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BEAUTY & COSMETIC SURGERY GUIDE 2025

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A new Marylebone clinic with an innovative skin-to-soul approach

HOW TO QUALIFY

To be featured in the *Tatler* Top Doctors Directory, surgeons must be on the specialist register of the General Medical Council (GMC) and be members of their associated bodies (for example, BAAPS, BOPSS, BAPRAS, ENT UK), as recommended by the Royal College of Surgeons. Doctors performing non-surgical procedures should also be registered with the GMC and have no issues documented against them. All of the practitioners are peer-reviewed, while patient feedback is taken into consideration.

NUMBERS TO NOTE

GENERAL MEDICAL COUNCIL (GMC)
0161 923 6602; gmc-uk.org

BRITISH ASSOCIATION OF AESTHETIC PLASTIC SURGEONS (BAAPS)
020 7430 1840; baaps.org.uk

BRITISH ASSOCIATION OF PLASTIC, RECONSTRUCTIVE AND AESTHETIC SURGEONS (BAPRAS)
020 7831 5161; bapras.org.uk

The features in this Guide do not constitute medical advice. Please always seek your own tailored medical advice on the risks as well as the potential benefits of any medication, including in particular any prescription-only products, and before deciding to undergo any cosmetic procedure.



Queen of the scene

Dr Rita Rakus has earned many titles, but her latest is the best yet

OVER MORE THAN 30 YEARS IN THE aesthetics industry, Dr Rita Rakus has earned many – suitably regal – monikers. First, there was the ‘London Lip Queen’, inspired by her famous skill in achieving natural-looking results. Then, with the industry-leading selection of machines available at her much-loved Knightsbridge HQ, there was ‘The Machine Queen’. But now, thanks to some very exciting new treatments, as well as her sage approach of using multiple protocols to achieve the best results, a new title ought to be bestowed: ‘The Combination Queen’.

Of course, all these titles come alongside the string of formal accolades accumulated by this industry legend. When she’s not in London,

you might find Dr Rakus jetting between other glamorous clinics in Cannes, Monaco, Dubai or LA to stay at the very forefront of the global aesthetics industry. Meanwhile, she continues to hold an influential position on the anti-ageing board for the University of Singapore and is a founder member of the newly formed aesthetic medicine division of the Royal Society of Medicine.

It was in this role, during a recent conference in Marrakech, that Dr Rakus presented one of the most significant combination treatments available in the industry right now – which can only be found at the Dr Rita Rakus Clinic. This combines the well-known Emerald Laser, the latest state-of-the-art technology for fat

The EVRL device can improve gut health by boosting the proliferation of beneficial gut microbiota, reduce systemic inflammation and stimulate dormant stem cells

swelling, it can significantly reduce downtime – in fact, according to Dr Rakus, it can make other treatments, such as filler, utterly undetectable. This enhances her already sought-after Lips for Life programme, which sees patients ranging from the age of 18 to 80 and delivers different treatments. She offers needle-free lip-enhancing alternatives, including Perk, the new ProDeep laser, Sofwave, Thermage FLX and various other machines that can boost the lips. The latest polynucleotide skin boosters and exosomes are also used.

Speaking of exosomes, another treatment making waves at the Dr Rita Rakus Clinic is a new EXO|E serum, which can decrease the inflammation of the skin by up to 60 per cent. Dr Rakus says it also makes other skincare products used subsequently work harder – little wonder all of her patients can't stop raving about it.

Sofwave, a breakthrough in the realm of ultrasound technology for which Dr Rakus is the International Key Opinion Leader, continues to be an exciting treatment on offer. This FDA-cleared machine minimises fine lines, wrinkles and lifts the eyebrow, and lax submental and neck tissue. It's completely non-invasive and causes minimal discomfort, with visible results after a single session.

But a new arrival is making it even more effective: Pure Impact. This combines Sofwave technology with Plyopulse electrical muscle stimulation (EMS) to tone and firm muscles, mimicking whole-body exercises to deliver long-lasting results without downtime. Dr Rakus was excited to be involved in the launch of this game-changing new treatment, which is now on offer at the clinic.

As for other news, the clinic is expanding its intimate health department with the award-winning Dr Shirin Lakhani, chair of Menopause in Aesthetics. It's also working with the famous Cécilia Marcacci on a revolutionary hair-restoration treatment, delivered in collaboration with La Clinique Monte Carlo. Finally, multi-award-winning cosmetic dentist Dr Sheila Li is launching her expertise at the clinic – her specialist area is biostimulation and bio-restructuring. Watch this ever-evolving space for the latest – and greatest – in anti-ageing treatments at the Dr Rita Rakus Clinic.

removal, with the EVRL hand-device laser, adding significant wellness and longevity benefits to a treatment that was already the most effective and healthiest fat-removal treatment available.

The list of effects is extraordinary. It can improve gut health by boosting the proliferation of beneficial gut microbiota; reduce systemic inflammation; stimulate dormant stem cells; increase cellular health and enhance mitochondrial function; and stimulate the vagus nerve and aid in hair regeneration.

Another area in which Dr Rakus is utilising the extraordinary results of the EVRL device is in her rightfully famous lip treatments. As the anti-inflammatory action of EVRL can reduce

Dr Rakus' expert team



Dr Rita Rakus



Mr Kambiz Golchin



Dr Shirin Lakhani



Dr Sheila Li

Consultants



Dr Harry Arampatzis



Dr Cécilia Marcacci

Dr Rita Rakus Clinic, 34 Hans Road, London SW3 1RW

For more information, please visit drritarakus.co.uk or call 020 7460 7324 @drritarakus_



Setting the standard

Marking its 20th anniversary in 2025, SkinCeuticals C E Ferulic remains recommended by the UK's leading dermatologists and aesthetic doctors

WHEN IT COMES TO VITAMIN C serums, SkinCeuticals C E Ferulic has been a pioneer in the industry. Celebrating its 20th anniversary this year, it is still one of the most potent vitamin C serums money can buy, backed by more than 35 years of antioxidant research, over 40 clinical studies and demonstrated efficacy during in vivo (live skin) clinical studies.

SkinCeuticals is the number one aesthetic skincare brand recommended by UKI dermatologists in private practice* and is top

of the list for many beauty editors too. Its multi-award-winning C E Ferulic – which most recently won Best Environmental Protection in Best in Face at the *Tatler* Beauty Awards 2024 – is formulated with 15 per cent pure vitamin C and has been proven to deliver targeted visible results and eight times protection against environmental aggressors**.

The latest scientific studies have also highlighted C E Ferulic's efficacy when used in combination with laser treatments, with

the serum proven to complement the results and minimise post-treatment downtime for patients***. Think of it as the ultimate 'skinvestment' product for getting the most out of your skin and beauty treatments.

To take a closer look at SkinCeuticals' game-changing C E Ferulic vitamin C serum – plus the exciting launch of its latest product, P-Tiox, an advanced peptide anti-ageing serum – *Tatler* speaks to top dermatologist Dr Ariel Haus who always uses it.

'I have been recommending C E Ferulic to my patients for many years – it is one of the best vitamin C serums available'

What makes SkinCeuticals C E Ferulic remain a highly recommended and efficacious vitamin C in 2025 after 20 years on the market?

I've been recommending SkinCeuticals C E Ferulic to my patients for many years and, in my experience, is one of the best vitamin C serums available. This is because of the extensive research that has gone into making it, its formulation parameters [known as the Duke Patent Parameters], and the fact that it was created by a dermatologist for dermatologists. Another reason it's such a fantastic product is that it has been clinically tested, which means it's been through a very rigorous testing process over many years. That's what makes it so effective and loved. I recommend using C E Ferulic every morning to help protect the skin from external aggressors.

What is your recommendation to your patients to maximise laser-treatment results?

Before I do procedures, I always like to prepare the skin, and one of the best ways to do that is by getting patients to use C E Ferulic. It's a very powerful antioxidant that can also improve and prevent pigmentation and reduce the visible signs of ageing impacted by collagen decline, such as the appearance of fine lines. When you use vitamin C before, during and after laser treatments, you complement the results and minimise the downtime of these treatments. When we do laser treatments, the worst nightmare for any doctor is pigmentation. But when you use vitamin C, you can help prevent that and reduce the chance of it occurring.

What have been your discoveries while participating in the SkinCeuticals studies?

I've participated in many studies and there's a lot of scientific evidence that shows just how much the use of vitamin C can complement the results of laser treatments, as well as recommending it as a daily essential in everyone's morning skincare routine. This is particularly true when I use ablative lasers, which make little holes in the skin. Then, when I apply the C E Ferulic, it can complement this effect***. I always say to my colleagues when I give talks, it's important to



FACE VALUE
SkinCeuticals C E Ferulic serum was created by dermatologists and continues to be championed by leading aesthetics professionals such as Dr Ariel Haus



Dr Ariel Haus

Dr Ariel Haus qualified as a medical doctor and trained as a dermatologist in his home city of Rio de Janeiro before establishing his private dermatology clinic on Harley Street in 2010. He is passionate about skin and helping his patients look their very best, and is now one of the most sought-after dermatologists in London.

His clinic has a special focus on non-surgical laser treatments and features the most up-to-date laser technologies. He highly recommends the SkinCeuticals range.



have the latest technology, the best technique and the best skincare. That's where our work with SkinCeuticals comes in.

What is the latest innovation within the skincare industry you are most excited about?

The launch of SkinCeuticals P-Tiox serum – it is a fantastic anti-ageing product formulated with peptides. I do a lot of anti-wrinkle injections and this complements the outcome. It gives a glass-like radiance to the skin, which is very trendy right now. I recommend combining it with C E Ferulic and using them together every morning as the ultimate anti-ageing duo. I myself use them both every single day.



The golden touch

Led by celebrity surgeon Dr Andreas Androulakakis, the Galen team delivers game-changing facial and body treatments that offer instant transformation

THE INFLUENTIAL WORK OF SECOND- century Greco-Roman physician and philosopher Galen argued that the health of the body relied on one key concept: equilibrium. Medicine may have changed dramatically since then, but the Galenic philosophy of balance provides inspiration for the holistic aesthetic at a most modern clinic named after him. The Galen Clinic emphasises balance between internal health and external beauty, offering treatments that are both aesthetic and wellness-driven.

The setting makes visiting feel more like a sensory journey through a six-star retreat than a cold, impersonal clinic. It's located in a Grade II-listed Georgian townhouse, at once a hidden gem and the jewel in Queen Anne Street's crown in London's sought-after Harley Street area. The carefully curated interiors, full of bespoke furniture and opulent light fittings, enhance the sense of luxury, while the cutting-edge technology – from the latest in regenerative therapy to training machines for metabolic and cardiovascular enhancement – are indicative of the industry-leading treatments on offer here. Ensuring discretion and privacy are paramount at Galen, which offers 24/7 access to medical staff as well as home visits or virtual consultations and even a separate entrance for

Bespoke treatments

SOFWAVE

This non-invasive ultrasound treatment is designed to stimulate the skin to enhance the production of collagen, while reducing wrinkles and tightening. It's popular among those seeking youth-boosting results without surgery, and is effective on the brow, neck and beyond.

EBO2 THERAPY

This advanced blood oxygenation and blue-light-therapy treatment is designed to reduce inflammation and boost the immune system. The Galen Clinic finds that it is effective post-surgery, as it can speed up the body's recovery.

BODY CONTOURING

At the Galen Clinic, Vaser Liposuction is combined with radiofrequency treatments to remove fat and tighten skin. This procedure is popular in the context of weight management and post-pregnancy rejuvenation.

The clinic emphasises balance between internal health and external beauty, offering treatments that are both aesthetic and wellness-driven

high-profile clients (A-listers with the most exacting standards feel quite at home here).

The power couple behind it all are founders Dr Andreas Androulakis, a consultant plastic surgeon, and partner Popi Makri. Together with a team of specialist doctors that includes leading surgeons and aestheticians, they have set a new benchmark in medical excellence, focusing on preserving vitality and providing age-proofing of the skin, body and mind – with the overarching aim of elevating health and happiness. Their expertise in longevity and modern health solutions also mean that Galen is the clinic to head for if you're looking to supercharge your biological potential.

Among the clinic's specialities are a variety of aesthetic and reconstructive surgeries, including the 'mini facelift', which addresses ageing concerns in the most natural, subtle way possible, focusing on tightening both the neck and face to restore a youthful appearance. Breast augmentation and lifts are another area in which this unique clinic excels, utilising techniques like fat grafting to create proportional, natural-looking enhancements. Then there are body contouring treatments such as Vaser Liposuction, which is frequently combined with radiofrequency to remove fat and tighten skin – a popular combination in the context of weight management and post-pregnancy rejuvenation.

As well as body treatments, Dr Androulakis focuses on the face to keep you looking radiant from top to toe. 'As a consultant plastic surgeon, my philosophy is simple,' he says. 'Your face tells your story, and my goal is to help you look as vibrant and youthful as you feel inside. Facial rejuvenation is not just about reversing the signs of ageing; it's about enhancing your natural beauty in the most refined, artistic way possible. With precision, expertise, and an eye for detail, I create results that are both transformative and timeless, ensuring you look and feel your absolute best at every stage of life.' After all, isn't that what everyone is seeking?

Meet the team



Dr Andreas Androulakis
Consultant plastic surgeon
specialising in cosmetic and
reconstructive surgery



Dr George Tselentakis
Consultant orthopaedic surgeon
in charge of Galen's orthopaedic
and sports injury practice



Dr Nathan Curran
GP and functional medicine
practitioner focusing on evidence-
based methods to support longevity



Dr Theodore Nanidis
Consultant plastic and
reconstructive surgeon specialising
in bespoke cosmetic surgery



Dr Catherine Borysiewicz
Dermatologist specialising in
treating complex skin conditions
and enhancing skin health



Dr Zia Stratos
Associate nutritionist focusing
on emotional and physical health

A close-up, high-angle portrait of a woman's face, focusing on her eyes and nose. She has light green eyes and is looking slightly upwards and to the right. The lighting is soft and directional, highlighting the texture of her skin and the details of her features. A large, semi-transparent watermark reading 'VISUALSON' is overlaid diagonally across the center of the image.

A clear vision

*Professor Daniel Ezra's focus
on one specific area – the eyes –
allows him to become a true
expert in a complex field*

EYES ARE NOT ONLY ONE OF THE most delicate but one of the most treasured parts of our bodies. So when it comes to eye surgery, both medical and aesthetic, one needs absolute certainty that the medical professional in charge has watertight credentials and is at the top of their game. With the support of his expert team, specialist oculoplastic surgeon Professor Daniel Ezra provides exactly that, offering primary and revision blepharoplasty, reconstructive eyelid surgery and the treatment of lacrimal disease (to name but a few) from the renowned Moorfields Eye Hospital, as well as his private practice at 152 Harley Street, The Ezra Clinic.

It's no exaggeration to say that Professor Erza is a leading expert in the field. Over years of research and clinical work, he has won many awards and prizes, including being highly commended for his surgical results at the National Aesthetic Awards. His research into eyelid laxity led to a doctorate, which was awarded the Sir Lionel Whitby Medal and deemed a thesis of 'exceptional merit' by the University of Cambridge. Meanwhile, he has held leading positions including acting as the chief of oculoplastics at Moorfields Eye Hospital.

But accolades and titles can only count for so much – a clinic of this stature depends on an outstanding team. Each member of the team is an expert and has been selected by Professor Erza because they are exceptionally skilled in their specific field. They include ophthalmic

The central priority is achieving the best possible result without risking the patient's health or compromising the eyes

and oculoplastic surgeons Dr Tessa Fayers, Dr Caroline Wilde and Dr Alia Issa. These esteemed consultants also having worked at Moorfields Eye Hospital and the Western Eye Hospital, another very prestigious eye hospital. Together, they have led The Ezra Clinic to be recognised as an international centre of excellence for aesthetic eyelid surgery and non-surgical enhancements.

Patients can rest assured that whatever the treatment, bespoke and careful planning will be carried out with them personally. This might well include leading technologies including 3D facial analysis, which allows for the underlying morphological features of the face – as well as how they come together to manifest features – to be properly understood. Such detailed analysis allows for more informed discussion and understanding of the different treatment options available, tailored exactly to an individual's needs.

When it comes to aesthetic treatment, the central priority is achieving the best possible result without risking the patient's health or compromising the eyes in any way. Blepharoplasty, also known as eyelid lift or eyelid reduction surgery, is among Professor Ezra's most commonly performed procedures. It's often carried out in conjunction with additional procedures that can enhance results, from a midface lift, which helps to reduce sagging and restore continuum between the cheek and eyelid, to hyaluronic acid fillers to smooth lines around the eyes and platelet-rich plasma injections. The Ezra Clinic advocates a more nuanced approach than the traditional dichotomous separation of surgical and non-surgical treatments. Other treatments on offer include polynucleotides, laser resurfacing, skin boosters, Botox injections and much more.

Committed to teaching and training, Professor Ezra, Dr Wilde and Dr Fayers also run courses on tear trough filler treatments for advanced practitioners and have published research on many areas of aesthetic oculoplastics. Nothing screams 'expert' like having your clinic be a centre of learning for the next generation of specialists.

Bespoke treatments

BLEPHAROPLASTY

To say that The Ezra Clinic is a centre of excellence when it comes to blepharoplasty is no exaggeration. Professor Ezra is responsible for approximately 10 per cent of all blepharoplasty surgery conducted in the UK, so you know you're in the hands of a true expert.

BLEPHAROPLASTY PLUS

'Blepharoplasty plus' describes additional procedures that are performed to enhance the result of the surgery. This could be anything from a fat transfer to restore lost volume to a midface lift, or something as simple as hyaluronic acid fillers to smooth lines around the eyes.

Professor Ezra's expert team



Professor Daniel Ezra

'Our clinic's commitment and track record of research is unique among aesthetic practitioners. By prioritising investigator-led research, we are a driving force in changing the culture within aesthetic medicine. Our accolades have made us a highly sought-after group of surgeons and we're proud to work together as part of the Ezra Clinic.'



Dr Caroline Wilde

An ophthalmic and oculoplastic surgeon specialising in blepharoplasty surgery, eyelid surgery and facial aesthetics.



Dr Tessa Fayers

With more than 10 years' experience as a consultant oculoplastic surgery, Dr Fayers is an expert in eyelid disease.



Dr Alia Issa

An esteemed ophthalmologist offering a wealth of expertise and a passion for aesthetic oculoplastics.



The tweakment guru

Dr Preema Vig works her expert skin rejuvenation magic from her glamorous clinic on Park Lane

WHEN IT COMES TO THE CHICEST clinic in town, that award might well go to the Dr Preema London clinic. Set on Park Lane, right in the heart of Mayfair, and overlooking leafy Hyde Park, it's a mecca for those seeking the very best in non-surgical aesthetics, drawing top models, actors and professional athletes. They come to be treated by the expert hands of Dr Preema Vig, a facial rejuvenation guru specialising in Botox, dermal fillers and skin-rejuvenation treatments, such as the original skin-booster disruptor Prophilu, and innovative bio-engineered exosomes such as Morphiya.

Alongside this, Dr Preema is well-regarded for her strong focus on patient education and empowering patients to make informed choices when it comes to their aesthetics. Her popular education evenings at the clinic allow patients to ask important questions in a safe environment and learn about everything from personal awareness and burnout to modern-day menopause solutions. Little wonder, then, that her clinic remains the go-to for those seeking an elegant, uplifting and luxurious experience.

PROPHILO STRUCTURA AND PROPHILO 'I have offered Prophilu for many years and it remains the most frequently requested for bio-remodelling, lifting and radiance-boosting,'

Dr Preema Vig

Sought after for her skill in achieving exquisite, subtle and natural-looking results, Dr Preema is an experienced aesthetic doctor and former GP. She is known for her magic touch when it comes to the lower face, which she transforms by using the latest injectables and regenerative medicine innovations.



Dr Preema is well-regarded for her strong focus on patient education and empowering patients

says Dr Preema. 'The recent launch of Prophilu Structura has been a game-changer, with an innovative approach to restoring facial fat through natural regeneration.' Prophilu utilises one of nature's most potent molecules, hyaluronic acid with patented Nahyco technology, and delivers unrivalled multi-level bio-remodelling for results that go beyond the glow. Prophilu Structura is the first injectable treatment to naturally address midface rejuvenation by uniquely restoring facial fat, challenging conventional approaches with transformative and natural-looking results that continue to redefine beauty standards. Prophilu Structura is clinically proven to restore superficial fat to its original position, effectively tackling age-related concerns such as pronounced facial hollows, skin laxity, and the development of a squarer facial shape resulting from midface fat loss.

SYLFIRM X RF MICRONEEDLING WITH MORPHIYA

Created by the inventor of RF Microneedling, Dr Na, this dual-technology approach allows Sylfirm X to stimulate collagen and target specific skin issues, such as fine lines, pigmentation and redness. Sylfirm X uses ultra-fine gold tip microneedles to deliver RF energy into the skin with controlled energy to stimulate natural collagen production, creating a firming and lifting effect over time. Known as the 'Na Effect', Sylfirm X has been designed to cause less trauma, reducing post-treatment downtime, whilst still creating clinically proven results. It is often twinned with Morphiya – an innovative breakthrough in skin-rejuvenation technology. This cutting-edge treatment revitalises and restores skin health at a cellular level to improve skin texture, elasticity and radiance.

THE EXOSOMES SUITE

'With growing interest in regenerative medicine and combination therapies we have introduced an Exosomes Suite,' says Dr Preema. A precursor of stem cells, exosomes have 380 growth factors and 30 forms of collagen to help skin concerns like wrinkles, rosacea and acne.

VANITY CASE

HIT THE SUITE SPOT

Q: What could possibly be better than a doctor-designed facial that leaves skin smoother, tauter and with a megawatt glow? A: One that's delivered while you are ensconced in Frette sheets and is followed by a tisane served poolside. Right now, some of the most sought-after surgeons and injectors are joining forces with London's finest five-star establishments, and their fans can't line up fast enough. In the Japanese-inspired spa at Claridge's, oculoplastic surgeon Maryam Zamani's cult MZ Skin range is brought to life in the Ultimate Lift – a 90-minute ritual of contour-chiselling massage, LED light therapy and multi-masking – and the accompanying scalp, shoulder and foot massage takes relaxation to all-new heights.

Skin expert Dr Uliana Gout has a residency at 45 Park Lane: try her Luxe Regal, which incorporates nine hi-tech therapies, such as exosome infusion, skin-tightening radiofrequency and an oxygenating O2 Jet Bubble. Over at The Langham, Ascot-based Dr Ashwin Soni slips in by the private entrance to administer his discreet injectables, among them, collagen-stimulating Sculptra and polynucleotides. (Arrive early to use the spa or take tea in the grand lobby.)

In the gleaming Lanesborough, the aesthetic specialist Dr Kaywaan Khan brings a hedonistic slant to his Time Travel Treatment with the addition of a holistic therapist who works in tandem with him. Techniques such as reiki and reflexology using CBD render the accompanying microneedling, applications of exosomes and injections of Jalupro skin boosters almost pain-free.

claridges.co.uk; dorchestercollection.com; lanesboroughclubandspa.com; langhamhotels.com

FRANCESCA OGIERMANN-WHITE

LET'S GET MEDICAL

It's a double-dose treat to visit the likes of The Dorchester and Claridge's and find a favourite aesthetician in residence

VANITY CASE

The Youth Matrix Activator, £165, **DELORX**

Retinol Reboot Body Exfoliating Treatment, £31.99, **ALPHA-H** at uk.alpha-h.com

Hyaluronic Acid Intensifier Multi-Glycan, £120, **SKINCEUTICALS**

Yellow Face Peel, £149, **DR DAVID JACK**

Vitamin C 10% Serum, £85, **PERS** at harrods.com



ExoYouth Cleansing Balm, £55, **SKINCYCLES**

PRIME TIME!

Switch up your daily skincare armoury and put extra potency top of the beauty agenda

By **ASTRID JOSS**

Fancy a flawless face or body that looks like it has never done a day's work? No problem. Employ these powerhouse products, painstakingly honed in labs by leading scientists, which aim to deliver miraculous results. Whether it's subtle tightening around the eyes, a contoured physique or a pigment-correcting mask courtesy of the masterful Dr David Jack, they're the most scientifically advanced formulas for leaving you a-glow.

Youth Glove Protocol Hand Care Trio, £165, **ORVEDA**

Signature Serum, £85, **DR SOMJI**

Anti+ Serum, £120, **TERESA TARMY**

Retinol Night Repair, £72, **DR SEBAGH**



THE FUTURE LOOKS BRIGHT

HOW TO REBUILD YOUR SKIN BARRIER

The cult facialist Sarah Chapman has launched her new Barrier Repair Facial, and it's exactly what sensitised, stressed-out skin has been craving. First up is a Visia Skin Analysis – to pinpoint damage – swiftly followed by a flurry of redness-reducing peels, algae and collagen, as well as hydrating masks to calm compromised complexions. Her delivery systems are at the sharp end of science, too. (Take her medical-grade, deep-wavelength regenerating cryotherapy and light-therapy devices, designed to promote a wound-healing response.) But she still performs traditional lymphatic drainage to hasten convalescence. Book in post-laser, post-microneedling, or even post-surgery to support a swifter recovery. Your face will thank you. £360 for 90 minutes; sarahchapman.com

HOW TO REJUVENATE SKIN NATURALLY

Elenique, Fulham's most in-demand clinic, offers targeted facials for every concern. For unprecedented skin-soothing – and an off-the-charts glow – its Dermalux LED Phototherapy cannot be beaten. This uses therapeutic light energy in clinically-proven blue, red and near-infrared wavelengths to trigger a cascade of benefits: reducing irritation, doing away with acne-causing bacteria and kickstarting the replenishment of depleted collagen stores. Particularly noteworthy is the wonderfully soothing sensation: a single spell under the warm light feels like the equivalent of an hour basking on a sunny beach. From £50; eleniqueaesthetics.co.uk

Mystro Active Balance Serum, £230, **SKINBETTER SCIENCE** at getharley.com

Vitamin C Power 2 Face Serum, £115, **SARAH CHAPMAN**

Hydrate Light Weightless Gel Cream, £40.50, **OBAGI** at cultbeauty.co.uk



The NEW Rejuvenating Night Cream, £350, **LA MER**

Anti-aging Night Cream, £118, **CHITOCARE BEAUTY**



The collagen treasury

Have you ever heard of premenopausal collagen banking? When it comes to storing and preserving this most valuable skin protein there's only one name to know: Eudelo

IN THE FIRST FIVE YEARS AFTER menopause, women are expected to lose around 30 per cent of their skin's collagen. With that rather unjust fact in mind, the concept of 'collagen banking' suddenly becomes a lot more interesting – as does the fact that this proactive skincare strategy is on offer at Eudelo, the highly trusted, dermatologist-led, multi-award-winning private skin clinic in London.

Collagen banking is a preventative measure that has gained much popularity among premenopausal women looking to stimulate collagen before significant signs of ageing appear. It aims to slow down and counteract the natural decline of collagen by creating a 'reserve' via regenerative in-clinic treatments, allowing you to enter the rollercoaster of hormonal changes with the highest collagen levels possible.

By actively stimulating production, women can build up their reserves of collagen. Eudelo's 'Collagen Conservation Masterplan' centres around three treatments: NucleoHydrate Needling, which involves creating controlled micro-injuries to simulate the body's natural healing process (and collagen production), as well as an infusion of polynucleotides; the

The treatments create a 'reserve' of collagen via regenerative in-clinic treatments

Conservation masterplan

1. NUCLEOHYDRATE NEEDLING
Micro-injuries in the skin stimulate collagen production via the natural healing process, plus polynucleotides.

2. EUDELO SOUNDLIFT
Micro-focused ultrasound technology activates dermal fibroblasts and promotes lasting collagen production.

3. EXOSOME E-PROTEUS
The infusion of bio-identical exosomes with microneedling and radiofrequency is delivered into the deep dermis, while keeping the skin surface cool.



Eudelo SoundLift, which utilises micro-focused ultrasound technology to activate dermal fibroblasts; and Exosome E-Proteus, which combines exosomes with microneedling and radiofrequency delivered directly into the dermis.

Together, these three treatments create something of a collagen 'savings account', stimulating and preserving it for future use so that skin remains more youthful and plump over time. It's also a wonderful example of prevention via active planning rather than reactive correction, focusing on proactively maintaining the skin's health and appearance. This means that instead of looking 'overdone', you are naturally radiant and refreshed – all thanks to just a little forward planning.



Leading light

Celebrating 15 years since he first opened his clinic on Harley Street, Dr Ariel Haus combines a rare depth of experience with pioneering dermatological treatments

IT'S BEEN A REMARKABLE 15 YEARS or so for Dr Ariel Haus. Since opening his first clinic on Harley Street, he has become one of the most trusted names in the field of dermatology, both medical and aesthetic. His luxuriously appointed clinic now occupies the entire first floor of a Grade II-listed building near the corner of Harley Street and New Cavendish Street in Westminster, with a team of 20 that includes six dermatologists, while he continues to also work part-time for the NHS.

Dr Haus can still clearly remember the moment he decided to specialise in



An understanding of the connection between appearance and wellbeing led Dr Haus to helping patients look and feel their best

Considerable experience has resulted in the knowledge that people often have multiple skin issues at the same time, with no one-size-fits-all treatment. That's why the clinic offers a broad range of options and personalised treatment plans, from energy-based treatments such as radiofrequency, ultrasound and laser, which can be combined with injectable

dermatology, during his second year of medical school. He heard lauded Professor Ivo Pitanguy, widely considered the founding father of cosmetic surgery in Brazil, give a talk about treating the victims of a circus tent fire. Pitanguy explained how the treatment had not only eased the physical pain of the burns on their skin, but helped to restore something deeper: their self-worth. This understanding of the connection between physical appearance and wellbeing led Dr Haus to devote his life to helping patients look and feel their best.

In the intervening years, most notably the past 15 years on Harley Street, this pioneering dermatologist has repeatedly achieved this admirable aim. Dr Haus Dermatology specialises in the non-surgical treatment of cosmetic and aesthetic skin concerns, as well as medical issues ranging from acne to psoriasis, across the face, neck and body.

treatments, to polynucleotides and microneedling.

One of the most exciting new additions to Dr Haus's arsenal is the innovative Smartxide Tetra Pro Cool Peel Laser – which Dr Haus Dermatology is the first clinic in the UK (and one of the first in the world) to offer. Since 2022, the clinic has offered the original Smartxide Tetra Cool Peel Laser, an innovative fractional CO2 laser that makes skin clearer and healthier with minimal downtime. With a 30 per cent increase in treatment speed, the new Tetra Pro offers even more efficient treatment, reducing wrinkles, pigmentation and acne scars for a clear, radiant complexion.

Aftercare is tantamount to success, and everything from tailored skincare regimes to follow-up recommendations are on offer. The clinic is praised for its warmth and new patients come via personal recommendations. It's always more than skin deep at Dr Haus Dermatology.

Top treatments

POLYNUCLEOTIDES

Polynucleotides are bio-stimulators derived from fragments of salmon DNA. Injected into the skin with an ultra-fine needle, they reduce the appearance of lines, wrinkles, and dark circles by stimulating elastin and collagen production.

ULTHERAPY

Dr Haus Dermatology has been performing Ultherapy treatments for more than 10 years. Using the latest version called Ultherapy Prime, micro-focused ultrasound energy delivers heat deep within the skin, stimulating the production of collagen and elastin, thus lifting and tightening.

SMARTXIDE TETRA PRO COOL PEEL LASER

This fractional CO2 laser treatment is an enhanced version of Smartxide Tetra Cool Peel Laser. From reducing wrinkles, brown spots, fine lines and skin laxity to treating pigmentation issues and acne scars, the Tetra Pro delivers exceptional results for a more radiant complexion.

For more information, please visit drhausdermatology.com, or to book an appointment call 020 7935 6358

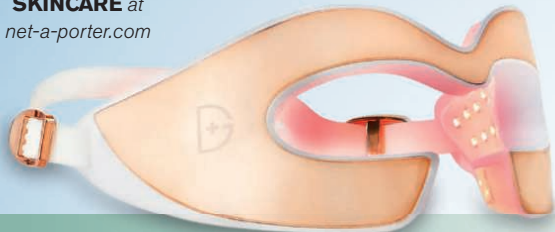
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DEVICE SQUAD

*All hands on smart tech!
Futuristic at-home tools can
fire up gloss and glow*

Want to up your beauty power-game? It's a cinch with these thoughtful gadgets. Take it from the top with the black-jade gua sha scalp tool for healthier, thicker hair, right down to your décolletage with the genius FAQ 211 wrinkle-removal device. Or perhaps, in the comfort of your own home, you simply want to achieve an all-over silky-smooth body within minutes? These are the ultra-effective and elegant solutions you need to know. **AJ**

DRx SpectraLite EyeCare Max Pro Eye Mask, £199, **DR DENNIS GROSS SKINCARE** at net-a-porter.com



Lightmax Supercharged LED Mask 2.0, £750, **MZ SKIN**



Jade Gua Sha Scalp Comb, £24, **CHÂMPO**



MicroCurrent Skin Scrubber and Blackhead Remover, £49.95, **GESKE**



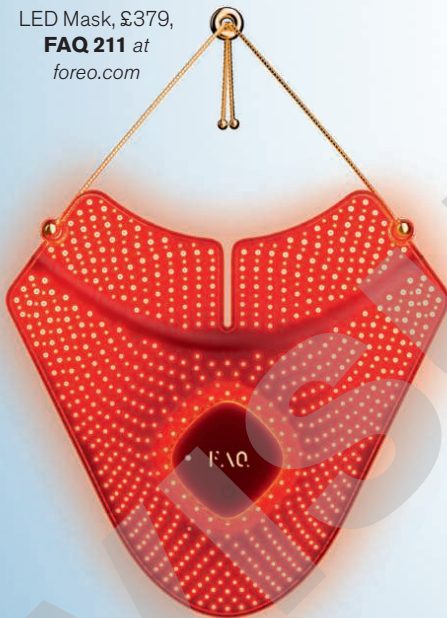
DRx SpectraLite LipWare Pro, £149, **DR DENNIS GROSS SKINCARE** at net-a-porter.com



LYMA Laser Pro, £4,995, **LYMA LIFE**



Anti-aging Neck and Décolleté LED Mask, £379, **FAQ 211** at foreo.com



The Contour Pro, £249, **DR LEVY SWITZERLAND**



CellLift Neck and Décolleté, £290, **CELLCOSMET**



LED Device, £400, **LIGHTINDERM** at johnbellcroyden.co.uk



IPL Hair Removal Device, £269, **PEACH 2 GO** at foreo.com



Water Flosser, £59.99, **ICY BEAR DENTAL**



HOW TO TURBOCHARGE RECOVERY

Hydrogen, the smallest molecule in the universe, is big news if you're seeking optimal health before or after a procedure. Since international research studies found that inhaling a safe and inert form of the gas can counter the negative impacts of oxidative stress, there has

been a lot of buzz about its therapeutic potential. The science seems simple: tiny hydrogen molecules can penetrate body cells as smart scavengers, seeking out oxygen free radicals and neutralising their damage by forming water (H₂O). Suhaku, Atsue Morinaga's Japanese wellness

space in South Kensington, offers pioneering treatments tailored for stress release, anti-ageing and computer over-use, as well as anti-inflammation and detox. You'll slumber on a treatment bed, inhaling hydrogen through a nasal canula while a therapist works upwards

from your feet, stimulating acupressure points. Once roused from a supernatural serenity, you'll feel lighter, brighter and energised, yet primed for the deepest of restorative night's sleep. Home-use hydrogen inhalation devices are available for aficionados. *From £50; suhaku.com*

Dr Uliana Gout is known by the beauty press as 'the top secret in London'

menu delivering the hottest global regenerative molecules with magic microneedles and via energy-based devices to activate collagen, brighten the complexion and rejuvenate tired and lack-lustre skin. 'I am a perfectionist, which my patients love, and I believe in natural results done in a tailored and strategic way,' she says. 'I'm proud to be known by the beauty press as "the top secret in London".'

Dr Gout's treatments are minimally invasive. She partners with the best pharma to



'The Wrinkle Doctor'

Dr Uliana Gout is world renowned for her uniquely innovative and highly effective approach to keeping wrinkles at bay

IF YOU'VE NOTICED YOUR FRIEND'S skin has been looking particularly glowy and line-free recently, it's likely she's been to see Dr Uliana Gout. Known as 'The Wrinkle Doctor', the multi-award-winning Practitioner of the Year is the best-kept secret among London's elite. Her Harley Street clinic, London Aesthetic Medicine (LAM) Clinic, has a members' club feel and is the go-to for the jet-set crowd.

Dr Uliana Gout's strong global following stems from her innovative LAM Multi-Modal Multi-Layered technique. She has curated an advanced

Signature menu 2025

Dr Gout is one of the most renowned practitioners not just in London but the world over.

LAM 6-IN-1 ULTIMATE FACIAL V-SHAPE, WRINKLE BUSTING AND TIGHTENING AND EXOSOME INFUSION

This uses state-of-the-art cosmetic injections coupled with powerful exosomes and 2MHz energy-based devices to bring together a range of

Dr Gout's most sought-after treatments. Expect facial V-shaping, wrinkle busting, skin plumping, skin tightening and cellular regeneration.

LAM GLAM LIPS

If you're looking for that airbrushed, glossy, plump and beautifully contoured lip look, this is the treatment to book. Dr Gout specialises in the latest hyaluronic gel cocktails (rather than fillers) for the most natural-looking and bespoke aesthetic.

bring cosmetic injections, wrinkle injections, polynucleotides, exosomes, medical-grade facials, radiofrequency, ultrasound cavitation, fractional laser, IPL, electroporation and all that one needs to deliver safe and natural results.

Dr Gout's stellar reputation is backed by prestigious awards, including being the former President of the British College of Aesthetic Medicine and the Scientific Director of the UK's longest running FACE Congress. Her elegant clinic is just as decorated, being named the Best Clinic in London for many years running.

Multi-award winner

- BEST CLINIC LONDON 2022 & 2023
- AESTHETIC PRACTITIONER OF THE YEAR 2023
- MEDICAL PRACTITIONER OF THE YEAR 2021

London Aesthetic Medicine Clinic (LAM), 4 Harley Street, London W1G 9PB

For further information, please visit london-aesthetic-medicine.com, call 07858 668579 or 020 7637 5999, or email clinic@london-aesthetic-medicine.com



The invisible touch

There aren't many cosmetic doctors who pride themselves on delivering virtually undetectable results, but Dr Nyla does just that. Her uniquely tailored, completely bespoke treatments work in harmony with your face and body to make you look like the best version of yourself

WHEN IT COMES TO ACHIEVING startlingly natural, 'barely there' results, Dr Nyla Raja is the woman to see. Her flagship clinic on Dover Street in Mayfair, as well as her other clinics across the UK, have become the go-to spots for patients seeking high-end, non-surgical aesthetic treatments. Known for her magic touch when it comes to dermal fillers and anti-wrinkle treatments, Dr Nyla is part of the

next generation of cosmetic doctors who prioritise a bespoke approach to anti-ageing.

With 25 years' experience, her expertise and subtly enhancing results have earned her a cult following among TV personalities, celebrities and some of the UK's most familiar faces. They come for the relaxing, spa-like atmosphere at her state-of-the-art clinics and her unique treatment plans. Each one is individually tailored to the patient,

with a focus on enhancement and invisible treatments that are designed to accentuate, not replace, what is already there. The doctors at her practices are eminent surgeons all of whom have more than 20 years' experience.

EXPERT IN THE NATURAL LOOK

As a woman who is heading towards her fifties herself, Dr Nyla is an expert in the lower face

and neck rejuvenation, and a go-to doctor for achieving the natural look. She is especially skillful at making subtle tweaks that will take years off you. Her philosophy centres around enhancing a patient's natural beauty – that means preserving rather than altering their appearance. This approach means her treatments are virtually undetectable, leaving patients looking refreshed, youthful and radiant without appearing overdone.

Dr Nyla firmly believes that treatments should be dynamic and work in harmony with a patient's facial anatomy to achieve the most subtle yet transformative results. She does that by carefully assessing each patient's unique facial structure and tailoring treatments to their individual needs. Patients are given a full and thorough consultation in one of her luxurious clinics before any treatment takes place – this enables the clinic team to conduct a detailed assessment of their medical history, assess the patient's suitability for treatment and discuss all the different options available.

