, non-invasive alternative to traditional rhinoplasty. Sometimes it is called the 15 minute nose job as the treatment involves only a dermal filler injection to reshape the nose.

Because the nose occupies the centre of the face, mild asymmetries can be quite striking. If you are currently unhappy about the shape of your nose rather than the size then non-surgical dermal fillers can be used in various ways to straighten excess curvature, for example, in a curved or hook shaped nose, or plump out areas with natural depressions. A tip projection can also be carried out which involves inserting a filler in the tip of the nose to give an upturned appearance. This would result in symmetrical and defined nasal contours.



The Non-Surgical Nose Job is suitable for anyone who has a:

- Slightly crooked nose
- A hook shaped nose that would like straightening
- A mild to moderate bump on the bridge of the nose
- A mild to moderate drooping of nasal tip
- A nose that needs refinement after surgical rhinoplasty
- Noses that would like more height, definition and a nose tip

+ How long does the procedure take?

The procedure takes about 30 minutes and only the use of a local anaesthetic cream is required about 20 minutes before.

+ When will I see the results?

The results are immediate.

+ Is the treatment painful?

Our dermal filler treatments are combined with a local anaesthetic called lidocaine

"I recently had a non-surgical nose job and I cannot express the happiness it has brought me! For many years I have been very conscious and unhappy with the shape of my nose but after receiving treatment at NSC in Brighton I could not recommended the practice enough! I received a thorough consultation prior to the treatment and the staff were more than accommodating. Thank you NSC for improving my appearance considerably! I am now a much more confident individual!" - **Holly, Brighton**

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Excessive Sweating Treatment

At NSC Clinics



Excess sweating is a common and sometimes embarrassing problem that can be solved easily by the use of Botox® to leave you with dry skin regardless of the heat. Hyperhidrosis is the medical term for excessive sweating. It can cause embarrassment for those that suffer with it. Hyperhidrosis can affect everyday life and cause anxiety and distress.

Botox is approved by the FDA to treat the symptoms of severe underarm sweating when topical medicines do not work well enough. A safe and highly effective treatment, clinically proven to provide relief for more than 93% of treated patients, with results that can last 6-9 months.

NSC Clinics' skilled team of doctors have successfully treated both men and women who have suffered from Hyperhidrosis with highly successful results. As one of the UK's leading facial aesthetic clinics, NSC Clinics are deeply committed to providing you with high quality aesthetic solutions using the very latest, advanced techniques.



+ How does hyperhidrosis excessive sweating treatment work?

Excessive sweating is treated by a doctor injecting purified protein into overactive sweat glands. These sweat glands are identified by applying a powder to the skin. The product works by blocking excess nerve signals to the sweat glands thereby reducing the amount of sweat the body releases.

+ Is it painful?

No, the doctor will use a local anaesthetic if your skin is sensitive; our clients find this a painless treatment.

+ How long does the treatment take to work?

You will notice a significant reduction in sweating after 48 hours. The treatment lasts for up to 9 months, after which many patients return for further treatment.

* Not available in all clinics.

Call **0800 917 9334** to book an appointment or **click here** to request a call back.



Laser Hair Removal

At NSC Clinics



Laser hair removal is the most effective and safe long-term solution for the reduction of unwanted or excess hair for both men and women. Laser hair removal is suitable for most areas of the face and body. A course of laser hair treatments will leave your skin soft, smooth and hair-free.

+ How does laser hair removal work?

During the procedure a cool gel is applied to the treatment area. The hand-held laser is then placed against the skin and pulses of intense light (laser energy) target and heat the hair follicles. Gradual heating provides hair removal and skin tightening. During the treatment, hair follicles are destroyed which prevents further growth. A course of 6-8 treatments is normally required for optimum results, so that the maximum number of hair follicles are destroyed (each laser treatment will target those hairs in the active growth phase).



+ What areas can be treated?

- Upper lip, chin, beard, jawline
- Nose, ears and neck
- Bikini line
- Underarms and arms
- Legs
- Back and shoulders
- Chest and abdomen



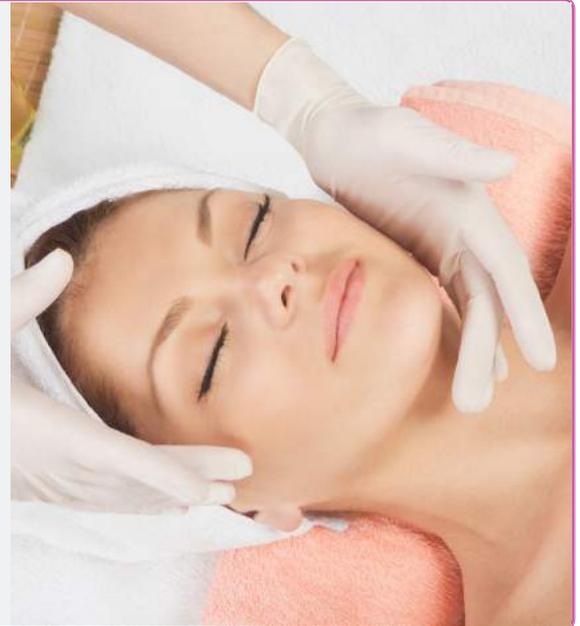
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The Perfect Peel

At NSC Clinics



The Perfect Peel is a facial peel that will leave your skin feeling younger, fresher and totally rejuvenated. Uniquely blended with 5 peeling agents, Glutathione is a key anti-ageing ingredient which our bodies produce naturally, but as we age, due to an increase in sun exposure, air pollutants and environmental stress, these levels decrease. Glutathione is the ultimate antioxidant – it fights the oxidant damage which causes premature wrinkling.

