



With experience spanning a quarter of a century, Parisian cosmetic dermatologist Dr Dray has developed an impressive portfolio of skin-boosting techniques, which are sought after by A-listers and models across the globe. He splits his time between his clinics in Paris and London, the

latter of which is situated in an ultra-discreet location just off Kensington High Street. Below, Dr Dray shares his tips for reviving skin after gloomy winter months. Top of the list is Mesolift, created by the dermatologist himself.

#### FIVE MINUTES WITH DR DRAY: MESOLIFT

##### Q: What is Mesolift for?

Mesolift improves tone, hydration and firmness of facial skin by producing collagen and elastin. This results in a radiant glow and helps prevent signs of ageing. Think of it as your favourite beauty cream working from the inside out.

##### Q: What does the treatment involve?

This is a speciality that involves injecting microscopic quantities of natural extracts, homeopathic agents and vitamins into the skin's dermis. We start by cleansing the skin and applying a light numbing cream before the micro-injections are made on the face and neck area.

##### Q: How long does it take?

This procedure takes just 30 minutes from start to finish, so it's perfect for a lunchtime fix. It initially works best across a series of two to four treatments spaced roughly three weeks apart. Many clients like to think of it as a monthly facial.

##### Q: When is the best time to book in for Mesolift?

After the cold winter months, Mesolift is especially good for giving skin a boost – clients come away looking as though they've been on holiday. It's also perfect just before parties or weddings. And, as there is no downtime, this can even be done on the same day.



## SAVE OUR SKIN

After an eternity of gruelling winter weather, there is light at the end of the tunnel. Here are the best treatments to bring skin out of hibernation

#### 10-MINUTE FACELIFT

Another of Dr Dray's well-loved procedures and available exclusively at his clinics, the 10-minute facelift is ideal for helping winter skin recover. As with Mesolift, there won't be a scalpel in sight; instead, it uses injections of biodegradable chemicals called biphasic Tricalcium phosphates (BTCPs), which encourage the skin to produce collagen, the connective tissue that keeps skin naturally taut when we're young. This helps restructure the jawline by correcting sagging, giving an incredible lifting effect that lasts up to 10 months. Visit Dr Dray's website ([drdray.co.uk](http://drdray.co.uk)) to watch videos of the 10-minute facelift and other treatments from his portfolio.

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