COLLAGEN BANKING

The term 'collagen banking' has become something of a buzzword within the beauty industry of late, and with good reason. It refers to a range of rejuvenation treatments that stimulate and boost your own collagen production, thereby effectively 'banking' it for when your natural supply tapers off in later years. These treatments can help to mitigate collagen loss, improve the quality and appearance of your skin and keep it firmer and plumper for longer.

Dr Nyla Medispa clinics offer a range of collagen-banking treatments, all of which have become hugely popular and an essential part of the skin's preventative skincare regimen. They help to replenish skin-cell populations depleted by the ageing process, as well as address environmental factors such as pollution and UV damage.

TRANSFORMATION FACELIFT

Exclusive to Dr Nyla Medispa clinics, the Transformation Facelift is a revolutionary, non-invasive treatment that combines state-of-the-art anti-ageing solutions with zero downtime, offering a natural, refreshed look. Tailored to the individual needs of each patient, this advanced combination therapy uses multiple different non-surgical methods and technologies (including radiofrequency, ultrasound and microneedling) with various 'tweakments' to transform skin quality, as well as providing an overall lifted, tightened and more youthful



Dr Nyla's enhancing results have earned her a cult following

appearance to the skin on the face and neck. Providing the ultimate in skin rejuvenation, most patients only require two treatments. Results can last over 12 months on average and start to show instantly, as well as developing cumulatively up to six weeks.



Dr Nyla Skincare

Dr Nyla offers a multi-modality approach with carefully planned treatment regimens that work in harmony with the individual's skin to achieve 'barely there' results. As well as her clinics, she has formulated her eponymous skincare range, Dr Nyla Skincare – a luxurious collection of seven refillable, pioneering essentials. Each glow-giving, restorative skin treat has been formulated with cutting-edge skincare using scientifically proven, consciously sourced ingredients chosen to deliver potent, targeted results. This is luxury skincare that works.



MANY OF US ARE BECOMING increasingly informed about all areas of beauty and wellness, but we're particularly clued-up when it comes to skin. Whether it's developing more in-depth knowledge of skincare ingredients (gone are the days of the one lotion fits all approach), or carrying out more detailed research into aesthetic treatments, we have far more interest in making the most of the information at our fingertips nowadays.

And with increased knowledge comes higher expectations, driven by increased accessibility but also by the transparency of social media and the growing acceptance of cosmetic procedures. Increased expectations have also shifted the industry towards 'tweakments' – those small, subtle improvements that make us look like the best, most refreshed, healthy and, crucially, most naturally enhanced version of ourselves. The overriding aim is balanced results that align well with our overall look, with a certain enhanced glow that onlookers notice – without recognising the precise cause.

This is certainly the case for those considering dermal fillers, and one name that understands that better than most is Restylane, a range of hyaluronic acid-based fillers and skin boosters from dermatological company Galderma. With so many products and treatments on the market, it pays to do your research before investing in any kind of aesthetic treatment, and those who do find that Restylane is a range that ticks all the boxes.

Restylane fillers are the original aesthetic hyaluronic acid (HA) filler, offering the most diverse range of fillers to help with a number of areas and achieve a broad array of results. Most of us are familiar with how hyaluronic acid fillers work, but for the uninitiated, here's a brief explanation. HA is a naturally occurring sugar molecule that's mostly stored in the skin and helps it to retain moisture and stay hydrated, making it appear plump and fresh. Just like collagen and elastin, the amount of HA in the body decreases with age, resulting in dehydration, dullness, fine lines and wrinkles, and sagging. Injectable hyaluronic acid helps to counteract this, helping to restore volume, fill out wrinkles and reduce a sunken appearance, revitalising skin overall. Results can be seen immediately as well as over time, and as HA is a naturally occurring substance, it's gained a reputation as a safe, effective, age-defying treatment.

This is especially true of Restylane dermal fillers, which offer nearly 30 years of unmatched

The full story

With more than two decades of experience, and millions of treatments delivered worldwide, Galderma's Restylane fillers and skin boosters offer bespoke natural-looking results

safety, as well as optimal results with minimal product that is precise, predictable, and flexible and doesn't migrate. Using clear gel formulations of HA – the original non-animal stabilised HA filler – Restylane was designed to be closest to the body's own hyaluronic acid with minimal crosslinking (the addition of certain chemicals) and was the first to be approved by the FDA in the US.

It's since been used in more than 65 million treatments worldwide, and is proven to move with natural facial expressions (so you don't look 'overdone' or have static facial areas). It also has a lower water uptake than other HA injectables to avoid puffiness. Two patented technologies – NASHA and OBT Technology – set the range apart. The former is engineered for precision and structure, giving the fillers their firm gel texture for a more pronounced lift, while the latter is designed for movement and expression, ensuring that things are soft and flexible enough to maintain a natural look.

The type of Restylane filler used will depend on what area of the skin is being treated and what kind of results are sought. Restylane, Restylane Refyne and Restylane Volyme fill lines and wrinkles and replace lost fullness and volume, while Restylane Defyne and Restylane Lyft create harmony and balance to enhance shape,

Signature treatment

RESTYLANE KYSSSE

If you want to achieve fuller, smoother, plumper lips but maintain the fine balance of this delicate area and preserve your full range of expressions, Galderma's Restylane Kysse is the name to know. The product is made with OBT Technology, an innovative crosslinked hyaluronic acid (HA) gel created for the most precise placement, support and flexibility, as well as the most natural-looking results. In a clinical trial, 100 per cent of patients said Restylane Kysse improved the appearance of their lips – it's hard to argue with those numbers.



Restylane fillers are the original aesthetic hyaluronic acid (HA) filler, offering the most diverse range of fillers to get bespoke natural-looking results for any and every look

contour and definition. Restylane Eyelight fills in the under eye area to reduce shadows and help you look more refreshed, while maintaining a natural look and feel.

When it comes to lips, Restylane Kysse is the name to know. Specifically designed to make lips softer and plumper while keeping things natural, it offers long-lasting results – up to 12 months of optimal performance with less product than other filler brands on the market. The specific properties of the gel are based on OBT technology, which provides volume and more 'kissable' lips – and who doesn't want that?

Restylane Skinboosters are a fresh approach to skin rejuvenation; they're designed to deliver hydration and improvements to imperfections, leaving skin at its radiant, healthy best. The boosters are clinically proven to offer improvements to skin health, gradually increasing elasticity, improving roughness and reducing the appearance of fine lines and other imperfections, including acne scars. Results are long-lasting and supported by 12 years of clinical experience, with more than 3.5 million treatments performed to date.

Restylane Skinboosters work by infusing a thin layer of micro-droplets of hyaluronic acid beneath the skin's surface, drawing water to provide deep, long-term hydration – also known as enhancing your skin from within. This results in radiance and a refreshed look that lasts up to 15 months, and it can also be used on the neck, décolletage and hands as well as the face.

A typical treatment programme starts with three sessions that occur two to four weeks apart. An improvement in skin quality and appearance will be visible immediately after the first session, but the full effect comes into play after the last. Maintenance treatments are typically recommended every four to six months to ensure the most lasting results, and 96 per cent say they would like to continue or repeat the treatment.

The brains behind all these innovations and impressive results is Galderma, a dermatology category leader that has a presence in 90 countries. Through its injectable aesthetics (including Restylane fillers and skin boosters),

dermatological skincare and therapeutic dermatology, Galderma has delivered innovative, science-based brands and services since it was founded in 1981. Dedicated to the human body's largest organ – the skin – Galderma is changing the face of the industry – one face at a time.

Due to the naturally enhanced results that occur from both Restylane fillers and Skinboosters, others might not be able to quite put their finger on why your skin looks better – but they're sure to notice a beautiful glow and revitalised appearance. The journey to a more youthful spring in your skin starts with Restylane.



Dr Zoja Awan

'Throughout years of practise, I've seen patients from diverse age groups, each with unique lip enhancement needs. In my opinion, with fleeting trends where dramatic transformations are common, natural-looking lips never go out of style. My experience with Restylane Kysse filler has been truly remarkable.

It's a versatile solution that delivers a natural look whether patients are seeking to enhance youthful fullness or restore volume.'



Future facing

While Botox as a product has stayed the same for 25 years, Dr Michael Prager is expertly advancing its application and his new approach has seen client satisfaction soar

‘OVER THE PAST TWO OR THREE months I’ve started doing things differently,’ says Dr Michael Prager, arguably one of the world’s best-known Botox practitioners. ‘As a result of this change, I have never had so much positive feedback or seen better results. Ever.’

With some seriously high-net-worth patients, it’s an intriguing admission from the doctor, not least because there is a real sense of excitement about the revelation. But Dr Prager’s career has been founded on pushing the envelope of what Botox and dermal fillers can do. While others have simply ‘supersized’ their offerings or repackaged them into slogans such as Brotox or Baby Botox, Dr Prager has always had the greater good of his patients in mind. And the simple truth is, they are getting older – as is he.

‘I am 55 now,’ he says. ‘Looking at myself, I can clearly see this slant above my outer eyelid that gets worse the older I get. However, if I were to give myself a devilish Jack Nicholson eyebrow, which is technically the ‘best practice lift’ on a 30-year-old, it wouldn’t look nice because the physiognomy and facial structure are different in an older person. So, instead of trying to pull and push the eyebrows around with a forehead injection, it makes sense to focus more on creating an eyebrow lift in a very age-appropriate way.’

His desire to do right by his patients is palpable and, following a series of successful trials at his beautiful Knightsbridge clinic, his current excitement is contagious. ‘This is the first time in a long time – at least 10 years – that I have reached a point that feels like an actual breakthrough,’ says Dr Prager. ‘Botox has been around a long time and nothing has changed product-wise over the past 25 years, including the way practitioners are taught to use it.’

‘Now, that worked very well 25 years ago because we appealed to a 30 to 40 age group, but that age group is now 50 to 60 and what we used to do no longer works, so we actually have to consider a different way of injecting.’

‘Botox is obviously licensed for migraines and teeth clenching, but even there the way it is used needs to be modified because you can’t have a migraine patient now in their sixties being treated in a way that worked in their thirties and forties when there was less laxity in the skin.’

Admitting to following the medical guidelines for ‘far too long’, it recently became glaringly apparent that those guidelines only truly worked on patients 45 years and younger.

‘The patients I started with are now 20 years older, and though I can give them the same

'After a certain point it's not the forehead that gives age away, but the eyes'



*Dr Prager's
Knightsbridge clinic*

medical benefit with regards to their symptoms, I have had to devise a new protocol aimed at protecting them aesthetically so they still retain the natural look they come to me for.

While Dr Prager's focus has always been on medical innovation, he says it should be clear to any Botox practitioner – medical or cosmetic – that what worked for patients in their thirties or forties simply doesn't work as well as they slide into their fifties and sixties. Yet instead of addressing the needs of older patients, the industry has remained focussed on pushing Botox and fillers on the same demographic it always did, or on even younger people who clearly have no need for Botox.

'It's interesting from a cosmetic perspective,' says Dr Prager. 'I see images of more mature men and women clearly having Botox to disguise the ageing process, yet after a certain point it's not the forehead that gives age away, but the eyes. In my case, the slant of my eyes and the heavy eyelids are my most visible signs of ageing. It's generally the same for all of us as we get older.'

In order to meet the medical needs of his own patients, Dr Prager says it is now necessary to use more product, which might sound like a swerve away from the natural look he strives to

maintain, but as he has shown time and again, it's not what you do but how you do it that creates results.

'I realise that I have done too little,' admits Dr Prager. 'I have injected Botox in a way that works for a younger person without taking into account the ageing process and the medical and cosmetic needs of an older person.'

In the past, a standard amount of Botox in the forehead would have been 30 or 40 units, but Dr Prager now uses a minimum of 75 units. 'When I think back to the masterclass I did in 2001 with Alistair and Jean Carruthers, who claimed to have invented the cosmetic use of Botox in Canada, 25 units in the forehead was a lot at that time. I think most practitioners still follow that regime, but it doesn't work for me any longer,' he says. 'The amount I use is also reflected in the price. Back in 2001, it was generally accepted that Botox was about £10 a unit. It hasn't really changed much since then, unlike most other medical and cosmetic treatments available.'

Today, he injects at least three times as much as he used to. 'The reaction has shown me that this is the way forward because I have never had so much positive feedback,' says Dr Prager. 'In many ways, this feels like a second spring.'



Dr Michael Prager

Having been the first in the industry to champion the natural look, as well as finding time to co-author an academic paper on the perception of age, health, and attractiveness in regard to cosmetic treatments, Dr Prager has always strived to help his patients age better rather than change the way they look. With the years of some of Dr Prager's regular patients increasing, he now delves deeper into the physicality of ageing and the mechanics of dealing with that process to fulfil his patients needs, without sliding into the cosmetic terrain of shiny foreheads and zero mobility.



More than skin deep

For an all-round approach to health and happiness, head to the tranquil female-founded Ardour Clinic in Marylebone

WHEN IT COMES TO OFFERING A truly holistic approach to wellbeing, few places can rival the Ardour Clinic in Marylebone. Founded by facial aesthetics specialist Dr Paris Acharya and aesthetic nurse and life coach Anna Miller, they treat their patients from the outside in and the inside out, offering health and life coaching alongside aesthetic, wellbeing and longevity treatments.

What sets the Ardour Clinic apart?

Our 360-degree approach to improving health, beauty and wellbeing. We offer patients the chance to embark on a transformative journey

towards both inner and outer confidence and holistic beauty.

What do your patients love most about visiting?

Our patients say they feel an immediate sense of calmness and belonging as soon as they arrive at Ardour. The clinic is designed to allow patients to relax, rejuvenate and feel free to be their complete selves.

Why is it important to take a holistic approach?

We believe true beauty encompasses more than just external appearances. While people used to just focus on one or the other when it came to aesthetics and life coaching, they're now realising that both need to be in harmony to receive the most effective, life-changing results.

What are you most proud to be able to offer?

Our proudest achievement is creating Ardour. Patients report that they detach themselves from the outside world and leave feeling uplifted and fulfilled inside and out. Our Ardour Solutions provide a personalised service, blending cutting-edge treatments with life coaching, wellbeing sessions, confidence-boosting programmes and stress management. This steers patients through challenging times such as the menopause and divorce by harnessing their potential.

Dr Paris Acharya and Anna Miller RN

Dr Paris Acharya (right) is a former maxillofacial surgeon renowned for her expertise in imperceptible injectables, health and hormonal optimisation and regenerative treatments. She brings the latest advancements in regenerative aesthetics to her patients. Anna Miller is an aesthetic nurse and accredited life coach who has been in medical aesthetics since 2005. She knows first-hand how powerful transformational coaching can be.



CATWALK SACHETS



Astaxanthin, £18, **GP NUTRITION**

Strut through life with supercharged style thanks to these health-enhancing insider favourites

Advanced Magnesium Powder, £17.99, **JS HEALTH**

Overwhelmed, overworked, run down and generally over it? Panic not, help is here. These fast-acting, powerful and must-have supplements are just the ticket for the new, supercharged you: from Nutriburst's action-packed formula – which bundles 22 fruits, vegetables, herbs and mushrooms into one gummy – to a relaxing, magical blend of mushrooms that promotes rest and digestion for deep sleep. Self-care is nothing but a glamorous walk in the park. **AJ**

Beauty Vitamin Gummies, £35, **MANIFESTO NUTRITION**



Daily 30+ Superplant Wholefood Supplement, £156 for a four-month subscription, **ZOE**



Skintelligent System, £76, **ADVANCED NUTRITION PROGRAMME**

NutriGreens, £15.99, **NUTRIBURST VITAMINS**



Women's Multi Capsules, £39.99, **ZOOKI**



PARAGONS OF VIRTUAL

HOW TO STEP UP YOUR SKINCARE REGIMEN

In the five years since its inception, GetHarley has gained serious momentum – a US expansion is in the pipeline – and its regulars are smitten by the advice it gives on everything from acne to proactive ageing. The telehealth platform matches you with an appropriate practitioner for a personalised service you can trust. Renowned industry names are to be found on its books, among them Dr Jo Mennie, Dr Sohère Roked and Dr Amiee Vyas; and their recommendations from such brands as Altrient, Skinceuticals, Skinbetter Science and Heliocare are always spot-on. Is the future of skincare here? getharley.com

HOW TO STREAMLINE YOUR SUPPLEMENTS

W Wellness is an online platform that makes navigating supplementation simple. Whether you're looking for tailored advice or seeking to stock up on favourites such as Ancient + Brave, Dreem Distillery or Artah – it has a team of expert nutritionists ready to help. It has also partnered with leading practitioners such as immunologist Dr Jemma Macciocchi, hypnotherapist Anna Lancaster, and skin expert Lisa Franklin – who you can consult in real-life at the clinic. w-wellness.co.uk

NAD+ 4u Pen with a month's supply of vials, £350, **BODY BRILLIANT**



Natural Marine Collagen Sachets, £39, **VIDA GLOW**



Beauty Drink, £39.99, **NOOTRI SKIN**

Mother Made. PM Mushroom Powder, £60, **MOTHER MADE**



PHOTOGRAPHS: SHUTTERSTOCK



One of a kind

Founded upon the knowledge that every client's skin is unique, Elena Cudworth's Elenique clinic is a place where no two treatments are ever quite the same



THE NAME ELENA CUDWORTH HAS become synonymous with a fundamental realisation: every client's skin is unique. That's why the name of this highly qualified clinical aesthetician's Fulham Road skin clinic is Elenique. Here, bespoke treatments are carried out with FDA-approved, medically proven devices, cosmeceutical-grade skincare products and hand-massage techniques – the holy trinity of successful skin treatments.

Despite its well-established reputation across London and increasingly international appeal, Elenique has a local feel. Founded in 2015, this west London favourite is approaching its tenth anniversary and Elena and her team of expert clinicians are proud to have been treating many of the same loyal clients since the very beginning. Excitingly, Elena is currently expanding her offering to provide a new range of treatments in a private room in her new clinic, alongside an expanded range of advanced skincare available to purchase.

From hydrafacials to microneedling, skin peels and a host of other options, Elenique is the place to head for if you're seeking advanced skin treatments – no two of which are ever quite the same. After an initial consultation with Elena, the techniques, devices and products

After an initial consultation, the techniques, devices and products best suited to your skin will be used to perform an entirely bespoke treatment

best suited to your skin will be hand-selected and used to perform a bespoke treatment. This might involve BTL's Exion advanced system, which combines radiofrequency and ultrasound for skin rejuvenation and body contouring. While the facial applicator gently heats the skin to stimulate collagen and elastin production, the body applicator targets skin laxity and stubborn fat using ultrasound and radiofrequency to boost elastin and collagen production.

Alongside this, Elenique also offers advanced laser technologies, including Alma's rightly revered Harmony laser platform, which features

different modalities to treat conditions such as rosacea, thread veins and acne. Then there's BDR Rejuvenation, a revolutionary anti-ageing facial treatment from Germany that uses gentle microdermabrasion, lymphatic drainage lifting massage, microneedling, natural acid peels and LED light therapy to restore radiance. It can also improve uneven skin tone, reduce scarring and improve the appearance of fine lines.

Elena also plans to build on her status as a qualified aesthetic trainer to reach a wider audience. When the results are this good, it would be nothing short of unfair to not do so.



Elenique Skin Clinic, 955-957 Fulham Road, London SW6 5HY. For more information, please visit eleniqueaesthetics.co.uk or call 020 3637 4549

@eleniqueskinclinic | eleniqueaesthetics1

THE A TEAM

Come to heal: introducing the skin whisperers, acupuncturists and biobacking pioneers to rally for a post-procedure recovery

By FRANCESCA OGIERMANN-WHITE
& DELILAH KHOMO

FOR DEBLOATING *Tarryn Warren*

If you're feeling lacklustre, puffy or just not yourself, seek out Tarryn Warren to regain your wow factor. You start by slipping beneath the sheets and wriggling into her Body Ballancer suit, which resembles a pair of trousers straight from a Balenciaga fashion show. This then inflates and deflates rhythmically, resulting in a delicious compression that stimulates lymph flow and drains stagnant fluid – a godsend if you've recently undergone cosmetic surgery or suffer from water retention – while Warren embarks on one of her famed microneedling facials, designed to kickstart the natural ▷

TATLER

BLIND TRUST

From tension release to lymphatic drainage, let Tatler's support network guide you

◁ reparative mechanisms (which up-regulate collagen production and reduce inflammation). Next, she'll paint the skin with layer after layer of hyaluronic acid, meso-vitamins and growth factors, follow them with a firming, blue peptide mask and then perform a deft, robust facial massage. A final spell of LED red-light therapy and oxygen leaves you feeling almost sedated. But you'll leave with newly chiselled looks, any swelling noticeably reduced – and the most ethereal looking glow. tarrynwarren.com

FOR FINDING BALANCE *Rob Rea*

Balancing body, mind and soul can sometimes feel like an uphill battle. But if you're rattling with anxiety, feeling impatient for transformation and wanting to rid yourself of unwarranted and limiting beliefs, there is a solution. Breathwork can help you tackle all kinds of issues, as well as resetting your nervous system and aiding inner stability. Fast. And with his super-targeted healing sessions and coaching, the soothingly calm Rob Rea delivers remarkable results. There's something so reassuring about this powerful practitioner who, during a typical session, will ascertain the exact cause of your unease and bring your body (and brain) into greater harmony. It's one of the most efficient ways to reset and leaves your mind feeling completely cleansed – partly from flushing out all that carbon dioxide, partly from Rea's soothing meditations – but it's the perspective you get later that really counts. You're encouraged to keep a journal afterwards, and there are plenty of thrilling ta-da moments, but the main thing is that you emerge feeling stronger on all fronts. And, lest we forget, Rea's care for his clients is unparalleled. robrea.co.uk

FOR HEALING SKIN AND SOUL

Annee de Mamiel at 180 Health Club

There's a special sort of magic at play in the facials performed by de Mamiel, whose signature approach of 'soul-to-skin' borders on the mystical. That's why, for good reason, she dominates her field: no one else can scoop you up and restore your equilibrium in quite the same way. So it's no surprise that de Mamiel is perennially booked out, whether in LA, New York or London – where she can be found at 180 Health Club once a month. An acupuncturist and healer, with a special interest in craniosacral treatments, Traditional Chinese Medicine and aromatherapy, she never makes two sessions the same. Instead – after checking your pulse and tongue, and leading a grounding meditation – she takes you on a sensorial journey. In de Mamiel's serene presence, you lie basking in the



Stop by 180 Health Club for a soothing facial with skin specialist Annee de Mamiel

heavenly scent of her Altitude Oil and wrapped in a cashmere blanket, while she administers her various cleansing balms, serums and creams to your face, neck and décolletage. (She works them deep into the skin with a sensational technique that operates on the lymph system, the muscles and the fascia.) Afterwards, expect a profound reboot and a mind that has stopped whirring; but best is when you look at your dewy reflection. Who knew that you were blessed with such sculpted cheekbones?

180studios.com/180-health-club

FOR PRE-PROCEDURE JITTERS

Anna Jackson

This integrative psychotherapist and 'theta healer' is a breath of fresh air. Jackson's sessions, which include a healthy dose of grounded spirituality, as well as energetic work and visualisations, feel like counselling and could be

described as 'fast-track manifesting': they help you process a whole host of issues, and if you're apprehensive about embarking on a cosmetic procedure, there's nothing better. Likewise, if you suffer from OCD, eating disorders, anxiety or a 'gerascophobic' fear of ageing. As well as working at the Priory, Jackson sees clients in Harley Street and at her west London studio, where you can embark with her on a theta healing journey. This guided meditation brings you to that dreamy place you reach just before sleep, enabling her to access both your conscious and subconscious mind. And in this state, you can focus with greater clarity on what there is in your life that you would like to change or welcome. The inner shift is tangible, with feelings of fragility and vulnerability noticeably reduced. And what shines throughout the whole process is Jackson's wonderfully kind and empathetic manner. annajacksontherapy.com ▷

Bright young things

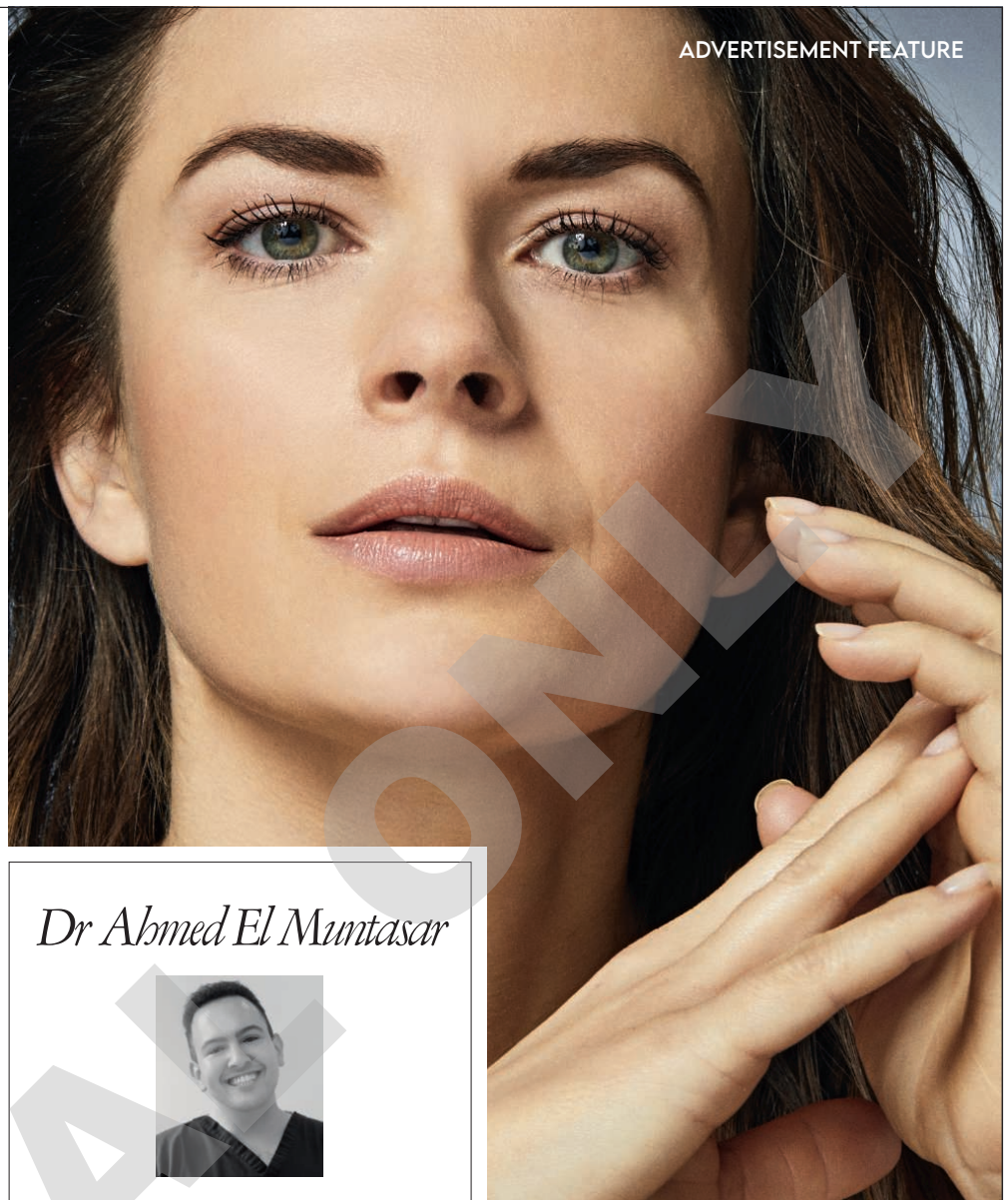
A star of the aesthetics industry, Dr Ahmed El Muntasar ensures his patients shine at any age

WHEN DR AHMED EL MUNTASAR arrived at the University of St Andrews in Scotland at just 16, he was the youngest ever medical student on record there. After completing his BSc in Medical Sciences, he moved to Manchester to gain his medical degree, then to UCL, where he completed a Masters in Medical Leadership. His thirst for knowledge and youthful success didn't end there; in 2018, he opened his first aesthetics clinic at 26, having completed 12 courses in aesthetics, compared to the one that is currently required to practise.

It's little wonder this wunderkind has become a source of authority in the industry, truly earning his title The Aesthetics Doctor, with clinics in Cheshire and Leeds as well as London. He continues to work as a GP and in the NHS – working full-time on Covid wards during the pandemic – bringing the invaluable medical training and knowledge this offers to his aesthetic work. Living across the globe in countries including Libya, and Turkey has also given him a valuable understanding of how beauty perspectives vary from culture to culture, with a diverse patient pool helping him to become a master in customising treatments.

The Aesthetics Doctor specialises in high-end aesthetics procedures that are non-surgical and non-invasive, offering great results with less downtime. The subtle yet noticeable enhancement of facial harmony is Dr El Muntasar's specialism, with every client who walks through his doors receiving a bespoke medical aesthetics plan. One of his favourite treatment areas is skin boosters, especially from the well-regarded French brand Vivacy Laboratories, a pioneer in the hyaluronic acid medical devices market

Vivacy's patented gel technology ensures that each product is best adapted to the tissue it's injected into, including Stylage HydroMax, which is injected into the mid to deep dermis and is clinically proven to boost collagen and



Dr Ahmed El Muntasar



'When skin starts to look dull and dry with signs of ageing, it's easy to feel self-conscious. But don't let it stop you from feeling confident; at The Aesthetics Doctor, we specialise in skin-renewal treatments designed to deliver deep skin hydration and improve skin quality.'

Skin-renewal treatment

STYLAGE DOUBLE BOOST

Combining Stylage HydroMax and Stylage Hydro by Vivacy, this double treatment offers a multi-layered approach to improving hydration and elasticity, renewing skin from the inside out.

HydroMax strengthens, hydrates and smoothes from deep within thanks to hyaluronic acid and patented IPN-like gel technology. Meanwhile, Hydro provides surface hydration and elasticity improvement, offering an immediate glow.

The Aesthetics Doctor specialises in high-end aesthetics procedures that are non-surgical and non-invasive

elasticity while providing deep dermal hydration. This can also be combined with Hydro, injected in the superficial dermis to enhance hydration at that level, in Vivacy's Stylage Double Boost.

'The results I'm getting are absolutely incredible: you get an instant lift, hydration and tightening,' says Dr El Muntasar. And the results speak volumes for the efficacy of the treatment; following a trial of 30 participants, he reported that hydration levels improved by 50 per cent, and skin 'glossiness' by 400 per cent, after just two treatments.

FOR TENSION RELEASE *James Mutkin at Mandarin Oriental Hyde Park*

The transformational capabilities of acupuncture alone are huge; in combination with sound healing, Thai massage and breathwork, it delivers powerful repair to mind, body and soul; and when it's courtesy of Mutkin, it's wonderfully comforting. Drawing on his background in Traditional Chinese Medicine – he also spent time working in maternity teams – he can help you work through pain, and release deep tension in the body, in such a way that you'll sleep better, feel less irritable, and recover lost dynamism. As you lie on his table under warming red-light lamps, his intuition and precision are peerless. He methodically addresses your whole body and applies pressure to certain areas, while simultaneously delivering the most relaxing of massage strokes (which seem to move energy from top to toe). And as a fabulous finale, he'll administer some sublime reflexology and the best head massage in town. The spa at Mandarin Oriental Hyde Park is another world, but you may never want to rise from the recumbent position once Mutkin applies his ultra-thin acupuncture needles and begins to play his healing gongs. pregnancyandacupuncture.com

FOR A TIRED FACE *Dimple Amani*

Amani, who resides in a low-lit, gold-accented room within the spa at Selfridges, is a revelation: a miracle worker who has created an anti-ageing, lifting facial like no other. It's an invigorating massage, largely centred around lymphatic drainage and accompanied by ayurvedic oil: so expect kneading and pinching along your jawline and forehead to eliminate puffiness, water retention and fine lines almost instantaneously. But the meridian-point magic doesn't stop there, as your skin is then plumped to perfection with Amani's self-designed copper kansa wand, which sweeps across your face to bring forth a radiant glow; especially when combined with her Miracle Velvet facial oil, a dreamy and highly effective mix of ashwagandha, saffron and turmeric. More relaxing, however, is her Marma Facial Sculpt, which works wonders in lifting heavy brows and wiping away tension. Add some buccal massage – excellent for teeth-clenching and locked-tight jaws – and the results speak for themselves in firmer, less fretful faces that shine with health. dimple-amani.com

FOR STREAMLINING *Julien de Richeville*

From the 7th arrondissement to the environs of SW1, Julien de Richeville's name is whispered in awe; such is the bodyworker's reputation for

slimming and sculpting the body – without a machine in sight. Son of the renowned Martine de Richeville – whose cult Remodelage method is revered for its ability to shift cellulite, reduce water-weight and finesse the physique – he is calm, quiet and methodical as he works. Pinching and kneading the body rhythmically, he not only releases the stagnant toxins often located around the knees and ankles, but also sweeps away tension – perhaps in the stomach, 'the engine of the body' – and oxygenates the skin, so expect a healthy pink flush when he's done. What starts off as a rather wince-worthy experience becomes less so as the sessions slide by (you're looking at eight to 10 for noticeable

With sound healing, Thai massage and breathwork, James Mutkin's intuitive, precise acupuncture delivers powerful repair to mind, body and soul

slimming, post-surgery recovery or debloating after childbirth). And what's more, soft French jazz and an achingly chic, pared-back studio in Marylebone – where the society osteopath Boniface swings by from time to time – makes the whole experience feel rather laissez-faire. uk.martinedericheville.com

FOR A HI-TECH REVIVAL

Flavia Morellato

When it comes to body sculpting, Brazilian physiotherapist Morellato is an institution. You'll find her at Tempus Belgravia – and further afield at Biolite in Dubai – administering an invigorating form of Manual Lymphatic Drainage (MLD). It works to banish wobble, contour the body and lessen post-operative swelling – check out her Instagram for evidence of her excellent handiwork – and if Morellato herself is not available, she has a brilliant team who will come to your aid. Right now, she's taken her hands-on healing to all-new heights with her Recovery Expert protocol, which has hi-tech add-ons including energy-boosting

low-level laser, kinesiology taping (compressive or lymph-stimulating, depending on the procedure) and even ozone therapy, administered by means of a rectal cannula. This kills off unwanted bacteria, thus accelerating patients' recoveries and supercharging their low batteries. flaviamorellato.co.uk

FOR MANUAL LYMPHATIC DRAINAGE *Ana Trida*

Surgery date confirmed? C-section booked? The next number to ring is Trida's. The Brazilian nurse is your secret weapon if you're going under the knife; not just because she's excellent company when you're in recovery mode – quiet, authoritative and endlessly empathetic – but because she's been working with post-op patients for more than 20 years now, having started her career by giving MLD to women who had undergone mastectomies. Find her in Marylebone or Belgravia, where she'll set to work with her very own blend of grapefruit, lemon and copaiba oil: stimulating lymph nodes in the groin, under the arms and in the neck; then, ever so gently, draining affected areas of excess fluid (which is often a side effect of anaesthetic), while massaging carefully around surgical scars, her fingertips softening tissue like a dream. The trust you'll build in her is extraordinary. And the confidence that you'll regain after just a few sessions is much the same. anatridtheapist.co.uk

FOR AT-HOME RECOVERY

Renata Nunes

Warm and wonderfully reassuring, Brazilian-Japanese expert Nunes treats clients at 180 Health Club; but she's also on-hand for home visits in and around the capital, which makes her an excellent ally in post-surgery recovery. A Traditional Chinese Medicine practitioner, her skills lie in listening to the patient, understanding where they are in their recovery journey – and then laying out a pathway designed to heal and bring the body back into balance. Sessions start with tongue readings, pulse takings, and plenty of questions about your cycle, digestion and sleep patterns. Then it's time for some slender needle acupuncture, as well as moxibustion to stimulate key points around the body, and a spell of hands-on massage, perhaps to release a stiff spine, relieve migraines or get the gut working as it should. If herbalists are needed, she'll refer you – Kate Freemantle is her go-to – likewise for nutritionists. Kind, respectful and brilliantly intuitive, hers is a real-deal healing. The change in both the body and mind is truly palpable. rkntherapist.com □

*It's simply
the best*

*For incredible, natural-looking
results from injectables,
Alice Henshaw is the
name to know*



*Alice is celebrated for her
precision and understanding
of facial anatomy*

This approach defines the natural, refined results we're known for.'

Complementing her clinic, Alice's innovative Skincycles skincare line bridges the gap between in-clinic treatments and daily skincare. With advanced formulations such as TGHA4, a patented technology that boosts hydration and skin resilience, Skincycles empowers clients to maintain their results at home. Loved by celebrities and beauty insiders, the range underscores Alice's dedication to innovation and excellence.

Alice Henshaw

Alice's journey to becoming one of the UK's most celebrated aesthetic practitioners is as inspiring as her clinic's success. Starting her career as a cardiac nurse, Alice transitioned into aesthetics with a passion for creating results-driven treatments that would elevate her confidence of her clients. Today, she is not only the medical director of Harley Street Injectables but also a recognised Key Opinion Leader in the aesthetics industry. Her work has earned her numerous accolades, including finalist nominations for Best Aesthetic Injector and Best Clinic London, solidifying her standing as a leading figure in the field.



SET IN A BEAUTIFULLY RESTORED restored Georgian townhouse, Harley Street Injectables has quickly become one of Harley Street's most sought-after clinics, focusing exclusively on non-surgical cosmetic treatments. Founded in 2014 by the visionary Alice Henshaw, this luxurious clinic combines artistry and science to deliver bespoke, natural-looking aesthetic enhancements tailored to each individual.

As the medical director of Harley Street Injectables, Alice Henshaw is a leading figure in the aesthetics industry, and is celebrated for her precision and deep understanding of facial anatomy. Specialising in treatments such as full facial fillers, Botox, and biostimulatory injectables, she has mastered the art of enhancing her clients' natural beauty while preserving their unique expressions. Alice's meticulous approach ensures results that appear effortless yet transformative, making her a trusted name among clients seeking subtle sophistication.

The clinic itself is more than just a treatment space – it's a sanctuary of expertise and care. Alice has curated a team of highly skilled professionals, personally training them to uphold her exacting standards. Together, they offer a comprehensive range of services, from facial rejuvenation and lasers to body contouring and fat reduction. By combining state-of-the-art technology with a holistic, patient-centered approach, Harley Street Injectables ensures each client receives a tailored treatment plan that is designed to achieve their goals.

Alice takes a multi-faceted approach to aesthetics, layering various techniques for optimal results. 'We start with advanced lasers and professional skincare to improve skin health, addressing pigmentation and texture,' she explains. 'Next, we use fillers and Botox to restore volume, soften wrinkles, and improve facial symmetry. Finally, we use biostimulators to enhance collagen production, creating gradual, long-lasting rejuvenation.'



Glow and behold

By stimulating the body's own collagen production, Sculptra from Galderma is the biostimulator to know for effects that will be sustained for up to two years

FOR MANY OF US, THE VERY BEST aesthetic treatments are those that work together with the body, encouraging or enhancing a process that occurs naturally – and perhaps wanes with age. One treatment that does this is Sculptra, a premium non-surgical solution for anyone seeking natural-looking facial enhancement.

The first and original biostimulator (compounds that are injected into the deep

layer of the skin called the dermis), Sculptra is a unique, scientifically backed approach to skin rejuvenation, which works by stimulating the body's own collagen production. By activating your skin's natural power to revitalise its own supply of collagen, the treatment results in gradual yet long-lasting improvement in skin's texture and volume. A firmer, more radiant complexion, with a reduction in the

appearance of wrinkles, are some of the covetable effects – and they last a surprisingly long amount of time, with rejuvenated skin and high patient satisfaction generally reported for more than two years.

So, how does this clever treatment work? It's all down to a unique ingredient, PLLA-SCA (or injectable poly-L-lactic acid), which is a plant-derived, biodegradable and, crucially,

There are other biostimulators out there, but Sculptra is the original, and the only one to have the most extensively researched safety profile

absorbable substance that can be used to restore volume and stimulate collagen production in the skin, remodelling its extracellular matrix. As well as its ability to restore skin firmness and smooth wrinkles thanks to its effect on collagen, recent research has indicated that Sculptra's PLLA-SCA has an effect on other components of the extracellular matrix too, including elastin. This suggests that it has regenerative properties as well as rejuvenating effects.

