



# COLLAGEN BOOSTING TREATMENTS



THE  
MAYFIELD  
CLINIC  
BY DR. WESTON



# RADIANT SKIN

*The Mayfield Clinic by Dr Nestor offers a range of advanced skin rejuvenation treatments designed to boost collagen production and improve overall skin health. From radiofrequency microneedling (RFMN) to polynucleotides, Dermalux TriWave MD, and HArmonyCa biostimulators, these treatments all have different mechanisms which enhance skin quality, hydration and elasticity through the stimulation of collagen production.*

# WHAT IS COLLAGEN & WHY DOES IT MATTER?

*Collagen is the foundation of youthful skin. It's a vital protein that keeps the skin firm, smooth and resilient. Over time, natural collagen production declines, leading to wrinkles, sagging and dryness. By stimulating collagen growth, we can restore skin elasticity, reduce fine lines, and promote a more radiant, youthful complexion. The Mayfield Clinic by Dr Nestor in Edinburgh unveils 7 ways to boost collagen production...*





# RADIOFREQUENCY MICRO-NEEDLING

***Best for: Skin tightening & texture improvement***

*This procedure combines microneedling with radiofrequency energy to stimulate deep collagen and elastin production. Our device of choice is the Secret RF by Cutera for its proven long term data on safety and efficacy. It remodels the skin, improving texture, elasticity and firmness. Results continue to improve for up to 6 months.*

- ✓ *Proven for skin rejuvenation, acne scars & stretch marks.*
- ✓ *Safe for repeated use.*

*Recommended 3 - 6 sessions for optimal results. Prices from £500.*

# POLYNUCLEOTIDES (PNS)

***Best for: Hydration, elasticity,  
skin repair, fine lines & wrinkles***

*PNS are complex molecules that stimulate collagen production and improve skin texture. They can be used in skin boosters, cosmeceuticals, fillers and biorevitalization protocols. They are considered highly biocompatible and are sourced from natural origins (salmon or trout gonads).*



*Recommended 3  
sessions for  
optimal results.  
Prices from £300.*





***Best for: Preventing collagen breakdown & premature ageing***

*Daily sunscreen use is essential for preserving collagen. Sunscreens work by blocking or absorbing UV radiation, preventing damage to skin cells and the degradation of collagen. Broad-spectrum sunscreens protect against both ultraviolet B (UVB) and short-wavelength ultraviolet A (UVA) radiation. Daily use of broad-spectrum sunscreen with SPF 30 or higher protects against UV radiation and visible light to reduce their effects on photoageing. The Mayfield Clinic stocks Coloresscience, Obagi Skin Health, SkinCeuticals and HelioCare sunscreens. Prices from £34.*



# HARMONYCA™ HYBRID FILLER

***Best for: Instant plumping & long-term collagen stimulation***

*This unique filler combines Hyaluronic Acid (HA) for hydration and volume with Calcium Hydroxyapatite (CaHa) to stimulate neocollagenesis. HA fillers are useful for restoring facial hollows, while CaHa increases dermal thickness, improves skin texture and provides a lifting effect.*

- ✓ *Lifts, tightens & hydrates*
- ✓ *Immediate results*
- ✓ *Long-lasting effects (visible for 1-2 years)*

*Prices from £400.*

# TOPICAL RETINOL & VITAMIN C

***Best for: Boosting collagen naturally through skincare***

*Topical retinoids, such as tretinoin and retinyl palmitate, are often used for their anti-ageing effects. They have been shown to improve skin smoothness, skin roughness, scaliness and wrinkles.*

- *Retinol (Vitamin A): The gold standard for anti-ageing, helping smooth wrinkles, refine texture, and stimulate collagen renewal.*
- *Vitamin C: A powerful antioxidant that supports collagen formation, protects against UV damage and brightens the skin.*

*We recommend ZO Skin Health, Obagi and SkinCeuticals for scientifically backed formulations. Prices from £72.*





***Best for: Preventing collagen breakdown & premature ageing***

*This non-invasive LED light therapy boosts collagen and elastin production, helping to smooth fine lines, enhance hydration and even out skin tone.*

- ✓ *LED phototherapy is considered effective for skin rejuvenation.*
- ✓ *Also effective for acne, rosacea & psoriasis.*
- ✓ *Uses clinically proven 830nm & 633nm wavelengths.*

*Recommended 8 sessions for optimal results.  
Prices from £50.*



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## COLLAGEN SUPPLEMENTS

### ***Best for: Strengthening the skin from within***

*Oral collagen peptides help increase skin hydration, elasticity and density. These peptides are absorbed into the bloodstream and accumulate in the skin, forming the collagen matrix. Studies show they can reverse age-related collagen loss, reducing wrinkles and improving skin resilience.*

✓ *Our preferred brands:  
Skinade & ZENii SkinFusion.  
Prices from £130.*

# BOOK NOW

*By incorporating collagen-boosting treatments & skincare, you can restore your skin's natural vitality and maintain a youthful, radiant complexion.*

- ✓ Firmer, smoother skin
- ✓ Reduction in wrinkles & fine lines
- ✓ Increased skin elasticity & hydration
- ✓ Stronger skin barrier for better moisture retention
- ✓ Faster wound healing & improved overall skin texture

Book online or call 0131 467 1450.  
[www.themayfieldclinic.co.uk](http://www.themayfieldclinic.co.uk)



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