



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.

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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

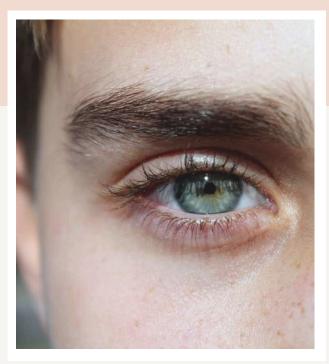
texture improvement
This procedure combines
microneedling with
radiofrequency energy to
stimulate deep collagen and
elastin production. Our device
of choice is the Secret RF by
Cutera for its proven long term
data on safety and efficacy. It
remodels the skin, improving
texture, elasticity and
firmness. 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 Colorescience, Obagi Skin Health, SkinCeuticals and HelioCare sunscreens. Prices from £34.



HARMONYCATM 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.



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

