

BEAUTY SALON OF THE YEAR

ACHIEVING A MORE YOUTHFUL AND RADIANT LOOK



AN INTERVIEW WITH SKIN AND LASER SPECIALIST
SHADAYA PHILP (SKINSPA)

Both men and women often hope to restore youthful appearance and combat the signs of ageing with endless creams, serums and topical medications. However, such skincare products have various limitations and simply cannot reverse the effects of sun damage, collagen loss, acne or decreased elasticity. At SkinSpa, clients can receive a range of exclusive cosmetic and laser treatments that work to ensure desired and effective results, without the risks and downtime of surgery. Skin rejuvenation treatments such as chemical peels and microneedling are available, as well as CryoPen for skin tag, wart and verruca removal. We spoke to SkinSpa's founder, Shadaya Philp, to find out more.

What are the most popular treatments you currently offer?

Our most popular treatments are Laser/Intense Pulsed Light (IPL) and Skin Peels which allows us to treat pigmentation, thread veins, acne, fine lines/wrinkles and hair removal on the face and body. Clients typically require a course of treatments to see optimum results.

Have you noticed any shifts or trends in the types of procedures being requested?

When the business first started 10 years ago laser hair removal was our most popular treatment, but that has now shifted more towards skin rejuvenation in the last few years. The CryoPen treatment was introduced five years ago and since then the demand for the treatment continues to grow each year.

How do you ensure the treatments you provide are as pain free as possible?

We use the Zimmer Cryo cooler before, during, and after treatments to significantly reduce the pain typically associated with laser and IPL. This means the client can tolerate the treatments better, and we can achieve quicker healing times and reduce redness and sensitivity after treatments. We also use a numbing cream before microneedling treatments to make the treatment as pain free as possible.



Before

After

Before

After

How important is the quality of the equipment and facilities in achieving the desired outcome?

We have purchased a Lynton laser/IPL machine which is a British manufacturer and supplier to the NHS. The quality of the equipment we use is especially important, as this is being used on client's skin to reduce and remove imperfections. All our equipment has been tried and tested and comes with medical research and data to show results that can be achievable. All treatments are carried out in a clinical environment.

How does the team ensure the best possible results?

A treatment plan and achievable results are discussed with each client at their first appointment, and we will recommend additional homecare products that clients can use to enhance the results of the professional treatments. Before each treatment is carried out, we will discuss the outcome of the previous treatment to ensure the client is happy with how the treatments are progressing.

How are you different from other clinics around Edinburgh?

We specialise in cosmetic laser/IPL and corrective skin treatments that are aimed at reducing, fading and removing skin imperfections. We treat men and women in a private and discreet environment. We have invested in the best technology and only work with medical grade equipment which has been proven to produce results.

What advice would you offer to someone considering getting their first treatment?

At the first appointment, a consultation is carried out to enable us to look at the client's skin and recommend treatments and homecare products. Clients are given information on how the treatment works, the likely outcome, and aftercare advice. If clients are having laser or IPL, a small patch test is carried out to check the settings and ensure client suitability to treatment. This also allows the client to experience a mini treatment, so they know what to expect at the next appointment. It can be helpful to bring a list of any medication that you are currently taking and any skincare products that you are using.

SkinSpa has been awarded Skin and Laser Clinic of the Year by Scotland Prestige Awards 2021. The judges were impressed by the clinic's ability to actively recognise and fill a major gap in the cosmetics and aesthetics market with the introduction of CryoPen treatments. They also praised SkinSpa for their exceptional customer service from pre-treatment consultation through to post-treatment care. For more information, please visit www.theskinspaedinburgh.co.uk.