There are other biostimulators out there, but Sculptra is the original, and the only one to have the most extensively researched safety profile, as well as efficacy for more than two years. Sculptra progressively rebuilds the skin's foundation, which improves its overall quality over time as well as enhancing firmness and radiance. It's proven to trigger the process of collagen production as quickly as five days after initial treatment, with actual production of this vital protein evident within 14 days. Most patients will start to see visible results one month after treatment – but the best thing is

that improvement is progressive over months, with sustained (and always natural-looking) results evident over the next couple of years.

With Sculptra, different results can be achieved by treating different areas with varying volumes of product. There are four key issues that the treatment can help address, the first being loss of radiance – 91 per cent of patients noticed improvements in this confidence-boosting area two years after being treated. Second is mid-face volume loss and sagging, which Sculptra can counteract by providing a filling and lifting effect; 89 per cent of patients reported sustained improvement in skin firmness two years after treatment. Then there's loss of volume, in which 70 per cent of injectors reported an improvement even after two years, specifically in cheek wrinkles. Finally, there's loss of jawline definition and sagging, two things that 86 per cent of injectors agreed was still addressed after two years.

As for how many sessions are needed, facial treatment with Sculptra generally requires two to three, which should take place four to six weeks apart. That said, a dedicated healthcare professional will assess the exact protocol that will be optimal for each given patient, based on their individual profile. After each injection, the healthcare professional who has administered Sculptra will massage the skin around the injection site, but they are also likely to recommend the '5x5x5' technique at home. This means massaging the area five times a day, for five minutes, over the next five days following treatment. This helps to generate the best possible outcomes.

And when should you get Sculptra, exactly? As facial ageing is such a complex process, caused by both intrinsic and extrinsic factors that affect all elements of the face, there is no precise optimal age for treatment – just as there is no rule book for how each individual's skin is going to age. Some facts we do know are that one per cent of collagen is lost per year after the age of 20, meaning that by as early as age 35, we might observe up to 15 per cent collagen loss – rising to up to 25 per cent by age 45.

When it comes to side effects, in all studies Sculptra has been assessed to be safe and well

tolerated. After initial treatment, the most common side effects include swelling around the injection site, but patients can rest assured that with more than 20 years of clinical experience, Sculptra has a proven safety and efficacy profile, which is backed by more than 50 publications to date. These study the safety and efficacy of the treatment in more than 10,000 patients.

If you're considering combining Sculptra with other treatments, Galderma provides a comprehensive range of HA injectables under the Restylane brand, known for its proven efficacy and safety for close to 30 years. Sculptra works by stimulating collagen production to enhance skin elasticity, while Restylane Skinboosters improve skin hydration, creating a radiant, glowing appearance. For added volume and lift in the midface, Sculptra pairs effectively with other Restylane products, offering tailored solutions to meet your aesthetic needs.



Dr Ashwin Soni

'Sculptra is the most incredible collagen bio-stimulator that truly benefits the ageing face,' says

Dr Ashwin Soni, plastic and reconstructive surgeon. 'To have an injectable that can give a beautiful and natural lift to the treated area, as well as radiance to the skin and a significant improvement in skin quality, has meant it's become one of the most popular treatments in my clinic.'

Signature treatment

SCULPTRA

Sculptra is a biostimulator created by Galderma, which can address different issues depending on where it is injected – and the volume of product used. The first confidence defeating issue that many of us experience over time is loss of radiance – 91 per cent of patients still noticed a youthful glow two years after treatment. The second is mid-face volume loss and sagging; 89 per cent of patients reported sustained improvement in skin firmness after two years. Then there's general loss of volume, which more than 70 per cent of injectors said was improved after two years, specifically in the form of cheek wrinkles. Finally, there's loss of jawline definition and sagging, two things that 86 per cent of injectors agreed were still addressed after two years.



Hold tight

FaceTite is a pioneering face definition treatment, but it reaches new tightening heights in Dr Saleena Zimri's JawTite treatment

THERE ARE FEW AMONG US WHO don't long for a tighter, more sculpted jawline. Unfortunately, as we age, sagging skin, double chin and stubborn fat around the face and neck only increase. Traditionally, a surgical facelift or liposuction were the only options available for counteracting the effects of time and gravity. Mercifully, two cutting-edge, minimally invasive treatments are changing that – FaceTite and JawTite.

The expert name to know when it comes to these exciting treatments is Dr Saleena Zimri, a GP with a special interest in dermatology, advanced aesthetics and facial rejuvenation. Dr Saleena has been practising cosmetic medicine for almost 15 years and is recognised both nationally and internationally; her work is frequently published and she makes regular appearances on respected media outlets. Her reputation for pioneering techniques – including JawTite and her Full Face

Rejuvenation programme – has awarded her the title of internationally accredited expert and Key Opinion Leader (KOL), for which she is regularly called upon to train medical professionals in various dermatological procedures and protocols.

Dr Saleena also stands at the forefront of The Skin Doctors Clinic, a dermatology clinic that's home to a range of practitioners, including doctors, dermatologists, dentists and nurses who

The face and neck are left rejuvenated and youthful-looking, with dramatic improvements in skin laxity

rejuvenated and youthful-looking, with dramatic improvements in skin laxity. It can leave excess skin behind, which Dr Saleena counteracts with FaceTite. Powered by InMode Ignite FaceTite Quantum technology, JawTite also features hydro-dissection and lessening of fat using water to target small packets of fat to contract, tighten and reduce additional 'bulk' in the face. The results mean you can turn back the clock without the downtime of more invasive traditional treatments. That youthful vibrancy and defined jawline will be more than worth holding out for.



Dr Saleena Zimri

'JawTite is great for those wanting to improve the contour and definition of their jawline. Treatment focus areas targeted include jowls, double chin and jawline definition. You can improve the quality and tightness of the skin and the end result is an enviable neck and jawline,' says Dr Saleena Zimri, who has been practising cosmetic medicine for 15 years. 'Popular with celebrities and my patient base, I have been obtaining incredible results for this combination treatment utilising the bespoke technology and Quantum Radiofrequency InMode Ignite technology.'



Bespoke treatments

FACETITE TURBO

FaceTite by InMode utilises minimally invasive radiofrequency energy. Areas of treatment are under the eyes, the cheek and nasolabial area. This targets superficial fat and improves skin tightening leaving a rejuvenated look. It rivals traditional surgical facelifts, improving skin laxity on the face and neck without the downtime or scarring.

JAWTITE

Focusing on the jawline, Dr Saleena Zimri's trademarked treatment combines micro-liposuction and FaceTite radiofrequency to combat jowls, jaw definition, stubborn fat and double chin. It targets small pockets of fat and then uses radiofrequency to contract and tighten the face and neck. The result is a more defined, youthful jawline.

treat skin from head to toe. The first clinic was launched in Leeds in 2009, and with growing demand it was expanded with additional clinics in York, Manchester and London, in the heart of Fitzrovia. They offer the latest energy-based devices, lasers, radiofrequency technology and microneedling, as well as minor surgical procedures and dermatology across the clinic group. They have nine specialist injectors working across the four sites, all of which are headed up by Dr Saleena Zimri.

FaceTite powered by InMode is one of the most pioneering treatments on offer at The Skin Doctors Clinic, utilising state-of-the-art radiofrequency energy to target fat reduction and skin tightening, with results that rival traditional facelifts without the scars or downtime. The face and neck are left rejuvenated and more youthful-looking, with dramatic improvements in skin laxity.

Dr Saleena's signature treatment is JawTite, an innovative personalised treatment that combines the benefits of micro-liposuction and FaceTite to combat stubborn fat and double chin, delivering remarkable outcomes tailored to individual needs. The face and neck are left



COPPERGATE CLINIC, SITUATED in the heart of the historic city of York, is a boutique private hospital specialising in plastic surgery and advanced aesthetics. Home to some of the country's leading consultant plastic surgeons and wider team of medical specialists, they are delighted to offer a comprehensive plastic surgery service encompassing breast, abdomen, body and face procedures. Featuring a suite of thoughtfully designed, beautifully appointed treatment rooms, along with two ultra modern operating theatres, innovative anaesthetic techniques allow both local and general anaesthetic procedures to be performed comfortably on a day-case basis. However, overnight stays within both the clinic and at a luxurious step-down facility are available if required. Coppergate Clinic boasts an enviable position within the UK's transportation network. Situated in a prime location, the clinic is perfectly connected, ensuring effortless travel from airports, key motorways and major railway stations, being within 1 hour and 50 minutes from London King's Cross. Orla Rhodes, Coppergate Clinic's director, reveals what makes it so special.

What makes Coppergate Clinic unique?

We are a small, family-run and highly dedicated team that delivers one-to-one patient care. We have created a boutique-style hospital service dedicated exclusively to plastic surgery with a personal and discreet approach to the patient experience. Our independent status means that there are no restrictions when it comes to investing in equipment. This allows us to adopt the newest techniques for our patients and ensure their safety. The same team handles every patient throughout and every staff member is extremely knowledgeable about their speciality. We also have a dedicated team of aestheticians and therapists working alongside our surgeons to enhance outcomes. This includes providing at-home skincare regimes, along with in-clinic CO2 laser resurfacing, microneedling with exosomes, radiofrequency, Hydrafacial, Skinstorm deep-cleansing facials, chemical peels, endermologie lymphatic drainage and a host of skin-conditioning injectables, such as polynucleotides and Profilllo.

What advice would you give when it comes to finding the right surgeon?

Personally, I would only visit a plastic surgeon who is accredited by the British Association of Aesthetic Plastic Surgeons (BAAPS) and on a specialist register. Photos can be misleading so

A modern classic

York's Coppergate Clinic draws those seeking plastic surgery from across the globe

I would want to hear about real patients' real experiences, which is one of the reasons we subscribe to Trustpilot. Coppergate Clinic has the honour of being recognised as a host centre for the British Association of Aesthetic Plastic Surgeons (BAAPS) mentorship programme, helping to train the next generation of aspiring plastic surgeons through a three-month funded attachment. Training does not stop with achieving a specialist qualification in plastic surgery. All the surgeons at Coppergate Clinic are supported in their quest to achieve surgical excellence, and are encouraged to travel the globe to refine their skills with the world's leading experts. All our plastic surgeons are proud to be members of BAAPS, a highly respected society aiming to advance safety, education and ethical aesthetic practice whilst supporting innovation and excellence in the field. By working in partnership with BAAPS and other associates, they can continue to raise the standards of aesthetic plastic surgery.



Our independent status means there are no restrictions to investing in equipment, allowing us to adopt the newest techniques

Where do your clients travel from?

We have clients from every corner of the globe. York is so accessible and often patients stay longer to enjoy their recovery in this historic city. Our reputation is mainly based on word-of-mouth recommendations. Patients are the centre of everything we do. And not just in terms of results – the level of wraparound care we provide is exemplary. The surgeons work collaboratively, not competitively.

Which breast procedures do you provide?

We can help women to maintain, enhance and rebuild their self-esteem by providing a surgical breast procedures such as augmentation and mastopexy. Whether it is to restore breast volume post-pregnancy, addressing congenital asymmetry or achieving a more proportionate figure, the surgeons at Coppergate Clinic can use implants or even fat-grafting techniques to create a fuller, more balanced appearance. We also provide breast reduction, or reduction mammoplasty services, to remove excess breast tissue, fat and skin to achieve a breast size which is more proportional to the patient's figure.

Tell us about the deep-plane facelift you offer?

The deep-plane facelift is an evolution of conventional facelift techniques that involve the undermining, release and repositioning of the deeper layers of the face. It has the advantage of giving natural, long-lasting results and can also be combined with procedures to recontour the



Mr Nick Rhodes

This leading surgeon has gained an enviable reputation for his innovative work in the NHS and the private sector. Trained in oral and maxillofacial surgery, Mr Rhodes specialised in reconstructive breast surgery and was appointed consultant plastic surgeon at the Bradford and Huddersfield Royal Infirmary in 2007. The skills he has honed over the years are passed on to all the plastic surgeons who work along side him in the clinic.

neck to improve jawline definition. Modern techniques are centred around achieving a more natural result which can be further enhanced using micro fat grafting, eyelid and lip-reduction surgery. The use of a CO2 laser at the time of facelift surgery gives yet another dimension to our patients' outcomes by simultaneously addressing any associated skin quality issues.

What is your experience working with VASER and Renuvion at the clinic?

Modern trends in body contouring are focused on the use of liposuction in combination with skin-tightening procedures. VASER is a great alternative to the more invasive traditional liposuction and uses innovative ultrasound technology to effectively reshape, contour and sculpt the body. Whilst surgical excision remains the mainstay of skin tightening, Renuvion can offer a 'no scar' alternative. This uses helium plasma and radiofrequency to simulate tissue shrinking, tightening and contraction by carefully heating connective tissues directly beneath the skin. The VASER organising committee have recognised Mr Rhodes' expertise in this field, inviting him to co-chair their prestigious global events. His involvement in these events alongside his position as a key opinion leader is both a reflection of his renowned clinical excellence and exceptional reputation. Coppergate Clinic is recognised as one of the UK's training facilities for VASER and Renuvion.

1. FOR A SWAN-LIKE NECK

Collum Lenis with Dr Bibi Ghalaie

The lowdown Collum lenis means 'smooth column' in Latin, and this forward-thinking triage trio of treatments delivers a neck that is exactly that. Devised by Dr Bibi Ghalaie, the newly appointed global advisor for skincare brand Medik8, it's just the ticket when your neck starts to look a little under par; whether bothersome banding or wrinkles, crepey skin or even unwanted laxity are starting to creep in. Consultations with the glamorous doctor are nothing short of thorough – investigating lifestyle factors, skincare regimes and previous aesthetic interventions – before options are put on the table. The first line of attack is dermal fillers: Ghalaie uses Teoxane Teosyal RHA 1, a lightweight hyaluronic acid suspended in a gel, to soften the appearance of deeper, horizontal lines. Next up, a course of polynucleotides, with three sessions recommended, four to five weeks apart; and Ghalaie swears by a product called Plinest Newest, which combines polynucleotides (derived from the purified DNA of farmed trout, for the most reliable results) with hyaluronic acid, for supercharged hydration. And the final flourish, a month after the polynucleotides, is a light chemical peel by AlumierMD to dissolve any lingering dead skin cells and refresh the complexion. Depending on your concerns, she'll either pick glycolic or salicylic, respectively for targeted brightening or pigmentation.

Pain factor Patients are advised to arrive early, and apply a thick layer of numbing cream before their audience with the doctor. However, there's no sugar-coating it: there are times in the treatment – namely, during the numerous injections of polynucleotides – when you will want some serious distraction. (Unlike dermal fillers, polynucleotides contain no lidocaine to dull the sting; but luckily, Ghalaie has a squeezey stress-ball to hand.) The filler is ouchy in places, but more tolerable and over far more swiftly, while the chemical peel feels merely tingly. Still, Ghalaie's conscientious nature shines through and she goes at your own speed, pausing for breaks when she suspects you need them. Post-needling, she will also slather on plenty of Teoxane's post-procedure balm, which contains arnica, antioxidants and aloe for some much-needed skin-soothing.

Downtime The filler leaves some tiny bumps, which trace its course like a necklace, though these go down in a matter of hours. Post-injection, the polynucleotides also leave some noticeable welts, so expect the skin to look slightly crocodile-ish for up to 48 hours ▷

LINE of beauty

Aiming for perfection is the modus operandi of the elite whose transformative treatments are the talk of the town

Edited by Francesca Ogiermann-White

Photographs by Luc Braquet

Styling by Lydie Harrison



Jacket, £5,880, and skirt, £2,860, **CHANEL**. Bra, £234, and underskirt, £699, **BORDELLE**. Shoes, £689, **CHRISTIAN LOUBOUTIN**. Tights, £45, **WOLFORD**. Coat on chair, **POA**, **DOLCE & GABBANA**. Vintage earrings, to hire, **4ELEMINT**. Vintage ring, £85, **THE HIRST COLLECTION**. Bangles on both arms (close to elbow), £1,515; (close to wrist), £1,080, **CHANEL**; bangles (mid arm), £307, **KENNETH JAY LANE**

◁ while it settles. (Tiny pinprick bleeding or bruising may occur.) Ghalala advises accessorising with a silk neck-scarf to hide the evidence.

Results The next day, the telltale bumps are already far less obvious, while the filler gives even quicker gratification, rendering deep-set lines as good as gone. The polynucleotides need two sessions to really bed in but, course complete, the skin feels thicker and looks noticeably less crinkly. The peel leaves a fresher-looking face in its wake more or less immediately. And when it's all done, the transformation is tangible: a tighter, tauter neck is revealed, and compliments abound.

Details £1,950 per treatment (doctorbibi.co.uk).

2. FOR TIGHTENING SLACK SKIN

Triple Collagen Reset with Dr Johanna Ward

The lowdown In the cosmetic and beauty industries, there's long been talk about collagen as an alternative to toxin or fillers; but not enough about its pros and cons. Thankfully, for chapter and verse, there's collagen queen Dr Johanna Ward, the UK's leading authority and author of *Collagen: Not Just a Beauty Molecule*. After years of research, she has created an innovative, three-part skin-rejuvenation pathway for boosting and stimulating collagen production by more natural, bio-regenerative means. Before this hat-trick starts, numbing cream will be applied to the targeted areas and you'll receive a calming overview from the fresh-faced Ward. And then it begins. The first step is Deep Dermal Stimulation using the FDA-approved Sculptra wash, a calcium hydroxyapatite solution that treats moderate to severe wrinkles: this bio-stimulator, administered with a cannula, activates the production of collagen, rejuvenating fibroblast cells and enhancing skin plumpness and radiance. Next comes the Hyaluronic Acid Shower, also administered by cannula; and the deployment of Sunekos, a hybrid elixir of hyaluronic acid and amino acids, which deeply hydrates the skin, improves its elasticity and reduces fine lines and wrinkles to deliver a glorious glow. The final step, the Exosome Wash, targets the skin's outer layers, with the plant-based exosomes – protein-rich molecules that are suspended in a liquid form – being spread on and then microneedled for optimum results, including tissue repair, stimulation and renewal of stem cells and reduction of sun damage. (Microdoses of toxin can also be thrown into the mix to increase benefits, particularly for those suffering from rosacea or redness.) Following the treatment, patients are introduced to Ward's collagen and hyaluronic acid

drink, ZENii Fusion – for skin-specific micronutrient support to reach optimal dermal health – as well as her own-formulated SPF, to protect against harmful UV rays.

Pain factor The cannula experience is odd. Neither entirely comfortable nor painful, it feels more like an internal push-me-pull-you tug-of-war. But be prepared for some deep breathing as it moves around the lips, temple and jawline (when pauses between the three stages are most welcome). The total treatment time is about one hour.

Downtime If you bruise easily, you might want to clear your diary – three to four days ought to do it – and have concealer to hand.

Results One to two treatments are recommended for those under 45, while more mature types may benefit from two to three sessions. Visible results can be seen within two to four weeks, and improve over time.

Details Two treatments from £3,200 (drjohannaward.co.uk).

3. FOR SCULPTING AND TONING

The Tri-Body Experience by BodyStim with Teresa Tarmey

The lowdown Society favourite Teresa Tarmey has a cult following for her chemical peels and laser facials, which result in sleeker cheekbones and jawlines (especially her intense and signature workout known as the FaceStim) and it was only a matter of time until she added a non-invasive and extremely effective body treatment to her repertoire. The Tri-Body Experience took Tarmey six months to devise and combines her love of manual lymphatic drainage and the hi-tech BodyStim device, which marries radiofrequency and muscle stimulation to sculpt abs, tone glutes and lift bottoms; all without a Pilates reformer in sight. Under the wing of her assistant, the infinitely reassuring Brazilian practitioner Josie – who, gadgets aside, has magic hands for nipping in your waist – things kick off with the BodyStim, and gel is applied to your stomach before she runs the gizmo across it, heating the skin's lower levels to a toasty 40 degrees, thus stimulating collagen- and hyaluronic acid-production to improve texture and promote deep-tissue rejuvenation. Next, a series of small pads are positioned on strategic points of the upper and lower abdomen, Josie switches on the current and you're given 25 minutes of muscle stimulation, when abs and obliques dance involuntarily and in perfect synchronicity. But the best is yet to come. Cue Josie's signature lymphatic drainage and sculpting massage: a series of long, flowing strokes that will leave you near-asleep on the table.

Pain factor The radiofrequency is incredibly relaxing: as if you're being massaged with hot stones. And while the muscle stimulation doesn't hurt per se, the sensation is rather bizarre. (A sort of intense tickling, interrupted by bursts of energy that make you feel like you have performed countless crunches or planks.) Fortunately, Josie goes slowly, allowing the frequency to rise gradually; and once you're at your threshold, she'll do her best to distract you from any discomfort by massaging your scalp, face and arms.

Downtime Post-treatment, aim to drink plenty of water to aid the detoxification process. Forget working out, hot baths or saunas for the next 24 hours. And expect to wake the next day with the satisfying ache you get from a good session in the gym.

Results Thrillingly, you'll see new-found definition pretty much straight away: cores appear tighter and the silhouette looks noticeably firmer. One Tri-Body gives fabulous results, but a course of six sessions spread out over five to seven days and focusing on specific areas – say, the stomach, bottom and calves – is a game-changer. Inches disappear from even the most stubborn waistlines and rock-hard abs await, especially if you improve your diet and ramp-up your exercise regime. And now you've seen such seismic results, you'll finally stick to it.

Details From £290 at *The Cadogan, A Belmond Hotel* (teresatarmey.com).

4. FOR A FRESH-FACED GLOW

Skinstorm with Dr Jenny Doyle at The Clinic Holland Park

The lowdown The oculoplastic surgeon and advanced aesthetics expert Jenny Doyle is always ahead of the field, so her championing of a new device at this chic Holland Park clinic is only natural. Skinstorm promises the most comprehensive facial that gadgetry can offer if your skin needs a full reboot. And there's no downtime. Breakouts, dullness, uneven texture, ageing: they're all tackled without any irritation or pain. For maximum impact, six treatments – deep cleansing, microdermabrasion, a chemical peel, microneedling, skin-plumping hyaluronic infusion and LED light therapy – are delivered by a single machine into one session. It sounds intense, but Skinstorm stands out because the facial is carefully designed to 'stress' the skin just enough to stimulate rejuvenation while incorporating icy temperatures, LED and oxygen to calm and encourage healing. It starts off with a vortex-style cleanse, the ▷

cleansed and exfoliated with a gentle peel to uncover fresh cells, before impurities are removed from pores with gentle, painless suction. The skin's surface is then saturated with intense moisturisers and a nourishing cocktail of personalised ingredients suited to your skin type. This is all tailored to an individual's skin and the result is always a fresh, clean glow.

The treatment can also include lymphatic therapy, LED light therapy, and Lip and Eye Perk add-ons for enhanced effects. And with Hydrabody and Keravive by Hydrafacial, which use the same hydradermabrasion technology as the original, the benefits can be extended across the entire body and scalp.

Hydrafacial's consistently outstanding results do have one drawback: they've spawned countless copycat devices and at-home 'vacuum' style devices. But now, thanks to the brand's own Verified Provider Programme, you can rest

Treatments are delivered by accredited professionals who meet Hydrafacial's rigorous standards

Second to none

Hydrafacial has spawned countless copycats, but only the original offers true glow-giving benefits

CLEANSE, EXTRACT, HYDRATE: IT sounds relatively simple, but Hydrafacial's three-step process offers a post-treatment glow that has earned it a host of devoted fans. It's backed globally by medical experts and clinical studies, and features more than 60 patents in technology, including the Vortex-Fusion delivery system that provides its integral (and utterly painless) suction technique.

For the uninitiated, a Hydrafacial treatment involves three steps carried out with the same innovative device. First, the skin is deeply

Top treatments

HYDRAFACIAL

The original Hydrafacial treatment involves the three-step cleanse, extract, and hydrate process with add-on boosters for personalised results, including lymphatic therapy, LED light therapy, and Lip and Eye Perk treatments.

HYDRABODY

Using the hydradermabrasion technology and the three-step process, Hydrabody takes the benefits of Hydrafacial across the body to tackle specific body-skin concerns on the hands, neck and décolletage, arms, legs and more.

KERAVIVE

This professional 30-minute in-clinic scalp treatment goes deeper than a hair wash ever could, offering a non-invasive route to a healthier scalp. The three steps purify, nourish and boost the scalp to promote healthier, thicker hair growth.



assured that you're visiting a verified Hydrafacial provider, with the treatments delivered by accredited professionals who meet the brand's rigorous standards. Hydrafacial's Find a Provider web page (hydradfacial.co.uk/find-a-provider) is the most reliable way to find authorised Hydrafacial providers, along with the verified blue-tick badge.

◁ solution infused with dissolved oxygen to flush out impurities, unclog pores and lift dirt without irritation. Next, a crystal-based exfoliation is paired with red LED light, which not only smooths skin but also promotes its healing, improving texture while accelerating tissue repair. Then comes 'ice peeling', a unique blend of AHAs and oxygen that gives the benefits of a chemical peel without the sting, and at ultra-cool temperatures, to create a clearer complexion with no redness. This is followed by 'ice needling'. (No need for numbing cream, as the cold-infusion method painlessly etches tiny channels to stimulate collagen and elastin production.) Then, penultimately, there is a 'no-needle filler', which sees hyaluronic acid pushed into the skin using high-pressure oxygen, to deliver a temporary but noticeable lift, as well as added hydration. And to finish, a cooling algae mask is applied while a TriFusion LED light – with red, blue and green settings – provides an

extra boost, enhancing skin by promoting increased blood flow, collagen stimulation and detoxification.

Pain factor Zero. The tingling you'd expect from a peel is eliminated thanks to the super-cooled dissolved oxygen that's infused into the AHA formula. Similarly, during the micro-needling stage, the skin is kept so icy-cool, you barely register a prickle.

Downtime None. You might leave looking healthily flushed, but – despite all that needling, peeling and resurfacing – there's no irritation and any pinkness quickly subsides, making this a perfect on-the-day prep for a party or red-carpet appearance.

Results Luminous, more even-toned skin and a youthful plumpness to the complexion that lasts for many days. With repeated treatments, the effects become even more profound – and a course can do wonders for acne, rosacea and scarring.

Details From £350 (theclinicollandpark.com).

5. FOR PESKY PIGMENTATION

Signature Laser Facial with Debbie Thomas

The lowdown Sometimes, when you're adrift in the current sea of treatment options, the most refreshing course is to see a professional who eschews trends and goes 'off-menu'. In other words, one who conducts a thorough assessment, gives plenty of no-nonsense advice and provides a plan that's utterly bespoke. True, Debbie Thomas's discreet Walton Street clinic always has the most of-the-minute devices to perfect the skin; so do ask her about the new LaseMD that does away with dark circles, or her shiny new hair-removal device, which even works on de-pigmented strands. But while she has a plethora of fancy tech at her fingertips, she's strict about only using what your skin really needs; and her Signature Laser Facial blends a suite of settings to effectively target a range of concerns, be they rosacea flare-ups, broken veins or stubborn areas of sun-damage. It's not a one-off – if you want to keep dermal fitness and resilience throughout the year, she insists you think of laser facials in the same way you do a personal training regime – but, boy, is it impressive. First, the skin is cleansed and a lactic acid peel applied; then with protective goggles in place, Thomas makes several passes across the whole face with her Fotona Laser, which gently buzzes away as she completes a neat grid. Different wavelength settings enable her to address different issues: the deepest is all about healing and strengthening by triggering collagen production; medium-depth works on redness; and the shallowest strengthens the top-most layer of the skin. (The latter, for the laser's final pass, feels deliciously cool as it blows across the face.) What's more, Thomas is spectacularly thorough during the treatment; and when a broken vein catches her eye, she swiftly returns to the same spot to zap it.

Pain factor A thick layer of numbing cream, applied in advance, will pay dividends on the treatment bed and make even the spicier levels of lasering feel breezy. The chemical peel prickles, but nothing more.

Downtime Surprisingly little. Armed with a robust covering of post-procedure make-up, one feels ready to face the world the same afternoon. (Blame any residual flushing on a rigorous gym session.) And by the next day, all traces of redness are long gone.

Results After two weeks, the skin is less blotchy and the overall complexion feels and looks beautifully even. Previously reactive, reddened cheeks appear calmer and more serene; and broken veins are no more. Result.

Details From £465 (dthomas.com). ▷

Bra, £625, and briefs, £775, **DOLCE & GABBANA**. Tights, £45, **WOLFORD**. Necklace and earrings, POA, **BVLGARI**. Coat (hung up), £2,100, **STELLA McCARTNEY**. Jacket (on floor), £5,880, **CHANEL**. Bag (on floor), £15,970, **HERMÈS**

Thermage turns back your collagen clock, stimulating your body's own collagen production for months



Turn back the clock

Thermage FLX is an innovative new treatment that's the gold standard for skin smoothing

IF YOU LONG FOR FIRMER, PLUMPER, more youthful skin – without having to go anywhere near a knife or a needle – Thermage FLX is definitely the treatment to book. A pioneer in non-invasive radiofrequency-based skin-tightening treatments with more than 20 years of expertise, Thermage turns back your collagen clock, naturally stimulating your body's own collagen production for months after your treatment finishes.

It works by using a gentle heating system that tightens existing collagen and stimulates the production of new collagen, while also reducing treatment time by 25 per cent when compared

Mr Jonathan Dunne

A consultant plastic surgeon with 15 years of experience, Mr Jonathan Dunne is the co-founder of Montrose London. He is a fellow of the Royal College of Surgeons (Plastic Surgery) and also the lead clinician for the Imperial Skin Cancer Service.



Signature treatment

THERMAGE FLX

Thermage FLX is a radiofrequency treatment that transforms skin by stimulating your body's collagen production. Benefits include the smoothing of wrinkly or uneven skin, enhanced definition of facial features around the eyes, jaw and neckline, and the smoothing and toning of wrinkles on the face and body.

to the average radiofrequency treatment. Best of all, there's little to no downtime for patients afterwards, making it easier than ever to fit treatments into busy schedules.

Thermage FLX is available at Montrose London, a discreet, expert-led clinic in Belgravia specialising in dermatology and aesthetics, which was founded by three plastic surgeons. Different to anything else currently on the market, patients can expect visible results after a single Thermage FLX treatment as opposed to a full course. After just one quick session – ranging from 30 to 90 minutes, depending on the area being treated – you'll immediately see a difference, with the results only continuing to improve over time.

Thermage FLX works across the entire face, with focused treatments including the Thermage JawSculpt, LipLift and BrowLift. It's also currently the only FDA-approved treatment for eyelids, meaning it can be used for non-surgical blepharoplasty, which is a truly groundbreaking innovation.

It's not just for the face either. Thermage FLX can also be used to treat wrinkles and loose skin on the arms, buttocks, tummy and thighs, leaving you with a younger looking and more toned physique. When it comes to a short, comfortable procedure that delivers maximum results, nothing beats Thermage.

Swimsuit, POA, **DIOR**.
Necklace, POA, and
bracelet, £191,000,
**VAN CLEEF &
ARPELS**. Ring (left),
POA; ring (right),
£37,600, **DE BEERS**



6. FOR A MENOPAUSAL COMPLEXION

The Collagen Conservation Masterplan with Dr Stefanie Williams at Eudelo

The lowdown Much has been made of the idea of 'collagen banking' – that is, stimulating its production, so that reserves last longer – especially for later life, when hormonal shifts come into play. After all, who wouldn't want to stockpile for a rainy day? But when to do it? And how? Step forward Dr Stefanie Williams, one of the leading proponents of regenerative treatments and collagen banking for perimenopausal and menopausal skin. Famed for careful work that avoids any risk of looking 'overdone', she has developed an impressive arsenal that includes the Rolls-Royce of collagen induction – the new Exosome E-Proteus – which deploys radiofrequency-assisted microneedling by means of a tiny hand-held device that uses insulated needles to channel skin-firming energy straight to the dermis. However, there's more. Williams then smooths a regenerative solution of plant-based exosomes across the skin, where it sinks into the micro-channels created by the needling, for supercharged healing and further collagen synthesis. The longer it is on the

surface, the better, so permission granted to leave all day. Simply remove before bed and apply Revision Skincare CMT Post Procedure Cream, which is a lifesaver for hot, post-needed skin.

Pain factor Williams's team is competent when it comes to numbing cream thus rendering the sensation of microneedling barely noticeable. At most, you'll feel a small pulse of heat.

Downtime The face feels hot and tight after treatment, akin to being slightly sunburned. It's nothing to be alarmed about: just dash home with a hat on. Twenty-four hours later, post-procedure cream and Oxygenetix foundation will render the outside world more manageable. A week on, the skin feels a little flakey and rigid; but if you double up on the hydrating Revision moisturiser with which you're dispatched, it takes down tightness like a dream.

Results Two weeks on from the treatment, any rogue flakiness has sloughed off altogether, the tightness has gone and the skin feels and looks brand new. Even more gratifying is the tangible brightness and elasticity, which will leave you feeling optimistic about the continued outcome as the collagen factories ramp up.

Details £2,750 per session; a course of three sessions, £6,950 (eudelo.com).

7. FOR DEPILATING LIMBS

Alma Soprano Titanium SE with Nilam Holmes at Dermalpa

The lowdown Until now, laser hair removal has been a bore: lengthy, distinctly uncomfortable and not always guaranteed to get results. But change is afoot with the new Soprano Titanium SE ('Special Edition') by laser experts Alma. The revolutionary device does away with unwanted hair at record speed – up to 20 per cent faster than its predecessor, equating to 77 seconds per leg – and is also suitable for all skin types, even sun- or self-tanned skin. Book in with laser whizz Nilam Holmes at Dermalpa clinic in Buckinghamshire and then don a pair of dark glasses as the practitioner gets to work running the handheld device up and down legs or larger sites (male chests and backs are also popular), while it emits a high-pitched, whirring beep. Otherwise, she'll hold it still and fire a multiple-pulse-shot of energy at such smaller areas as the bikini line, knees or face, not to mention male beard-hair that needs shaping. The device works by targeting each individual follicle and the blood source attached, cutting off the blood supply so that the follicle disappears and can't grow back again. (If it does, it's >



Keep it personal

For a clinic with a commitment to natural-looking results, Berkshire Aesthetics is a beacon of excellence

NESTLED IN THE PICTURESQUE heart of Berkshire, Berkshire Aesthetics is where luxury meets cutting-edge aesthetic medicine. Known for its meticulously curated approach to aesthetics and wellbeing, this multi-award-winning clinic caters to discerning individuals who seek results-driven treatments without compromising on experience. The tranquil environment, tailored service and commitment to natural results have positioned Berkshire Aesthetics as a true destination for patients looking for a premium clinic.

Founded by Dr Selena Langdon, an esteemed aesthetic doctor with an impeccable eye for detail, joined by Dr Dara and Dr Mira, both specialists in advanced injectables, Berkshire Aesthetics is driven by a philosophy that beauty should reflect individuality. Dr Langdon brings an impressive medical background and a passion for subtle artistry to each treatment. Patients can expect an experience that is as

Patients can expect an experience that is as transformative as it is indulgent

transformative as it is indulgent ensuring patients feel and look their best. The medical team is supported by Arleta and Kat, both highly experienced aesthetics practitioners, who specialise in medical-grade skincare and cutting-edge treatments with laser and energy-based devices.

Berkshire Aesthetics provides a wide array of state-of-the-art non-surgical treatments, each selected to offer maximum efficacy with minimal downtime. From revolutionary skin-rejuvenation therapies and dermal fillers to body-contouring treatments such as CoolSculpting, each offering has been carefully chosen to deliver real, noticeable results that align with each patient's aesthetic aspirations.

One of the defining features of Berkshire Aesthetics is its focus on the patient journey. From the first consultation, everyone receives a bespoke treatment plan developed around their needs and lifestyle. The team's commitment to educating patients, coupled with their use of innovative technology, allows for a fully transparent experience that makes patients feel empowered and informed every step of the way.

Adding to the allure of Berkshire Aesthetics is its luxurious setting, designed to offer a calming retreat from the everyday bustle. The clinic's serene interiors, along with the team's attentive and warm service, help create an atmosphere where patients feel cared for from the moment they enter. Whether visiting for a quick enhancement or a comprehensive treatment plan, patients can expect an experience that is as transformative as it is indulgent.

At Berkshire Aesthetics, beauty is approached with precision, diligence and elegance. For those who seek more than just a treatment – an experience that caters to both mind and body – this clinic is a beacon of excellence, providing quality treatments delivered with utmost care.

Dr Selena's expert team



Dr Selena Langdon

The medical director is highly regarded for her expertise in non-surgical treatments and delivering natural-looking results.



Dr Dara

A cosmetic doctor with 10,000 aesthetic treatments under her belt.



Dr Mira

A general practitioner with sought-after expertise as an aesthetics trainer.



Arleta

Aesthetic practitioner with a cosmetology degree and an interest in lasers and peels.



Kat

Aesthetic practitioner with a cosmetology degree and expertise in treating long-term skin conditions.

◁ finer and fluffier.) Eight to 10 sessions, six weeks apart, are advised in order to catch hairs at differing stages in the growth cycle, which leaves silky-smooth results.

Pain factor None whatsoever, thanks to the Soprano Titanium SE's clever cooling system, which prevents overheating in the epidermis. At most, you might feel the tiniest, teensiest flash of warmth, which dissipates as quickly as it came.

Downtime Again, none. But you're advised to avoid excessive sweating for 24 hours, so saunas, hot baths and vigorous exercise are off the cards.

Results The device promises a 10 per cent reduction in hair in just one session. Which means that, over time, you'll start to notice less regrowth, and less need for general maintenance. With the course complete, darker-haired types can expect a 90 to 100 per cent decrease in unwanted hair – redheads or blondes will see a reduction of 70 to 90 per cent – and soon after that, they'll be bidding their waxing therapists adieu.

Details From £250 (nilambolmes.com).

8. FOR RESTORING VOLUME NATURALLY

Structura with Dr Preema Vig

The lowdown Aesthetic doctors have long known that ageing of the face occurs at different strata, be they bone-, muscle- or skin-level. But while it's possible to restore these layers using myriad different products, the one that hasn't fitted this bill has been adipose tissue, also known as fat. Until now. Scientists in a lab in Lugano have been busy developing an injectable product that works to stimulate fat, thus providing firm and natural-looking support. Structura – so-called because it brings structure back to faces that have softened or may be about to sag – is manufactured by the same group that makes the cult skin-booster Profhilo. And in the hands of Dr Preema Vig, who excels at treating crepey skin on the body, it delivers natural-looking volume without the risk of over-plumping. Using a cannula under the skin, Vig targets the lateral pads located between the ear and jawbone – where fat loss generally occurs with age – and carefully dispenses the product to harness the power of adipose progenitor and stem cells (APSCs). These encourage the fat cells to regenerate, thereby replenishing facial volume and enhancing natural contours. Two sessions one month apart are recommended for best results; and she might also add some skin-quenching Profhilo for a luminous glow.

Pain factor Far less than you might expect; and the cannula makes for smoother sailing than the injections needed for the deeper-penetrating

Profhilo. Ask for numbing cream if need be; but rest assured, it's over quickly.

Downtime After the product is dispensed, the area below the cheekbone might look a little puffy, but this quickly dies down. Twenty-four hours later, no one will be any the wiser.

Results Course complete, the difference is wonderfully subtle: a little more lift to the cheekbones, smoother jowls and a sense of lightness and elegance to the face. However, the skin is noticeably firmer and looks more energised. Filler-phobes, form an orderly queue...

Details From £790 (drpreema.com).

9. FOR A SHARPER JAWLINE

JawTite with Dr Saleena Zimri

The lowdown As time goes by, the jawline can start to soften, the face to become heavier and self-confidence to wane. So can anyone offer a scar-free solution that doesn't involve going under the scalpel? Step forward, Dr Zimri, whose signature JawTite achieves the desired result through a stealthy combination of hydrodissection – using water to target small pockets of fat, which is then gently aspirated – and the new, advanced InMode Ignite Quantum technology. To contract the tissue, tighten the lower-face and reduce unwanted pockets of fat, this harnesses the power of radiofrequency-assisted liposuction (RFAL) administered by subcutaneous cannula, and it's excellent on such tricky-to-treat areas as jowls and nasolabial lines. Already unrivalled at delivering FaceTite, Zimri dedicates one day a week to her jaw procedures, but be warned: there's a waiting list at her clinics, both in Leeds and London.

