VIEW POINT

Introducing ocular rejuvenation, a treatment designed to bring vitality back to your eyes



Award-winning dry eye specialist Sharon Flora, above, has pioneered ocular rejuvenation at her clinic, The Eye Retreat MediSpa in Leeds

When it comes to aesthetics, the focus largely remains on skin rejuvenation, facial structuring and anti-ageing. Yet one feature is often overlooked: the eyes. Not the skin around the eyes, but the eyes themselves.

Enter ocular rejuvenation – a new concept that was first offered by The Eye Retreat Medispa, which has multiple UK locations. More than just a treatment for dryness, it is a multi-layered, holistic approach aimed at making the eyes more comfortable and improving ocular health.

Pioneered by the award-winning dry eye specialist Sharon Flora (pictured left), the programme begins with a full eye health check before moving into tailored treatments.

Options include intense pulsed light (IPL) therapy, which targets the underlying causes of discomfort and irritation, radio frequency therapy to improve the eyes' ability to produce the oil layer of tear film, and non-invasive heat-based treatments to help unclog glands.

The clinic also offers eyelid and lash hygiene services, which remove bacteria, debris and oil from the area, promoting healthy function. With every plan customised to the individual, The Eye Retreat, which was the first clinic in the UK to offer Inmode Envision radiofrequency to treat dry eyes, combines cutting-edge technology with holistic care, offering both long-term relief and visible rejuvenation.

THE NEW FRONTIER

With the rise of digital eye strain, we should pay extra attention to our eyes' wellbeing, something ocular rejuvenation addresses.

As such, viewing eye treatments as solely "medical" is now a thing of the past, Sharon tells **HELLO!**. "Your eyes deserve the same attention and care as your skin and overall health. Ocular rejuvenation is the new frontier in wellness and beauty routines."

To learn more or to book a consultation, visit theeyeretreat.co.uk

THE EYE RETREAT
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