

Dr Nina Bal is Shaping Modern Aesthetics by Enhancing and Empowering her Patients

Dr Nina Bal is a Cosmetic Dental Surgeon, Aesthetic Practitioner, and the Founder of Facial Sculpting in South Kensington, London. Standing at the forefront of non-surgical skin tightening and regenerative medicine, Dr Nina is a respected voice in Aesthetic Medicine and has received wide commendation for her significant contributions to the field. We interviewed Dr Nina as she earns further recognition in the Global Excellence Awards 2026.

Dr Nina graduated from the University of Pavia in 2003, obtaining a bachelor's degree in dental surgery and dental prosthodontics. She graduated cum laude, earning the best overall marks of the year for her thesis, 'Cross-Curricular Validation of Research Diagnostic Criteria for Temporomandibular Disorders: From the Formal Evaluation of the Instrument to the Analysis of Data'. She has also earned a highly respected diploma after completing a one-year postgraduate programme in cosmetic dentistry and aesthetic restorative dentistry in London.

Leveraging this extensive experience, Dr Nina now practices as an advanced Aesthetic Practitioner and opened her own clinic, Facial Sculpting by Dr Nina Bal in 2024. Through the clinic, she delivers bespoke treatment plans that abide by the Golden Ratio of Beauty to enhance her patients' innate beauty whilst maintaining their unique balance and individuality. She approaches her work with a huge sense of responsibility, taking a holistic approach guided by her core ethos of "less is more" to deliver subtle aesthetic tweaks that lead to excellent, yet natural, results.

"I analyse how the ageing process occurs in relation to the skin's structure," she explained, "always beginning by assessing facial symmetry and the proportions of the three thirds of the face. I then combine this with a mathematical ratio approach and my artistic eye before recommending treatments that address each layer of the skin in order to achieve a beautiful and harmonious balance of the face."

This informed approach has resulted in the development of the Dr Nina Advanced Facial Sculpting Formula, a signature treatment protocol that combines innovative technologies with regenerative medicine to lift, define, and balance the contours of the face. Results-driven and evidence-supported, this bespoke methodology comprises multiple steps of treatment for rejuvenation without surgery or downtime.

Treatment always begins with a thorough consultation, wherein Dr Nina conducts a detailed assessment of the patient's facial structure and personality. She told us: "Patients can sometimes have unrealistic expectations, so it's about managing those and having to say no to treatments when they are not appropriate. This can be difficult, but I have the medical knowledge and the confidence in my professional opinion to say no. I wish to build long-term trust with my patients rather than deliver short-term results."

The first stage of the Dr Nina Advanced Facial Sculpting Formula, for the right candidate, starts with Endolift®, a minimally invasive treatment where a hair-thin fiberoptic laser is inserted under the skin to effectively lift and tighten the skin, stimulate collagen, and reduce and remodel localised fat. Following that a course of InMode



Contoura is often recommended. Groundbreaking, non-surgical device protocols to target skin laxity and address skin tone and texture at Facial Sculpting also include; BTL EMFACE, Sciton HEROic and Lutronic LaseMD.

Finally, Dr Nina utilises injectable biostimulators such as Ameela Polynucleotides, Julaine of Sweden, and Jalupro skin boosters to rejuvenate skin from the inside out. This is a powerful combination that boosts collagen and elastin production, improves hydration, and enhances the overall quality of the skin.

Together, these treatments combine to create Dr Nina's signature treatment formula. "With my Dr Nina Advanced Facial Sculpting Formula, I have my blueprint," she shared. "A bespoke programme of next-generation injectables and devices to improve the architecture of the face while supporting the fundamental skin structure. I can visibly sharpen the contours of the face and improve skin clarity and tonicity."

Dr Nina Bal has made exceptional strides in reshaping the sector, developing cutting-edge treatments that always place the patient at the heart of the process. For the significant impact Dr Nina has made on the aesthetics industry, guiding her team to empower patients at no cost to their natural beauty, Facial Sculpting by Dr Nina Bal has been named London's Best Facial Transformation Clinic 2026.

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