Pain factor The procedure is performed under local anaesthesia, so the discomfort ranges from minimal to none. Still, the sensation of the cannula below the skin is a little bizarre.

Downtime Post-procedure, you can go home and get back to your usual routine with relative ease (although some patients have noted the lower-face felt tender and bruised for up to a week after). A compression garment – in the form of a chin strap – is recommended for the first three to five days of recovery, and has the double benefit of making the treated area feel more supported.

Results Straight away, you'll see a difference: jawlines look smoother and double chins are much reduced. However, the best results are to be seen at around the six-month mark – when the skin is tighter and less lax – and a much more sculpted-looking lower-face and neck start to emerge.

Details £3,995 per treatment (skindoctorclinics.co.uk).

10. FOR REFINING OPEN PORES AND TEXTURE

The Royal Facial with Professor Ali Ghanem

The lowdown Warm yet direct, Ghanem is the UK's only professor of aesthetic medicine. According to him, there are three things to bear in mind if you want to optimise the appearance of your face and body: surface, contour and volume. And fittingly, his Royal Facial (a hybrid of three skin-perfecting techniques) addresses the very same trio. Super-bespoke, it uses a scanner to peer beneath the skin surface – determining levels of pigmentation, rosacea and hydration – before a protocol is devised. To address the surface, Ghanem prescribes a regenerative peel, which gently yet effectively dissolves dead cells while restoring a healthy-looking glow. For contour, he advises his Lutronic Genius, the Rolls-Royce of radio-frequency-assisted microneedling treatments, which harnesses AI to deliver the precise amount of energy the tissues require without going so deep as to enter the subcutaneous layer (which would destroy the fat). Finally, to tick the volume box, he recommends an infusion of exosomes, which are excellent for dermal regeneration. Post-microneedling, these are slathered onto the skin, where they deliver growth factors and powerful anti-inflammatory molecules directly into the ready-made channels. And while they noticeably boost quality and elasticity, says Ghanem, they are also fantastic for post-procedural healing.

Pain factor The peel tingles but is over swiftly, while the Lutronic Genius requires strong numbing cream approximately 45 minutes before treatment, as well as some local anaesthetic. Despite all that, the pain level is still high and treatment is not for the faint of heart. (Ghanem reveals that some of his patients – especially those from the Middle East – want to be totally sedated.) Still, he's mercifully quick, counting down the energy-shots as he delivers them; and funny, which helps.

Downtime Expect to look red and feel sunburnt for about 48 hours; and you can't apply moisturiser or make-up for the first 24 while the skin starts to heal. Best to work from home and swerve social occasions for a few days.

Results That age-old adage 'no pain, no gain' has never been truer than for this procedure. Two weeks after treatment, skin quality is off the scale, with enlarged pores notably tighter, fine lines ironed out and even acne scars much softer. And the texture is remarkable: smooth, silky and incredibly soft.

Details £1,490 per treatment (theghanemclinic.com). ▷

Rhinoplasty London aims to improve the harmony of every face, as well as the patient's self-image

surgery. Here, they combine their considerable expertise with a kind, caring manner that focuses on individual care to achieve consistently excellent results. 'We listen very carefully to the wishes of our patients,' they agree. 'Together, we are a team.' This approach results in care that's tailored to make each operation the most effective, while also being the safest.

'What I love most about my job is that it allows me to help people feel better about their health and themselves,' says Lydia, alluding to the fact that many of us can feel self-conscious about our noses, while also struggling with various health issues around them. Rhinoplasty London aims to improve the harmony of every face, as well as every patient's self-image. It is this that has won them countless loyal fans.

At the forefront of innovation, the pair have been instrumental in developing preservation rhinoplasty, ultrasonic 'piezo' diamond rhinoplasty and specialised skincare techniques to reduce post-surgery swelling and bruising.

Preservation or scarless rhinoplasty changes the nose by reorientating, not removing tissue to create the most natural appearance, whilst keeping the way you look. It leads to natural and stable results with less risk of needing revisions. Ultrasonic technology remodels bone without breaking or shattering it, and it doesn't harm surrounding tissues so there is minimal bruising and swelling, with faster healing. This has allowed much greater refinement especially in deviated noses. Care of the skin and soft tissues has been neglected in recent years – yet again the team have developed novel techniques to speed you through your journey. And the professional expertise continues after surgery, with invaluable advice on facial and nose skin management on offer.

It's really little wonder the awards and accolades just keep pouring in for Rhinoplasty London. Recent successes have included a prestigious Certificate of Excellence from the verified feedback service Doctify, as well as the naming of Charles East as the upcoming president of the non-profit Rhinoplasty Society of Europe. Here's to many more years at the forefront of rhinoplasty.

*Miss Lydia Badia
and Mr Charles East*

This duo's commitment to providing outstanding care is evidenced not only by their string of awards and accolades, but by their patients' consistently glowing feedback. 'They are simply the best,' says one. 'My experience has been so transformative. I wouldn't trust my face to anybody else.' It's this that drives the pair, as East explains: 'We love what we do and we have dedicated our lives to this operation. The joy comes from our patients.'



*Winning
by a nose*

*Individual care and medical
precision are second to none
at Rhinoplasty London*

IT IS WELL KNOWN, EVEN AMONG the least medically literate among us, that rhinoplasty is an infinitely complex field. That is why if you're considering undergoing surgery or treatment to do with the nose – whether medical, aesthetic or some combination of both – it makes sense to visit an expert, or experts, in the field. That's where Charles East and Lydia Badia come in.

This dynamic duo is not only devoted to but 'super-specialised' in their chosen field, having founded Rhinoplasty London as a centre dedicated entirely to nose and facial plastic

11. FOR A SUN-DAMAGED DÉCOLLETAGE

Stem Cell for Crepey Chest with Dr Georgina Williams at Montrose Clinic

The lowdown Crinkly, crepey skin is the nemesis of your décolletage. But fortunately, the co-founder of Montrose London, consultant plastic and reconstructive surgeon Williams, has developed a protocol that combines two state-of-the-art approaches: advanced light and laser treatment, followed by transfer of autologous (your own) fat. To begin, the laser, using Sciton's BBL and Halo to reduce pigmentation and create a smoother-looking canvas. Then, the *pièce de résistance*: the transfer of fat from areas including the tummy, flanks and inner thighs. This is filtered twice: first to create microfat, which is then injected across the neck and chest to restore lost volume; and then to produce nanofat, which is injected into sun-damaged skin to stimulate fresh collagen and regenerate tissues.

Pain factor Numbing cream is applied before the laser and the liposuction is performed under anaesthetic, rendering the discomfort fairly minimal. The injections of microfat and nanofat can sting; but more numbing cream helps.

Downtime The skin feels a little tight and hot over the next 24 to 48 hours, with darkened pigmented areas (this will shed, leaving shiny new skin in their wake). If you're unlucky, the injections of microfat and nanofat might bruise; high-necked jumper to the rescue.

Results A tauter, softer décolletage can be seen in 10 days, while sunspots, crepiness and deep-set lines across the chest are as good as gone.

Details From £6,000 (montroseclinics.com).

12. FOR A FLATTER, TAUTER TUMMY

The Dr Rita Ultimate Be Bold Combination Treatment at Dr Rita Rakus Clinic

The lowdown Whether it's a cortisol belly, a post-pregnancy pouch, a menopausal paunch or middle-aged spread, the lower-abdomen 'overhang' common among women of a certain age is frustratingly resistant to diet and exercise. However, a new quartet of protocols from the ever-innovative Dr Rita Rakus has come to the rescue; and with the arsenal of non-invasive devices employed in her comprehensive, holistic approach, she can soon help you realise a slimmer, tauter and more resilient tummy, underpinned by strengthened muscles and a healthy gut microbiome. First comes the Emerald Laser, which uses non-thermal technology to create small, transitory pores in adipose



Jacket, £993, **HERVÉ LÉGER**. Bra, £234, **BORDELLE**. Necklace and earrings, POA, **DE BEERS**

cells through which the fatty liquids can seep, ready to be flushed from the body by the lymphatic system; and next, a shorter, directed application of a handheld EVRL laser, to stimulate the vagus nerve running from the brain to the abdomen, target inflammation and speed up cellular regeneration. Both these treatments are preparations for the big event: the intense bio-stimulation of the abdomen courtesy of Pure Impact by Sofwave, the first and only device worldwide that creates an anatomical response within the muscle fibre of each muscle group it targets. (With big wireless electrodes positioned on your abdomen and flanks, you feel the undeniable power of the muscle-activating Plyopulse, which delivers the firming, slow-twitch-fast-twitch contractions.) At the end of a course of eight to 10 sessions, unsightly

loose skin is revitalised and tightened in a single Sofwave treatment, which uses ultrasound energy to stimulate collagen production.

Pain factor Lying on a treatment bed for each 30-minute session under the Emerald Laser arc of lights – 15 minutes on your front, 15 on your back – is incredibly relaxing and utterly painless. Indeed, a lulling beep is the only indication that you are undergoing treatment at all. Ditto, the 10 minutes of EVRL, thanks to the informative and cheery chat of therapist Abi. As for the Pure Impact, there's a satisfaction in feeling the waves of fluttery, tightening contractions that replicate what's called plyometric exercise: training that uses the speed and force of different movements to build muscle power. (The aim is to reach 50 per cent intensity in your first session – easily done – and work up >

Tucked away behind its own private garden, the clinic instantly puts patients at ease



The crème de la crème

The expert-led Montrose clinic is the place to come for all your aesthetic needs

FOUNDED BY THREE LEADING plastic surgeons, Montrose in Belgravia is a one-stop-shop for all your aesthetic, skin and plastic surgery concerns. Tucked away behind its own private garden, the clinic's beautifully designed surroundings instantly puts patients at ease, whether they're booking in for injectables or major aesthetic surgery.

SCITON'S HALO LASER

One of Montrose's most popular treatments, this unique device combines non-ablative and ablative wavelengths to treat a variety of skin concerns, such as fine lines and wrinkles, skin

Meet the expert team

Mr Jonathan Dunne

Consultant Plastic and Reconstructive Surgeon

The clinical lead for the Imperial College skin cancer service, Jonathan offers facial plastic surgery, skin surgery, injectable treatments and laser.

Miss Shaimaa Jamshidi

Plastic and Reconstructive Surgeon

A specialist in injectable treatments, laser and hair restoration, she holds a Masters in Surgical Innovation and Trauma Surgery.

Miss Georgina Williams

Consultant Plastic and Reconstructive Surgeon

Georgina specialises in microsurgery to the face, neck and breast. She also offers injectable and laser treatments.



tone and hyperpigmentation. The laser targets surface-level texture and pore size at the same time as deeper sun damage and pigmentation issues. This dual approach means patients experience short- and long-term benefits with minimal downtime. It's suitable for all skin types and can be used anywhere.

FULL-BODY MOLE MAPPING

Full-body mole mapping is the gold standard when it comes to assessing moles across the entire skin surface. Montrose uses the Canfield IntelliStudio, an integrated system that provides the highest resolution of automated total-body mapping and magnified assessment of moles. (It's the only such system in operation in the UK.) Within 15 minutes, the whole body is mapped, securely stored and reviewed with a consultant dermatologist.

THERMAGE

Thermage is the treatment on everyone's lips right now – and with good reason. It's the only non-invasive procedure that helps tighten and contour skin in a single treatment, with no surgery, injections and downtime. The patented radiofrequency technology heats collagen fibres deep in the skin, thereby stimulating the body's natural collagen. The result is firmer, plumper, smoother-looking skin which is noticeable after a single 60-minute treatment.



Jacket, trousers and bodysuit, POA, **TOM FORD**. Shoes, £795, **PARIS TEXAS**. Necklace, POA, **BVLGARI**.

◁ gradually in subsequent appointments.) As for the application of tightening Sofwave – if you opt for that final finessing element – it can cause a bit of discomfort, tenderness or redness; but that subsides within a few days.

Downtime None at all. You can skip out of the clinic and straight into Harrods, full of good intentions to drink lots of water, eat healthily and maintain your normal exercise routine (to maximise fat-reduction, as well as muscle-toning and strengthening). An immediate effect of Pure Impact is to promote muscle memory, so you do find yourself consciously pulling in your tummy.

Results Immediately, you feel an increase in energy. And thrillingly, even after the first session – boosted at home with dry-brush massage of the treated area – there's a neatening of your

silhouette. After each subsequent treatment, expect a gradual but noticeable improvement in muscle-toning, strength and firmness, as well as consciousness of a new abdomen that has been 'worked-out' without industrial quantities of obliques and crunches in the gym.

Details *Combination package of Emerald Laser & EVRL sessions, Pure Impact and Sofwave from £3,000 (drritarakus.co.uk).*

13. FOR STRESS RELIEF (AND SMOOTHER SKIN)

LPG Endermologie at The Galen Clinic

The lowdown The gleaming Galen Clinic offers four floors of treatments – from functional medicine and nutrition to orthopaedic interventions and surgery – and its aims are simple: to enhance patients' wellbeing in a synergistic

fashion. And that's why its exceptional doctors are experts at getting to the root cause of a concern before curating the most appropriate pathway – which does not always entail the latest whizz-bang gizmo. For example, its face- and body-focused Endermologie device isn't new: the cult French device has been around since the 1980s and was originally developed to reduce skin-tension in burns victims. However, it's long been revered for its dermal-smoothing, cellulite-quashing powers – many an A-lister swears by it before gliding down the red carpet – and over at the impossibly elegant, Grade I-listed clinic, it's on overdrive. Not least because its most recent inception has thrust the technology and overarching concept into the 21st century. Following 30 years of research and a brand-new patent, the machine's capabilities have transcended the merely aesthetic and can now tackle such deeper-rooted concerns as high cortisol levels, poor sleep, stress and tension. So, for a body treatment, wriggle into the signature suit (made of clinging white mesh, which enables the device to smoothly Hoover up the tissues without harming the skin's surface); lie face-down on the table; and relax as the gadget is applied to the base of the skull, targeting the vagus nerve – which runs from the brain to the abdomen – and switching the body into a more parasympathetic state. After that, the therapist proceeds to the torso, focusing on areas where tension is stored (perhaps around the lumbar spine), or where there is stagnation in the tissues. (Old C-section scars are great sites for smoothing and softening.) Not forgetting such key locations as the backs of thighs, the abdomen and the derrière. And by the way, there's also a more delicate face applicator available, which gently massages the contours, stimulating collagen and elastin production as it goes.

Pain factor None. If anything, the sensation delivered by the device – a sort of rolling suction – is sedative. So much that most patients fall asleep on the table.

Downtime None whatsoever; unless you count being in a supremely relaxed state straight after. Book in at the end of the day so that you can drift home straight after (and have a seriously good night's sleep).

Results Really quite impressive. Yes, the skin feels smoother and tauter and silhouettes look more streamlined. But it's the tangible effect this treatment has on your overall wellbeing that will really get you hooked. A one-off brings a deep sense of calm; a course of eight to 10 resets body and mind.

Details *From £250 (thegalenclinic.com).* ▷

'I treat holistically to ensure the most appropriate, balanced and natural-looking results'

surgical face lifts, full-face sculpting and skin improvement using the latest polynucleotides and exosomes. The clinic also uses some of the best technology in the world to assist with weight loss, gut health and brain health.

What are the most popular treatments you offer and how are they unique?

Our DrBK Face Lift Deluxe (for face and neck-lifting) is one of our most requested procedures. This unique non-surgical procedure combines the very latest thread lift system, with our state-of-the-art Dual-Hi skin-tightening treatment. Other signature treatments include our NuFace Protocol, a unique combination of bio-fillers and polynucleotides for the face and neck. It offers unparalleled results to replace volume loss and provide exceptional skin rejuvenation.

What makes you unique as a practitioner?

I treat holistically to ensure the most appropriate, balanced and natural-looking results. I'm also a firm believer in knowing when to say 'no', which is especially important in this age of increased body dysmorphia.

There's a lot of talk about wellbeing and gut health right now – what is this and why is it so important?

As I always say, there's no point in altering your outside until you have addressed issues on the inside first. This especially applies when it comes to weight loss. The important thing is making sure you are healthy at a cellular level and that you're implementing good, healthy habits, otherwise any weight that you lose will come straight back. Gut health is at the heart of this, because having healthy gut function will allow not only the efficient uptake of nutrients but also expedite the clearance of harmful toxins.

Where do you see the aesthetics market going in the next five to 10 years?

I would like to believe that more practitioners will embrace optimising wellbeing and health as part of an overall programme for any aesthetic treatment. My mantra in my clinics is: healthy people look better.

Dr Bob Khanna

With more than 30 years' experience in the industry, Dr Bob Khanna is one of the world's most eminent and respected facial aesthetic practitioners and teachers. His techniques and treatments have been adopted by thousands of doctors all over the world and focus specifically on patient safety and wellbeing. The Dr Bob Khanna Training Institute was the first medical aesthetics training institute in the UK to be approved by the Royal Society for Public Health.



Change for the better

For a caring and compassionate approach to aesthetics, look to Dr Bob Khanna

WITH CLINICS IN READING AND Harley Street and more than 30 years' experience, there is very little that Dr Bob Khanna doesn't know about helping people look and feel their best. Taking a holistic approach to aesthetics, his treatments work from the inside out.

What does your flagship DrBK clinic offer?

The DrBK clinic is a centre of excellence offering treatments for teeth, face, body and wellbeing. We cater for all patient needs with high-end cosmetic dental surgery and facial aesthetic treatments, which include non-



Coat, £2,100, **STELLA McCARTNEY**. Dress, £1,250; boots, £1,166; bag, £2,583; and sunglasses, £387, **BALENCIAGA**. Necklace, POA, **DE BEERS**

14. FOR SUPER-CHARGED SKIN

Idenel Liquid Microneedling with Dr Christine Hall at the Taktouk Clinic

The lowdown Residing at the infinitely chic Taktouk Clinic, South Korean aesthetic doctor and skin guru Hall knows all there is to know about K-Beauty. And according to her, one of the most innovative treatments to come out of her homeland is 'liquid microneedling'; that is, topical formulations that contain stimulating microneedles. (The concept is based on the fact that, while skin does a good job at keeping out such foreign matter as pollutants and bacteria, there's a concomitant: it actually absorbs little of most lotions applied to it.) Treatment commences with a deep cleanse to prep the complexion and continues with a rubbing-in of the solution, whose highly purified, sponge-derived 'micro-spicules' are coated in such active ingredients as peptides, niacinamide, growth factors, adenosine and vitamin C; and when they gently pierce the dermis, they deliver said

ingredients deeper than they would otherwise reach if applied as serum or cream. It's great for anti-ageing, helping to reduce fine lines, restore firmness and even minimise pigmentation; but even more for problem skin, fading blemishes, reducing inflammation, refining pores and for softening the appearance of scarring.

Pain factor Though not exactly sensation-free, it's nowhere near as uncomfortable as traditional microneedling. Still, when the product is rubbed in, it can feel almost abrasive – due to two million micro-spicules being driven into the skin – and a bit stingy. Breathe deeply.

Downtime Expect the skin to be slightly red afterwards, and some residual dryness. But within 24 hours, you'll have the all-clear.

Results Three days later, the skin looks remarkable: smooth in texture, with pores erased, and a tangible glow that will ensure compliments abound. Four treatments, each a week apart, are recommended for superior radiance.

Details From £300 (drchristinehall.com).

15. FOR NO-DOWNTIME RESURFACING

Illuminator Plus Facial at The Prager Clinic

The lowdown Resurfacing has long garnered acclaim for its ability to make the skin appear Insta-filter perfect. At The Prager Clinic on Beauchamp Place, the founder and in-demand injector Dr Michael Prager champions manual techniques: his 90-minute Illuminator Plus Facial kicks off with delicious cleansing and hands-on massage. This is followed by just enough Dermaroller needling to trigger the skin's natural production of collagen and elastin (which minimises recovery time). Next comes a light peel, to refine the skin further and leave a smoother surface. Then skin-boosting polynucleotides are applied topically – instead of by needle or cannula, as is often done – to seep into the channels left by the needling. A final application of Prager's hero facial oil, infused with particles of anti-inflammatory gold, and you're good to go.

Pain factor Surprisingly little, considering the onslaught of treatments.

Downtime None to speak of. Some patients book in immediately before a big event to ensure their skin is ready for its close-up...

Results Tauter, softer, palpably smoother skin that shines with health. You'll never look back.

Details £595 per treatment (drmichaelpgrafer.com).

16. FOR LOWER-FACE REFINING

The Transformation Facelift at Dr Nyla Raja

The lowdown Dr Raja's clinics (including her Cheshire HQ and newer Dover Street residence) draw women in pursuit of a sharper, shapelier lower-face without going under the knife. Her machine-led protocol is unique to every patient. It may involve face-firming Lumenis NuEra Tight radiofrequency, along with a blast of firming ULTRAcel Q+ for superior lifting, or some ULTRAPulse CO2 laser to put the spring back into tired skin. Some patients do well with a little strategically placed filler: to pin back a softening jawline, say, or to underpin the cheekbones, temples and other bony aspects of the face. It's much aided by Raja's range of active skincare products, which come in glassy, refillable orbs.

Pain factor Variable, depending on the selected treatments and their intensity. A healthy dose of numbing cream will make things more bearable.

Downtime The NuEra Tight and ULTRAcel Q+ leave only a healthy flush in their wake; while the resurfacing laser necessitates a few days in hiding.

Results There's a reason Raja's diehards return every few months without fail. Skin is lifted, toned and noticeably clearer, even deeper lines are ironed out, and jawlines are elegantly defined.

Details From £750 (doctornyla.com). □

ChitoCare beauty is the first Icelandic skincare brand to launch a clinic in London

treatment menu will include four facials that utilise the potent power of chitosan, along with cutting-edge technology for deep absorption. Performed by highly trained aestheticians, the treatments will address a variety of skin concerns, as well as delivering results so radiant that you'll look like you've returned from a Nordic retreat.



ChitoCare beauty anti-ageing range

NIGHT CREAM

To supercharge your skin overnight, this rich, firming cream contains marine chitosan, hyaluronic acid and calming agents to replenish the moisture barrier that keeps skin looking youthful and glowing.

EYE CREAM

Also enhanced with chitosan and hyaluronic acid, this eye cream improves elasticity and firmness around the eyes, as well as reducing puffiness and dark circles.

REPAIR SERUM

This serum is clinically proven* to reduce the appearance of fine lines and wrinkles, containing natural antioxidants to protect skin and hyaluronic acid to bolster its natural moisture for enhanced radiance.

DAY CREAM

This is the cream to turn to if you're looking to replenish your skin's moisture barrier, fight the effects of oxidative stress and defend from the sun. It features SPF 20 and antioxidants.

Pure and potent

Bringing the rejuvenating power of Iceland's precious resources to your skin, ChitoCare beauty is the Nordic name to know

NORDIC BEAUTY IS THE NEXT BIG thing in skin – and leading the charge to cult status is ChitoCare *beauty*, the first Icelandic biotech skincare brand to launch a beauty and aesthetic clinic in London. ChitoCare *beauty* stands at the forefront of the industry; it's the first skincare brand in the world to incorporate high-quality, super-active ingredient chitosan into its sought-after products.

A natural biopolymer and powerful antioxidant, chitosan is extracted from the shells of shrimp found in the crystalline waters of the North

Atlantic Ocean around Iceland. Its protective and healing properties promote superior hydration and repair, making it an advanced anti-ageing ingredient. By utilising what would otherwise be a waste product with eco-friendly processes, ChitoCare *beauty* protects the environment from which chitosan is sourced. The line also includes ChitoCare Repair, a patented complex of active ingredients that is in every product.

Excitingly, this award-winning biotech brand now lands in London, with a dedicated beauty and aesthetic clinic on Harley Street. The

For more information, please visit chitocare.com



Go with the glow

The DrMediSpa group is already known for delivering cutting-edge aesthetic treatments in world-class surroundings and now the magic can be taken home with the Dr Somji Pro-Active Skincare range

WHAT LINKS BEAUCHAMP PLACE IN Knightsbridge, Chiltern Street in Marylebone and Forest Road in Essex? Each of these exclusive addresses is home to an outpost of the DrMediSpa clinic group, one of the foremost names in the aesthetics industry. As well as prestigious locations – and elegant, infinitely reassuring clinics – DrMediSpa is known for its expertise in skin, from addressing common concerns such as acne and ageing with an extensive non-surgical portfolio to offering a range of surgical procedures.

The pair behind it all are Dr Munir Somji, a globally recognised cosmetic surgeon, and Henal Somji, co-founder, medical aesthetician and skincare expert. Together, they offer more than a decade of broad and direct experience in treating problematic skin conditions, which they have recently distilled in a skincare range



HELP AT HAND
 From left: Night Recovery Cream; Vitamin C Daily Defence Moisturiser SPF 30; Signature Serum; Detoxifying Charcoal Cleanser; Anti-Blemish Concentrate; Anti-Redness Concentrate, all Dr Somji Pro-Active Skincare

DrMediSpa sets itself apart thanks to Dr Somji's talent for consistently pushing the boundaries of aesthetic enhancement

called Dr Somji Pro-Active Skincare. Passionate about skincare and its ability to empower patients to gain confidence, Dr Somji conceived and developed this capsule line of results-driven formulations. Each product is packed with powerful innovative actives combined with highly effective established ingredients – for more on this exciting release, see right.

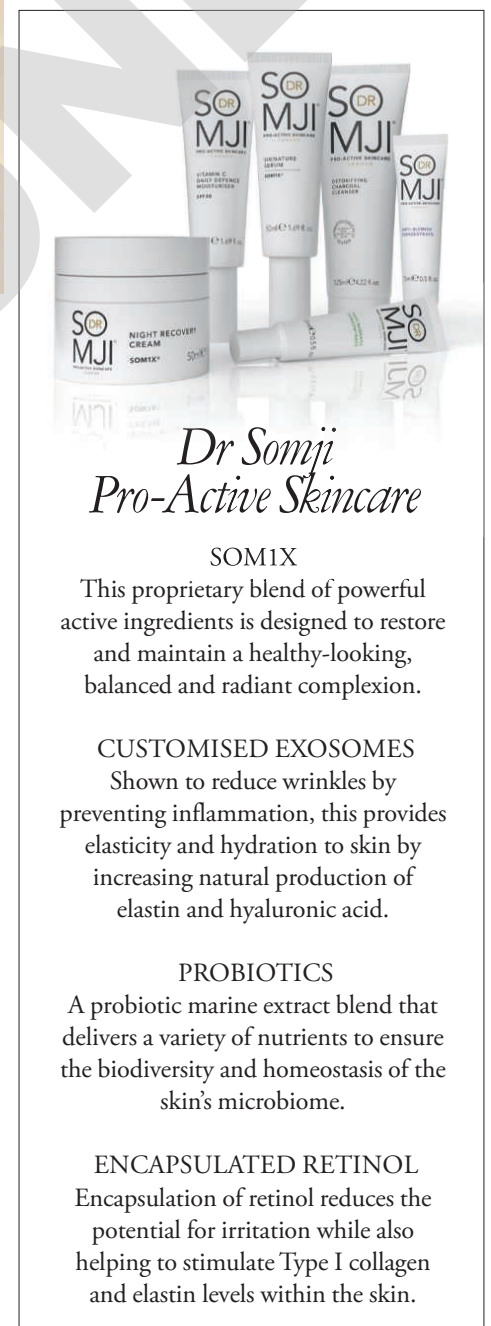
DrMediSpa specialises in 'soft-surgery' procedures – minimally invasive non-surgical and surgical treatments as an alternative to plastic surgery (which often comes with extensive downtime). This modern approach makes the group sought after by younger patients seeking preventative age management, while allowing all patients to take control of the ageing process and stay at their best throughout the decades. Together with his expert team, Dr Somji blends treatments to make subtle, micro-surgical changes that often harness the body's natural regenerative powers.

As well as this appealing approach, DrMediSpa sets itself apart from other clinics

thanks to Dr Somji's talent for consistently pushing the boundaries of aesthetic enhancement. One of the most advanced treatments on offer at DrMediSpa is Cromax Arthrex PRP, which involves injecting one's own platelet-rich plasma (PRP) into the scalp, naturally encouraging the growth factors in the blood to stimulate hair growth. Dr Somji combines this effective treatment with PhilArt Hair Polynucleotides to enhance it further, as well as recognising that it can be used on acne scarring and skin rejuvenation to great effect.

Another top treatment is AgeJET, a type of plasma device that utilises nitrogen gas to create a thermal injury deep within the skin to treat fine lines and wrinkles, hyperpigmentation, and scarring. The plasma created preserves the outer layer of the skin until new skin forms over the course of 10 days, with improvements in the surface of the skin appearing soon after. Dr Somji enhances this treatment with ASCEplus and ExoCoBio, a leading exosome-based regenerative medicine and aesthetic treatment for effectively improving skin texture and reducing signs of ageing.

'We have been achieving superior results with AgeJET and ASCEplus and ExoCoBio,' says Dr Somji. 'It can safely and effectively treat delicate areas such as lips and eyelids, as well as larger areas like the face, neck, décolletage and hands.' All this and much more awaits at DrMediSpa.



Dr Somji Pro-Active Skincare

SOM1X

This proprietary blend of powerful active ingredients is designed to restore and maintain a healthy-looking, balanced and radiant complexion.

CUSTOMISED EXOSOMES

Shown to reduce wrinkles by preventing inflammation, this provides elasticity and hydration to skin by increasing natural production of elastin and hyaluronic acid.

PROBIOTICS

A probiotic marine extract blend that delivers a variety of nutrients to ensure the biodiversity and homeostasis of the skin's microbiome.

ENCAPSULATED RETINOL

Encapsulation of retinol reduces the potential for irritation while also helping to stimulate Type I collagen and elastin levels within the skin.

Redefining TIME

Looking 10 years younger is out. Right now, it's all about age-appropriate aesthetics – and society's most refined faces are signing up for a more mindful approach to the power of 'good work'

By ANNA PASTERNAK

RECENTLY, I REACHED A tipping point. After years of wishing – and working hard – to look younger, I no longer crave the full-on Dorian Gray. Probably for the first time in my adult life, I wish to look age-appropriate. Fresher and more vital, yes, but not like I am grasping for dear life at the last shreds of my youth. Aged 57, after two decades of tweakments – I started Botox at 37 and had filler in my early fifties – I realised that the taut forehead and ripened-peach cheeks were not only faintly ridiculous but were actually more ageing. Something about the generic mask of frozen features on a woman facing 60 shrieks inner discomfort and outer despair.

This has never been more prevalent as we currently appear to be moving away from celebratory body positivity back to the cult of extreme thinness. It reminds me of the social x-rays of Tom Wolfe's *The Bonfire of the Vanities*. In August, I stayed in a Swiss detox spa where the number of reed-thin older women with Ozempic faces and heads that looked out of proportion to their lollipop-stick bodies terrified and depressed me.

It's been a hard-won realisation but I now know unequivocally that the most attractive quality you can have is the radiance of self-confidence, that crinkled comfort of being in your own skin, and no injectable alone can give you the self-acceptance that hopefully comes with maturity. But let's be realistic: expert, soulful aesthetics are an invaluable boost in presenting the best version of yourself. A

recent study claimed 57 is the age at which employers consider you 'too old' to hire, so it's judicious to ensure you appear relevant.

My shift in approach coincided with finding the perfect practitioner. I felt instantly understood by Dr Costas Papageorgiou, who specialises in minimally invasive procedures, when he said: 'If someone thinks you've had work done, then it's game over.' He has become my aesthetic lodestar, and I trust him so completely that he has *carte blanche* over my face.

Papageorgiou is big on enhancing the light reflection on your facial features. He encourages fluidity – because anything static, he believes, is ageing – and his approach is radically different from anything I have encountered before. Not for him the bi-annual appointments at which six syringes are emptied into your forehead rendering a glassy sheen. Instead, he prefers to see you every six weeks, when he injects tiny pops of diluted toxin or filler, 40 or 50 per session. These are administered in such seemingly strange places as the bony bit at the top of your nose – 'to create a sharper mid-line and make your eyes stand out more' – or the nasolabial fold, 'deep on the bone to restore the skeleton of the face'. When he shows you the before-and-after photos, you look better but genuinely can't work out why.

His skill is to operate in a liminal space between what is noticeable and not noticeable. 'It's all about little blurs which camouflage,' he clarifies. Age-appropriate aesthetics is about restoring confidence and

self-perception. 'If we look fresh and content for our age, we feel fresh and content.'

This view is echoed by Ida Banek, co-founder of the Mayfair clinic Ouronyx, who pioneers a concept she has coined 'mindful aesthetics'. Fascinated by the interplay between physical treatments and mental wellbeing, her goal is to foster peace of mind. 'The paradox of ageing is that, when we are young, we're at the pinnacle of health and attractiveness but rarely self-accepting. It is in midlife that we value lasting wellbeing more than the fleeting allure of fast beauty.' Part of my bid to embrace looking my age is that I have a twentysomething daughter – and slightly scared about how early Gen Z are turning to cosmetic procedures, I don't want to set a bad example.

In Banek's opinion, if we start with mindful aesthetics in our late forties, we can push back the need for surgical intervention by at least a decade; the key being to 'prioritise health over beauty', she says. 'We want our clients to look fresher and more energised, not plastic or younger. But too much treatment or too much make-up in midlife makes you look older.'

I agree, valuing agile, glowy skin over static perfection. Thanks to improving my skin tone and its texture, I now wear minimal make-up. I am addicted to my Lyma at-home device, a cold, infrared laser that boosts collagen and fades age spots. I'm also a fan of supplements such as Fatty15 and Primeadine: the former, a capsule of essential fatty acid C-15 that

restores at the cellular level; the latter, a supplement of spermidine, in which scientists have found an age-delaying molecule that stimulates autophagy (a process whereby cells recycle damaged parts).

While my skin is noticeably more dewy, nothing enhances vitality like a dynamic, holistic facialist. My go-to for facial and fascia release is Nataliya Robinson, who blends deep-tissue massage with buccal massage inside the mouth. 'Your muscles hold emotion, expression and experience,' she says. 'You need to activate them. Even if you've had Botox and fillers, the more alive your muscles are and the less in spasm, the more youthful your face looks.'

Her rigorous technique can bring you to the threshold of agony. Afterwards she applies acupuncture needles to the jawline and traditional Chinese cupping down my neck. The tension-release is a huge relief. I leave with my face uplifted but with a tangible dynamism. 'Muscular agility creates hyaluronic acid, which lubricates tissue,' she says. 'I'm not pressing but stretching, oxygenating and invigorating the face.' This full facial workout offers no gimmicks, just Robinson's intuitive healing hands and well-honed technique.

Aesthetic progress is the holistic recognition that health is beauty and beauty is health. In other words, to look great is to feel great.

'I have patients aged 85,' says Dr Papageorgiou, 'I love them because they don't give up on their appearance or on taking care of themselves.' Amen to that. □



FACE TIME

By prioritising health over beauty, a soulful aesthetic approach can boost self-image

TATLER

WHEN IT COMES TO SIGNS OF AGEING

we tend to think of the telltale hallmarks that appear on the surface of the skin. But as the years pass, the face undergoes gradual, continuous ageing that affects not only the top-most layers of the skin, but also the underlying tissues. Beneath the superficial surface, cells are declining, contributing to the loss of tone, elasticity, texture and volume, and exacerbating the overall appearance of ageing. So, as it turns out, a lot of the decline occurs deep down in places that we don't even see.

While this might sound disheartening – signs of ageing on the surface are challenging enough to address – there is a solution. Enter Prophilos Structura, a new injectable based on hyaluronic acid from IBSA Derma, IBSA's Aesthetic Medicine Division. This new addition to the renowned Prophilos line works to restore adipose tissue, a fundamental layer for supporting the dermis, which can sag and atrophy over time. Thanks to this new formulation, which represents a paradigm shift in regenerative medicine, it's now possible to treat the ageing we can't see and help to support a more youthful complexion from deeper down.

Like Prophilos, Prophilos Structura is the first – and only – of its kind in the world, and the injection protocol can be personalised to suit specific individuals. It works thanks to its high concentration of ultrapure hyaluronic acid. Its unique physicochemical properties and regenerative effect help to restore firmness to the face by working on the restructuring of adipose tissue. This makes it particularly suitable for those for whom the ageing process is already underway, and it need not only be used as a preventative measure.

Dr Editta Buttura da Prato is a specialist in maxillofacial surgery, based in Verona, Italy, and she has seen first-hand how effective this new treatment is. 'This innovative solution based on stable hybrid cooperative complexes represents an important step forward in daily clinical practice, as patients will have the first treatment that acts in a targeted way on the adipose tissue of the face,' she explains. 'Prophilos Structura improves the environment in which the cells involved in the formation of fat and ligaments live, restoring vitality and texture to the adipose tissue and strengthening the connective tissue. The result is a visible improvement in facial structure and an effective counteraction to the signs of ageing.'

As for the Prophilos Structura injection protocol itself, the treatment involves specific



Allies of youth

*So much ageing happens in places we can't see –
fortunately Prophilos and Prophilos Structura
regenerate skin for a more youthful visage*

'Profilo Structura restores vitality and texture to the adipose tissue – the result is a visible improvement in facial structure and an effective counteraction to the signs of ageing'

techniques that allow for personalised results depending on the morphology of the face and how ageing can be distinguished. This tends to fall into two main categories. In the first kind, the face tends to become hollow in the lateral area (near the ear), while the cheekbones maintain optimal structure; in the second case, tissues tend to droop downwards, resulting in sagging and a loss of tone.

The treatment includes two injections 30 days apart, with a follow-up that takes place four months after the first injection. Dr Anna Hemming of the Thames Skin Clinic says, 'Profilo Structura restores and repositions the superficial fat layer, promoting smoother, firmer skin. Patients notice enhanced definition in the jowls and restored in the lateral cheek volume and improved smoothness in lines. It is quick to administer and leaves minimal signs of treatment.'

It's essential to look after the deeper layers of the skin, as well as its surface, especially the superficial fat compartments in the adipose layer. These support skin and have a significant effect on facial structure – as well as the degradation and ageing of skin. Working to restore adipose tissue, Profilo Structura can minimise or delay filler use, as well as addressing issues such as 'Ozempic face' and the rapid ageing of the face that can result from sudden weight loss. The treatment is not to be confused with traditional biostimulators, which are based on calcium hydroxy acid, poly-L-lactic acid or collagen. Hyaluronic acid-based products can be safely dissolved and reversed if needed, offering a safer option.

The fact that it is manufactured by IBSA, which has long been involved in the production of hyaluronic acid and is a world leader in this field, adds to its appeal. In 2015, the creation of the Profilo line resulted from the development of Nahyco technology. This revolutionary creation ushered in a new era for hyaluronic acid – that of stable hybrid cooperative complexes composed of high and low-molecular weight hyaluronic acid, stabilised by a patented thermal process without the use of any chemical agent. Rather than a new or upgraded version of Profilo, Profilo Structura is designed to be used in combination with the original game-changing treatment available.

Thanks to extensive experience in the field of aesthetic medicine – and the fact that it is always in the pursuit of the most cutting-edge technological innovations – IBSA can be relied upon for accessible, fast and highly personalisable treatments. The use of Profilo Structura, as well as Profilo itself, taps into our increasing interest in regenerative treatments. With tailor-made options as well as the valuable understanding of the fact that ageing is far more than simply skin deep, IBSA's innovative creations will leave you looking younger, fresher and more radiant for longer – and in the most natural way possible.

Signature treatments

PROFILO STRUCTURA

A game-changer in regenerative medicine, Profilo Structura is the first and only hyaluronic acid-based product to restore facial fat through natural regeneration, representing a paradigm shift in non-invasive treatments. Thanks to a high concentration of ultrapure hyaluronic acid, it works to restore adipose tissue, helping to improve firmness to the face, even for women and men for whom the ageing process is already underway.

PROFILO

Created by IBSA in 2015, Profilo changed the game in non-invasive facial treatments. It resulted from the development of Nahyco technology, a revolutionary creation that allowed for stable hybrid cooperative complexes composed of high and low-molecular-weight hyaluronic acid, stabilised by a patented thermal process without the use of any chemical agent. Thanks to this prolonged action, Profilo improves skin quality and firmness by stimulating collagen and elastin production, leading to a brighter, firmer and more radiant complexion.



