



## Dr. Leah Totton

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## An Exclusive Q&A With Dr. Leah Totton

By Dr. Leah Totton

*The Apprentice winner Leah Totton opened her first cosmetic skin clinic in 2014, funded by a £250,000 investment from Lord Sugar. Situated in the lively London city centre, the Dr Leah clinic offers clients a wide range of aesthetic treatments, all of which are aimed at helping you to achieve a more radiant, youthful appearance.*

*The 25-year-old doctor from Northern Ireland is passionate about bringing excellence and a medical influence to the cosmetic industry and has been vocal in her calls for regulatory change.*

### **What inspired your transition from medicine to cosmetics?**

There was one particular incident that first sparked my interest – one of my mum’s friends had poor results from a dermal filler injection back home in Northern Ireland, and that’s when I started to read a bit more about the sector. I soon realised what state the industry was in; there was a lack of regulation in terms of the amount of ‘cowboy practitioners’ that were on the market and the real risk to patients was what motivated me to make a change. Through The Apprentice I was able to help vocalise regulation in the industry and hopefully work some way to increase patient awareness regarding the issues involved.

### **When did you come up with the idea for the clinics; was it before or during The Apprentice?**

It was probably halfway through medical school when

my interest in aesthetics started to grow. When I qualified as a doctor, I spent a lot of time shadowing various aesthetic doctors privately and really trying to build up my experience through mentorship. I think it is really helpful having a good mentor – or several if you can – who you can shadow and who can oversee your development. Cosmetic doctors should never stop learning, but I think the role of a really good mentor is important because of the lack of an official training scheme.

From there, the opportunity for The Apprentice came up and it seemed like a good platform to shine a light on the real feelings within the industry and an opportunity to try to educate patients and, hopefully, provide them with an example or a standard within the industry.

### **Is there anything in particular you would like to see implemented or changed?**

For me the priority is the dermal filler issue. The fact is we have a substance which is not a prescription only medication and that has now, under government regulation, become a medical device. That isn’t strong enough. There should be a strong push from the industry and from patients to truly put pressure on the government to make dermal filler a prescription only medication.

### **To what extent does the Keogh Review push forward towards change?**