+ What are the benefits of The Perfect Peel?

- Improves the overall tone and texture of your skin
- Lightens and brightens your skin
- Removes or reduces sun damage and age spots
- Reduces pore size and softens fine lines and wrinkles
- Reduces or eliminates hyperpigmentation and acne scars
- Improves acne skin conditions and melasma
- Stimulates the production of collagen for firmer skin
- Slows down the ageing process and prevents wrinkles



Before

After

+ Who carries out The Perfect Peel procedure?

The Perfect Peel is only administered by experienced doctors.

+ How long does the Perfect Peel take to perform?

It takes only 45 minutes.

+ Is my skin suitable?

The Perfect Peel is suitable for all skin types.

+ Is it painful?

It is virtually pain free.

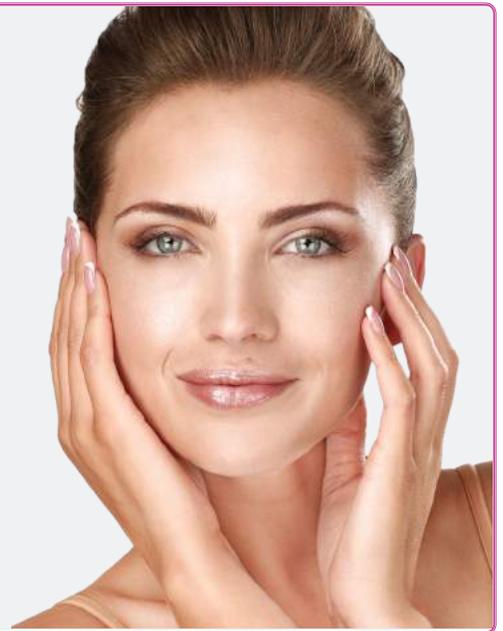
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Dermaroller

At NSC Clinics



Dermaroller is a treatment whereby micro surgical steel needles pierce the skin thus stimulating it to produce elastin and collagen without causing any damage. It does not only reduce wrinkles, make skin look younger and healthier but also helps to reduce scarring, acne, stretch marks, cellulite and hyperpigmentation.

The device is rolled over your skin creating pin-point punctures in the top layer of your skin. Your body then starts to produce collagen and elastin to heal the damage. As there has been no removal or "real" damage to existing collagen, it simply stimulates collagen and elastin growth.

+What does the procedure involve?

Before starting the procedure a practitioner will use an anaesthetic cream on your skin to make it more comfortable. The cream will be applied twice with a 45 minute gap between applications. After your skin has been numbed, the roller is rolled over the skin producing thousands of micro-punctures in the top layer of your skin.

+When will I see the effects of the treatment?

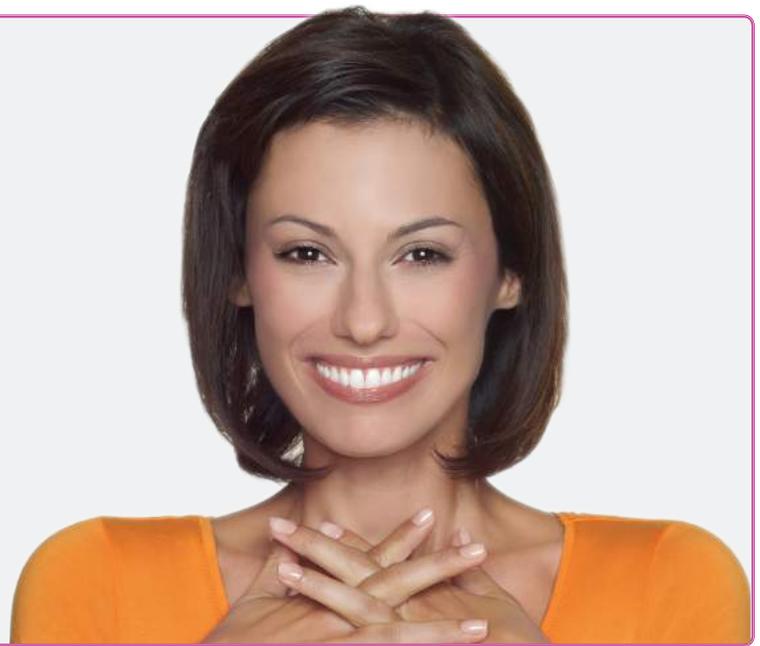
After a dermaroller procedure your body will start to naturally regenerate and repair the skin. It can take up to 6 weeks before visible signs of regeneration and repair are seen and the process will continue over the following months, providing you with a natural and long lasting enhancement. You should also remember that dermaroller is an on-going treatment. Your body will be working hard producing collagen and elastin and regenerating damaged cells.