In the glow

With countless awards and accolades, the S-Thetics clinic and its medical director Miss Sherina Balaratnam are a truly clued-up choice

‘THE HUMAN BODY IS IN A CONSTANT state of evolution,’ says Miss Sherina Balaratnam, a surgeon and cosmetic doctor with more than 26 years of medical experience. ‘We’re evolving in lifespan but also in lifestyle. The key to helping my patients achieve long-lasting and impactful results is treatment blending, strategically combining the finest and latest in regenerative and aesthetic treatments, all underpinned by a deep understanding of the ageing process in every individual patient.’

And just as the human body and its needs are evolving, so too is Miss Balaratnam’s practice. She is medical director of S-Thetics clinic, a leading centre of excellence for non-surgical aesthetic treatments for the face and body. This sought-after clinic in the heart of Buckinghamshire is a multi-award winning pioneer in the industry, as is its director. In 2022, Miss Balaratnam was awarded the prestigious title of Medical Aesthetic Practitioner of the Year at the Aesthetics Awards, recognised as the top Aesthetic Doctor in the UK by her peers (she’s one of only nine doctors in the UK to have received this accolade). Then, in 2023, she was invited to become a Global Key Opinion Leader by BTL Aesthetics. The first non-US doctor in BTL’s 30-year history to be selected

Bespoke treatments

FACIAL FILLERS AND CELLENIS DERMAFILLER

A non-permanent cosmetic injectable treatment, these can effectively treat some of the deeper underlying signs of ageing, such as loss of facial volume, lines and wrinkles, jawline sagging, and loss of lip definition and volume.

EXION

This unique four-in-one platform treats 23 different face and body areas. It is one of the first clinics in the world (outside the US) to launch EXION, the first device to be able to naturally up-regulate the body’s hyaluronic acid production.

EXO|E, AQUAFIRME AND DE|RIVE

This is a set of active natural plant stem cell secretory factors for use before, during and after treatment. The EXO|E facial feeds the skin with reparative, plant-based exosomes.

‘The key to helping my patients achieve long-lasting results is strategically combining the finest and latest in regenerative and aesthetic treatments’

for this role, she joined a select panel of elite consultant plastic surgeons, dermatologists and aesthetic doctors.

This influx of awards and accolades is little surprise to those familiar with Miss Balaratnam’s work. A former NHS surgeon with a background in reconstructive plastic surgery and burns, she is highly experienced and has a deep understanding of anatomy, skin and scar management to improve both functional and aesthetic outcomes. She has also spent 16 years specialising in the latest non-surgical cosmetic treatment innovations,

Then there’s her skill with injectables, gained under the mentorship of the aesthetic demi-god Dr Mauricio Di Maio. ‘In many ways, filler is also regenerative,’ she says. ‘After all, over the years, we lose skeletal volume as well as facial volume. But what can we do beyond that?’ She quite literally wrote the book on Botox, having co-authored the chapter on botulinum toxins in the prestigious *Oxford Textbook of Plastic and Reconstructive Surgery*, which is foundational for any surgeon in training.

To find out more about Miss Balaratnam and her work at S-Thetics, *Tatler* asked this medical marvel some questions.

What training do you have?

I graduated from medical school in 1998 and then went on to graduate from the Royal College of Surgeons in Edinburgh in 2003. I then went on to complete a Masters in surgical science at University College London, focusing on photo-dynamic therapy (PDT), examining the influence light technology has on the skin. My NHS career was incredibly rewarding and I am honoured to have worked for and learnt from some incredibly skilled surgeons during this time, spending many hours alongside them in theatre.

What made you want to move into aesthetic medicine and open a clinic?

I wanted to combine my knowledge and experience gained during my plastic surgical training in the NHS, together with the latest scientific evolutions in non-surgical medicine and bridge that gap. S-Thetics clinic is more than nine years old now and I feel I have done just that. I am so lucky to do what I do.

Why is the consultation so important?

The consultation is the foundation of your aesthetic journey. It is your opportunity to ask many questions and understand more about your practitioner and the treatment(s) you may be considering.

What sort of questions should patients ask?

Ask to see before and after photographs of results achieved at that clinic to give you an idea of a realistic result. Make sure you ask your practitioner about their qualifications and experience, as well as what kind of aftercare support they provide to ensure you have a relaxed treatment journey.

Miss Sherina Balaratnam

A surgeon and cosmetic doctor with more than 26 years’ experience, Miss Balaratnam is medical director of the state-of-the-art, multi-award-winning S-Thetics clinic in Buckinghamshire. She applies her deep understanding of anatomy, skin and scar management to provide the best outcomes for patients. Her background in reconstructive surgery and burns, as well as her specialism in the latest non-surgical cosmetic treatment innovations, means she offers unique expertise for non-surgical face and body-aesthetic treatments.





Those seeking runway-ready legs can try a number of body-contouring and remodelling cosmetic treatment options



The original one-name model was nicknamed Twiggy because of her skinny legs



PERFECT PINS
Victoria's Secret Angel Bella Hadid, pictured at the 2024 Fashion Show



Louise Brooks, known for her beautiful legs, in the film 'Now We're in the Air', 1927



The goddess of beauty was depicted with elegant legs in the painting 'Cupid complaining to Venus' by Lucas Cranach the Elder, 16th century



Supermodels Kite Moss and Naomi Campbell, pictured in 1993, rocked the runway with their rangy legs



Four of a kind: Nicky and Paris Hilton show off their lithe frames at the MTV Movie Awards, 2003

A LEG UP

Lean beauty: one London stylist on her quest for catwalk-ready limbs

By LOLA HANOVER

LEGS LIKE A RUNWAY MODEL, LONG and thin. This was my late 1990s, turn-of-the-millennium, Y2K, Paris Hilton dream, in which the beauty currency was lean, coltish – and blonde. I've been accused of blonde-envy before, by a man I was entangled with; and to be honest, however much it dates me, these qualifiers of beauty have never really left me. At the shows in Paris, I'm still in awe of the couture mixture of Upper East Side clients and ageing PRs – the original fashion-elite puppeteers, in the biz since the 1970s – as they totter round in their Chanel twin-sets. And of the enviably skinny legs of the stylists, many of whom (see Carine Roitfeld and Emmanuelle Alt) were once models themselves.

Having never had the height – I graze 5ft 4in even after an osteopath appointment – the ease that you get from long limbs and catwalk >



Marilyn Monroe's shapely limbs were immortalised by that vent-blowing moment in 'The Seven Year Itch'

◁ proportions has never been one of my God-given attributes. I've always hated being small; and loathed being 'cute' even more, which is why I'm steeped in my own Stygian aesthetic. (I'm just grateful for my even proportions, which at least make me appear taller in pictures than in real life.) I'm petite but not frail – just right for ballet – and it's one of my mother's greatest regrets that she didn't force me to continue ballet later into my teenage years.

One of the best compliments on my figure I ever received was that it was like a 1990s Victoria's Secret model's – in miniature. That's my body. I have athleticism and shape while being thin – I realise how odious my whining sounds – but in the world of luxury fashion and my age group, that simply doesn't cut it; even if, to my endless joy, my diminutive sisters are starting to be cast for shows due to recent changes in the industry. Lila Moss, Iris Law, Georgia Palmer: for that they owe thanks to Cara Delevingne, who opened proper height possibilities for models not achieved since Kate Moss. (I'm just flagging here that they're both natural blondes.) But each also has a few inches on me; and critically, they have Bambi-like legs rather than my English National Ballet gams. And that has got me wondering: could I ever become more runway?

Recently, I booked a consultation with Michael Mouzakis, the plastic surgeon sought after for his neck-down body-contouring and remodelling techniques, and we discussed the options of Morpheus8, BodyTite and liposuction. The first two – microneedling and minimally invasive radiofrequency for fat-removal, respectively – aim to treat the skin's texture and tighten the skin. However, with liposuction comes the possibility of scarring, uneven and lumpy-looking skin and damage to the lymph nodes, all of which could land you in a worse scenario than when you began. I stripped down and allowed Dr Mooz, as he's known, to inspect me and conduct a fat check: the 'can you pinch an inch?' test. He point-blank dismissed liposuction, as there wasn't any fat to remove. After regarding my toned limbs, he also stressed that I wouldn't get any benefit from the other procedures; at least, nothing more than from a Hydra sun-and-sea tan. (Summer 2025, Paris-Fashion-Week-on-sea, I'm coming!) Which left me still pondering how to slim down my muscular calves.

Next stop, then, Dr Marwa Ali, who practises in the chic Harrods Wellness Clinic. She insisted that I update my own personal beauty ideal – these things are always an inside job – while flattering me and telling me I had great



Fabulous footwork: Cara Delevingne at the 2013 Victoria's Secret Fashion Show



A svelte body shape was the style signifier of Jane Birkin, pictured here in 1971

legs. But after googling some photos of the Delevingne sisters – who are real-life friends of mine, by the way – and demonstrating the differences between us, I asked about the finesse delivered by the popular, permanent-lasting, fat-dissolving injectable Kybella (a synthetic deoxycholic acid). I hear about more and more members of the fashion tribe having it administered under their chins for edgier jawlines. So could it be shot-up into my legs?

Again, said Ali, there was no fat to remove. She advised against creating sagging skin on the knees that I would then be likely to complain about (though she was very positive about

using Kybella on final-step, stubborn pockets of fat – at the hips or bra-line, for example – which won't even budge with a dedicated gym routine and mindful eating habits). Instead, to see a change, she recommended injections of toxin into my calf muscles, in a Korean technique that would allow them to atrophy and thus become slimmer. True, toxin wears off quicker in areas where the muscles are activated more frequently; and my lifestyle led me to think I might need too frequent top-ups. However, over time, could persistent and consistent jabs do the trick?

I put that question on hold and called Dr Anna Marie Olsen, an innovator in the space of science-as-art, who focuses on functional and regenerative ageing protocols. And though she was in the lab testing exosomes, she downed tools to discuss whether peptide injections could yield the results I desired. We talked about GLP-1 inhibitors, with Olsen refuting the pseudo-holistic idea that these weight-loss inducing drugs can be microdosed, as in homeopathy. (This was my suggestion. Although I know that you can't guarantee where the weight will come off, I have closely studied before-and-after pictures of alleged users in the public eye and believe their legs have all become more lean.) She pointed out that the impact of using GLP-1s in that manner hasn't yet been effectively studied; that we won't know, for those using it as a weight-loss crutch, what the true outcome will be for a few years from now; that hair loss can be a side effect. And crucially, that GLP-1s are actually breaking down collagen: in other words, 'Ozempic face' isn't the result of straightforward weight loss; it's also caused by the drug destroying your collagen.

With the impermanence of these medications' results and the need to forever rely on them, they seem to me like real-life versions of the glowing purple potion taken by Isabella Rossellini in *Death Becomes Her* – which works while she keeps taking it – except with thinness substituting for youth. (Remember the ending, though.) On the other hand, I can't help but admire the looks and working life of current fashion stylist supreme Lotta Volkova. The 2.0 of Roitfeld and Alt, since joining Miu Miu in 2020, she has created much appreciation for both the brand and the leg-gazing looks that she inspires. I do wonder what the best route might be. But while I consider the next steps, it'll likely be a pair of Therabody compression boots for me, and a job that affords me a chauffeur. But maybe I can live with the skin issue Dr Ali flagged and I might just book in with her and see about atrophying my calves. □

PHOTOGRAPHS FOR ILLUSTRATIVE PURPOSES ONLY: ANTONIO TERROR/TRUNK ARCHIVE; DAVE BENNETT; DONALDSON COLLECTION; HULTON-DEUTSCH COLLECTION; CORBIS; M. MCKEOWN/DAILY EXPRESS; UNIVERSAL IMAGES GROUP; WIREIMAGE/GETTY IMAGES; HULTON-DEUTSCH COLLECTION; CORBIS/GETTY IMAGES; KOBAL/SHUTTERSTOCK

Ray of light

Dermalux's newly launched Tri-Wave MD device is the easiest way to regenerate, rejuvenate and repair skin with no downtime

THE PATH TO A BETTER-LOOKING skin can often be a long and painful process, but not with Dermalux. Its world-leading LED phototherapy devices are game-changers when it comes to treating skin issues. The brand's latest launch is the Tri-Wave MD, the world's most powerful phototherapy device. Here, Dermalux faculty member Dr Sabika Karim shares why it is so ground-breaking.

What is so innovative about Tri-Wave MD?

Tri-Wave MD uses red, blue and infrared light to give rise to healthier skin. Unlike other devices, I can use these LED wavelengths – Blue 415nm, Red 633nm and Near Infrared 830nm – on their own or all at once, meaning I can treat multiple skin concerns in the same session. Excitingly, I can also now easily treat body-skin concerns. Importantly for patients there's no downtime, instead leaving you with an immediate glow.

What indications can it treat?

The treatment promotes skin regeneration and collagen production. It also treats chronic conditions such as acne and psoriasis, as well as skin inflammation, pigmentation and redness, and even surgical wounds and burns.

Importantly for patients there's no downtime leaving you with an immediate glow'

Top treatments

ACNE

The Tri-Wave MD treatment uses blue light to target the bacteria responsible for acne breakouts, leading to clearer skin.

REDNESS

Tri-Wave MD tackles redness, skin inflammation and pigmentation and can be used on all skin types.

REJUVENATION

LED wavelengths stimulate collagen production and promote healing and cellular regeneration, delivering exceptional results in just a few sessions.



What impressive results have been achieved from a Tri-Wave MD treatment?

Dermalux's Tri-Wave MD accelerates results by up to 200 per cent by helping to bring new, healthy cells to the surface of the skin. It delivers exceptional results, and it's very effective for treating acne or rosacea.

Do you use it alongside other treatments?

Absolutely. It can be used as a standalone treatment but it's also ideally suited to combine with other treatments. I use it alongside injectables, collagen-boosting treatments, peels and a medical-grade skincare routine for the best results.



Bright eyed

Those looking to perk up tired eyes should look no further than award-winning aesthetic practitioner Dr Sabrina Shah-Desai

A PERSON'S EYES CAN REVEAL A LOT about them – as the old adage goes, 'the eyes are the window to the soul'. That's why it's so important to look after them throughout your life. Anyone keen to revitalise tired-looking eyes using a natural and progressive approach should book an appointment with Dr Sabrina Shah-Desai. This multi-award-winning oculoplastic reconstructive surgeon and aesthetic practitioner is considered the go-to expert for those seeking natural-looking bespoke eyelid surgery. Operating out of her boutique clinic on Harley Street – Perfect Eyes Ltd – she has more than 25 years of clinical

experience combining the micro-precision of eyelid surgery with the aesthetic concepts of facial plastic surgery.

A one-stop shop for all your cosmetic needs, on the second floor of the clinic you'll find Dr Shah-Desai's Perfect Skin Studio. There, skin can be transformed with a range of cutting-edge bioregenerative and bio-stimulatory treatments, from exosomes, polynucleotides to the latest energy-based devices. Dr Shah-Desai is known for being the best in the business and has the accolades to prove it, having been awarded Best Medical Aesthetic Practitioner 2023 at the Safety in Beauty Diamond Awards.

Dr Shah-Desai also knows how important it is to take a holistic and wellness approach to aesthetics and skincare, which is why she's created her own collection of clinically effective, science-backed skincare products. Leveraging her decades of experience working with the delicate periorbital area around the eyes, her products are formulated with potent actives to help tackle dark circles, puffiness, fine lines, and wrinkles.

Her hero patent-pending Perfect 360 Eye Illuminate Serum is formulated to target, correct and prevent all signs of ageing around the eyes. After six weeks you'll notice a dramatic reduction in dark circles, lines and thinning crepey skin.

Dr Shah-Desai's new standout product is her Eye Regenerate LED Mask, which is designed to help stimulate collagen production to improve skin texture and tone using red and near infrared LED light, which work synergistically with unique single-use Dr Sabrina Bright Eye Hydrocolloid Patches to deliver visible reduction in dark circles and lines after just four to six weeks of use.

Dr Sabrina is known for being the best in the business and has the accolades to prove it

LPG ENDERMOLOGIE

Dr Shah-Desai's newest gadget is beneficial in preparation for and following eyelid surgery to reduce bruising and swelling. Patients recover from surgery faster by mobilising the lymph in the face. Lymphatic drainage sessions help reduce filler-related swelling or festoons, whilst restoring the skin structurally. LPG Endermologie stimulates the endogenous fibroblasts in the skin, restoring 80 per cent hyaluronic acid and 46 per cent elastin after 12 sessions – it's a natural option to restore skin after dissolving misplaced filler.



Dr Sabrina Shah-Desai

Dr Sabrina Shah-Desai is a multi-award-winning ophthalmic plastic reconstructive and cosmetic surgeon who specialises in reconstructive, revisional, and cosmetic surgery of the eyelids, as well as non-surgical treatments for the eyes and face. With more than 25 years of experience, she is globally recognised for her pioneering, minimally invasive techniques and natural-looking results. She is also the founder of the Dr Sabrina skincare line, which has been specifically formulated for the eye area.



PERIORBITAL LASER

When it comes to banishing puffy eyes and tightening the skin around the upper and lower lids, nothing can beat Laser Coring, using the world's first cold fibre ablative erbium laser, Ultraclear. This powerful laser safely and effectively tightens loose eyelid skin in all skin types after one or two treatments, making it one of the most sought-after procedures for those looking to achieve fast results with reduced downtime.

RADIOFREQUENCY

For those seeking perkier skin without going under the knife, radiofrequency microneedling is often the best answer. Another of her signature treatments uses Morpheus8 and Forma in combination with polynucleotides or exosomes to restore and rejuvenate the eyes and face. Morpheus8 is a revolutionary microneedling treatment that uses fractional

radiofrequency to contour and lift the skin, while Forma uses heat and radiofrequency to increase collagen production. Polynucleotides have become something of a beauty buzzword of late, with the injectable bio-regenerator one of the most popular treatments around. Meanwhile, using exosomes is a pioneering treatment that cleverly helps promote skin repair, hydration and reduction of skin inflammation.

SOFWAVE ULTRASOUND

Those looking for a way to lift and tighten the skin with no downtime should turn to Sofwave Ultrasound. The innovative treatment uses ultrasound energy to heat the mid-dermal skin tissue. This stimulates collagen and elastin production, leading to a lifted, tightened, and more youthful-looking eye area. Her signature red-carpet skin treatment utilises a single softwave combined with one UltraClear laser.

SWINGS and turnabouts

Fluctuating moods, physical pain, emotional turmoil... Hormonal imbalance can be debilitating at any age. One writer tells how she learnt to cultivate a happier equilibrium

By HARRIET KEAN

HAVE YOU EVER FELT seething rage for no apparent reason? Have you ever been so frazzled that you can't think straight? Or broken down in floods of tears when subjected to mild criticism? I have. And so have the 30 to 40 per cent of women in the UK with Premenstrual Syndrome (PMS), defined by the NHS as 'a collection of physical and emotional symptoms that can occur in the two weeks before a period'. Though their causes are not fully understood, these can range from mood swings to anxiety, and bloating and cramping to breast tenderness: in other words, a concoction of bliss.

PMS had been a part of my life since my teenage years but, in my late twenties, it started to become an issue. Ten days before menstruating, during the fortnight known as the luteal phase, I turned into a different person, prone to persistent anxiety, irritability and profound lows. I started to dread these days, and how I might think, or react, or handle difficult situations. For a third of every month, life became much harder. Then I learnt about Premenstrual Dysphoric Disorder (PMDD), a severe form of PMS that can cause suicidal ideation in extreme cases. Recognising some of the symptoms in myself, I resolved to investigate further.

My first port of call was the consulting room of illustrious hormone expert Dr Martin Galy. 'Women

are not supposed to suffer from PMS,' he told me authoritatively. 'You're supposed to feel lovely at that time, so you want to have babies.' Apparently, it's all down to the balance of oestrogen and progesterone during women's cycles: although the two have intertwined functions, in super-simplistic terms, the former is more involved in menstruation and the latter in supporting pregnancy. After drawing a chart to demonstrate the usual levels of each, Galy confided his suspicion that I lacked enough of the latter and was therefore subject to 'oestrogen dominance' (which can also cause weight gain and other PMS symptoms). After a blood test showed my progesterone levels were low-to-normal, he prescribed a course to top them up.

I took the medication for a few days, but was so debilitated by the side effects – dizziness, nausea and panic – that I reckoned I'd rather have PMS. And though the doctor assured me this was to be expected during the body's 'adjustment period', I remained concerned by how violently mine had reacted.

I asked him if I could pursue another path to alleviate the symptoms. He suggested supplements such as vitamin D, evening primrose oil and berberine; and strongly recommended exercise, 'especially HIIT'. And I decided that, from then on, I would take the holistic, natural approach.

It was this philosophy that led me to Kyle Poleon, co-founder of the glamorous Train with ID gym in Mayfair. Poleon believes that 'if your body is stronger, fitter and working better, everything else will fall into place'. The training schedule he set me was going to prove it. And, boy, was it rigorous: a full-body strengthening programme that involved thrice-weekly visits to work out alongside the It girls and handsome financiers. Within a few months, I'd progressed to free weights and such compound movements as deadlifts, squats and assisted chin-ups. (Unlike most regimes there, which focus on aesthetics, mine was about internal building strength.) As for my symptoms: having started around the beginning of my luteal phase, I was seeing an improvement within a mere two weeks.

Next, I sought advice from Jessica Shand, a naturopathic nutritionist with a specific interest in hormones. Following a deep dive into my medical history, sluggish digestion and diet, she wondered if inflammation in my gut was behind my progesterone problem. 'It's essential that your gut is healed, optimised and in good health,' she said. 'Then it will be more able to effectively absorb nutrients from your food while excreting toxins and unwanted hormones, and improving hormone metabolism.' A nutritional plan was called for.

For the first four weeks, I concentrated on expanding my range – the more diverse the vegetables, the better – while both increasing my intake of antioxidants and balancing my sugar levels to avoid inflaming my gut (by opting for a protein-heavy breakfast, for example). Since cortisol might also be affecting my digestion, I used mindfulness and deep breathing to 'down-regulate' my nervous system before eating, which is supposedly crucial in controlling spikes in the 'stress hormone'. For six weeks, I abstained from alcohol – to improve the efficiency of my liver's detoxifying function – as well as dairy and ultra-processed foods; and I significantly cut down my gluten intake. Wherever possible, I prioritised wild-caught fish and organic meat, thereby reducing pesticide and toxin exposure. And to give my hormones the best chance of balancing, I stopped drinking raw tap water, which contains chemicals such as lead and mercury, not to mention trace-hormones from birth-control pills; and instead installed a filtration system called Water2, which I plumbed in under my sink.

On top of my hormone hacks, I took supplements for 'internal balance': Wild Nutrition's Pre-Menstrual Support, which contains magnesium, zinc, milk-thistle and ashwagandha powder; Wild Nutrition's vitamin D, 'essential' ▷



BALANCING ACT
Hormonal replacement therapy and natural remedies can help you attain better hormonal and mental health

◁ for hormone health and a good immune system; and agnus castus, to balance oestrogen and progesterone. I also explored the ayurvedic practice of ‘seed cycling’, which Shand thought would ‘gently nudge the hormones’ in the right directions. It works like this: during the follicular fortnight of your cycle (menstruation to ovulation) you consume a tablespoon of ground flax seeds and one of pumpkin seeds every day, to ‘support oestrogen metabolism and naturally’. Then, in your luteal fortnight you switch to a spoon of sesame seeds and one of sunflower seeds.

‘The zinc in the sesame seeds and the vitamin E in the sunflower seeds will help to stimulate production of progesterone,’ claimed Shand. Meanwhile, ‘the lignans in the sesame seeds help to stop excess oestrogen, and the selenium in sunflower seeds helps to support liver detoxification’. But whatever was helping what, after three months of the new nutritional protocol – in tandem with my gym sessions – I began to notice some changes. My digestion and gut issues were much improved. I felt stronger and fitter. I had gained muscle mass. And my PMS? It had become much more manageable. Yes, I still had – and have – mood swings, but not those depressive lows. And instead of struggling through 10 difficult days, I was down to one or two.

Content but convinced there was more I could do in the same vein, I packed my bags for SHA Mexico. This spa on the coast of Cancún, backed by cutting-edge research, is where the super-rich come for health MOTs and to utilise its Disneyland of innovative gadgets (including Icaros, a virtual reality strengthening contraption). I was enrolled on the Rebalance and Energise programme, whose menu of treatments aims to ‘relieve stress, rebalance the body’s systems and revitalise its cellular functions, providing maximum recovery and boosting vital energy’. After



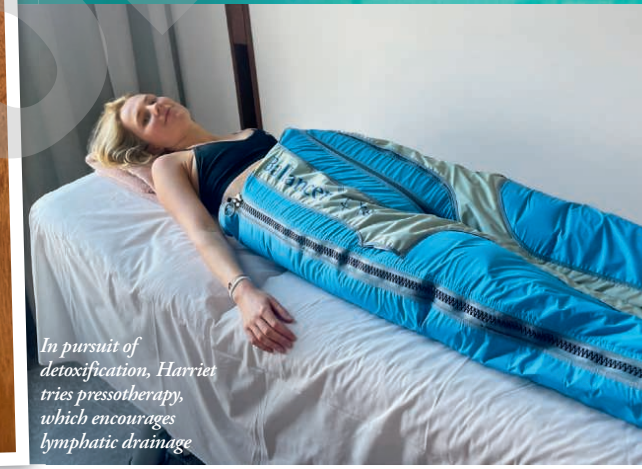
Harriet Kean's energy levels are assessed in a Biomagnetic Optimal Equilibrium session



Between appointments on the Rebalance and Energize programme at SHA Mexico



SHA Mexico: the clinic was created as a result of the founder's personal experience and specialises in integrative medicine



In pursuit of detoxification, Harriet tries pressotherapy, which encourages lymphatic drainage

consulting with SHA’s roster of doctors – including one who recommended a diindolylmethane supplement, thought to inhibit oestrogen production – I resolved to focus on managing my wellbeing to prevent any remaining symptoms ‘tipping into PMDD’.

My priorities were detoxification, building more muscle in the gym overlooking the aquamarine sea and controlling my stress levels; and I spent my time drifting from appointment to appointment in a fluffy white robe. There was cupping, which improves blood flow and is said to regulate hormones. There was pressotherapy, which is excellent for lymphatic drainage, and then acupuncture. After measuring my electromagnetic energy and evaluating my ‘blockages’, the gentle Miguel inserted his needles

in my stomach. ‘This will help to relieve your cramps next cycle,’ he told me. My final session was a Hydroenergetic Detox Cure involving a seaweed wrap, a Jacuzzi, multiple light therapies and a cold-water hose. Then it was time to fly home.

Relaxed and reborn, I wanted to persist in my mission. Back in London, I booked in with Ross Barr, the renowned acupuncturist at the sumptuous spa at Claridge’s. That was followed by a ‘trauma-releasing myofascial massage’ with Deodata at new members’ wellness club Rebase. Next, it was off to Ana Trida for a lymph-draining massage at her studio in Marylebone. ‘It will help you by increasing circulation, reducing inflammation and swelling, strengthening the immune system and releasing the excess

hormones that could be causing disruption,’ she said.

The upshot of all this is that my cycles have become far less turbulent. What worked best, however, I can’t really say. SHA was right: it’s your whole lifestyle that determines your symptoms. For example, after Glastonbury festival – when I had little sleep and one too many margaritas – my luteal phase was a war of pain; but then, there have been months when my PMS was much less intense than before. I just have to be careful with my diet – keeping alcohol, sugar and processed foods to a minimum – while maintaining my exercise, detoxing and stress-reduction. And if I’m a work in progress, I am at least controlling my symptoms. And leading a much happier life, in which my luteal phase does not define me. □

EYES WIDE OPEN

Facial harmony restored: Amanda, Lady Harlech entrusts a surgeon with an artist's eye to perform a blepharoplasty procedure

A WEEK TO GO BEFORE I SLEEP beneath the knife. Panic on a drab November afternoon already sifted with darkness like soot. Somewhere close, a hedge is being flailed; blades biting in too deep, the scream of sap. I try to blink away the vision of a knife inserted into the socket of my eye. What happens if I can never close my eyes again, like Keats's 'Bright Star', 'watching, with eternal lids apart,/ Like nature's patient, sleepless Eremite'?

I skip back a year, to the moment when I stared at my face in the mirror and couldn't smile away my age. How it weighed with a force more desperate than gravity, like revenge for vanity. For we must all wither. Age is entirely natural, after all, but so is the wish to defy it; not by a Dorian Gray pact but out of a simple desire for self-worth, for your surface to match how you feel inside. For years, I had kept close an image of a sinuous but very old woman doing her yoga on the ghats in Madhya Pradesh. Her face was scored with wrinkles yet she appeared so beautiful to me. Maybe inner peace was the answer: an acceptance of time passing across your face like a shadow; a disappearing act. And yet... those eyes, my eyes, looked back at me as if they were sinking.

Rejuvenation is a universal wish, like our eternal hope for spring to spring again, and many have gone to great lengths to hone and lift themselves to airbrushed perfection. This also frightened me. I did not want to lose myself in a 30-year-old approximation of what I might have been. I also understood why Marlene Dietrich refused to have her photograph taken by the time she was 70 and could not control the way she was seen, withdrawing from the ▷

SOCKET SCIENCE

Precision eyelid surgery can result in an undetectable freshening of the visage





◁ world into a purdah of veils and dark glasses, a purdah of shame; the shame of being an old woman. No longer a seductress, a fecund mother, but a wise old lady with a voice. No wonder 15th-century witches were accused of violating the world with charms and spells and had to be silenced.

Heroic icons of femininity stand aloft from every era and particularly now: incredible, unique, natural beauties whose fierce intelligence and courageous work wraps them in a mantle of agelessness. I think of my grandmothers, whose permanent elegance was sculpted by that vanished discipline of hats and gloves and a very northern, scrupulously natural beauty regime – avoiding the sun, wearing no make-up bar a pat or two of powder and lipstick, and a religious skin routine of soap and water and Pond's Cold Cream – but essentially because there was a real sense of happiness and joy in life itself without the accusation of the small screen.

Feeling particularly low last January after the world of wet over Christmas, I decided that, however stoic I had been about not doing anything to my face, maybe now was the time to seek help – but I had no idea where to start. Coincidentally, getting back to work in the New Year, I was struck by the particular radiance of a couple of friends. There was something different about their faces that I knew so well from sitting with them for hours across the table, but I couldn't see exactly what. No radical transformation that trumpeted 'a lot of work'; just a glow from within, like a boundless confidence from receiving wonderful news.

We are reticent about sharing beauty secrets in this country, especially where a surgeon is concerned. You are allowed to register the thought but not to ask. There's a stigma attached to needing scalpels and needles; and the wards of bandaged faces are kept intensely private, as if the indulgence of defying age at this extreme level marks you as one of the fallen. After all, beauty was always considered to be a blessing from the gods or the gift of a fairy godmother, a stroke of luck or a charm. You never admitted what you had to sacrifice to attain perfection. And critically, with the classical definition of beauty being the unviolated harmony between the whole and its relative parts, radical adjustments could alter that balance irrevocably.

The magic charm for me in this story is that I was given the key. All of my friends had seen Dr Jesper Sorensen, and there was no other surgeon to be considered. They impressed upon me his extreme technical precision and gentleness, and the extraordinary vision of an artist's eye resulting in his exceptional work: that undetectable brush of youthfulness as discreet

and powerful as spring but also as natural. I made an appointment to see Dr Sorensen at his Kensington clinic at the end of March.

My initial consultation with him was nothing like I had imagined. I wasn't made to feel that I needed to do anything; instead, he demonstrated what he could do for my neck and face. I stuck to my guns. I only wanted to release my eyes from their web of wrinkles and lids so heavy that, when I was tired, I could barely look up to the sky. He assured me that a double blepharoplasty (surgery on upper and lower lids, performed simultaneously) was straightforward and that he would balance the temple area with some delicate fat grafting. He spoke gently, with a Danish syncopation, his blue eyes intently watching the way my face moved. He had the patience of a wildlife photographer, or of a priest waiting for me to see how I could put things right.

As he took photographs of my face from every angle, we spoke about the photographers that we admired. He explained how he had started as a photographer and that it was still as important to him as his surgery; how both depended on a way of seeing, on focus and development but also on the sense of the subject's spirit. Every spring, Dr Sorensen travels to the Himalayas with his large-format cameras to photograph the nomadic Tibetan tribesmen he has grown to love so deeply. I had noticed a beautiful black-and-white portrait of a young man hanging in his clinic office, and it wasn't the subject's natural nobility (the perfection of the lines of the face, both powerful and emotional) that struck me. Rather, I was held by the quality of understanding and humility; like a grace of light, still and moving. I knew I was in good hands.

I booked my procedure for the following November.

I do not sleep the night before the operation and get up in the dark to do yoga for what might be some time. When I arrive at St John and St Elizabeth's, the reception is full. I look vaguely at the other patients, penitents in a pen, wondering if anybody else is seeing Dr Sorensen. By 8am, things start moving very fast. I am shown to my room with a view of plane trees and a navy-blue sky. I have a very nice nurse called Day who helps me get changed into a backless gown and compression socks. Dr Sorensen arrives with a smile like summer. He looks different in his scrubs: younger and excited, not the measured man of elegance with the intent blue eyes in a dark suit and tie.

He marks my face with a purple pen. I look like a mystic with strange dots and lines and crosses; but also incredibly hollowed and tired, as if my face has become a chart of loss, the lines sketching the planes of volumetric defeat. Day

gives me an ECG test, clipping on the electrodes after pulling down the blinds. Minutes later, I am walking down to the anaesthetist's suite next to the theatre. He has seen me earlier and I liked his calm presence as he asked me about veneers and crowns and all the things an anaesthetist needs to know, such as when I began my fast. I feel the prick of the cannula and hear him telling me he is going to administer the anaesthetic. Then it's a blank.

The first thing I remember is coming round with a nurse by the side of my bed. The anaesthetist visits me and tells me the operation went smoothly and that it was about two and a half hours long. Time has jumped on its head. I am wheeled back to my room, where the plane trees fill the windows, and Day asks whether I would like some lunch. I feel no pain; just a tightness across my eyelids where they are taped, as if dragonflies were resting on them. Dr Sorensen comes to see me and takes a picture of me on my iPhone. He is very pleased and so am I. He explains that I will be pretty swollen for the next couple of days but it's nothing to worry about. By the time my daughter Tallulah comes to pick me up, I am feeling phenomenally tired.

The immediate days of healing after a blepharoplasty and fat grafting were depressing and slow. My face began to blow up like a football and my eyes practically disappeared. But I was determined to get outside and take the tube to see an exhibition. I had never understood how healing depends on the kindness of others and that being stared at quite aggressively in the street or more surreptitiously on trains knocks you. I would feel drained coming back home. It was as if my face, with its tribal white tape and purple bruising, presented a threat, like a potential danger or disease. I got used to apologising about my face when I went into shops. I couldn't wear sunglasses because they hurt the swelling beneath my eyes, and I couldn't breathe with a scarf wrapped round my face. The cinema became a haven, as did very early bedtimes with *Orlando* on audio.

By the end of the week, the swelling was deflating and some of the bruising had turned bright yellow, as if I had painted my face with iodine. I was excited to be seeing Dr Sorensen, who was going to remove the stitches, but I was also worried that I might not have healed. Suddenly, I saw my face anew. It looked fresher, although still very swollen, with livid purple bruises. Dr Sorensen was very pleased.

And I feel more and more pleased every day. My eyes shine back at me so clearly. I have to get used to this clarity, not the old scowl. In a single week, I am nearly healed. And I have felt no pain at all. □

The River Lift is known for being the ultimate non-surgical aesthetic face and neck-tightening procedure

Their signature is the River Lift, which is known for being the ultimate non-surgical aesthetic face and neck-tightening procedure. The highly effective two-step approach combines Silhouette Soft threads and PDO threads to lift, smooth and contour, along with the addition of injections of Ellansé collagen stimulating bio-stimulators and hyaluronic acid (HA) dermal fillers for added volume. The result is a noticeably tighter jawline and skin that looks fresher, plumper and more energised.

Known for being at the forefront of trailblazing new techniques in the aesthetic world, Dr Woodward and Dr Manning are two of the UK's most sought-after experts when it comes to combining thread lifts with regenerative treatments such as Profilla Structura, polynucleotides and Morpheus8. The latter is a particularly popular treatment at the moment. As the most talked-about form of radiofrequency-assisted microneedling, Morpheus8 tightens the skin's surface while fading any visible imperfections such as wrinkles, fine lines and acne scars.

Dr Woodward and Dr Manning pride themselves on taking a 360 approach to skin and skincare – so much so that they've even created their own skincare range, Skin Bureaux. The first doctor-led CBD and CBG cosmeceutical skincare range, the products use innovative formulas that influence the way the body repairs and regenerates the skin. The range includes hydrating body creams with collagen and elastin-boosting retinol and tightening eye creams that protect against the effects of blue light. All have been designed to help reduce the effects of 'inflammaging'.

Underpinning everything is the practice's exceptional team of doctors, all of whom are global trainers. As such, they're constantly learning and innovating to stay ahead in their industry – something that's immediately apparent in their pioneering approach and cutting-edge treatments. This combination of expertise and skill coupled with real warmth leads to an exceptional patient journey – there aren't many other clinics that offer recovery packs that come with support pillows and chocolate buttons.

We have lift off

For lifted, revitalised skin with no surgery look to the experts at The Private Clinic Group

IF YOU'RE LOOKING TO GIVE LAX skin a subtle reboot without having to go under the knife, a thread lift could be just the answer. And when it comes to thread lifts, Dr Charlotte Woodward and Dr Victoria Manning are the nation's go-to experts. A part of The Private Clinic Group's extensive network across the country, their team of expert doctors have performed more thread lift treatments than any other clinic in the UK. Founded more than a decade ago by Dr Charlotte Woodward and Dr Victoria Manning – two of the very best in the business – their practice has built up a worthy reputation as one of the country's leading cosmetic clinics.

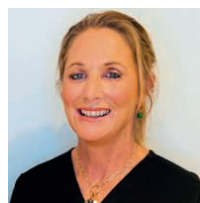


Dr Charlotte Woodward

MBCHB MRCGP MBCAM

With more than 17 years of experience in aesthetics, Dr Woodward is known for her innovative techniques with threads and fillers.

She's also an advanced trainer for Sinclair Pharma Ellansé and Silhouette Soft brands.



Dr Victoria Manning

BM DFFP MBCAM

Dr Manning is a highly skilled doctor and global trainer in aesthetics with more than 20 years of experience, as well as a key opinion leader for Sinclair Pharma's portfolio of threads and Ellansé.



Body language

Aesthetic doctor Leonardo Fasano is one of the UK's leading authorities in minimally invasive body-sculpting treatments

FEW OF US COULD DENY A DESIRE for a more sculpted body. Whether it's eliminating stubborn fat, reshaping certain areas, or tightening loose skin, body-sculpting treatments such as minimally invasive liposuction can have a transformative impact – not just on appearance but on how confident we feel in our own skin.

One man who knows this better than most is Dr Leonardo Fasano, an esteemed aesthetic doctor and expert in liposuction and advanced body-sculpting procedures. With an international

practice spanning London, Birmingham, and Milan, Dr Fasano is renowned for his mastery in minimally invasive body contouring.

After earning two Masters degrees – one in Burns, Plastic, and Reconstructive Surgery from UCL, and another in Aesthetic Medicine – Dr Fasano trained under world-renowned Columbian liposuction expert Dr Alfredo Hoyos. He received his Total Definer Master certification, cementing his reputation as an authority in Vaser Hi-Def and Mid-Definition LipoSculpting. His deep experience with the latest Vaser machines enables him to perform procedures with unparalleled precision, minimising trauma for more natural-looking results.

'I've never felt more comfortable in my own body,' says one of Dr Fasano's patients, who underwent Vaser liposuction. 'His artistic approach, combined with such a high level of care, made the whole experience transformative. The results exceeded my expectations.'

Dr Fasano's commitment to cutting-edge technology and personalised care sets him apart from others. His use of Vaser ultrasound technology, which melts fat before suctioning it

out, reduces complications such as lumpiness and asymmetries compared to traditional liposuction techniques. Alongside liposuction, he offers fat transfer, Renuvion skin tightening, and other advanced treatments to help clients achieve a balanced, sculpted look.

