

Defining the real YOU

How non-surgical feminisation
changed MY life

Nicole Gibson

By Vicky Grammatikopoulou



Nicole also happens to be a Male-to-Female transgender icon. At 39 and fully transitioned, Nicole is one of the most beautiful people I know – both inside and out. In this issue, Nicole talks to me about her reasons for choosing aesthetic treatments to accentuate her feminine looks.

I met Nicole for the first time 4 years ago when she visited our clinic for advice on how to maintain a fresh, youthful look; she wanted to explore ways to subtly enhance her feminine appearance. Her initial goal was to add a little volume to her lips, which she believed had thinned slightly with age.

One of the many benefits of non-surgical aesthetic treatments, or “tweakments” as we like to call them, is that they can gently redefine a person’s facial features or body shape without surgery. During her initial consultation, Nicole was taken aback when she learned of all the available alternatives to cosmetic surgery. Nowadays, aesthetic doctors have at their disposal innovative technologies which can achieve very impressive results in a minimally invasive way and with very little downtime - as opposed to surgical alternatives, which are often more expensive and invasive, and present a higher risk of complications.

One such innovation is the BOCA One-Thread Lip Lift, introduced to the UK by Dr Ioannis Liakas at Vie Aesthetics. This non-surgical procedure is great news for people looking for a non-surgical lip lift. In one session and with results lasting for up to 2 years, the BOCA Lift, which is also called the “Happy Lift”, helps to accentuate the lips. What Nicole loves about her BOCA Lift particularly, is that it also achieves a feminising effect of the face. This is done by reducing the length of the “philtrum” – the distance between lip and nose. In the past this could only be achieved through surgery.

The possibilities for achieving masculinization and feminization are vast within non-surgical aesthetics, both for men and women. Our aesthetic practitioners often expertly combine different treatments including threads, HIFU, radiofrequency and fillers, in order to achieve tailored results; for example, strengthening a client’s jawline or cheeks, melting stubborn pockets of fat, or using injections to tone and accentuate their buttocks and hips.

You may have seen her gorgeous face on posters and on your screens as part of the current #whatsyourname campaign for Starbucks. You may also recognise her from her guest appearances on Good Morning Britain and her acting roles on Silent Witness, Flack, Catastrophe, and Borderline. Indeed, with her tall, slender physique and dazzling smile, actress and model Nicole Gibson is an unforgettable sight.

For our friends and clients, Nicole is a familiar face featuring on our media and publications as a clinic ambassador, as well as a dear friend and loyal client.



“There is so much you can have done without going full blown surgery,” Nicole says. “Most of the treatments I’ve had are for the face. I’ve had a non-surgical nose job with filler to correct a crooked nose, following a broken nose from a transphobic attack in a night club. I’ve had my cheeks plumped, and I have had my chin reshaped and softened, all using filler. They are done in such a subtle way to help me look more youthful and more feminine, but also very natural. I don’t think many transgender people realise that you can have so many life-changing procedures, and I mean life-changing in the sense of feeling better about oneself and looking more feminine – or more masculine in the case of trans men.”

In the transgender world, some people opt to permanently reshape their faces by undergoing procedures known as Facial Feminisation (or Masculinisation) Surgery.

With soft or non-surgical procedures, results gradually diminish over time, and downtime is minimal. A skilled and experienced doctor will perform treatments in stages, carefully working towards their patient’s desired outcome and advising if something is not suitable. Cosmetic surgery, on the other hand, is a different beast. It typically involves large incisions, general anaesthetic, and considerable recovery time. Crucially, outcomes are also irreversible and permanent. Nicole is not a fan of these surgical procedures.

“I come across many transgender people on social media whose faces have essentially been surgically reconstructed. It’s a shame in my opinion because these people became unrecognisable. I guess they see transitioning as starting a new life. I’d hate to not look like me, even if that means I would not be as feminine looking as I could.”

At Vie Aesthetics, Nicole has also had treatments to add femininity to her physique, specifically her derriere. Although she already has an amazing figure, Nicole feels she is top-heavy, a result of her broad shoulders and the DD bust

that she grew with hormone treatment. She addressed this with the Non-Surgical Butt Lift with GeneFill. This minimally invasive procedure involves a special filler being injected to contour, tone, lift and reshape the butt. It’s a far safer alternative to the surgical butt lift (often referred to in the media as the “Brazilian Butt Lift”).

“Feminisation doesn’t just stop at the face,” Nicole says. “Women have shapelier hips and behinds. For me, I enjoy swimming but that doesn’t help create that figure. So, I had two GeneFill treatments and I LOVE the results! I’d never been able to wear dresses before without having them professionally altered. My size was 12 at the top and 10 at the bottom but now I’m just 12 and that makes life so much easier. People the world over have gone for [surgical] Brazilian butt lifts and some people have lost their lives [due to complications of the surgery]. It really is a no-brainer to go non-surgical and the results are incredible.”

Nicole loves the benefits of soft surgery, and the flexibility it offers her. You can have treatments as and when they are required in order to maintain an optimal outcome.

“I find it brilliant that you can make such a difference and I will forever encourage girls to go down that route before putting themselves through horrendous facial feminisation surgery. These are little procedures that you can have done in your lunchtime and which can do wonders for your confidence and your appearance.”

Despite Nicole’s original apprehension regarding aesthetic 4 years ago, she has never looked back. “Now when I visit Vie Aesthetics, it’s like I have a big neon light above my head saying feminisation and knock a few years off!” laughs Nicole. “The little things I’ve had done at Vie Aesthetics I’ll now get done for the rest of my life. The procedures are not intrusive, and the effects gently fade, making them far less scary than full-blown surgery. For me, it’s life-changing.”

If you are interested in finding out more about how soft surgery might enhance the femininity or masculinity, then you can contact Vie Aesthetics on 01268 204577. Or visit us at www.vie-aesthetics.com.

See you next issue!

Vicky Grammatikopoulou
CEO, Vie Aesthetics





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