

GULF PRIME

MAGAZINE

**Transforming
Healthy Ageing**

WOMEN
IN BUSINESS

**A Vision for
Lifelong
Wellness**

Meet

Dr. Fiona Caslin

Dr. Fiona Caslin's journey is redefining the way people approach ageing, health, and overall well-being

Meet Dr. Fiona Caslin The Expert Transforming Healthy Ageing

Success stories are often shaped by years of hard work, dedication, and a willingness to evolve. Few people represent these qualities better than Dr. Fiona Caslin. With a career spanning more than three decades, she has built a reputation that reaches far beyond clinics and consultation rooms. Today, she stands as one of the most respected names in aesthetic, regenerative, and longevity medicine.

From her early days as a physician in the United Kingdom to becoming an internationally recognized expert based in Dubai, Dr. Fiona's journey is a story of passion, resilience, and an unwavering commitment to helping people look and feel their best.

From Medicine Student To Visionary Physician

Every remarkable career begins with a dream. For Dr. Fiona Caslin, that dream started while studying medicine at the University of Sheffield. Even as a young medical student, she sought experiences beyond traditional learning. Her independently organized clinical training at Johns Hopkins Hospital in Baltimore gave her exposure to international healthcare practices and broadened her understanding of patient care.

After qualifying as a doctor, she spent years serving patients in general practice. Women's health, family planning, preventive care, and medical education became major areas of focus. During this period, she built strong relationships with patients and developed a deep understanding of the importance of long term health and wellbeing. Those years laid the foundation for what would later become a remarkable career in aesthetic and regenerative medicine.



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Finding A New Passion In Aesthetic Medicine

While many doctors choose to remain in traditional medical fields, Dr. Fiona recognized the growing importance of aesthetic medicine early on.

She understood that **confidence and self image play** a significant role in overall wellbeing.

In the early 2000s, she stepped into aesthetic medicine and quickly became fascinated by the combination of science, artistry, and patient transformation. Her approach was different from many others. Rather than focusing on temporary changes, she believed in enhancing natural beauty and supporting healthy ageing.

Her vision was simple yet powerful. She wanted people to feel confident without losing their individuality. That philosophy continues to define her work today.

Building One Of Northern England's Leading Clinic Groups

Entrepreneurship became another important chapter in Dr. Fiona's journey. In 2004, she founded Cheshire Contours, which would later become one of Northern England's largest doctor led aesthetic clinic groups.

Building a healthcare business was not easy. It required balancing clinical excellence with leadership, recruitment, and innovation. Over the years, she successfully expanded the business across multiple locations while maintaining exceptional patient care standards.

The clinics became known for their high patient satisfaction, strong referral networks, and commitment to safety. Under her leadership, teams of doctors, nurses, dentists, and therapists worked together to provide advanced treatments while maintaining a personal approach. Her ability to combine medicine with business leadership helped her stand out in a highly competitive industry.

A Career Defined By Experience And Excellence

Experience is something that cannot be replaced, and Dr. Fiona's achievements speak for themselves. Throughout her career, she has performed more than 300,000 aesthetic procedures. Among these, over 40,000 Sculptra treatments have established her as one of the most experienced collagen stimulation practitioners working internationally.

Her expertise extends across facial rejuvenation, skin regeneration, full face harmonization, regenerative medicine, and healthy ageing programs. Patients and colleagues alike recognize her ability to deliver natural looking results while focusing on long term health and confidence.

For Dr. Fiona, every treatment begins with understanding the individual. Her philosophy centers on personalized care rather than following trends.



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Taking Her Expertise To The Middle East

In 2014, Dr. Fiona moved to Dubai, marking a significant new chapter in her distinguished career. Bringing decades of medical expertise to the UAE, she went on to hold senior roles across leading clinics and healthcare organizations.

Her work has spanned *aesthetic medicine, regenerative therapies, longevity programs, physician training, and medical leadership*. Today, she continues to treat an international clientele while helping shape innovative healthcare services, earning recognition as both a respected physician and healthcare entrepreneur in the region's growing wellness industry.

Leading The Future Of Regenerative Medicine

Medicine continues to evolve, and Dr. Fiona has always believed in staying ahead of change.

Her current work focuses on regenerative medicine and longevity. Rather than simply treating visible signs of ageing, she emphasizes supporting the body's natural healing processes and promoting healthy ageing from within.

From platelet rich plasma therapies and polynucleotides to advanced collagen stimulation and personalized wellness programs, she combines science with innovation to deliver long lasting results.

Her approach reflects a growing shift in healthcare where prevention, optimization, and longevity are becoming just as important as treatment.

This forward thinking mindset has positioned her among the leaders shaping the future of aesthetic and regenerative medicine.

Sharing Knowledge With The Next Generation

Dr. Fiona's passion extends beyond treating patients. Throughout her career, education has remained close to her heart.

She has served as a GP trainer, medical educator, nurse prescriber trainer, and mentor to countless healthcare professionals. She has trained doctors, nurses, and aesthetic practitioners internationally, helping others build confidence and expertise.

Teaching allows her to give back to the profession that has given her so much. Many physicians who have worked with her speak highly of her mentorship, leadership, and commitment to excellence.

For Dr. Fiona, success becomes even more meaningful when knowledge is shared with others.

Balancing Leadership And Compassion

Despite decades of achievements, Dr. Fiona has remained grounded in the values that first inspired her to become a doctor. Compassion, integrity, and patient trust continue to guide every aspect of her work. Whether developing clinics, mentoring professionals, or treating patients, she believes healthcare should always place people first.

Her success has never been solely about numbers or recognition. It has been about creating positive changes in people's lives and helping them feel confident and healthy.

That human approach has earned her lasting loyalty from patients and colleagues around the world.



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Continuing To Inspire Through Innovation

More than 36 years into her medical career, Dr. Fiona is still driven by the same passion that first inspired her to become a doctor. As a Medical Director and Senior Aesthetic, Regenerative, and Longevity Physician, she is focused on helping people not just look better, but live healthier for longer. Beyond patient care, she mentors physicians and works with healthcare organizations to build stronger clinics and shape the future of modern medicine.

For Dr. Fiona, every new challenge is another opportunity to learn, innovate, and make a meaningful difference.

A Legacy Built On Purpose

Dr. Fiona Caslin's story is one of dedication, vision, and continuous growth.

From her beginnings in the United Kingdom to becoming an internationally respected physician in Dubai, she has built a career that combines medicine, entrepreneurship, education, and innovation.

More importantly, she has remained true to her purpose of helping people feel better, age gracefully, and live healthier lives.

In an industry that constantly changes, Dr. Fiona's experience, compassion, and commitment to excellence continue to set her apart.

Her journey serves as an inspiration for aspiring doctors, healthcare entrepreneurs, and anyone who believes that passion, hard work, and lifelong learning can create a legacy that truly makes a difference.