Beyond his technical skills, Dr Fasano is also recognised for his work in the field. He was named Body Sculpting Specialist of the Year 2024 and was a finalist for Best Surgical Transformation in 2024 and 2023, and highly commended winner in the same category in 2022. 'My passion lies in the artistry of body sculpting,' says Dr Fasano. 'Each procedure is a unique blend of precision and creativity, tailored to enhance the natural beauty of my patients. My goal is to help people let their body talk – to express their true selves with confidence and grace.'

For a top-tier body transformation with a professional who merges science and artistry, Dr Fasano is the name to know. His dedication and personalised approach ensures that each patient not only looks their best but also feels their best.

Dr Leonardo Fasano

Considered a leading light in the field of body sculpting and known for his artistry as well as meticulous medical approach, Dr Leonardo Fasano is the name to know if you're looking to enhance your body with minimally invasive treatments.



Top treatment

BODY SCULPTING

Dr Fasano is nationally acclaimed for his mastery in Vaser Liposuction (as well as fat transfer, Renuvion and skin-tightening treatments). This is an ultrasound-based technology that uses a process called acoustic streaming to remove fat by 'melting' it before suctioning it out. This means a less traumatic procedure and reduces complications such as unevenness, lumpiness and asymmetries when compared to traditional liposuction.

POWER DUOS

What's better than one scalpel? Two. And today, the most coveted way to go under the knife is in the care of these dynamic partners

By FRANCESCA OGIERMANN-WHITE

FOR EYE REJUVENATION

Professor Jonathan Roos & Miss Rachna Murthy

Face Restoration, as Roos and Murthy call their joint practice, splits its time between the sleek confines of Lanserhof at The Arts Club and the hi-tech OneWelbeck facility. But dazzling destinations aside, its principals are remarkably matter-of-fact. They are laser-focused on the patient journey: you can contact the oculoplastic surgeons at any time through WhatsApp; and their delicate blepharoplasties are made all

the more zen by the aromatherapy and Alpha Wave music that they lay on. From their initial consultations to their tightening, lid-lifting surgeries – which are performed as day cases, under local – they do everything together. (Apart from their recent individual TEDx talks; his on the role of eye contact in orgasms, hers on the science of longevity.) They also share a passion for maintaining the underlying health of the eye, whether alleviating dryness by means of their new Espansione machine, which channels red light to improve and optimise vision;

or strengthening the surrounding skin with low-level light therapy, pre- and post-op. Not to mention recommending the right supplementation. (Murthy swears by AWvi, a range of topicals and probiotics that support the gut, skin and ocular microbiomes.) 'Ultimately, our mission is for our patients not to need us at all,' summarises Roos. 'If you do the right things – appropriate skincare, the right make-up, inflammation-reducing treatments and a bit of Botox – you might be able to avoid surgery altogether'. facerestoration.com ▷

IT TAKES TWO

Consult these accomplished pairs who work in tandem to regenerate bodies and rejuvenate skin



FOR THREADS

Dr Victoria Manning & Dr Charlotte Woodward

River Aesthetics is the place for threads in the South West, with an HQ in Bournemouth and an offshoot in Lymington. But Victoria Manning and Charlotte Woodward also consult in Harley Street; and it's not uncommon for patients in search of stealthy tweaks to slink down to Dorset for their lifts. (It helps that nearby boutique hotel The Nici is an excellent place to convalesce – the clinic will even arrange a chauffeur-driven Tesla to whizz you there.) However, while the co-founders might be fun and chatty and full of life, their results are seriously impressive; which is no surprise when you consider that Manning herself examines and trains most of the thread-lifting doctors in the industry. Both are big proponents of Silhouette Soft, which not only elevates a fallen face but suits the more delicate dermis; and of Aptos, which helps to volumise deflated areas in thicker-skinned types. They say that many will benefit from some collagen-stimulating Ellansé, to strengthen the tissues ahead of the scalpel and thus deliver a longer-lasting and superior lift. The pair is also exploring different anatomical regions, such as post-partum breasts, where threads can give nipples a subtle elevation and their owners greater confidence. And while they literally don't work in tandem, they constantly flit between each others' rooms; to check and amend any work, and ensure the most immaculate finish. When lifting is complete, clients are sent on their way with a recovery kit comprising chocolate buttons, ice packs and a supportive pillow. riveraesthetics.com

FOR DAZZLING DENTISTRY

Dr Brandon Nejadi & Dr Mahsa Nejadi

With more than 20 years of experience in tending to teeth, husband-and-wife team Brandon and Mahsa Nejadi is turning traditional dentistry on its head. Case in point: their elegant Belgravia clinic is spaceship-sleek, all curving white walls, low-slung furniture and floral explosions that change on a weekly basis. Not for them the old-school approach of fixing teeth when they start to deteriorate. Their mission is 'preventative dentistry', and doing everything in their power to alleviate fear of the process. In-house healer Sarah Bradden is on hand to offer a calming blend of ear-seeding, acupuncture, LED and activated oxygen to relax the body ahead of treatment and accelerate recovery after. What's more, dreamy seascapes of fish float across the ceiling as you lie back in their reclining leather chair. Visits start with 'queen

of hygiene' Mahsa, whose oral detoxification gently removes dental biofilm before she brightens the teeth with her own naturally derived formulas, as well as LED light. Then it's over to Brandon, for his signature Micro-Layering treatment: applying coat upon delicate coat of porcelain-rich composite to rebuild and reshape teeth, and to seal over cracks in them. (It can even rescue them if they're starting to weaken from grinding or gum recession.) 'It's like a manicure for the mouth,' he says. And the result is a smile that looks like yours but better: brighter, more balanced and utterly natural. nejaticlinic.com

FOR SKIN ARTISTRY

Dr Rasha Rakhsbani & Dr Sara Rakhsbani

Kuwaiti sisters Rasha and Sara are the driving force behind Knightsbridge's newest clinic, and they are championing a refreshing approach. 'Patients get a little bit of both of us,' says Rasha. 'So we both weigh in on treatment plans and bring our own expertise, depending on what we need to achieve.' Each has her own specialities; for example, Sara has a skin-resurfacing protocol that combines Sciton Moxi with NeoGen Plasma, leaving even sun-damaged skin looking luminous and pores near-invisible. However, they meet in the middle at the lower face. Rasha's skill is to lift and reduce the appearance of jowls, placing denser-weight hyaluronic acid at the angle of the jawbone before moulding it into shape and supporting it underneath with linear struts of filler. Sara endows high definition, and her way with a cannula sculpts a sharp, angular jawline that brings a 'snatched' look to the face. Their space is similarly original: a sweeping, custom-made staircase to their first-floor operation; an installation of gold Murano glass; doctors' rooms that seem plucked from the pages of *The World of Interiors*; and everywhere, pale parquet, swathes of marble and expensive art. 'Treatment stacking' is key to their modus operandi. (After all, many of their patients fly in from the Middle East and don't mind the downtime if it means serious results.) Meanwhile, for those desiring the utmost discretion, there's a private VIP suite downstairs, accessed straight from the Harrods car park. drrashaclinic.com

FOR INSIDE-OUT REGENERATION

Dr Suha Kersh & Dr Martin Galy

Back in 2015, 23MD opened on Chelsea Green; and the concept was unlike any other. Although the husband-and-wife co-founders, Suha Kersh and Martin Galy, took one floor each of their sleek, white space – in which to showcase their

respective skills in skin rejuvenation and hormone-balancing – the bigger idea was to come together and demonstrate the efficacy of a synergistic approach to wellbeing. Today, London's best-kept ladies check in with Kersh for regenerative injectables such as polynucleotides and Prophilos – as well as an annual top-up of filler, to keep everything in the right place – then scoot down to see Galy, who will outline the importance of keeping their bodily chemicals in check before delving deep into any symptoms and prescribing courses of action. And because doing both works wonders on the skin, this makes sense; after all, sufficient levels of oestrogen mean that filler lasts longer and complexions are dewier. (Clients also like to book in with Agne, who's a maestro at tightening skin, her Exion microneedling leaving the surface tangibly tauter and impossibly luminous.) When Kersh and Galy are not in residence in London, you'll find the charismatic double act in Dubai, where their Jumeirah Beach clinic is already drawing a glamorous crowd from across the region. 23md.co.uk

FOR A HI-TECH APPROACH

Dr Rishi Mandavia & Dr Tatiana Mandavia

The rise of this marital duo has been meteoric: from a single-room outfit, which they ran after their NHS shifts, to one of the most sought-after aesthetic clinics on Harley Street (a Grade I-listed building on Devonshire Place that has been made modern with abstract art and cloud-painted ceilings). And while much of the Mandavias' success has come from really getting to know their patients – some have been with them since the very beginning – it's also been down to their expertise in cutting-edge techniques. Rishi is an ENT doctor, regarded for his subtle, near-undetected injectables; Tatiana is an aesthetic doctor with a background in aerospace physiology and a love of regenerative procedures. Try their new AviClear treatment to down-regulate sebum production with a cold laser – it banishes breakouts in just three sessions. Or for a seismic shift in skin quality, book in for the Mandavias' new Dermalux Tri-Wave MD, which is medically certified for acne, psoriasis and scarring. Ask about their exosomes, to restore thinning heads of hair or spur healing after microneedling and laser therapy. And just launched is a new surgical facility where consultant surgeons will drop by from time to time to offer minimally invasive procedures alongside silhouette-shaping treatments such as BodyTite, BreastTite and NeckTite. drtatiana.co.uk □

PHOTOGRAPH (EDITED) FOR ILLUSTRATIVE PURPOSES ONLY: MARCUS OHLSSON/TRUNK ARCHIVE



THE COSMETIC SKIN CLINIC IS home to some of the capital's most talented expert practitioners. Based out of their newly expanded home on Harley Street, the clinic offers a completely bespoke approach to its patients, specialising in non-surgical aesthetic treatments that rejuvenate and re-contour the face and body. With more than 30 years of heritage, the clinic is the gold standard when it comes to performing complex combination procedures with superlative results and minimal downtime.

FILLER SPRINKLES AND COLLAGEN BANKING

Dr Joanna Christou

'It is well known that the ageing process means losing volume on the face and dermal fillers are the key to re-establishing it,' says leading cosmetic doctor Joanna Christou. 'Historically, we used to use fillers to chase lines, which led to a 'puffed-up' look. Nowadays, good filler looks much more subtle and excellent filler is completely undetectable. The principles of this approach are that we sprinkle filler in a number of areas so each treatment area looks better but doesn't individually stand out. The effect is noticeable but understated, and gives an undeniably fresher look.

I'm also doing more collagen-banking treatments like Prophilu which, when done strategically, means people need less filler over time as their tissue quality is markedly improved. I optimise the collagen bank and then filler sprinkle to compliment and underpin that rather than taking a filler-first approach. Using filler this way means you simply age well and can continue to have fillers for many years – you'll be surprised how many people are having fillers without you realising it.'

POLYNUCLEOTIDES

Dr Anju Mehta

'Patients are increasingly looking for more natural treatments, treatments that rejuvenate the skin from within for longer-lasting, more natural-looking results. I've seen a move away from adding and enhancing with artificial products, towards actually improving skin health. I love polynucleotides for this – it is an incredible new treatment that allows individuals to improve the quality and appearance of their skin by stimulating the production of new stronger and healthier collagen,' explains leading cosmetic doctor Anju Mehta. 'It activates the skin's own cellular

Skin saviours

When it comes to truly bespoke, award-winning face and body treatments that achieve subtle yet noticeable results, no one can rival The Cosmetic Skin Clinic on Harley Street



The Cosmetic Skin Clinic is the gold standard when it comes to performing complex combination procedures with superlative results



The Cosmetic Skin Clinic on Harley Street

repair and regeneration mechanism, which restores skin firmness and protects against cellular damage thus improving quality and texture of the skin in the most natural way. One of the great things about polynucleotides is that they can be used virtually anywhere on the face or body, and are especially effective for tackling dark circles and rejuvenating under the eyes, which is an area notoriously difficult to treat with fillers.'

ENDOLIFT AND FILLERS

Dr Hao Hanson Yu

Top aesthetic doctor Hao Hanson Yu says: 'While the aesthetic industry tends to rely heavily on fillers to add volume, achieving a truly harmonious result often requires a more holistic approach. In my aesthetic practice, I've always valued the importance of balance. This is where Endolift comes into play. With my background in sculpture, I understand that creating beauty isn't just about building up – it's also about removing excess to reveal the ideal form. Endolift's cutting-edge technology-based sculpting allows me to not only tighten skin, but also reduce unwanted volume, enhancing the natural contours of the face. When combined with fillers, the result is a more sculpted, refined and personalised look for each patient – just like a work of art.'

ULTHERAPY PRIME

Dr Matthew Jarvie-Thomas

'The newly launched Ultherapy Prime is the latest generation of Ultherapy, a ground-breaking advancement in non-invasive, skin-tightening technology that delivers superior results,' says cosmetic doctor Matthew Jarvie-Thomas. 'Using enhanced micro-focused

ultrasound, Ultherapy Prime stimulates collagen production more effectively, resulting in visibly lifted and rejuvenated skin. This innovative approach targets deeper layers of the skin while preserving the surface, minimising discomfort and downtime. Patients can experience noticeable results after just one session, with improvements continuing over time as collagen rebuilds. This makes Ultherapy Prime a leading choice for those seeking a natural-looking, longer-lasting solution for skin laxity, which is why I recommend it as a maintenance treatment to all my patients.'

MOXI LASER

Mr Lee Garrett

Moxi is an innovative fractional laser treatment that works by creating micro-coagulation zones, triggering the body's natural healing process. This leads to the replacement of damaged cells with healthier, more vibrant skin. The treatment is designed to address various skin concerns, including sun damage, fine lines, wrinkles, uneven texture and pigmentation. Clinical lead Mr Lee Garrett says: 'This is a hugely important addition to the clinic's armoury of skin-perfecting, collagen-stimulating technologies. With its gentle yet powerful laser technology, Moxi is crafted with

inclusivity in mind, ensuring effectiveness for all skin types.'

COOLSCULPTING

Ria Murch

The Cosmetic Skin Clinic has been named the top CoolSculpting clinic in the UK and Europe for six consecutive years. 'There has been a huge resurgence in CoolSculpting treatments, as the process is quick, comfortable and highly effective,' says senior aesthetics practitioner Ria Murch. 'We all have unique goals when it comes to our bodies and CoolSculpting applicators have been designed to treat all the natural curves. They can cinch in waists, melt away tummy rolls, remove muffin tops and back fat, sculpt thighs and even re-contour double chins.'

Multi-award winning

Combining injectables with high-level innovative technology, The Cosmetic Skin Clinic is regarded as one of the most respected, competent clinics in London.

It has been named the number one Ultherapy clinic in the UK and Ireland for 11 years running, as well as the top clinic for Teoxane.

For more information, please visit cosmeticskinclinic.com, or to book an appointment call 0330 127 2217

@the_cosmetic_skin_clinic | thecosmeticskinclinic

*Faces***RAJIV GROVER**

Grover is cosmetic surgeon to the international social set, and for good reason. A former president of the BAAPS (British Association of Aesthetic Plastic Surgeons), he has charm in spades, not to mention undeniable warmth and kindness, and an excellent bedside manner. In addition, the London and Harvard-educated surgeon has a deep appreciation of art, and of beauty in all its forms: a Guggenheim professor at the Louvre, he even collaborated with the late fashion designer Alexander McQueen in developing the concept of 'Facelift Couture' (whereby photographs of your younger self are used to guide surgery, for a result that keeps your uniqueness and personality wholly intact). This specialist in deep-plane face- and neck-lift surgery is adored by his patients for not only making them feel beautifully renewed – and look tangibly younger – but because he cares for them from beginning to end: 'I put in and take out every stitch,' he says. When it comes to technique, his preservation deep-plane is a delicate yet artistic way to refresh the face; as he performs a short-scar version of the protocol, avoiding any visible mark to the temple, it leads to such little bruising and swelling that most patients go home with just paracetamol. (Since nothing rectifies post-Ozempic jowling and neck laxity as tidily, it's the aesthetic equivalent of 'stealth wealth'.) As Grover explains: 'My work aims to make an elegant and significant improvement but with an end result that's still natural, still looking like you, and as if you were never touched with the knife.' Style and substance: no wonder the elite feel so safe in his hands. *Deep-plane facelift from £26,000 (rajivgrover.co.uk).*

TUNÇ TIRYAKI

With a gentlemanly demeanour that belies his forward-thinking techniques, Tiryaki is a man in demand – and gratified by the attention. 'Previously, our patients believed that plastic surgery was about vanity, but now there's an understanding that it's more about integrity,' he says. 'And that's a very powerful shift. Two years ago, the ladies I saw coming for a consultation weren't even able to acknowledge they were considering a procedure; they would just say, "I don't feel like myself". Today, they are learning to stand behind their wish for health and longevity.' His stem-cell facelifts, he states, simply remedy the bone resorption and laxity brought about by modern life. ('Our DNA is not as strong as our fathers' or grandfathers'. Our food has changed – and so has the way we chew it – so we are not strengthening the face in the same

Call the EXPERTS

Take control of how you look and feel with Tatler's newly enhanced list of the aesthetic industry's top 50 surgeons and cosmetic doctors

*By Francesca Ogiermann-White
Photographs by Luc Braquet
Styling by Lydie Harrison*

Dress, POA, **VIVIENNE WESTWOOD BY ANDREAS KRONTHALER**. Gloves, £494, **PAULA ROWAN**. Belt, £495, **FLEET ILYA**. Bracelets, POA, **DIOR**

**PROCEED
WITH FLAIR**

Tatler's definitive list of medical specialists is a line-up of leading surgeons, injectors, dermatologists and hormone practitioners



way as our ancestors would have.) But while Tiryaki might regenerate skin and soft tissue, he also revolunimises the facial skeleton through flawless fat transfer, restoring strength to the underlying anatomy. 'Redefining the bony architecture of the face means we no longer need to drape the skin over a slowly shrinking scaffolding,' he says. 'So we avoid that pulled-tight, "windswept" appearance.' The process is staggered, according to age: for those in their early forties, fat transfer and stem cells (to the jawline, cheekbones and temples, as well as to correct asymmetry in the nose or lips'); for 45- to 55-year-olds, perhaps the addition of a deep-plane facelift; above that, probably a neck-lift, too. Post-surgery, the skin is kept youthful by his own exosome-rich Morphiya serum, while hyperbaric oxygen accelerates recovery. And the innovation continues: Tiryaki will open two new centres in Japan in 2025, which will offer anti-inflammatory exosome therapies by IV infusions. Watch this space. *Stem-cell assisted facelift with fat transfer from £25,500 (tunctiryaki.co.uk).*

GEORGIOS ORFANIOTIS

Orfaniotis is a new breed of surgeon: dynamic, forward-thinking and sharply attuned to the modern patient. And though he hails from Greece, the face- and neck-lifting maestro looks to America for inspiration: 'In the US,' he says, 'they have a great support system for their patients. So that's what I've invested in, too.' (As evidenced by the mandatory pre-op consultations with a specialist nurse and a doctor; and the fact that anyone who's booked in with him gets his personal number.) Similarly progressive are his preservation deep-plane face- and neck-lifts – a maximum of two per week – which are done as day cases either at the elegant Montrose clinic or at REAL in Battersea, and with post-procedural overnight stays at One Welbeck. And of them, he says: 'You dive deep, underneath the Superficial Musculo Aponeurotic System (SMAS), to perform all your work without separating the skin from the underlying muscle; and because there's less dissection of the skin, there's not only less haematoma [bleeding] but also less trauma in general.' What's more, his facelift patients are getting younger, with some only in their thirties. (And, interestingly, one in 10 is now male.) However, they're not combatting ageing – 'they're fighting genetics', he explains. And so his careful sculpting and tightening is renowned for diminishing heavy necks and jowls in 'cases that are almost corrective'. Right now, he is exploring endoscopic-style surgery – which is 'better-suited to younger people with no excess skin'. But for men, ▷

◁ as ever, he stresses the part played by eyes in a lift, saying: 'Too pulled, too perfect, and the result starts to look a little "surgical".' Still, there's no denying the sharper jawlines that ensue. Nor the need. 'I sympathise with my patients,' he says, 'because I look at myself and know that in five years' time this neck is going to go as well!' *Deep-plane facelift from £21,000; neck-lift from £20,500 (orfanotis.co.uk).*

MARC PACIFICO, KENT

Former BAAPS president Pacifico is famed for fashioning a flawless bust – he's a specialist in addressing tuberous breasts – but his focus is shifting upwards: face- and neck-lifts now account for nearly 50 per cent of his work. 'We have two goals with these procedures,' he says. 'One, that you remain looking like "you", so that anyone who knows you won't suspect anything. And two, to avoid you having any sign of surgery. The ideal outcome is that the patient simply appears genetically lucky.' He's clearly succeeding: Londoners and the international set travel to his Purity Bridge clinic in Tunbridge Wells to avail themselves of the dazzling in-house theatre where he performs his deep-plane facelifts as day cases; or to the neighbouring McIndoe Centre in East Grinstead, where he deals with more complex matters, including neck-lifts. Regarding them, he says: 'Whether or not a patient has an elegant neck is all down to their anatomy. However, we can address that through careful sculpting of the deep fat and glands, as well as possibly repositioning the hyoid bone [floating at the top of the windpipe] which can hang quite low and forward.' To achieve the latter, he uses a special stitching technique to lift and push it back, to give the illusion of length. He's a great fan of the deftly wielded scalpel: outspoken about the side effects of some non-surgical treatments – 'used inappropriately, they can create scarring and inflammation, which makes it rather challenging to go into someone's face years later'; and passionate about the transformational effects of more extensive surgery. *Facelift from £18,000; neck-lift from £11,600 (marcpacifico.co.uk).*

Eyes

NARESH JOSHI

There's no kinder man in cosmetic surgery than Joshi. For him, it's about connecting with the human being in front of him; and he unwaveringly cares for his patients as if they're members of his own family. 'When you start, you think blepharoplasties are a formulaic thing,' he muses. 'You learn from your mentors and you execute what you're taught. But thousands of procedures later, you realise that every patient is

different. The more I do, the more I realise how nuanced it all is.' Volume loss in the upper lid brings many to his door: 'Over time, the fat surrounding the eyeball shifts, creating an empty pocket above the lid; so we want to reposition that fat, and restore volume to the sub-brow region.' But while his scalpel may be one of London's most in-demand – and his stitching the best she's ever seen, according to a nurse who works with him at the Cromwell – he's also startlingly intuitive. 'Even before a patient has sat down, I know what they're coming in for,' he says, 'and what they need.' Much of this is due to the confidence he's gained from experience – he's been lifting lids for 30-plus years now, and has performed more blepharoplasties than anyone in the country – so you'd be well-advised to heed his advice when he gives it: 'If I've said no, then please don't go to someone else who'll say yes for the wrong reasons.' (Instead, send him a photograph in five years' time and he'll reassess.) To Joshi, 'good cosmetic surgeries are as important as good reconstructive surgeries'. And the ones he does for his patients are 'transformative'. *Upper-lid blepharoplasty from £11,170; lower-lid blepharoplasty from £15,320 (cromwellhospital.com).*

SABRINA SHAH-DESAI

Shah-Desai is renowned for delicate, dexterous handiwork, which she performs in her ground-floor Harley Street HQ. Her scarless ptosis surgeries are things of beauty, and her way with a needle wipes away any signs of periorbital fatigue. However, she's kind and caring, too, and sharply attuned to the psyche. 'Young patients went overboard on tear trough filler in recent years and now want it dissolved,' reports the oculoplastic surgeon, 'while mature patients who came to the party late and are scared of surgery want to get everything done with injectables.' At the moment, her Perfect Eyes clinic is seeing increasing amounts of malar oedema, an accumulation of fluid just above the cheekbones, which makes the under-eye appear waterlogged – 'The superficial lymphatics there are valveless,' she explains – and is putting the puffiness-prone on six-week courses of manual LPG Endermologie. As for bigger bags, she's dissolving any existing filler, starting her clients on LPG, and then performing her signature extended lower-lid blepharoplasties. ('They support the mid-face, give a natural-looking lift and also do away with baggy-looking under-eyes.') If you're still bothered by lax lids, you can always walk two floors up – to her Perfect Skin clinic – where you might benefit from a session of 'laser-coring', whereby her UltraClear laser removes microscopic columns of tissue, enabling the surrounding skin and underlying muscle to tighten

as it heals. And whatever, thanks to her fabulous new Eye Regenerate LED Mask, no one leaves her clinic empty-handed... *Scarless ptosis surgery from £4,500; LPG Endermologie, £100 per treatment; UltraClear from £750 (perfecteyestd.com).*

ELIZABETH HAWKES

In her silk blouse and Hermès earrings, Hawkes might be fresh-faced, but her finger is very much on the pulse. 'The direction of travel is definitely regenerative,' says the oculoplastic surgeon, who consults at the Cadogan Clinic (and recently travelled to Istanbul, to train under king of fat transfer Tunç Tiryaki). Right now, she has her eye on stem cells. 'While the patient is in surgery and under sedation, you can effectively take a little bit of fat from the outer thighs, spin it down to a liquid and purify it, then reinject the nano-fat with a cannula,' she explains. 'It's so packed full of growth factors it's essentially a "golden filler".' It's an excellent adjunct to her procedures, which include upper- and lower-lid blepharoplasties and fat-grafting reversal. 'If you inject fat too superficially around the lower cheek and you're not deep enough on the bone, it can leave a lumpy appearance,' she says, 'so I lift the skin-muscle flap, exposing the orbicularis, then simply cut the fat out.' However, to keep the ocular area fresh for longer, Hawkes looks beyond the eyes. 'You can perform the most immaculate lower-lid blepharoplasty,' she says, 'but to achieve truly flawless results, you often need to address the cheek.' (Bring on her sturdy stitching, which suspends the mid-face and orbicularis muscles, resulting in a smoother contour.) She's a lover of systems and analysis – ensuring nothing is left to chance when you slip onto the table – so pre-surgical ultrasound is standard, while her investigations are nothing short of scrupulous. 'The eyelids, sadly, are not forgiving,' she continues, 'and once the post-op puffiness has died down, even the tiniest ptosis or asymmetry will stand out. For that reason, a consultation and taking your time to decide are paramount.' *Lower-lid blepharoplasty from £7,850; lower-lid blepharoplasty with nanofat face rejuvenation from £10,450 (drelizabethhawkes.com).*

DR MARYAM ZAMANI

The perennially chic Zamani never stops – when she's not hosting London society in her Chelsea home, she's concocting new formulae for her eponymous MZ Skin range – and just launched is her Microtox Tightening Eye Serum, which provides powerful, de-puffed results and superior tightening. 'Crepey skin under the eyes is a bugbear of mine,' she says. 'It's the most delicate on the body, and the thinnest, so we want to maintain it for as long as

Noses

DAVID ROBERTS

Patients love Roberts for his emphasis on safety, his solidity and his supportive demeanour. And when he's not Down Under – the consultant ENT surgeon is exploring setting up another Nose Clinic in Melbourne – you'll find him on Harley Street, where he sees his fair share of nasal complexity. 'My practice was always based around revision rhinoplasties, and most of it still is,' he says. 'However, the primary cases can be just as challenging.' Not to mention the 'extraordinary' level of expectation today, for which he blames social media, selfies and the smartphone lens, 'which makes the width of the face appear greater and so doesn't represent reality'. Healthily sceptical, he's suspicious of trends: 'Ultrasonic, Piezo-electric, conservation rhinoplasty... These are just tools and techniques – and we all do them – but what's ultimately important is to tailor them to the individual.' While his skill lies in sculpting a natural-looking nose, it's also, critically, in preserving function: 'So often, we see these incredibly rigid, "perfect" noses but they're a nightmare functionally. My goal with this surgery is to preserve as normal a look and sensation as possible, so that it feels like your own nose when you're talking or kissing, or touching it.' Be warned, though: Roberts cautions that most take between six to nine months to return to that state. Also be wary of shopping around for cheaper and quicker alternatives: if a procedure seems too much of a good thing, it probably is. 'We're seeing some unfortunate outcomes as a result of cosmetic tourism,' says the surgeon. 'Patients are trying to find a more affordable way of doing things – which I understand – but if it goes wrong, they often don't have any recourse to complain or access remedial work. We cannot have a situation where pursuing serious surgery is seen as akin to buying a handbag.' *Rhinoplasty from £16,000 (harleystreetnoseclinic.com).*

CHARLES EAST

East's patients span a wide range. There's the pre-university contingent, of whom he says: 'With women reaching nasal maturity at around 16 years old, 18 to 23 is the sweet spot for surgery.' Then there are society's silver swans: 'My eldest is 87. She always hated her nose, so we lifted the tip ever so subtly.' Whoever's under his scalpel, he has a fierce love of noses, and champions the preservation rhinoplasty technique that he's been finessing for the past six years. His method lessens the size without changing the unique aesthetic and 'if the dorsal lines from the front look nice, then it's a worthy option'. However, while 'it's excellent for a ▷



Jacket, POA, **DIOR**.
Skirt, POA, **NINA**
RICCI. Boots, £746,
COURRÈGES

possible.' As for knife-work, she's renowned for tidy lid-lifting, perhaps repositioning fat to disguise hollow under-eyes ('My patients tell me that no one ever comments on them looking tired again') or excising a crescent of tissue from uppers: 'They feel so much better not having that extra skin sitting on the eyelashes.' However, she maintains that surgery is not for everyone, 'and it's not for young people who are concerned about lines and wrinkles – because the minute you have a scar, it ages you'. For that cohort, she'll prescribe combination procedures at her Instagrammable clinic. Now, she's hot on 'stacking' light- and laser-focused techniques:

'Stacking revolutionises our results by combining multiple, customisable treatments that target a variety of concerns,' she says, 'from fine lines and pigmentation to acne, scarring and skin laxity.' Thus, her new Filter Free Skin treatment blends Sciton's BBL (BroadBand Light), Halo fractional laser and targeted boosters, leaving skin radiant and seemingly pore-free. The way you'll feel if you swing by the spa at Claridge's and take a 90-minute journey using her skin-soothing topicals and collagen-boosting LED masks, supplemented by sculpting massage. *Upper-lid blepharoplasty from £9,700; Filter Free Skin from £6,600 (drmaryamzamani.com).*

Mr Nanidis' reconstructive heritage gives him an edge when it comes to performing cosmetic surgery with natural-looking results

offer world-class bespoke cosmetic breast surgery including, augmentation, breast reduction and implant-free breast enhancement with fat grafting, not to mention his 'signature' auto-augmentation breast lift. He also has a particular interest in liposculpting and liposuction, tummy tucks, cosmetic ear surgery, eyelids, surgery of the skin and skin rejuvenation.

It is Mr Nanidis' reconstructive heritage that gives him a distinct edge when it comes to performing cosmetic surgery with startlingly natural-looking results. It also lends him a unique understanding of the aesthetic form, tissue reshaping and focus on safe personalised care. He is well known for his approachable, down-to-earth and honest demeanour, as well as his excellent attention to detail. 'Patient safety, exceptional personalised care and surgical excellence are the core values guiding my practice,' he says.

Thanks to his highly sought-after expertise and first-class credentials, Mr Nanidis is also very involved in training junior plastic surgeons and currently leads the microsurgical fellowship programme at the Royal Marsden. He is invited to lecture internationally on all aspects of cosmetic breast surgery and trains other surgeons both at home and abroad on complex techniques.

Unsurprisingly, his work has earned him many awards over the years. Mr Nanidis recently became a finalist in the prestigious LaingBuisson Awards for his work on drainless surgery and the reduction in patient hospital stays. He has won multiple prizes for his research on clinical outcomes in breast surgery and patient safety. He also has a special interest in surgical innovation and has been awarded The Life Sciences Entrepreneur of the Year Award from Cambridge University.

His patients choose him thanks to his patient, professional and personable manner, and all comment on how safe they feel in his hands. Many speak of how his faultless approach has given them their life back. If his clinics and those highly skilled hands remain something of a well-kept secret among certain circles for now, we have a feeling they won't stay that way for long.

Dr Theo Nanidis

Dr Nanidis is a leading consultant plastic surgeon at the renowned Royal Marsden Hospital in London. He graduated from University College London Medical School and holds specialist fellowships from the Royal Marsden and Queen Victoria Hospitals.



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WHEN IT COMES TO TOP OF THE range breast and body surgery, those in-the-know turn to Theo Nanidis. The world-renowned leading plastic, cosmetic and reconstructive surgeon operates mainly on a word-of-mouth basis, with his delighted patients happy to share the news of his expert skills and second-to-none personalised care with their nearest and dearest.

With busy practices in central London and Surrey, Nanidis also works as a consultant plastic and reconstructive surgeon at the renowned Royal Marsden Hospital in Chelsea. His clinics

◁ slightly over-projected nose, for those concerned about a hump or a bump, we need to take a more constructive approach.’ Although he often reinstates support to the central pillar of the nose, using a tiny piece of cartilage taken from the septum, he cautions against both striving for symmetry – ‘I always remind my patients that the nostrils are sisters, not twins!’ – and relying too much on non-surgical techniques: ‘I wash filler out of about 20 per cent of the noses that I operate on. It has a place in post-operative refining but is sadly overused.’ Instead, he’s hot on skincare; everyone under his care is instructed to follow a six-week regime that includes a salicylic- and glycolic-acid scrub, as well as serum and retinol, to improve the texture of the skin. Ever the innovator, he’s seeing promising results with a new, absorbable stitch, which spurs post-op healing dramatically. ‘We do three to four on each side of the nose,’ he says. ‘And on closer inspection, they look like tiny pores!’ But if you’re socially anxious, they’re easily camouflaged with concealer. *Preservation rhinoplasty from £16,500 (rhinoplastylondon.co.uk).*

NAVEEN CAVALE

Tucked into the railway arches of Battersea Exchange, Cavale’s private hospital REAL goes from strength to strength. What started during lockdown has grown into a centre of excellence that sees seriously sought-after practitioners – such as Duncan Atherton, Bill Townley and Yannis Alexandrides – using its three theatres. Noses, as it were, are front and centre. ‘We’re seeing a huge influx in the complex, really difficult rhinoplasties,’ says Cavale, who still gives two days a week to the NHS. ‘In fact, we’re taking on a number of septo-rhinoplasties that are still on ENT surgeons’ waiting lists – because we can do them, and we can do them efficiently.’ His skill doesn’t just lie in correcting crooked noses – for example, those that have broken and healed in a slightly wonky way – when he leans steadily on his Piezo drill (thus reducing further trauma to the bone). He’s also an ace at fixing breathing problems – and an advocate of well-planned and properly prepared-for surgery: ‘I spend a huge amount of my time trying to convince patients not to have any,’ he says. ‘After all, nature has its own plan for your nose, and we don’t always know what the end result will be.’ Post-op recovery is spurred with a flash of Sciton’s BBL laser – ‘the red light helps scars to settle beautifully’ – and everyone goes home with a self-care package comprising antibacterial Clinisept and Kelo-Cote silicone gel. Back at REAL, new specialists are set to come on board, including gynaecologists, weight-management consultants and fertility experts. Get in line... *Rhinoplasty from £10,000 (realplasticsurgery.co.uk).*

DR AYAD HARB, BICESTER

When it comes to non-surgical noses, Harb is a pair of safe hands. The plastic surgeon and injector is regarded for his micro-droplet technique, using filler with precision to fix nasal asymmetry or wonky tips. It’s not just those seeking a straighter bridge who benefit: ‘Post-surgical revisions are a big part of my practice,’ he says. ‘Usually, we see too much bone or cartilage has been taken out, leaving these patients with two choices: do nothing and live with a dissatisfactory nose, or go through the whole procedure again.’ His filler skills restore self-confidence as well as softness to dry, contracted scar tissue. When he’s not refining noses from his clinics in Bicester or London, Harb may be at work sharpening a slackening jawline. (‘I’m a big fan of Radiesse. It stimulates collagen, thus tightening the skin; the last thing you want is to add weight to the lower face.’) Hot off the press is his new residency at an Ascot clinic that features two operating theatres, a Pilates studio and landscaped gardens. Alongside Harb, there’s space for GPs and menopause specialists, dieticians and physiotherapists; not to mention DNA testing, IV infusions and Ayurveda. ‘It’s allowing me to explore those other aspects of living well in a more holistic manner,’ he says. ‘Because there’s much more to looking good than just injecting.’ *The 3 Point Rhino from £750 (drayad.com).*

Lips

DR RITA RAKUS

Rakus is the OG of the aesthetics industry, with a world-renowned clinic in Knightsbridge and a presence maintained in LA, Dubai and Monte Carlo. Her name is inscribed on the Royal Society of Medicine’s Wall of Honour, where she’s the only cosmetic surgeon to appear. But she doesn’t rest on her laurels, and is not only ferocious in the pursuit of progress but constantly striving for safer and more sustainable treatments; whether by co-founding the British College of Aesthetic Medicine (BCAM) or liaising with the world-renowned Buck Institute on advancements in anti-ageing. Now, the London Lip Queen has coined a new term: ‘The Power Lip Protocol,’ she says. ‘That’s what it’s all about right now.’ Which, more and more, means swerving filler entirely. So how does she smooth out barcode lines on the top lip? The answer is to cleverly combine Thermage FLX skin tightening and rejuvenating polynucleotide injections with some topical applications of plant-derived exosomes. To reduce inflammation, ‘We also use the EVRL laser before and after,’ she says. Rakus is hot on tackling dermal disruption elsewhere. Patients are dispatched with reparative,

exosome-based EXO|E skincare products to use at home – ‘it decreases inflammation by 59 per cent’ – and her team is often to be found flashing the red-and-violet light-emitting EVRL at patients while they sit in the waiting room. (It’s been shown to sharpen neurological function, strengthen the vagus nerve and even improve digestion.) Another device that she favours is Cellution, which tackles cellulite with an arsenal of treatments: targeted serums, high-intensity focused diodes, vibration and mechanical massage. ‘In the old days, the adage was “no pain, no gain”,’ says Rakus. ‘With better machines and technology, that’s become a thing of the past.’ *Power Lip Protocol from £755; Cellution from £3,000 for a course of six (drirtarakus.co.uk).*

Hormones

DR MARTIN GALY

Co-founder of the 23MD clinic and one of Britain’s most in-demand hormone experts, Galy is busier than ever right now, splitting his time between Chelsea and Dubai – and on a mission at his Jumeirah Beach residency. ‘Unlike in the UK, public awareness of hormone replacement therapy hasn’t penetrated the Middle East,’ he says. And more’s the pity: ‘There is now data to show that women on HRT live healthier lives for seven to 10 years longer than those who are not.’ His manner is down to earth; his questions, as he peers through round-rimmed Tom Ford glasses, are insightful. And his *raison d’être* is to enhance the wellbeing of each of his patients by finding their unique hormonal fingerprint. But while he flies the flag for the benefits of HRT – such as enhanced brain, bone and heart health – he’s also enthused by the virtues of modern weight-loss medications. In fact, 75 per cent of those who pass through his doors are on a form of semaglutide as well as HRT. ‘But we always need to check their hormones first. In men, we don’t want to miss low testosterone; otherwise they’ll regain the weight they’ve lost with the new drugs. In younger women, we don’t want to overlook polycystic ovary syndrome (PCOS). And in more mature women, we need to establish where they are in their menopausal journey, so that we can support their hormones simultaneously.’ He says stable weight loss – no more than three kilos per month – is key to avoiding a drawn appearance. ‘However, patients do say it is transformative, especially if they’ve been carrying insulin resistance all of their lives. Their cravings stop, and some are turned off alcohol, but you notice the biggest difference when you speak to them. Their motivation to be back in control of their bodies shines through.’ *Initial consultation from £450 (23md.co.uk).* ▷



DR SOHÈRE ROKED

The skill of former psychiatrist Roked lies in being able to see the bigger picture, as well as understanding where the body ends and the mind begins. 'My clientele come to see me seeking the missing piece of the puzzle,' she explains. 'They're getting stuck somewhere. So a holistic, well-rounded overview is what's needed.' When it comes to diagnostics, Roked orders the usual bloods to determine which hormones need to be balanced and supported. 'But we also want to delve into your gut health, stress levels and your ability to methylate [metabolise hormones].' Her approach is gentle and collaborative – she spreads out the many tests she might prescribe across the year, so as not to overwhelm a patient, or incorporate ashwagandha and vitamin B to calm anxiety and reduce the 'stress hormone' cortisol – and in the end, she says, 'It's also about the simple things you can do every day for free that make a big difference: like delaying your morning coffee, getting some sunlight, not checking your phone as soon as you wake up.' Semaglutide medications, where necessary, are part of her armoury too. That's because, she explains: 'Oestrogen dominance has a significant

impact on how the body stores fat; and for those patients who are extremely overweight, the injections can be life-changing.' However, she administers them with caution; and in lockstep with mindful nutrition, exercise and sometimes such stress-relieving therapies as tapping and emotion-focused therapy (EFT). Overall, she says: 'It's about finding an alternative way to look at and support a patient's hormones. After all, modern life isn't always conducive to optimal health.' *Initial consultation from £350 (drsopheroked.co.uk).*

DR ANNE HENDERSON, KENT (NEW ENTRY)

When it comes to hormonal health, Henderson is the real deal. Straight-talking and wildly knowledgeable, the consultant gynaecologist is one of a select number of British Menopause Society-accredited advanced specialists. But she's also relatable, with a clever way of getting right to the heart of the issue. 'When a patient comes to see me, I always ask them to describe their top five concerns,' she explains. 'You might have 30 menopausal symptoms, but only three or four that are really grinding your gears.'

