

AUTUMN AT THE Ü CLINIC: THE SEASON TO REFRESH

Why Autumn is the perfect season for your Full Face Rejuvenation

By Mr Siva Kumar - Consultant Plastic, Reconstructive & Cosmetic Surgeon

As the summer sun fades, autumn and winter are the ideal months to plan facial rejuvenation. Lower UV levels mean your skin can heal and settle without the risk of sun damage and pigmentation, and laser treatments are at their safest and most effective. Whether you are looking for a subtle refresh or a more transformative change, The Ü Clinic Aesthetics team offer a complete face rejuvenation service under one roof, from gentle laser treatments to advanced surgical techniques.



Improving texture, tone and colour

The Ü Clinic's extensive range of laser technologies allows us to target the many different signs of ageing and sun exposure. Fractionated CO² laser resurfacing improves skin texture, fine lines and scarring by stimulating new collagen production. Lumenis IPL (Intense Pulsed Light) targets uneven pigmentation, sun spots, redness and broken capillaries, giving a clearer, more even complexion.

Only have a lunchtime to spare?

No problem. Our CoolPeel™ laser offers a gentle yet effective resurfacing treatment with minimal downtime. It refreshes tired skin, softens fine lines and improves radiance, and most patients return to their normal routine almost straight away. It is ideal for those who want visible improvement without taking time away from work or family.

Longer-lasting, structural rejuvenation

For patients seeking a more significant change, we offer surgical options that address ageing at a deeper level. A deep plane facelift repositions the underlying structures of the face rather than simply tightening the skin. The result is natural-looking, long-lasting rejuvenation of the jawline, cheeks and neck, without a 'pulled' or 'operated' appearance. This can be combined with a neck lift, upper or lower eyelid surgery (blepharoplasty) or facial fat grafting to restore lost volume and youthful contours.

Combining treatments for better results

One of the great advantages of The Ü Clinic is that we can combine several techniques and technologies in a single, coordinated plan. Used together, these treatments work in harmony: surgery restores structure, fat grafting replaces volume, and laser improves the quality of the skin itself. Combining treatments can also reduce overall downtime, as recovery happens once rather than several times.

The Ü Clinic - Tailored Entirely to You

The best part is that every treatment plan is designed around you: what you would like to achieve, how natural you want the result, and how much downtime you can realistically allow. If you only have a few hours, we can offer a quick refresh. If you are planning to take time off over Christmas, we can be more ambitious with treatment and use the holiday period for recovery.

Your journey begins with a detailed, unhurried consultation with a Consultant who will assess your skin and facial structure, discuss your goals and recommend the options best suited to you.

BOOK AN AESTHETICS CONSULTATION

Ü VISION

National Eye Health Week, which ran from 21 to 27 September 2026, is a timely reminder to prioritise eye health. Conditions including glaucoma, diabetic eye disease and age-related macular degeneration can develop without early symptoms, meaning damage may occur before changes in vision are noticed. Regular eye tests can detect problems early and reveal signs of wider health concerns. Most adults should have an eye test every two years. At The Ü Clinic, we are committed to raising awareness of eye health. If you have not had your eyes tested recently, our Vision team is here to help.

[BOOK A VISION CONSULTATION](#)

Ü HEALTH

PARENTING THROUGH TEENS - A New 6-week Course | Starting Tuesday 3rd November at The Ü Clinic, Sevenoaks | Limited to 10 spaces

Drawing on first-hand experience of parenting teens, this course led by **Dr Shiv**, GP & Lifestyle Medicine Specialist and **Carleen Kirk**, Child & Adolescent Therapist, will provide parents with clinical-based education on the changing teenage mind and body, and create a community to help parents feel heard, strengthened and empowered to best support their teens.

[FIND OUT MORE & BOOK YOUR PLACE NOW!](#)

Ü SKIN & AESTHETICS

The Ü Clinic is pleased to introduce the **Madonna Eye Lift**, a non-surgical, mini-blepharoplasty. This precision CO² laser treatment is designed specifically for the delicate skin around the eyes. Benefits include softer-looking lines and creases around the eyes and a lighter appearance to hooded or puffy upper lids. It provides an alternative to surgical blepharoplasty for those seeking less downtime and lower-intervention. To find out more, book your personalised consultation at The Ü Clinic Sevenoaks or Oxted with Mr Siva Kumar, Consultant Plastic, Reconstructive and Cosmetic Surgeon.

[BOOK AN AESTHETICS CONSULTATION](#)