

SKIN DEEP

The London Dermatology Centre, Cambridge Country Club, Toft Road, Bourn, Cambridge CB23 2TT
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The London Dermatology Centre at Cambridge Country Club offers expert insights to the best skincare solutions and treatments. Founder, and a familiar face from television's *Embarrassing Bodies*, Dr Sunil Shopra tells Velvet more about the new clinic

What led you to become a dermatologist and launching the London Dermatology Centre?

I had completed a six-month job in dermatology and I thoroughly enjoyed it. I decided to embark on a training course in dermatology at University College London where I completed two years of research in the nerve and blood supply of the skin and published a significant number of papers. I find dermatology both intellectually stimulating as well as being an extremely practical subject.

Why did you choose the Cambridge Country Club as a clinic location and how is it going?

I realised that during the pandemic that a lot of Londoners were moving to Cambridge to have a more outdoor life and enjoy the Cambridgeshire countryside. When I visited the facilities, I saw its potential in terms of providing holistic care and jumped at the chance of opening the clinic. We can now provide dermatology in an extremely rounded way where we can treat dermatology disease and also rejuvenate and make the skin more beautiful. Our treatments can be combined



with all the other facilities at Cambridge Country Club, including the gym and the swimming pool and healthy eating to provide our patients with a comprehensive and holistic dermatology service.

Can you tell us what is important to consider when choosing a dermatologist?

The most important factor to consider is to make sure that the dermatologist is on the GMC specialist register. This can be found on the GMC specialist register if you know the name of your doctor – not all doctors advertising themselves as skin specialists are in fact dermatologists. It is important

to be careful of the term skin specialist or aesthetic skin specialist as these are often not consultant dermatologists and are not on the GMC specialist register.

What brings people to the London Dermatology Centre and what distinguishes the Centre?

The London Dermatology Centre has been a skin clinic in London for more than 16 years and we have an established reputation for quality and honesty. We have one of the broadest ranges of laser treatments available in the UK and we also specialise in medical dermatology, such as vitiligo, skin cancer and acne.

The London Dermatology Centre at Cambridge Country Club

The new and sister clinic to the flagship London Dermatology Centre, which has been running for more than 15 years, the London Dermatology Centre at Cambridge Country Club offers expertise in a beautiful wellness centre and spa setting.

The dermatologists are experienced and registered with the General Medical Council, or with the Nursing and Midwifery Council. The Centre has a team of specialists to treat both general dermatology and aesthetics to include acne scarring, vitiligo, acne, eczema, allergies, cosmetic procedures and skin cancer. The Centre also treats children. The Cambridge Country Club, which hosts the Centre, offers luxurious treatments, spa days, fully equipped gym, tranquil relaxation rooms, swimming pool, heat experience suites, elegant mani-pedi lounges and dining facilities to help clients feel balanced, recharged and restored.

Una Jefford leads the London Dermatology Centre's Aesthetic Clinic at the Cambridge Country Club

1. What treatments do you offer at the Cambridge Clinic?

We offer a full range of anti-ageing aesthetic treatments, from anti-wrinkle injections, dermal fillers, skin boosters, PRP, mesotherapy, chemical peels and laser rejuvenation, as well as laser for scarring, rosacea and hair reduction.

2. Are there particular skin conditions that many people look for help with?

Yes, we are very familiar with common skin conditions such as acne, eczema, psoriasis and vitiligo. However, we are also able help with skin infections and rarer conditions.

3. Are there particular treatments that can help?

Yes, phototherapy can be very beneficial for these skin conditions. This is a prescribed treatment that is requested

by a dermatologist. In some cases, a prescription is all that is needed to manage the skin.

4. What are the most popular procedures at the moment?

PDO threads to lift and tighten skin are currently popular. However, we see a range of clients with different needs and treatments. During the initial consultation, realistic expectations of what can be achieved by each treatment is discussed, helping clients to decide the best treatment to meet their needs.

5. What do you like most about what you do?

I get a lot of job satisfaction from seeing the patients' results and watching them grow in confidence all round.

