HIFU

High-intensity focused ultrasound

HELEN HUNT MEDICAL AESTHETICS

What is HIFU?

HIFU is a non-invasive treatment that uses focused ultrasound energy to lift, firm and rejuvenate the skin. It targets the deeper layers of the skin without damaging the surface, stimulating your body's natural collagen production for a firmer, fresher appearance.

How does it work?

HIFU delivers focused ultrasound energy to the SMAS layer, the same supportive layer addressed in a surgical facelift. Gently heating this tissue stimulates new collagen, with no needles and no downtime. Results continue to develop over the following months as collagen builds.

At a glance

TREATMENT TIME
30–60 minutes, depending on the area

NEEDLES
None, completely needle-free

SENSATION
Mild heat or tingling; generally well tolerated

DOWNTIME
None, return to normal activities straight away

RESULTS
Develop gradually over 2–3 months as collagen builds

BENEFITS OF HIFU

- Non-surgical and non-invasive
- No downtime or recovery time
- Natural results that develop over time
- Long-lasting collagen stimulation
- Suitable for most skin types

AREAS THAT CAN BE TREATED

- Face: cheeks, jawline, forehead and around the eyes
- Neck
- Décolletage
- Body: abdomen, arms and thighs

WHAT HIFU CAN HELP WITH

- Mild to moderate skin laxity
- A softening jawline (jowls)
- Smile lines (nasolabial folds)
- Low or heavy brows
- Fine lines, and neck and décolletage ageing

WHAT TO EXPECT

- Treatment takes 30–60 minutes, depending on the area
- You may feel mild heat or tingling during treatment
- It is generally very well tolerated
- You can return to your usual routine straight away

IS HIFU SAFE?

Yes. HIFU has an excellent safety profile and is carried out by trained practitioners using a medical-grade device. Your practitioner will check your medical history and skin at your consultation first.

NOT SUITABLE IF YOU

- Are pregnant or breastfeeding
- Have open wounds, active acne or a skin condition in the area
- Have metal implants or a pacemaker near the treatment site
- Are taking certain medications (please tell your practitioner)

IMPORTANT TO KNOW

Results build gradually as your skin produces new collagen, and vary from person to person. Your practitioner will recommend the right number of sessions for you. HIFU is not a replacement for surgery, but it can be a lovely option for those wanting a natural, gradual improvement. Full pre- and aftercare guidance is provided when you book. If you have any questions, please call the clinic on 01392 984171.

Begin with a *consultation*

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BOOK ONLINE

Be natural. Be beautiful. Be you.

SCAN TO BOOK

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