Under her wing, hormonal support becomes a lifestyle: 'All the studies show that you need to be on HRT for 10 years to get the true cardiac and cognitive benefits, and you won't be on the same dose of HRT at 70 as you were in your forties.' Her conversation ebbs and flows like her patients' hormone levels: now she's discussing the role of weight-loss medications, and the non-surgical interventions that truly deliver. (She's currently seeing excellent results with the new InMode EmpowerRF, a radiofrequency-emitting probe that works to relieve vaginal atrophy and more complex vulval conditions, such as lichen sclerosus.) But Henderson is also attuned to the weightier stuff: 'Doing the necessary gynaecological checks before you start zapping away is critical. When you're looking at conditions that can become malignant in 10 per cent of women, you need to know what you're staring at.' With a second clinic coming online in Tunbridge Wells – it will offer a roster of complementary experts in women's health and the menopause, alongside nutritionists, physiotherapists and herbalists – Henderson's star is in the ascendant. *HRT from £105; EmpowerRF from £475 (gynae-expert.co.uk).* ▷



All hail the nose king

When it comes to natural-looking facial surgery and rhinoplasty, Dr Kanliada is the man to know

IF YOU DON'T YET KNOW THE NAME

Dr Deniz Kanliada, you soon will. Having trained in multiple countries, including Europe, South Korea, and Singapore, he is a globally renowned expert in facial plastic surgeries, with an emphasis on rhinoplasty. One of the most sought-after surgeons in the UK, patients travel from all over the world to

experience his magic touch, a blend of artistic skill and precision that achieves natural-looking, culturally sensitive results.

His diverse training has equipped him with a deep understanding of various facial structures and cultural aesthetics, meaning he can seamlessly tailor his approach to each individual patient. With more than 18 years of experience, Dr Kanliada currently practises in the UK, Turkey and Cyprus, where he is known for delivering exceptional results. His patients seek him out not only for his world-class reputation, signature procedures and technical proficiency, but also for his compassionate approach to patient care. What really sets Dr Kanliada apart is the time he takes to understand each patient's concerns – he's never too busy to listen and come up with personalised solutions to ensure a smooth recovery.

This caring and hands-on approach, coupled with his unparalleled surgical expertise and a strong commitment to comprehensive aftercare, have earned him scores of prestigious awards over the years, including the Safety in Beauty Diamond Awards Highly Commended

Facial Plastic Surgeon Award in 2021 and The Best Surgical Transformation Award in 2022. In 2023, he received the title of Best Clinical Director and, most recently, he was honoured with The Best Transformation Award in 2024.

Affectionately referred to as 'The Nose King' by patients, Dr Kanliada is known for his ability to create perfect harmony with each individual's facial proportions. His innovative surgical techniques and pioneering suture methods have further cemented his status as a leading figure in facial plastic surgery worldwide. For anyone contemplating going under the knife, you know you're in safe hands with Dr Kanliada.

Dr Deniz Kanliada

An expert in both surgical and non-surgical facial procedures, his work has an emphasis on rhinoplasty.



Top treatments

RHINOPLASTY

His main area of expertise. Dr Kanliada combines advanced surgical techniques with a caring, culturally sensitive approach.

TIP PLASTY

One of Dr Kanliada's signature procedures. This focuses on the nasal tip to deliver subtle, transformative results.

SEPTOPLASTY

Dr Kanliada also specialises in septoplasty and sinus surgeries, offering effective solutions for patients with breathing issues.

A multi-award winner

- THE BEST TRANSFORMATION AWARD 2024
- THE BEST CLINICAL DIRECTOR 2023
- THE BEST SURGICAL TRANSFORMATION AWARD 2022

Intimate areas

AURORA ALMADORI

Italian-born Almadori is a lifeline for those with trouble down below. The plastic surgeon has a special interest in sophisticated regenerative procedures. But even if it's slightly old-fashioned, she always starts with the basics. 'In the past,' she explains, 'I would show women a diagram of the vulva and explain the anatomical variations to them. But today, they say, "Yes, I know all that!" They are becoming more able to talk about these issues. Best of all, they know there's often a solution.' Post-partum cases make up the majority of her work – perhaps after tearing during childbirth, or to revise painful episiotomy scars – and she stresses how important their resolution is: 'Some of these women are still young, but these conditions leave them with no sexual life and a marriage that's breaking down. So validating their concerns is critical.' (Her way with fat transfer adds further cushioning to the soft tissues, thus reducing friction and discomfort.) Menopausal symptoms also bring to her door women seeking relief from dryness; in her arsenal are hyaluronic acid (HA) fillers, specially designed for the area, as well as polynucleotides and platelet-rich plasma (PRP). When it comes to labiaplasties, she champions a conservative approach that restores symmetry and balance without resorting to excessive cutting. 'Often, women think their inner labia are becoming longer when they are actually just losing volume,' she says. 'But the beauty of fat is that you can use it in multiple ways: as larger globules to restore the shape; as smaller particles for tiner enhancements; and as nano-fat to improve the quality of the skin.' Meanwhile, topically applied exosomes help hasten convalescence. *Fat grafting from £4,500; intimate filler from £800; labiaplasty from £4,100 (cadoganclinic.com).*

SUJATHA TADIPARTHI (NEW ENTRY)

Empathetic and wonderfully down to earth, plastic surgeon Tadiparthi has two aims: to boost the confidence of the women she treats; and perhaps after childbirth, menopause or weight-loss, to help them feel comfortable in their bodies again. 'Often, as a female surgeon, I can relate to their concerns,' she says. 'And for many of them, it's about having the freedom to wear the clothes they want.' That's why abdominoplasties are on the rise, she reports. ('Muscle repair makes a huge difference. And even women who haven't had children experience skin laxity.') Likewise, 'auxiliary reduction' in the area between the breasts and the underarms: 'Even slim women can carry a little extra volume here.' However, labiaplasties are slowly becoming her bread and butter: 'There's much more

awareness around the procedure today,' she says. 'Both with younger ladies who have enlarged labia and want to wear fitted workout wear and with the cohort who have had their families and are starting to notice signs of ageing, sagging or elongation.' Performed under local, her linear excision technique reveals a tidy, yet natural-looking result: 'Often, there is an asymmetry,' she explains. 'However, we're aiming to create a more balanced-looking labia, which means not trimming everything away.' After four weeks, most patients are back to normal life. And three months later, with all swelling subsided, many already report enhanced intimacy with their partners. 'It's a simple operation but it makes a huge difference to the patient,' Tadiparthi concludes. 'Most say to me: "Why didn't I do this before?"' *Auxiliary reduction from £5,500; labiaplasty from £4,950 (choiceaesthetics.uk).*

Breasts

NORA NUGENT, KENT

BAAPS has a new president – since she consults from Purity Bridge (the independent private clinic in Tunbridge Wells, run by her predecessor Marc Pacifico), Nugent's appointment has kept the town firmly on the surgical map. Patients flock for an audience with this surgeon, who excels in matters of female anatomy: from age-appropriate augmentations to breast reductions. 'Many of these ladies have experienced pregnancies, shifts in weight or menopausal change,' she says, 'and their breasts change throughout their lifetime, too.' However, her *tour de force* is restoring balance to tuberous breasts. 'As a woman, you either have tuberous breasts or you don't. And because this can present aesthetically as mild asymmetry, a slight popping around the nipple or a less rounded appearance to the lower pole [the portion below the nipple], the ways in which we can treat it differ.' Anatomical implants come into their own for the latter cohort, as 'their slight pear-shape fills out the lower pole nicely'; while a fabulous adjunct can be fat transfer, 'to supplement volume, in combination with internal repositioning of the tissue'. And once their breasts have been balanced, many clients return years later to address lax tummies with some stealthy liposuction, for which they're well-briefed: examination complete, they can expect to stand in front of the mirror, as Nugent shows exactly where their scars will lie. (For optimal healing, she advocates post-op manual lymphatic drainage, topped up with vitamins C and E, magnesium and selenium.) But what truly sets her apart is her human approach and her unwavering emphasis on best practice. 'If researched properly, taken seriously and done in

partnership with a reputable surgeon and facility, then surgery can have a transformational result,' she says. 'Not just on self-confidence, but on one's quality of life.' *Mastopexy tuberous breast augmentation from £8,930; breast reduction from £8,820 (noranugent.co.uk).*

DOUGLAS McGEORGE, CHESTER

As well as being a loyal contributor to the King's Trust – the Chester-based surgeon was made an MBE in 2018 – McGeorge has been on the BAAPS council for more than 25 years; back in the day (2006 to 2008, to be precise) he was its president. Academia and affiliations aside, he is an intuitive practitioner, keenly aware of his patients' state of mind. 'Breast surgery can have a profound effect on one's quality of life,' he says. 'But often, it comes down to treating the psyche.' (If you make someone feel better mentally, it can improve their physical symptoms.) Whether he's reducing a weighty bosom or performing an augmentation on someone who has long been insecure about their smaller cup-size, he says the effect is surprisingly similar: 'These women stand up straighter and their bodies feel better to them. Even introverted patients become more confident.' His clients travel from near and far – 'I'm blessed with a lot who come back "into the fold", some over three generations' – and while Zoom consultations are more convenient for out-of-towners, he always insists on at least one face-to-face meet before theatre. ('Until you see and feel the tissues, you can't get a truly definite answer with regards to the appropriate technique.) Slimming GLP-1 agonist medications are driving a surge in uplifts, he reports: 'They empty the breast envelope, so everything sags.' However, when it comes to augmentations, his method is simple: 'You see what the patient has to begin with, you determine what they're looking for, then you find the implant that sits perfectly on the breast wall.' Above all, he counsels a mindful approach to surgery 'because recovery is the real journey; and for that to go smoothly, you need to ensure you go to the right person to start with'. *Breast augmentation from £7,303; breast reduction from £9,085 (aestheticplasticsurgeons.org).*

JACQUELINE LEWIS

Lewis is a surgeon's surgeon: likeable, quick to laugh but serious about getting the best from breasts. When it comes to augmentations, the ones she does are 50/50 splits between implants and composite procedures that combine the former with cushioning fat transfer, which 'allows more versatility', and she's now been repurposing natural resources with aplomb for more than 20 years. 'I started because I had a lady who'd experienced a failed reconstruction ▷

Nasal gazing

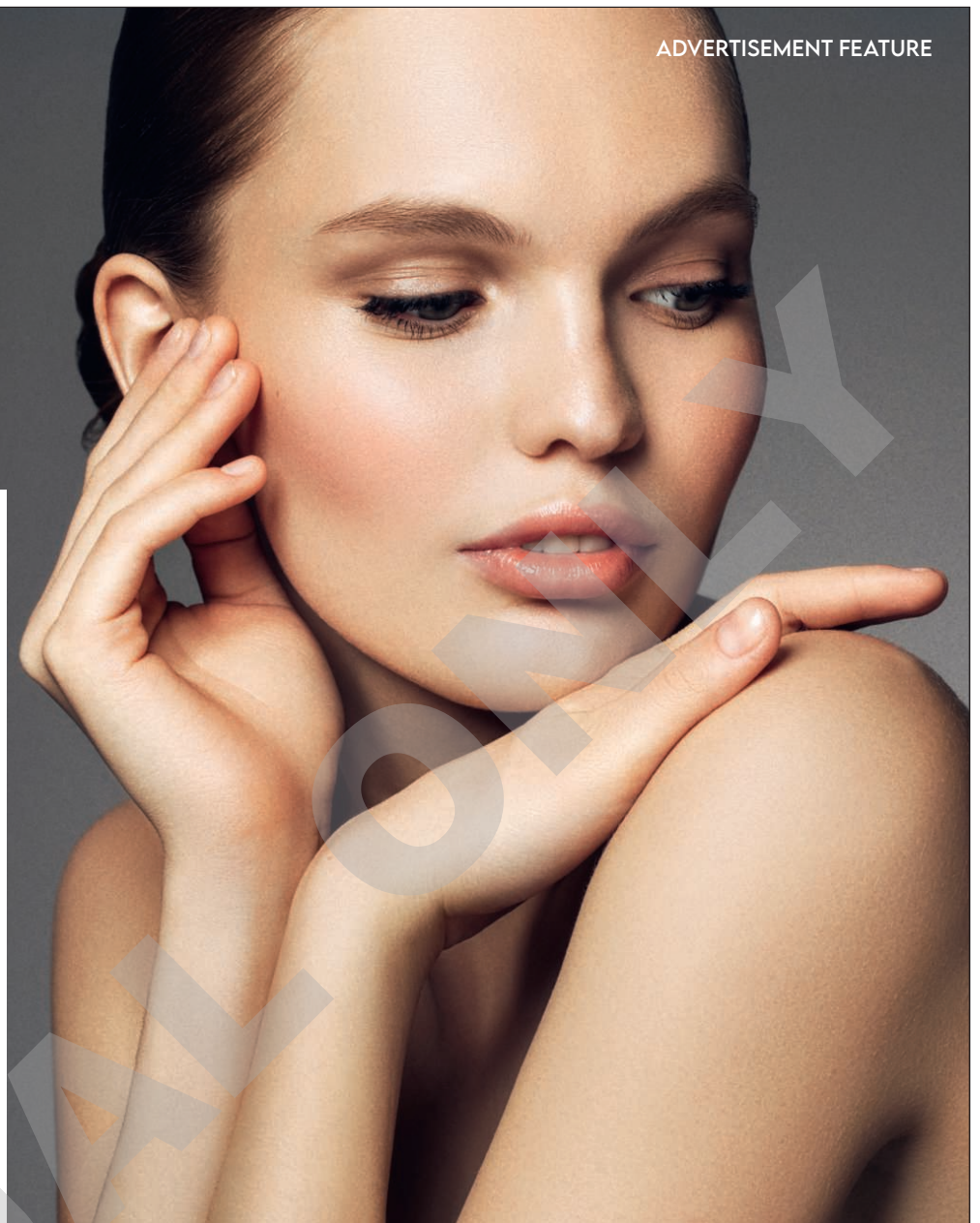
*Considering rhinoplasty?
Turn to the expertise of
Mr David Roberts*

ONCE THE DESIRE TO MAKE A CHANGE to your nose takes hold, it can be difficult to shift the urge, especially in an age when we are so often confronted with our own reflection. But luckily, if self-consciousness does arise, even a small tweak can make a big difference to your confidence – especially if you have the right expert at hand to help you fulfil your hopes, or steer you in the right direction. In the business of providing expert insight and a kind yet honest opinion, Mr David Roberts is the name to know.

A consultant ENT surgeon extraordinaire and founder of the Harley Street Nose Clinic, Roberts offers more than 25 years of experience specialising in rhinoplasty (surgical nose reshaping), as well as complex revision surgery, and adolescent and transgender rhinoplasty. His work ranges from revisions to non-surgical techniques but, crucially, he understands the need to assess patients on their physical and psychological compatibility before commencing surgery. If he doesn't think it will provide the best result, Roberts will not operate.

'My job is to listen to what the patient wants, but also to point out features of their nose that they may not have considered,' he says. 'That way, we don't create an imbalance. I refuse 10 per cent of all those I see. Either their nose is not abnormal or they want impossible results.' According to Roberts, the aims of surgery are threefold: to improve the nose cosmetically and to maintain or improve function; to produce a nose that fits harmoniously with the face; and to produce a result that has a natural-looking appearance so that nobody would guess it's been operated on. Judging by the fact that 85 per cent of his surgeries are corrective revisions, it is clear that this doctor's subtle results are not achieved industry-wide.

A Fellow of the Royal College of Surgeons and a past examiner for the Intercollegiate Specialty Board, Roberts lectures on nasal surgery internationally. And his manner is as



Mr David Roberts

The founder of Harley Street Nose Clinic, Mr David Roberts is an ENT consultant surgeon specialising in rhinoplasty, sinus surgery and endoscopic neurosurgery in both adults and children – as well as transgender rhinoplasty. He is a Fellow of the Royal College of Surgeons and lectures on nasal surgery internationally.

'I couldn't recommend him enough – he's empathetic, but also willing to speak directly and honestly'

impressive as his credentials; he's known for being warm and easygoing, as well as tirelessly accurate – the perfect combination for a surgeon. 'David is a great communicator and is very understanding,' says one patient. 'I couldn't recommend him enough – he's very empathetic, but also willing to speak directly and honestly. The results from my procedure were also exactly as expected, if not better, and I was very happy with the result.' It seems that after an appointment with Roberts, the only nasal gazing you'll be doing is in admiration.



Top, £650, **STELLA McCARTNEY**.
Skirt, £2,550,
GALLELO ATELIER.
Boots, as before

◁ and needed to have her implants removed,' she says. 'When I found a way to graft fat into the breast, I was astounded that you could create such an elegant end result by simply using what was free.' Patients are asked to send in selfies ahead of time and are then given Crisalex scans, which enable Lewis to play around (virtually) with different-sized implants. So, every treatment is tailored to the individual. As she explains: 'Very commonly, I see women who have finished their families; so they have empty breasts, lax skin, no volume and need a mastopexy. However, not everyone is prepared to live with the resulting scars, or to risk the loss of sensation. So we'll go for an initial breast augmentation with some fat transfer, and revisit uplifts at a later date.' Breast surgery is a long game, she says, and 'patients should expect continuous change'. What's more, remember 'it takes three months for the post-op swelling to settle', so 'absolutely do not spend money on expensive lingerie until then!' *Breast augmentation from £8,000; composite breast augmentation from £10,600 (drjacquelinelewis.com).*

HAZIM SADIDEEN

An alumnus of Harvard, Oxford and King's College London, Sadideen is wildly academic. But he's also kind, quick to put patients at ease and enthusiastic about breaking new ground in cosmetic surgery. 'If we only stick to the old ways, we run the risk of going stale,' he explains. 'But when we innovate with technique, pre-operative preparations, scar-care and the patient journey, the combination adds up to more favourable outcomes.' Case in point, his signature StemLift: a single-stage procedure to the breast that blends fat with stem cells, to deliver natural results, improved skin quality and longer-lasting effects. 'Many of my patients are thin and athletic,' explains the Chelsea-based surgeon. 'So even with grafting, we need to enrich the tissues with stem cells, in order to amplify the fat's survival rate.' Thus he takes approximately 400ml of fat from the body, plus an extra 50ml from which he extracts the cells used to enrich it, and creates a supercharged solution that gives just the right amount of volume while rejuvenating crepey skin. He's also

hot on methods of enhancing results, among them hyperbaric oxygen therapy and beneficial nutrition – 'plenty of cashews, blueberries and walnuts. We need to feed the fat' – and he's a true consolation when previous fat transfer has gone awry. 'Often,' he says, 'it's due to the wrong type of fat being used or the placement being too superficial, resulting in a lumpy appearance.' (Sadideen performs an ultrasound scan before draining fat necrosis and massaging the area; and if it still won't settle, he will proceed to surgical removal.) Fat aside, he champions preservation in breast augmentations: using minimal cutting, leaving the smallest scars and employing a Keller Funnel device, which slides implants into prepared pockets with greater ease than traditional methods. 'With less disruption, comes less pain. And far greater satisfaction.' *Fat transfer to breasts from £12,000; StemLift from £17,000 (drhazlondon.com).*

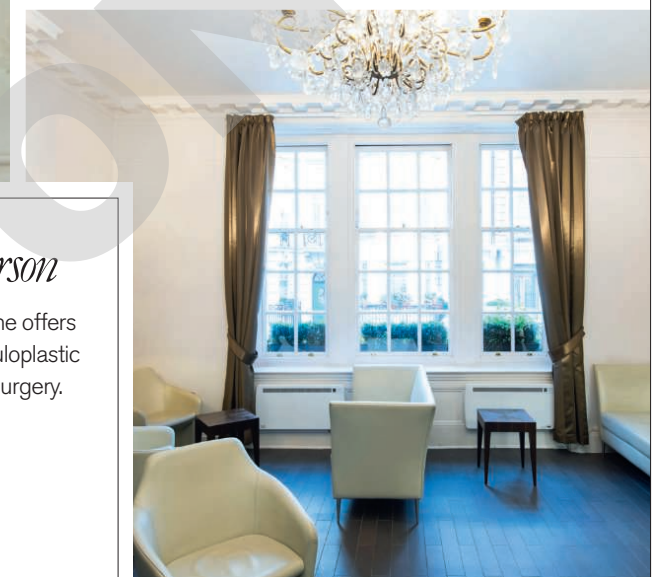
THEODORE NANIDIS (NEW ENTRY)

Seventeen years a consultant, Greek-born Nanidis might be suave, but he's also sage. 'There's no substitute for experience and the understanding that comes with it,' says the breast specialist, who heads up the surgical unit at the gleaming Galen Clinic. (Post-op cases can spend the night at the neighbouring King Edward VII Hospital, should they choose: 'It gives them reassurance if they need nursing care or are nervous about dressings and medication.') A deep thinker, he talks at length about the final aesthetics of augmentation and has devised an algorithm to empower patients in consultations: 'After taking into account the nipple and glandular positions, as well as skin excess, I ask women to assess their own breasts and together we decide on the best approach.' While full upper poles seem to be a modern-day fixation, he says: 'The most natural-looking breasts should have ones that slope gently, with a hint of plumpness.' That's exactly what's delivered by Motiva implants, which are softer and smoother than the market average, 'though you need to use them appropriately, and that means making very small incisions so they fit snugly inside, before reinforcing with deep stitches'. Nanidis is also a fan of fat transfer and insists that slim, post-partum women are excellent candidates for his treatment: finding secret stores in the back's lumbar flap or in the inner thighs. He cautions that 'it's never a one-off and, unlike implants, won't enhance the shape'. However, 'when done well, it can rejuvenate the breasts, and even raise the nipples slightly. After all, patients today are becoming ever-more fastidious; and nipple positioning is the first thing they notice.' *Breast augmentation from £2,800; fat transfer from £1,800 (tnplasticsurgeon.co.uk).* ▷

Mr Henderson avoids the 'pulled' or 'stretched' look that can often result from poorly executed cosmetic surgery

Street (though he also provides innovative surgery techniques to NHS and private patients at London's Royal Free Hospital).

Specialising in achieving a natural look from any cosmetic or ophthalmology surgery, Mr Henderson avoids the 'pulled' or 'stretched' look that can often result from poorly executed cosmetic surgery. His philosophy is to conserve



The eyes have it

A highly skilled and most sought-after ophthalmic and oculoplastic surgeon, Mr Hugo Henderson brings rare expertise to aesthetic surgery

PATIENTS UNDERGOING AESTHETIC surgery with Mr Hugo Henderson benefit from a rare level of assurance. Why, you may ask? Because he is not merely a general plastic surgeon, but also a highly experienced and skilled ophthalmic and oculoplastic surgeon, offering a range of both aesthetic and functional oculoplastic surgery as well as ophthalmic surgery. An expert in complex eyelid, orbital, and lacrimal surgery, Mr Henderson's private clinic is based at The London Clinic in Harley

Mr Hugo Henderson

His wide-ranging skills mean he offers both aesthetic and functional oculoplastic surgery as well as ophthalmic surgery.



Signature treatments

BLEPHAROPLASTY

Upper eyelid blepharoplasty surgery is used to remove upper eyelid hooding and puffiness, giving a lighter, more open and youthful look.

NATURAL FAT GRAFTING

The most natural choice of filler, Mr Henderson uses a patient's own fat to plump up the skin and restore youthful volume.

WATERY EYES

Mr Henderson can also carry out dacryocystorhinostomy, the surgical procedure used to correct a watery eye.

tissue as much as possible and augment with the patient's own tissue, excising fat and skin only when absolutely necessary. Another area where he excels is minimising scarring, which he often achieves by hiding incisions on the inside of the eyelids. Increasingly, he sees patients who have been treated with synthetic filler in the lower eyelid tear trough area, which requires expert removal and careful corrective surgery – an area in which he has built up particular expertise.

As well as his undeniable skill in aesthetic surgery, Mr Henderson's patients also benefit from the fact that he listens carefully to all of their concerns, allowing him to craft a bespoke treatment while providing caring guidance. 'I would recommend him again and again,' says one satisfied patient. 'I know if I ever have any eye concerns in the future, he will be the only consultant I want to see.' Now that certainly sounds like seeing things clearly.

The London Clinic, 119 Harley Street, London W1G 6AU

For more information, please visit hugohenderson.com, call 020 7616 7657 or email secretary@hugohenderson.com

Bodies

WILLIAM VAN NIEKERK

A former wing commander in the Royal Air Force, Van Niekerk is no stranger to military operations – he spent time in Afghanistan, where he treated injuries on the frontline – and his surgeries exhibit the same discipline. For 15 years, he's been perfecting his lipo abdominoplasty, a Brazilian twist that preserves the blood supply to the skin, allowing for more aggressive suction. 'The lipo serves two purposes,' explains the South African consultant, who performs between 60 and 80 procedures a year. 'It sculpts and contours the body. But it also un-splints the skin from the underlying muscle, doing away with the need to dissect the tissues, and therefore greatly reducing such complications as fluid collection.' It's this level of expertise that has post-weight-loss patients beating a path to his Cadogan Clinic consulting room. ('Loose skin is worse than excess fat, many people say that their journey is not complete until they've had it removed.') New mothers come too, because his lifts tighten slackened stomachs like a dream, while simultaneously smoothing tethered C-section scars: 'Most women think they need scar revision,' says Van Niekerk. 'But that "lip" above their incision is caused by loose skin, so what they actually need is a lift.' Kind and caring, he insists such surgery is 'reconstructive, and should only be undertaken if it can create a meaningful difference'. However, if approached with care and done well, 'it can be life-changing'. *Brazilian abdominoplasty from £13,900 (cadoganclinic.com).*

RAJ RAGOOWANSI

Despite more than 20 years in practice, Ragoowansi shows no signs of slowing. When he's not tending to the needs of Middle Eastern royals, the Harvard-educated surgeon can be found performing his stealthy breast- and body-focused surgeries at both St John & St Elizabeth and the Weymouth. Right now, he's receiving a steady stream of requests for such secondary breast work as replacing implants – 'Although many women are choosing to forgo implants entirely this time, instead opting for fat transfer,' says the doctor. But he's seeing an uptick in another group, too: 'I've consulted more men this year than in my entire career. Most are coming to sort out excess skin, as a result of their Ozempic regimes.' Others cite 'finding they can't get their belts comfortably around their waists, or they don't want to go swimming' as catalysts for them to sign up to his signature abdominoplasties. (He'll excise excess tissue neatly, often doing away with stretch marks simultaneously, before referring patients for

non-surgical skin tightening.) Gynecomastia-style surgeries are also on the rise – 'though it's not breast tissue in these men, just skin', which he removes around the areola, then follows up with careful liposuction. Massage, silicone tape and laser all aid recovery, as do nurse Jackie's home visits; to high-net-worth patients, anyway. *Breast augmentation with fat transfer from £8,500; male abdominoplasty from £10,500 (millimetreperfect.co.uk).*

ROY NG

Having been nipping and tucking for nigh-on 20 years, most of Ng's patients find him through word-of-mouth. He's a stickler for tried-and-tested techniques: 'Technological innovations come and sometimes go, so it's important not to abandon the approaches that have worked well for you over the decades.' The skill of this specialist in post-weight-loss surgeries lies not only in elegantly doing away with excess skin on the body, arms and thighs but in counselling his patients so that they can navigate the road ahead. Many seek him out following a gastric sleeve or bypass. Popular among his male patients are the reduction of gynecomastia, caused by excess breast tissue, and buttock lifts; with his female cohort, the discussion might also delve into the role of implants, to replace lost volume. The Harley Street surgeon maintains it's the 'tiny touches that give good results': which means meticulous stitching, scrupulous positioning of scars and gentle hand-holding. His surgeries are not 'one and done': 'They're long-term relationships. However, most post-op patients are so disciplined that they never go back to their old habits. They're happy and highly motivated, and that's so gratifying to see.' *Body lift from £12,500 (lips1.co.uk).*

PROFESSOR IAIN WHITAKER, CARDIFF

Cardiff's most sought-after surgeon is now to be found at the Cadogan Clinic in Chelsea. His scalpel is seeing more action than ever: 'There's a huge demand in the capital for mummy makeovers,' explains the body specialist. 'These women have lost their confidence and, with their families complete, they want to get back to feeling like their former selves.' These may combine an uplift and petite implants – 'with long-term gravity, larger ones will lead to breasts dropping back to their former positions' – as well as a neat trimming of tissue from the stomach, and almost always muscle-repair to the abdomen: 'Even if it doesn't look noticeably split, most post-partum patients have some degree of diastasis; bringing the muscles back together really optimises the anatomy.' With careful liposuction added in, the most androgynous body can

look noticeably more feminine – which is why the 'Whitaker Waist' has become so famous. His emphasis on fashioning a tidy tummy-button brings a whole new meaning to navel gazing: 'Before babies, it's vertical, whereas it takes on a more horizontal appearance afterwards.' Above all, he's concerned about safety, leading the charge against dangerous body contouring and penning the BAAPS guidelines on abdominoplasty. Regarding the rise in cosmetic tourism, 'although we do see some good results, the complication rate is significantly higher in patients who have travelled abroad, while the follow-up is non-existent'. And as he says: 'At the end of the day, you don't want to roll the dice with your health.' *Mummy Makeover from £14,000 (iainwhitaker.com).*

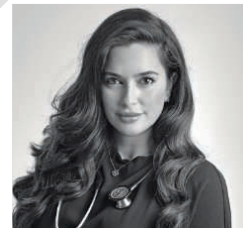
DR GALYNA SELEZNEVA

'Back in the 1990s, although socialites had facelifts, they'd hide their bodies away,' says Selezneva, who can be found in her new clinic at Mayfair club Allbright. 'But today we're becoming bolder. Socially and professionally, we're more in demand. So no wonder we don't want to conceal ourselves beneath turtle-necks and pashminas!' The psychiatrist turned body sculptor knows a thing or two about wanting to regain control of one's physique – 'I've been through all the stages: weight loss, pregnancy, trying to regain a sense of self, post-partum' – and she's passionate about making her patients feel understood. Her polynucleotides are flying; especially to those concerned with the under-arm region, where Selezneva reconditions the skin with a course of Plinest, followed by a round of skin-tightening Sofwave. ('This area is a magnet for crepey skin and once laxity sets in, even women who have great triceps stop going sleeveless.') As for legs, she jokes: 'My patients are the "Silver Tsunami" – which means golfing and short skirts – so we work to prepare them not for bikini-wearing but for the sporting season.' Her Thermage FLX radiofrequency lifts and tightens looseness above the knees beautifully; and thighs prone to dimpling do well with her Cellution treatment, which breaks down stubborn cellulite by mechanical massage and suction, light-emitting diodes and caffeine-rich serums. But don't forget down below. 'Safeguarding your intimate health is vital,' says the doctor, who works to restore form and function with such devices as Emsella and Exion, respectively to strengthen the pelvic floor and to improve vaginal atrophy while banishing dryness. 'These treatments,' Selezneva says, 'are no longer just the domain of the hyper-body-conscious woman.' *Polynucleotides (Croma and Plinest) from £800; Cellution from £2,500; Thermage FLX from £2,400 (drgalyna.com).* ▷

*Plinest is an
award-winning and
highly regarded
polynucleotide brand*

according to the strictest regulations to guarantee the highest quality and safety with pharmaceutical standards. The trout DNA is extracted in a controlled environment for perfect preservation, and in the Mastelli lab it is sterilised using High Purification Technology (HPT). It's this unique, exclusive production process that solidifies Plinest's reputation as the UK's most trusted polynucleotides brand.

Meet the experts



Dr Bibi Ghalaie

'I have noted dramatic improvements in the quality of skin, hydration and skin texture in my patient cohorts.'



Dr Yusra Al-Mukhtar

'There is a reduction of fine lines and wrinkles and improvement in pigmentation and under-eye shadows.'



Dr Tatiana Mandavia

'The regenerative capacity of polynucleotides can be used to treat scars, damaged skin, and more.'

The beauty of DNA

*How Plinest polynucleotides are
changing the way experts treat ageing*

YOU MIGHT WELL HAVE HEARD THE term polynucleotides recently, with A-listers such as Jennifer Aniston and Kim Kardashian investing in this revolutionary regenerative treatment. The treatment involves injecting your face, neck and/or décolletage with a purified gel enriched with fish DNA. It is hailed for its ability to enhance hydration, stimulate collagen production and repair damaged cells, leaving a youthful glow.

But what many people do not realise is that not all polynucleotides are created equal. The manufacturing process, the method in which the ingredients are derived, and how long results tend to last all differ, as each is dependent on the brand and the methods it uses.

With 20 years' worth of scientific data behind it, Plinest is an award-winning and highly respected polynucleotides brand. As well as polynucleotides, Plinest also has Newest, an innovative product combining polynucleotides and hyaluronic acid for healthy, glowing skin. It's CE certified (the European Union's standard for product safety), winner of Best New Product UK at the renowned Aesthetics Awards, and the product of choice for top UK practitioners, including Dr Yusra Al-Mukhtar, Dr Bibi Ghalaie and Dr Tatiana Mandavia.

Mastelli, the Italian manufacturer of Plinest, sources polynucleotides from freshwater trout, which are ethically bred in Italy primarily for food supply. The fish are grown and tested

Veins

PROFESSOR MARK WHITELEY, SURREY

Never was there a more considerate surgeon than Whiteley, whose operation encompasses an HQ in Guildford, a clinic in London and various outposts in major British cities. But the venous expert and author of leading publications on the subject is also something of a disruptor. He was the first to prove that 'stripping' doesn't work on varicosity: 'Forty-seven per cent of the patients we see are coming because of poor treatment elsewhere. Often, the perforators simply haven't been addressed, so the underlying cause persists and the condition comes back.' He also led the charge against pelvic congestion syndrome (PCS); and new this year is a dedicated Female Pelvic Pain Unit at his London clinic, spearheaded by consultant gynaecologist Sophie Strong. But Whiteley reports that men are becoming more conscious of their veins, too, with brown stains and eczema on the legs – caused by stagnant blood, which leads to chronic inflammation – bringing many to his door to have faulty vessels sealed with foam sclerotherapy, performed under local anaesthetic. Meanwhile, visible veins in the

forehead or temples bring him a glittering crowd – 'I treated a female film star recently; on the big screen, even the tiniest pulsation or wriggly, superficial artery can be a distraction' – and he's one of only two surgeons in the world to deal with them using his US-patented endovenous laser technique. Nor does he stand still: he also has in the works an at-home diagnostic to enable people to ascertain their risk of venous disease without setting foot in a clinic. 'We want to empower people to understand their body better,' he says. *Foam Sclerotherapy from £1,120; EndoVenous laser ablation from £2,600; Sonovein from £2,600 (thewhiteleyclinic.co.uk).*

Injectors

DR SUHA KERSH

Catch her while you can: the in-demand Kersh splits her time between her Chelsea flagship and her Jumeirah Beach clinic in Dubai; and thanks to an approach that blends artistry and a deep understanding of the human psyche, she's never been more relevant. 'Regenerative medicine is taking over,' says the injector, elegant in Chanel slingbacks. 'Before, it was all about fillers and toxins. Now we have tools that heal, refresh and

rejuvenate the skin simultaneously, and the results are incredible.' The foundation of her work is an annual filler appointment when she builds on the bone, preferring to place product in the lateral face, and even back in the hairline: 'Remember, you're also losing volume in the skull.' As for maintenance, that comes in the form of polynucleotides, collagen-stimulating radiofrequency and muscle-toning Emface; and this method means not only that the filler hangs around longer but 'performs better over time'. (Bio-identical hormone replacement therapy downstairs with Dr Galy will also help, as oestrogen has a positive effect on collagen stores.) Kersh is passionate about celebrating the individual: 'My mantra has always been to make you look the best you can without changing, fundamentally, how you look; and a lot of that is achieved through skin health.' Which explains her championing of polynucleotides delivered by needle 'for extra collagen stimulation' to leave the skin looking filter-perfect and dewy, as well as fading old acne scars. And, says the doctor: 'It's a more responsible way to treat the patient. We can regenerate fat and bone; and we can tighten and contour – we don't have to choose one or the other. It's about integrating everything.' *Filler from £750; polynucleotides from £750; Emface from £750 (23md.co.uk).*

DR WASSIM TAKTOUK

Be they Knightsbridge grandes dames or Netflix stars, Taktouk is the name on their lips; and not just for the reasons you'd expect. For a start, he's the funniest injector you'll ever see on social media. And add to that his global training academy – whose ranks have recently been joined by a college in Miami – as well as his chic, Sloane Street clinic, hidden behind an Hermès-orange door, which heaves with some of the most forward-thinking practitioners in town (such as K-beauty aficionado Dr Christine Hall and queen of skin tightening Nadia Aminian). But stardust aside, Taktouk is one of the most down-to-earth doctors you'll meet; and philosophical with it. 'The stress of world events is taking its toll,' he says, 'resulting in lacklustre complexions and raised cortisol levels that can be problematic for skin conditions. Now more than ever, my focus is on delivering an experience that involves minimal intervention while delivering maximum results.' Yes, he has a hi-tech 'Face Menu' that offers everything from Ameela polynucleotides and Teoxane skin boosters to bio-stimulators such as Sculptra. But when it comes to hyaluronic acid (HA), 'It's about "luxury filler" now,' he says. 'In other words, smaller amounts, which are undetectable.' He is also a stickler for integrated skincare – little wonder he's a global ambassador for SkinCeuticals – and, ▷



Jacket, £3,900;
and skirt, £2,550,
GALLELO ATELIER
Hat, as before



Hart, body and soul

Tatler speaks to Eleanor Hartley, founder of the Hart Medical clinic and concept store in Mayfair

IN A STYLISH SANCTUARY MOMENTS from London's New Bond Street, Eleanor Hartley has founded a beauty destination that's not only a clinic with industry-leading treatments, but a lifestyle space set to change the landscape of London's wellness community. Here, *Tatler* asks her a few questions to find out more.

How would you describe the clinical approach at Hart Medical?

I focus on using evidence-based approaches towards regenerative aesthetics, leaning on my scientific background to craft a unique treatment offering, stacking multiple modalities and techniques to elevate my patient's results.

With my team of expert practitioners, my goal was to bring together a community of conscious wellness, beauty and lifestyle clients who become the epicentre of their own journey, spanning across many specialisms to create lasting, habitual change and long-term results.

What are some of the top treatments on offer at the Hart Medical clinic?

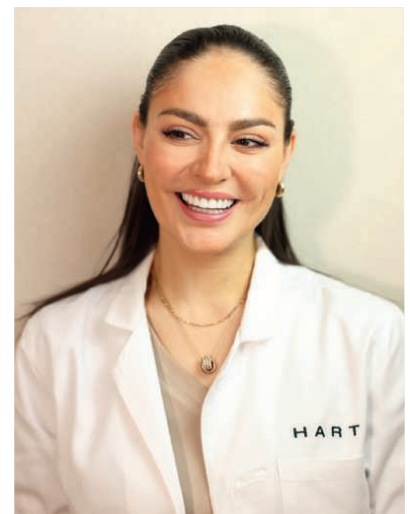
All of my client's journeys starts with 'The Whole Hart' Consultation, a holistic examination of four core areas: skin, hair, body and wellness. One of my most popular treatments is the Hart Glass Skin Microinfusion, a transepidermal application of amino acids and peptides followed by an enzymatic chemical peel. For undetectable but impactful results, our regenerative autologous Bio-Filler treatment uses the patient's own blood to create an all natural 'filler', used to restore lost volume and restructure the dermis.