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Microdermabrasion

At NSC Clinics



Medical microdermabrasion is a non-surgical treatment that uses a highly controlled spray of fine crystals to remove the outer layer of the skin. At the same time the underlying epidermis is also stimulated by the abrasion and the vacuum which promotes new collagen thickening the dermis and improving the resistance to the effects of ageing.

This quick, virtually painless treatment provides deep skin exfoliation, restoring smoother younger looking skin. It regenerates, repairs and gradually corrects blemishes on the skin. The medical microdermabrasion procedure is performed by using a hand piece that the operator passes over the skin which exfoliates, smoothes and polishes the skin. It is effective on all skin types.

Ideal for treating acne or acne scarring. A course of 6 microdermabrasion treatments will result in smoother more healthy looking skin. The long term benefits of multiple microdermabrasion can be remarkable.

+Does it hurt?

No, most people experience no pain with a microdermabrasion. Some people feel a slight pulling on their skin during the treatment.

+What can a microdermabrasion treat?

- Fine lines and wrinkles
- Sun damaged skin
- Acne prone skin
- Blackheads
- Whiteheads
- Superficial age spots
- Hyperpigmentation
- Oily, dry or patchy skin

+How long does a treatment take?

The treatment usually takes approximately 30 minutes depending on the skin condition, the area to be treated and the desired outcome.

"The medical microdermabrasion at NSCC is wonderful! My skin feels and looks amazing after each session. It has also helped even out my skin tone and smoothed away some fine lines. All my friends comment on my lovely skin."

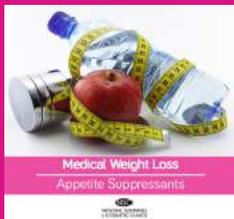
Mrs Looner from
Bournemouth

Call **0800 917 9334** to book an appointment or
click here to request a call back.



All of our consultations are free, so book an appointment for an in-depth discussion with our experienced doctor to see what treatment is suitable for you.

Call to book your **FREE** consultation with a doctor on **0800 917 9334** or click [here](#) to request a call back.



Before: 17 stone 2lb



After: 11 stone 6 lb

Slimming Treatments at NSC Clinics

NSC Clinics specialise in providing doctor supervised medical weight loss programmes. Medical weight loss is one of the top most effective slimming treatments available. We have a long history of success offering weight loss support to those who are overweight and obese across the UK. We have built a strong reputation among our patients and their families; more than 70% of our patients join our slimming programmes by recommendation from their family or friends. With NSC Clinics you can lose weight quickly and safely.



Stage 1:
Book your FREE consultation



Stage 2:
Your one-to-one doctor consultation



Stage 3:
Your weight loss programme



Stage 4:
Your weekly support programme



Stage 5:
Refer and Reward

Loyalty Scheme at NSC Clinics

Your NSC Clinics' Cosmetic Loyalty Card

Get rewarded for your loyalty. On your 4th visit, get 15% off and on your 8th visit, get 20% off.*

Terms and Conditions:
1. Minimum spend of £150 for 1 stamp.
2. The discount of 15-20% cannot be used with any other offer.
3. One stamp per visit.
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Get rewards for your loyalty. On your 4th cosmetic treatment visit you will get 15% off and on your 8th visit you will get 20% off with NSC Clinics cosmetic loyalty scheme. Ask for a loyalty card from reception to participate.

Referral Scheme at NSC Clinics

Get £50 OFF of your cosmetic treatment when you refer a friend...

Would you like £50 of your next cosmetic treatment at NSC Clinics?

If you know anyone who would be interested in a cosmetic treatment, simply ask at reception for a referral voucher and recommend them to your local NSC Clinic. Participate in our friend referral scheme and you will receive £50 off a cosmetic treatment.

0% Finance at NSC Clinics



**0% FINANCE
AVAILABLE**

ON ALL COSMETIC TREATMENTS



0% finance is available on all slimming and cosmetic treatments at NSC Clinics which means you could be paying as little as £5 a week for your slimming or cosmetic treatment. For more information you can visit our website or contact your local NSC Clinic.

Call **0800 917 9334** to book an appointment or **click here** to request a call back.



DOWNLOAD OUR APP
& Receive 10% off today!



Scan the QR code and receive
a 10% off welcome discount.

The App has all the incredible features of our website
but in one easy, accessible location.

- Recommend friends for further discounts for you both.
- Easily scan for loyalty to receive a free week of slimming.

The NSC Clinics App contains lots of helpful tools to aid your weight loss journey:

- BMI Calculator
- Calorie Counter
- Exercise Tracker
- Food Diary
- Waist Calculator
- BMR Calculator

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