

# Beauty Inside Out With Dr Shanika Arsecularatne

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**Dr Shanika Arsecularatne who is MBBS qualified and holds diplomas in Aesthetic medicine (USA) and Practical Dermatology (UK), speaks about the significance of aesthetic medicine and its perceived benefits.**

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**What was the thinking behind stepping into aesthetic medicine as your main career?**

Initially I went on to pursue my aspirations of becoming a Medical Doctor. While I was engaged in my studies, I got to know that there was a separate area of study dedicated to Cosmetic Medicine. Due to my mother, who is a renowned cosmetologist in the country and my own passion in this field, I wanted to specialise in Aesthetic Medicine. I found fusing beauty with medicine as the perfect combination with my background. Eventually, I joined my mother Prof Ramani Arsecularatne and rebranded ourselves as Christell Skin Clinic. We were the first to introduce novel cosmetic medicine treatments and made it accessible to everyone. I enjoy beautifying people and helping them to improve their self-confidence. Currently, I am working in the Cosmetic Care Clinic and Cosmetic unit at Durdans Hospital as well.

**Can you elaborate on the diverse services you provide at both places?**

We provide effective solutions and treatments for many skin and hair problems by combining latest medical technologies ranging from non-surgical scar revision to non-surgical correction involving lasers and chemical resurfacing. We tackle with many widespread skin problems such as acne and pigmentation. Using various cosmetics that contain toxic chemicals for skin lightening is a practice in commonplace today. These cosmetics cause severe skin disorders that would even affect in the long run. We offer medical treatments for such skin disorders as well. We provide skin and hair related treatments for both genders, though many assume cosmetics medicine is restricted for females only. We also offer a range of anti-aging and skin-rejuvenating treatments including laser treatments, high intensity ultrasound, RF therapy, stem cell therapy, botox and fillers to bring back a youthful complexion. By now, we have successfully completed over 1,000 platelet-rich plasma (PRP) therapy treatments.

## **We Were The First To Introduce Novel Cosmetic Medicine Treatments And Made It Accessible To Everyone.**

### **There is a powerful link between appearance and personality, how do you help your clients to strengthen their personality?**

In today's fast paced world, everyone is leading a hectic life style, which finally results in health issues like premature aging. This occurs mainly due to work-life stress and unfavourable lifestyle choices. The imbalance in hormones are also a reason for many skin flaws and diseases. Nowadays, adult acne has become a severe skin issue to which we provide special treatments. Undoubtedly, the first impression does matter and thus, physical appearance plays a vital role in shaping up one's personality. At Durdans Hospital as well at Christell Skin Clinic, we ensure research based and clinically proven advanced aesthetic medical treatments. These treatments are not only medical solutions but also personality boosters.

There are occasions where clients visit us to get treatments for certain skin diseases, unaware of the true causes behind them. The skin related issues are symptoms of internal health problems and we direct them to proper medical treatments as we are truly concerned about both internal and external wellness of our clients.

### **What type of cosmetic medical treatments do you offer to the modern-day workaholic?**

Researches conducted worldwide indicate a strong relationship between appearance and self-confidence. I attempt to redefine beauty despite the age. As the most advance Skin Care Centre in the country, we provide treatments powered by ultra-modern technologies. We offer an exclusive array of treatments for the working crowd that directly contributes to their career success by improving their self-confidence.

PRP therapy is a popular course of skin and hair treatment at Christell Skin Clinic. It is unbelievable how one's own blood cells can contribute in rejuvenating the skin and fighting against hair loss. PRP therapy is a non-surgical procedure, where a concentrated serum processed from the client's own blood is used to stimulate the production and growth of collagen. Many clients opt for such non-surgical based

anti-aging treatments due to their proven effectiveness. Body toning and contouring treatments are also available here.

Currently we cater to a large corporate clientele who visit us in search of many cosmetic medical solutions. In the corporate world, presenting oneself well is of paramount importance in terms of inculcating better professional relationships. When someone is self-assured, it is a scientifically proven fact that they perform better and excel in their respective fields.

**Were there any challenges that you had to overcome in the beginning?**

When I started my work as a Medical Doctor, cosmetic medicine was not very popular in the country. Therefore, creating awareness and convincing of its benefits was a challenge.

On the other hand, people were reluctant to embrace innovative medical solutions due to lack of knowledge. The perception about laser treatments was not positive sometimes back, as people were misled by inaccurate information and false beliefs. Therefore, it took us a considerable period of time to break such stereotypes deep-rooted in the society and earn the trust.

**At Durdans Hospital As Well As Christell Skin Clinic, I Ensure Research Based And Clinically Proven Advanced Aesthetic Medical Treatments. These Treatments Are Not Only Medical Solutions But Also Personality Boosters.**

With our loyal clientele and their testimonials, we were able to successfully penetrate the market and build up a great reputation. Today, the word-of-mouth referrals dramatically contribute to increase our client base. Therefore, many prospective clients come to us with a positive perception already in their minds.

However, even today, many do not consider seeking the help of a doctor involved in cosmetics medicine due to the obscurity of the procedures and not having the necessary knowledge on the significance and ease of the procedures involved.

**Moving forward, what are your future plans?**

We provide results oriented solutions by combining the trio of cosmeceuticals, oral medications and medically proven technologies. We are planning to come up with more advanced solutions in the future including Nutrient therapy. We are also constantly evolving to provide all aesthetic medicine related services under one-roof and our ultimate goal is to help our clients achieve beauty both inside out. Christell Skin Clinic will always be in the forefront of adopting futuristic technologies and processes.