What can readers expect to find in the new lifestyle concept store?

The Hart concept store is set to disrupt the way we consume beauty, housing an adaptogenic matcha bar and a showcase of products delivering impact across both its results and the brand story.

Eleanor Hartley

Eleanor Hartley's broad yet in-depth medical background spans women's health, clinical dermatology and regenerative aesthetics. Her priority is taking a holistic approach to wellness, and to aid her in this admirable aim, she has curated a team of experts from wide-ranging backgrounds to support the needs of her patients. Her cohort of experts includes GP and female hormone specialist Dr Sunny Dhesi, celebrity facialist Rosie Osborne, functional nutritionist Bex Prade, and Chinese naturopathic acupuncturist Suzie Chen.



◁ at the moment, he's seeing a seismic shift in the softness of his patients' skin, thanks to the brand's new HA intensifier Multi-Glycan: 'It contains 20 per cent more Pro-Xylane than the original, so it stimulates even greater amounts of hyaluronic acid.' Throw in a round of BTL Exion radiofrequency – proven to upregulate the body's own production of HA, it feels like a hot-stone massage – and you'll need less filler still. Clever. *Filler from £595; BTL Exion from £450 (drwassimtakouk.com).*

DR AGGIE ZATONSKA, SURREY

Surrey's most sought-after injector has a recently revamped clinic, and the Wentworth crowd can't line up fast enough. But it's not just that her elegant, Fornasetti-papered space has doubled in size, with suites dedicated to myriad hi-tech devices; or her discreet prep room where patients recline on spa chairs while their numbing cream gets to work. 'These days,' says Zatonksa, 'I'm concentrating on "proactive ageing" [managing the process confidently], which means pre-conditioning the skin with products that regenerate it – such as Plinest polynucleotides or Sofwave ultrasound – before we go in with the filler.' A former ENT surgeon, she's meticulous not only about quality but quantity: 'Rarely do I use more than 1ml of filler per patient per year. However, for those who present with hollow temples or a weak chin, nothing else works quite as beautifully.' And though she injects deep, on the bone, and 'nowhere near the areas that cause so-called "pillow face"', she's also attuned to change elsewhere: 'I'm really focused on educating patients about the face's fat pads, which shrink with age and contribute to a loss of structural support.' New to her toolbox is adipose tissue-boosting Structura, which she sneaks under the cheekbone with a cannula, dispensing tiny amounts in front of the ear and along to the jawline. ('The areas at the sides that patients pull up when they show me how they want to look!') But she's also on a mission to improve her clients' overall wellbeing, so cue a dedicated suite for IV drips and neuro-cosmetic-powered skincare; as well as LPG Endermologie, which 'improves the appearance of the body, gives better sleep and reduces stress'. In summary? 'It's about fusing physical health with mental wellbeing. And always underlining that connection between the two'. *Filler from £550; LPG Endermologie from £995 (atelier.clinic).*

DR YUSRA AL-MUKHTAR

Dressed in jewel tones and radiating calm and confidence, Al-Mukhtar makes empowering company when you're in her chair. Motivational, too. 'Longevity has always been at the forefront of my mind,' says the dental surgeon and

injector, who was named Best Aesthetics Practitioner in the UK and Ireland at the last Aesthetics Awards. 'Modern medicine means we're living longer, but we also need to take into account how much of life is spent in a positive "healthspan".' Splitting her time between Harley Street and the beaches of Blundellsands in Merseyside – where her flagship clinic encompasses designated suites in which to perfect your skin, smile, body, facial architecture and wellbeing – she's rigorous about safety, products that are backed by science and the emotional health of those in her care. 'I've been there as my patients have had their families. I've held their hands as they've gone through divorces, and weathered menopausal change. There's a new acceptance that aesthetics is rooted in wellness, not vanity,' says Al-Mukhtar, who does flawless work with collagen stimulators such as Sculptra – 'It gives the glow, but also has the most robust data behind it – and polynucleotides.' (She's a fan of Plinest, which uses trout DNA to repair and rejuvenate the skin.) But balancing the face and its features is where she truly shines: 'Many patients complain that they look tired, that they feel like they're ageing, or that they don't like their profile but don't know why,' she continues. And that's when she may perform one of the non-surgical rhinoplasties for which she's famed, using Restylane filler – which mimics bone – to straighten and lift the nose, so that it sits better on the face. However, she says, though filler will still add volume, it may also improve shape. 'And these treatments should only ever be enhancing beauty, not detracting from it.' *Non-surgical rhinoplasty from £765 (dryusra.com).*

DR ALEXIS GRANITE

In her kaleidoscopic wardrobe, Granite is joy personified. And Joonbyrd, her innovative range of skin serums, lotions and scrubs – with a new haircare line in the works – delivers more of the same. Dual-certified in the US and UK, the beauty editors' go-to dermatologist sees her fair share of perimenopausal hair loss: 'We want to rule out any deficiencies, then hold onto every strand possible. Perhaps through PRP or such medications as spironolactone, oral Finasteride or topical Minoxidil.' And she says perioral dermatitis is on the rise, too: 'It's an epidemic right now; and predominantly, it's young women who suffer the most.' As for the causes: 'There are definitely hormonal and stress-driven components, but I think it's also about the skin barrier.' So Granite strips back your regime to a simple cleanser, a light moisturiser and a mineral SPF, claiming: 'You want to take a break from the active ingredients.' A dermatopathologist (someone who specialises in identifying skin

diseases) has now joined her team, bringing their number to three; and as her clients mature, so does her approach: 'I'm slowly seeing my patients age, and reach that middle zone between non-surgical and surgical interventions. But you can get into a funny place with aesthetics here. You need to accept the signs of ageing and strive for small improvements, rather than try to erase them entirely.' That means polynucleotides are flying, 'especially in combination with Morpheus8, which is fantastic for rejuvenating crepey skin around the eyes'; as is face-firming Ultherapy, which has become less painful and time-consuming with developments in its technology. 'When you get to a certain age, you need to be a bit more judicious with the toxin and the filler,' says Granite. 'Above all, you need to focus on the quality of the skin.' *Dermatology consultation from £300; Ultherapy from £1,400 (dralexisgranite.com).*

DR NINA BAL

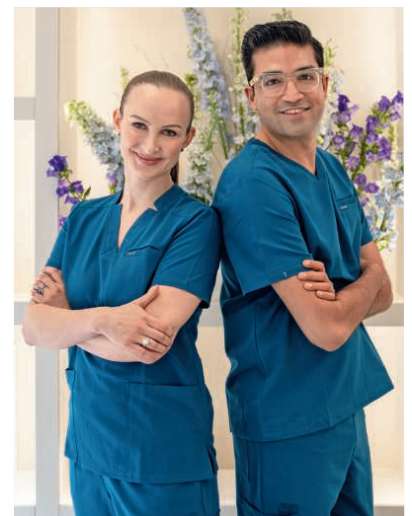
One of the best-dressed women in aesthetics – catch the glamorous Italian at play in her catwalk Prada – Bal is also open, warm and deeply caring about those under her wing. (Katherine Ryan and many TV personalities rely on her to keep their faces paparazzi-ready.) And now she has a chic new clinic in South Kensington, which hums with futuristic gadgetry. Take her Lutronic LaseMD Ultra, which gives a megawatt pre-event glow with zero downtime, or can be dialled up to deal with pigmentation. ('It's like retinol on steroids!') Or her Endolift device, which channels tightening laser energy under the skin by means of a micro-optical fibre. Recommending a session with this every 18 months, she says: 'It's amazing on patients who are noticing lower-face laxity but haven't yet had muscle-drop. It defines the profile and almost "shrinks" that area, so you need less filler as a result.' Bal's background is in dentistry, so she also gives excellent advice on balancing the chin and jaw, explaining: 'No one comes in asking for chin filler to increase projection; they just say they don't like their profile. However, a bit of filler here can conceal a weak chin, and enhancing the mandible's angle can really help to pin the face back at the corners.' As for good skincare, it's non-negotiable with her: patients are put on a regime that might incorporate some AlumierMD, Skinbetter Science or Obagi. And so are in-clinic facials, among them the highly rated iS Clinical Fire & Ice, which is suitable for pregnant and breastfeeding women. Bal tests all her remedies on herself and says: 'If I see results, I go for it. But giving options to patients is critical. That's how you deliver an honest and appropriate treatment.' *Endolift from £3,900; filler from £635 (facialsculpting.co.uk).* ▷

In the clear

Cutera's AviClear is a revolution in acne treatment – and there are other aesthetic solutions to discover too

Dr Tatiana Mandavia

A leading aesthetic expert, Dr Tatiana co-founded the Drs Tatiana + Rishi Advanced Aesthetics Centre in London with Mr Rishi Mandavia. She is an international Key Opinion Leader for dermal fillers, laser and radiofrequency devices, and has an active interest in research, having published and presented her work extensively. With an equally keen interest in teaching, she leads an international fellowship programme and an advanced cadaveric aesthetic training course with the European Academy of Facial Plastic Surgery (EAFPS).



FOR MORE THAN 25 YEARS, CUTERA has made a name for itself as a leading provider of energy-based aesthetic and dermatology solutions. One of the most exciting innovations is AviClear, a game-changing acne treatment that provides long-lasting results on mild to severe acne, as well as Secret PRO and excel V+. *Tatler* speaks with aesthetic expert Dr Tatiana Mandavia to discover more.

Can you explain how AviClear works?

AviClear is a revolution in acne treatment that focuses on acne at the root. It's a laser that targets the overactive sebaceous glands that we see in acne sufferers. It works to reduce sebum production and provides long-term results on mild, moderate and severe inflammatory acne in just three, 30-minute treatment sessions. The FDA-cleared device is suitable for all skin-types and has virtually no downtime.

Have you seen effective results from AviClear?

We've seen fantastic results in our clinic, across all skin tones and acne severities. AviClear provides such a convenient and effective solution for those who either don't want to, or can't, take medications. It's suitable for patients with even the most sensitive skin, who have often tried, and not responded well to, other treatments such as

creams and topical antibiotics. We are also using AviClear for other skin concerns such as oily, congested or porous skin, sebaceous hyperplasia and rhinophyma [these are exploratory and not FDA-cleared indications of the technology].

For many patients, AviClear is the first step along their journey to healthier skin. We often follow it with treatments to improve acne scars, redness and texture by using other devices, such as Cutera's excel V+ laser and Secret PRO skin-resurfacing platform.

And what about Secret PRO?

Secret PRO is a cutting-edge radiofrequency microneedling and fractional CO2 laser treatment for deep dermal remodelling, meaning firmer skin, fewer wrinkles and sun damage, and improved texture and scarring. The device combines two treatments in one session to safely treat the full thickness of the skin.

What results can clients expect from excel V+?

excel V+ is perhaps our most versatile device in our clinic. While technically considered a vascular platform for the treatment of veins and other vascular concerns, excel V+ combines to laser wavelengths to treat a wide range of skin conditions, including redness, rosacea, inflammation and pigmentation on all skin types.

For more information, please visit cutera.com



Hat, £780, **EDWINA IBBOTSON**. Dress, £1,385, **COURRÈGES**

DR IFEOMA EJKEME

Aesthetic doctor Ejikeme is a poster girl for great skin, and little wonder she's been singled out for collaborations with such brands as La Mer and L'Oréal. But there's much more to her than creating flawless complexions. 'We've always aimed for a whole-body approach,' she says. 'I also want to figure out what's happening inside, to your hormones, to your overall health. After all, how you feel internally is reflected on the outside.' Right now, she's seeing a new wave of thirtysomethings, because 'this is when the skin changes and patients start seeking treatments that work on a deeper level'. (Hence her new Exciplex 308 nanometer laser, which softens even the most stubborn sun damage, age spots and melasma.) But if 'pigmentation is the number-one skin concern globally – and the biggest determinant of age – on the flip side, the clear, luminous variety is timeless and transcends ethnicity and geography'. And while injectables remain part of her arsenal, 'It's not about contouring, or addressing the lips or cheeks in isolation. My patients don't want the tight, "reflective forehead" look; they want great skin and faces that look harmonious.' Achieving that might entail hyaluronic acid filler at a deeper level than usual, to support the bone; an energy-based device for strategic lifting; and a

microneedled smattering of polynucleotides or exosomes as a final flourish. But don't leave just yet: Ejikeme's Adonia Medical Clinic has been expanding rapidly of late, and now offers a new dermatologist, as well as HRT consultations, blood screenings and support with everything from hair loss to perimenopause. 'We grow with patients: through their pregnancies, their child-raising years and then the menopause,' she says. 'Building that long-term relationship is key.' *Filler from £600; polynucleotides from £500 (adoniamedicalclinic.co.uk).*

MISS JONQUILLE CHANTREY, ALDERLEY EDGE

'My aim now is ultra-precision,' says One Aesthetics Studio founder Chantrey, who is often to be found lecturing on an international stage. 'That means defining my work with each patient; asking what they want to achieve and helping them do so in the most strategic way possible.' The former surgeon has clocked up more than 70,000 procedures to date: her focus on personalised treatments reflecting a blend of artistry, intuition and scientific understanding of facial anatomy. 'I've done a lot of deep-diving recently on what individuality actually means,' she says. 'Doing so means I know where the patient has come from –

physically and internally – and allows me to help them become the truest, most authentic version of themselves.' Consultations with the glamorous injector feel collaborative, with Chantrey carefully considering both the patient's history and their own interpretation of what they think 'normal' means. ('This is always different, as it's influenced by cultural imagery, background and expectations.') And sometimes, she'll take a ruler or measuring tool to explain the role of proportion and how artfully placed injectables can strengthen, or harmonise, natural features. 'It's all about understanding the landscape of the face,' she continues, 'and where products fit within that.' Treatment might include filler – 'I always look to the bony scaffolding as my first point, everything else is just drapery' – along with PRP and radiofrequency-assisted microneedling. ('Patients love it and there is barely any downtime.') Of the results at her clinic she says: 'It's not about restoring volume to soft tissues, unless there's been extreme weight loss. It's about light, natural change that respects the person's face and their personal journey. No one else should know they've had work done. But everyone should notice the difference.' *Filler from £450; radiofrequency-assisted microneedling from £250 (doctorjonquillechantrey.com).* ▷



Mr Cheka Spencer

If you're seeking expert care for the functional and cosmetic surgical management of your nose, look no further than Mr. Cheka Spencer, a renowned consultant ENT surgeon based in London. With over 15 years of experience, Mr. Spencer is a leading specialist in treating conditions such as blocked noses, sinusitis, snoring, and performing advanced procedures like

septoplasty and rhinoplasty. Having trained at prestigious institutions, he offers both highly skilled clinical care and a wealth of knowledge in ENT. Patients are amazed at his manner and accessibility. Mr. Spencer practices at The Harley Street Clinic, ensuring you receive the highest standard of treatment for both functional and aesthetic concerns.

TO BOOK contact 0207 079 4344 (HCA contact centre)
The Harley Street Clinic, 16 Devonshire Street, London W1G 7AF
email: earsnosethroats@gmail.com

DR CATHARINE DENNING, SUSSEX (NEW ENTRY)

Fresh-faced Denning has a knack for making people feel comfortable. 'Our treatments bring so much value to patients,' she says. 'They choose to be here and they leave happy.' Consequently, business is booming both at her Marylebone clinic and her recently unveiled outpost in Heathfield, Sussex, itself a vision of colour pops, prints and cosy furnishings. Injectables are her bread and butter, be it artfully placed filler, collagen-stimulating Sculptra – which is 'fantastic for skin quality and tightening' – or longevity-focused toxins. However, she's also seeing a shift towards such restorative treatments as Sciton's Heroic device and the Moxie laser: 'With time, texture starts to let the game down. And most likely, it's due to too many years on boats in St Tropez!' With the bulk of her clients being 'partners of law firms, CEOs and business founders with packed schedules', her approach is to deliver maximum results in minimum time. But she also wants to ensure their appearances reflect how they feel inside: 'When you're the only female director in the boardroom, an executive edge is required,' she says. 'You don't want people second guessing your abilities because you look tired. My aim is to make you appear driven and more energised.' *Filler from £400; Sculptra from £500; Sciton Heroic from £600 (maryleboneskin.co.uk).*

DR SINDHU SIDDIQI (NEW ENTRY)

Subtle and soft, Dr Siddiqi's results draw a style-conscious crowd, as well as those from the worlds of fashion and media; all seeking a shapelier pout, a smoother jawline or flawless tear troughs. 'However, it all starts with that initial consultation,' she says. She might deploy ultrasound – 'to check the underlying vessels, thus avoiding danger zones'. (Hyaluronic acid-based Restylane is her filler of choice, while Kysse gives fabulous hydration and shape to cupid's bows.) And though she's smart and authoritative, she's also reassuring company if you're a nervous type. Ask about her super-strong Korean numbing cream, which helps take the sting out of dark-circle-reducing polynucleotides, dewiness-enhancing skinboosters and lip-finessing fillers – she might recommend arnica tablets prior to treatment, if potential bruising is a cause for concern – and marvel at her way with a facial cannula, which restores freshness and vitality while smoothing nasolabial folds and marionette lines. However, for Siddiqi, lips are often the icing on the cake. 'It's like designing a house,' she says. 'The lips are the final touch. Like adding a throw or cushions.' *Filler from £500; lip filler from £475 (nofilterclinic.com).*

DR MATTHEW JARVIE-THOMAS (NEW ENTRY)

Jarvie-Thomas is a busy man. Fast becoming a favourite in rural Buckinghamshire – the injector splits his time between the Cosmetic Skin Clinics in Stokes Poges and Harley Street. Yet he remains calm and personable, and with a knack of putting even anxious first-timers at ease. Perhaps that's because his approach to injectables is not only intelligent but conservative. 'The whole trend of patients wanting to dissolve their filler and turn their backs on hyaluronic acid, we've not seen that,' he says. 'I still do a lot of filler; and when done judiciously, it absolutely has its place.' For him, biostimulation is the biggest change afoot, and he is taking product blending to the next level. 'Instead of diluting collagen-stimulators such as Radiesse with water, I use hyaluronic acid or even polynucleotides,' he says. 'And we can now use them on the décolletage, where they're great for crepey or sun-damaged skin.' Meanwhile, he's administering polynucleotides on repeat, and no wonder. 'Previously, a patient needed to have convincing volume loss in the tear-troughs to be able to use filler. But these don't have that requirement, and they work really well on dark circles, fine lines and even puffiness.' That's not to say some of the longer-standing treatments don't get a look-in; he's leading the resurgence in such devices as skin-firming Thermage, for example. Not to mention Tixel (a tiny metal plate heated to 400 degrees, which is applied to the skin around the eyes for milliseconds to give a very controlled burn). 'There's five to seven days of crusting, redness and general downtime with it,' he says. 'But after two to three sessions, the upper- and lower-lids are distinctly tighter.' And if his nifty work doesn't do the trick, thanks to a partnership with The Private Clinic, he has a Rolodex of excellent surgeons ready and waiting... *Dermal fillers from £585; polynucleotides from £450 (cosmeticskinclinic.com).*

*Regenerative aesthetics***DR ANNA MARIE OLSEN**

Doctors up and down Harley Street will talk up their tailored approach, but Olsen's protocols go way beyond bespoke. She's couturier to the top one per cent, a jet-setting cohort that includes global CEOs, catwalk models, fashion dignitaries and big names from the performing arts; and when she's not in a white coat, you'll find the whip-smart physician flitting between high-society gatherings in the latest Dolce. Fluent in Italian, Greek and French, she is quite the academic as well. An honorary professor at University College London and the National University of Singapore, she also heads up

research and development for Colgate-Palmolive – which means her methods are at the sharp end. ('I describe it as bringing regenerative science from the lab to the clinic,' says the Athens-born doctor, who uses DNA testing to determine not only what supplements a patient genuinely needs but what their skin requires at a cellular level.) Her findings enable her to concoct potent 'bespoke' cosmeceutical serums unique to each patient, which are applied on-site and followed up with an energy-based device or laser; and meticulous planning is standard, with procedures performed in sync with the season, to ensure freshness for Fashion Week. These include the Baby Face, which comprises up to five energy-based treatments along with an application of a supercharged serum spun down from such autologous sources as blood, tissue and fat. And solutions to optimise the follicles are on the menu, too. 'Many patients are on glucagon-like peptide-1 [GLP-1, which regulates appetite] so their hair needs additional support,' says Olsen, who uses a special device to create micro-channels in the scalp, rendering injections obsolete. But don't go without considering her Korean laser for lips, which amplifies their natural colour: 'It creates cellular-level peeling, so the skin that comes through is a brighter red and more vascularised.' Just the ticket for those close-ups. *Prices on application (drolsenclinic.com).*

DR SOPHIE SHOTTER, KENT

With her unwavering focus on the future, Shotter continues to push boundaries. (Cue her podcast, which explores everything from gut health to psychedelics.) And right now, the Kent-based injector has new fixations. As she explains: 'We now know that older skin releases inflammatory mediators that age our heart and brain – in other words, healthy skin can genuinely impact our overall internal health – and with the bad press around dermal fillers in the current landscape, we're seeing a huge movement towards the more regenerative procedures.' Her latest launch is a PRP filler, based on a sample of the client's blood spun down in a centrifuge – to separate platelet-rich plasma from the 'poor' stuff – then mixed with a protein and gently heated. 'Ultimately,' says Shotter, 'you end up with an injectable gel that is, ml for ml, less volumising than hyaluronic acid, but with all the added benefits of the growth factors.' Two sessions, eight weeks apart, are recommended; but hers is also an intelligent approach, which means she loves nothing more than layering modalities for supercharged results. Her new Retexture and Rejuvenate treatment, for example, blends PRP filler with skin-tightening Sofwave, a blast of resurfacing laser and a ▷

'I knew I was in the hands of an extraordinary professional'

highly experienced, triple board-certified plastic surgeon who established his Harley Street clinic, 111 Harley St., in 2001. His areas of expertise include facelifts and full-facial rejuvenations, incorporating procedures such as micrografting (face-fat transfer), upper and lower blepharoplasty, jaw reshaping and rhinoplasty. Dr Yannis has US board certification and is an active member of The Aesthetic Society.

But it is the techniques Dr Yannis pioneered himself for which he is most famous. One of the best known is the Y Facelift technique,



which targets lower face and neck concerns and is the ideal choice for those looking to address skin laxity on the neck and beneath the chin. Another area of expertise is the deep-plane facelift, which works on the deep anatomical planes of the face for a long-lasting result and natural-looking appearance. So sought after are his surgical skills that he was part of the faculty for the New York Facelift Master Course 2024 and will be again in 2025, speaking on his techniques to surgeons from around the world.

Alongside industry-leading facial surgery, another of the clinic's great strengths is that it offers a wide-range of non-surgical options, including device-led treatments and injectables. Treatment plans use a 'combination approach' to ensure the best possible outcomes. 'Dr Yannis' deep experience in facial rejuvenation allowed him to tailor a set of procedures specifically for me, ensuring results that were not only stunning but also incredibly natural,' says another satisfied patient. Clearly, this is a clinic garnering rave reviews that speak for themselves.

Signature treatments

Among the many treatments on offer at 111 Harley St, facial procedures are perhaps the most sought after – especially those pioneered by Dr Yannis Alexandrides (a highly experienced, triple board-certified plastic surgeon) himself.

THE Y FACELIFT

This technique was created by Dr Yannis through years of experience. Combining a lower facelift and neck lift, the procedure tightens the muscles and removes crepey skin for beautifully natural-looking results. It's ideal for those looking to target skin laxity on the neck and beneath the chin.

THE DEEP-PLANE FACELIFT

This works on the deep anatomical planes (between the muscles, the skin's plasma, and fibrous tissue, known as the SMAS) of the face for the most long-lasting, natural-looking results. The layers of the face are lifted, giving a look that doesn't look stretched or pulled.

Best face forward

Dr Yannis Alexandrides continues to be a pioneer in facial rejuvenation

MY EXPERIENCE WITH DR YANNIS

has been nothing short of transformative,' says one recent patient of 111 Harley St. 'From the moment I entered his clinic, I knew I was in the hands of an extraordinary professional. His unique blend of surgical skill, artistic perception and compassionate care, supported by his superb team and state-of-the-art surgical facilities, makes him an outstanding choice for anyone considering plastic surgery.'

It's hard to think of a more compelling review than this – and it's one that frames all that this medical professional (and equally exceptional medical practice) has to offer. Dr Yannis Alexandrides is a

◁ radiance-boosting peel, for a face that looks like yours but better. And her fan-base raves about her new collagen stimulator using spherical particles – Juläine – which obviates the need for at-home massage and reduces complications. ‘It’s brilliant for patients who have lost facial volume,’ says Shotter, ‘though I’d still restore shape with hyaluronic acid afterwards.’ Regenerative procedures may have the upper hand, she continues: ‘But the pendulum will swing part-way back when people realise that none of these things truly replace HA. Rather they all work beautifully alongside it, so long as you use a little bit of everything.’ *Filler from £2,500; Juläine from £750 (drsophieshotter.com).*

DR SELENA LANGDON, MAIDENHEAD

The great and the good of Berkshire have been traversing the county to see Langdon since she opened shop there nearly a decade ago. Warm, an easy conversationalist and non-judgemental, she feels like an old friend; and as a surgeon and mother, she has seen it all. Her expertise derives from road-testing myriad devices over the years, and watching trends come and go; and as she says, ‘No one talks about it anymore but, appropriately used, CoolSculpting is still one of the best treatments to this day.’ However, she’s now looking firmly ahead – ‘patients want a more regenerative approach’ – and seeing beautiful results from such collagen stimulators as HArmonyCa: ‘It’s just the thing for noticeable “accordion lines” around the mouth.’ Even more popular, though, are her polynucleotides, which brighten tired-looking eyes, restore health to under-par skin and even fortify the scalp. ‘Hair loss is suddenly huge,’ she says, ‘but patients don’t always want to take an aggressive approach.’ (Hence, her Hydrafacial Keravive works to remove product build-up and oxygenate the scalp, thus encouraging new growth.) Most exciting, however, are her enzyme injections, for which she recommends treatments, two weeks apart. ‘They are less known in the UK, if incredibly popular in Korea and across South America,’ says the doctor, who injects or microneedles the formulas into acne scars, stretch marks and stubborn fat. ‘And they’re amazing for double chins.’ But unlike injections of deoxycholic acid, ‘which can cause complications’, the lipase-based solution only breaks down fat ‘so you don’t damage the surrounding tissues’. Meanwhile, three to four sessions of microneedling can deliver ‘a massive improvement in old stretch marks, which previously we wouldn’t have been able to target without using an aggressive laser.’ *HArmonyCa from £750; recombinant enzymes from £1,500 (berkshireaesthetics.com).*



Jacket, POA, DIOR

MISS SHERINA BALARATNAM, BEACONSFIELD

Beaconsfield may not be the place you’d expect to find aesthetic innovation, but S-Thetics founder Balaratnam has been changing that. Ten years after launching her clinic – which has grown from two small rooms to a two-floor experiential space jostling with tech – the Malaysian-born doctor is as sharp as ever, while keeping patient wellbeing front and centre. ‘Post-lockdown, aspects of the human physiology changed,’ she says, ‘from skin presentation to mental health. Many have gone into “fight or flight” mode, and that has a huge impact on the face, body and scalp.’ She blames sun, sugar and stress for ‘inflammageing’ which, she says, ‘leads to a tired appearance, a bloated face and body, compromised skin and dehydration’. So, before the injectables come out, she lays foundations: perhaps puffiness-reducing lymphatic drainage, delivered by her hi-tech Lymphastim suit; Celluma LED light therapy, for dermal

energising; or an at-home regime of EXO|E exosomes, plant-powered serums that boost the skin’s resilience and leave it feeling tangibly silkier. The body brought back into balance, it’s time for some muscle-toning Emface, to reset the facial architecture. (‘The muscles are the organ of longevity,’ says Balaratnam); or next-level microneedling using her Exion device: ‘It upregulates the body’s production of hyaluronic acid – and of elastin – which is a game changer.’ But what she’s most excited about is the launch of a new ‘PRP filler’ that is autologous (taken from an individual’s own cells). ‘In comparison to HA, it gives a much softer look, with less defined edges and a more natural result. It’s less about facial shaping; more about facial restoration.’ (Her first patient to receive it was 78.) ‘Today, there is so much that we can do beyond injectables,’ she says. ‘For more mature patients, it’s about the accumulation of health, as well as wealth!’ *Cellenis DermaFiller from £2,500; Emface from £2,950 (sthetics.co.uk).* ▷



Lift your spirits

In the complex realm of facial plastic surgery, Waterhouse Janssen is dedicated to the art of ageing face surgery

WHEN PURSUING SOMETHING AS complex – but equally life-enhancing – as facial plastic surgery, it pays to find a practice that is dedicated solely to this area of aesthetic medicine. As it turns out, the search can be relatively brief – all you need to do is take a stroll down charming Devonshire Place, and find yourself at Waterhouse Janssen.

As reassuringly elegant on the outside as it is state-of-the-art on the inside, the practice is devoted to facial enhancement, from eyelid and brow lifts to facelifts, with surgical facial rejuvenation procedures being the primary focus. The practice is also present on Harley Street, as well as Dubai and Zurich, and treats discerning patients from across the globe.

Waterhouse Janssen has a long tradition of patient care, with a well-established team at its core for the safest, most successful treatments. Norman Waterhouse is a leading London plastic surgeon and a true expert in facelift surgery. He has performed the highest number of deep-plane facelift procedures in the UK,

and has been a regular feature in *Tatler's* guide to the best facelift surgeons over many years. He has also played a significant role in the adoption of the hemostatic net in facelift surgery across the UK and Europe.

Tim Janssen is a facial plastic and reconstructive surgeon who has joined the practice as an associate partner. Dr Janssen specialises in endoscopic facelifting, an innovative facelift technique that advances traditional methods and delivers long-lasting, natural results with no visible scarring in front of the ears. The endoscopic S-Ponytail lift, developed by Dr Janssen, can be combined with a hidden-incision deep-plane neck lift for a comprehensive 'scarless' lift of the face and neck.

Janssen specialises in endoscopic facelifting, with no visible scarring in front of the ears

Meet the experts



Dr Norman Waterhouse

Norman Waterhouse has spent years at the forefront of facial surgery. He has published more than 60 medical papers, has an active research and teaching profile, and is a frequently invited speaker, as well as being responsible for the highest number of deep-plane facelift procedures in the UK.



Dr Tim Janssen

Tim Janssen is a facial plastic surgeon who has joined the practice as an associate partner. He developed the Endoscopic S-Ponytail facelift, a minimally invasive and long-lasting technique that leaves no visible scarring in front of the ears. Combined with a hidden incision neck lift, it offers a 'scarless' rejuvenation.

Threads

DR JEAN-LOUIS SEBAGH

'When I opened my first clinic in 1982, things were so different,' says Dr Sebagh. 'We only started talking about aesthetic medicine in 1985. Before that, it simply didn't exist as a concept.' It's this heritage, this boundless experience, that sets the visionary doctor apart. (That, and the fact that his grand London clinic – the Grade I-listed Chandos House – looks straight out of *Bridgerton*.) But while he now has decades of experience under his belt, the sprightly Parisian is also razor-sharp when it comes to innovation. True, he's still fixated on threads – and his new technique sees him criss-cross longer, stronger poly-L-lactic acid and caprolactone (PLCL) strands beneath the chin like a hammock, for superior support and a swan-like neck – but when it comes to injectables, ever more frequently, he's favouring fat over filler. 'Hollowing of the eye socket brings a lot of people in, but people should stop injecting fillers here. You've lost fat, so you need to restore it.' He takes unwanted excess from the thighs or abdomen, filters and separates it into micro- and nano-fat, then uses the former for cushioning and the latter – 'a liquid full of stem cells and growth factors' – to stimulate the skin. ('The longevity is amazing and, since fat doesn't attract water, you avoid puffiness.') Next, join the queue for an audience with skin therapist Bella, whose clientele includes fashion matriarchs and former supermodels. Or stay in the doctor's chair for his Ultimate Skin Booster: a blend of PRP, polynucleotides, exosomes, peptides, vitamins and hyaluronic acid (plus a dash of glutathione and tranexamic acid, if pigmentation is a problem). This leaves no trace of intervention, just gleaming, glassy skin that will have everyone telling you how good you look. *Threads from £2,000; fat transfer, price on application; The Ultimate Skin Booster from £800 (drsebagh.com).*

DR PAMELA BENITO

Consultations with Spanish-born Benito feel like catching up with your most fabulous friend. Her Belgravia clinic, all mid-century furniture and Hermès throws on chairs, is straight out of a movie set. And if you're lucky, her miniature pomeranian Shiro will be in residence. Still, when it comes to smoothing unwanted sag, she doesn't sugarcoat things. 'In the past, I would turn patients away because of their age – but now I'm seeing those in their mid-thirties. They've had toxin, they've had filler, they don't need more volume – but still, they're noticing that softness creeping in around the jawline.' She supports the lower

face by running up to three vertical threads from the jowl area towards the temple behind the hairline. ('The younger patient definitely sees a more immediate result,' she admits. 'Because their skin reacts better, they get that "wow factor" right away.') What's more, she likes to use Silhouette Soft threads; and increasingly in combination with collagen-stimulating Ellansé. As she explains: 'Some patients are very slim, or they're on weight-loss medications, which have led to a lot of skin laxity. This helps to thicken up the dermis and make it more resilient; and when we combine it with the threads, the results definitely last longer.' Her therapies to aid recovery and help heal are also at the sharp end of science, from immune-boosting IV infusions to PRP. Then there's her ozone therapy, which involves 'taking out the blood, cleaning it and infusing it with ozone, so that it produces extra oxygen as well as nicotinamide adenine dinucleotide (NAD)', a coenzyme that plays a central role in the metabolic process. Administered via intra-muscular injection or a drip, this will supercharge your energy levels and wipe away fatigue. And to look as good as you feel, pick up her latest skincare fix on your way home. Ambuja's Urban Power Fluid ampoules will leave your skin impossibly luminous. *Thread lift from £2,700; Ellansé from £695; ozone therapy from £450 (drpamelabenito.com).*

Dermatology

DR SUSAN MAYOU

With 35 years in practice – and her illustrious Chelsea HQ just celebrating its 20th anniversary – the Cadogan Clinic co-founder is the doyenne of dermatology. But Mayou is as sprightly as ever, still possessed of an infectious laugh and a penetrating curiosity about the patients who present to her. 'I've had some with me since the very beginning,' she says, 'and in a way, they've grown up here. They've had their babies, brought in their teenagers and now we're starting to see their grandchildren.' Yes, hers is a family clinic through and through – which means no concern is too small – and she reports 'an increasing demand for dermatology, as it's getting so difficult to access on the NHS'. Especially when it comes to preventative monitoring and mole checks, she continues: 'Patients sometimes want quick reassurance that all is well, and they shouldn't have to wait for that.' Melanomas aside, she's a dab hand at dealing with the visible signs of ageing: 'I'm a rather good shot with the liquid nitrogen – which swiftly does away with skin tags, or brown spots on the backs of hands.' And when it comes to acne, which is also on the rise, her first step is

to strip back lengthy skincare regimes, commenting: 'Teens are the worst, because they're so bombarded by social media. Their mothers bring them in, exasperated that lots of money is being spent and it's making their skin break out more.' If spots persist, however, low-dose Roaccutane can work miracles – 'We know that in one week you'll see a difference' – and for those women who aren't suitable, spironolactone has become her go-to alternative. But as her clients' issues evolve, so do her tools: perhaps Prophil Body for crepey tummy skin, or 10 per cent hydroquinone cream for post-partum melasma. 'It's good for those who can't tolerate retinol,' she says, 'and far less aggressive than the chemical peels of old.' *Consultation from £350; Prophil Body from £750 (cadoganclinic.com).*

DR ANJALI MAHTO

Consultant dermatologist Mahto is a force to be reckoned with. Encyclopaedic knowledge of the skin? Check. Harley Street clinic so zen that it rivals most yoga studios? Check. An approach to her speciality that blends medical rigour, up-to-the-minute aesthetic know-how and mental healthcare? Check, check and check. Sterling CV aside, she's also quick to get on her patients' wavelengths; and new consultations always commence with a long, hard look in the mirror during which she asks them to pinpoint their top three concerns. 'Most of the time, they don't know what they need or desire,' she explains. 'I want to know what will ultimately make them feel better, as well as what downtime they're prepared to deal with.' Meanwhile, acne – and the subsequent management of scarring – is still her primary focus, and she's alarmed by the ever-increasing rise in cases that she's seen over the past decade: 'We still don't know why but, in years to come, I suspect we'll be exploring the link between breakouts and taking HRT.' For those seeking an alternative to medication and hormonal treatment, her AviClear device produces exceptional results, reducing sebum production to deliver a clearer complexion – 'It won't replace conventional medication, but it's another tool in the box' – and scarring gets a combination treatment: subcision with a cannula, followed by regenerative polynucleotides, trichloroacetic acid and laser, then a final application of healing, reparative exosomes. (For tricky-to-treat 'ice-pick' damage, she says, nothing beats her UltraClear laser.) And an invaluable asset is her in-house counselling psychologist Kimberly, who offers emotional support when needed. 'After all,' says Mahto, 'you can't talk about skin without talking about self-esteem.' *Consultation from £450; AviClear from £4,500; UltraClear from £800 (selflondon.com).*



Shirt and dress, both
POA, **DEL CORE**.
Veil, stylist's own

DR ARIEL HAUS

Hailing from Rio, Haus is charm personified; and his Harley Street clinic – coincidentally, the cover-shoot backdrop for this year's *Tatler Beauty & Cosmetic Surgery Guide* – is just as characterful. But he's struck by a certain reticence among some of his British clients. 'In Brazil, people talk openly about cosmetic procedures,' he says. 'In the same way they go to the hairdresser or have their nails done, they simply see aesthetic maintenance as looking after themselves. It's never about vanity.' Even so, the *debonair* *derm* does report a rise in candour among our younger generation who, like him, love nothing more than giving the latest hi-tech gizmo a whirl. And he's often the first to land such new gadgets as the Ultherapy Prime – 'It's amazing for tightening and elevating the skin of the face, neck and décolletage, and can even lift the breasts ever so slightly' – or the new Red Touch Laser: 'Being non-ablative, it's not only perfect for the patient who wants to have their treatment then go straight for dinner wearing their make-up; it also gives the most amazing glow.' And right now, he's super-keen on laser-assisted drug-delivery for hair loss. (He uses an ablative device – say, the new CoolPeel – to create micro-channels in the scalp before applying topical solutions of exosomes or polynucleotides.)

'It's much more comfortable than injections,' he says. Nonetheless, the true calling of this doctor – who still works part-time in the NHS – is in treating more serious issues. 'Patients can't get appointments so readily with their GPs, so we're seeing a lot of early skin cancers,' he explains. 'However, if they were to undergo CO₂ laser plus photo-dynamic therapy, it would increase their chances of being in remission for longer.' Post-treatment, he swears by SkinCeuticals Phyto Corrective serum to calm the complexion and stabilise the skin barrier. Don't leave without it. *Ultherapy Prime* from £1,200; *Red Touch laser* from £95 (drhausdermatology.com).

PROFESSOR FIRAS AL-NIAIMI

Al-Niaimi is the UK's only professor of laser dermatology, and his experience in treating pigmentation, inflammatory conditions such as rosacea and more complex ones – for example, port-wine stains – is unrivalled. But he's also deeply empathetic and zealous about putting patients back in control of their complexions. 'The skin has a mind of its own,' says the Taktouk Clinic's resident *derm* (and author of more than 230 scientific publications on his speciality). 'Seeing it as a whole package is vital. That might mean a combination of medication, the right topical ingredients, laser treatments

and complementary practitioners. Where it goes wrong is when patients rely solely on one modality.' Or on misunderstood modes; and he's seeing a surge in sensitivity, acne and rosacea as a result of the products that women are using. 'Just because an ingredient is trending, that doesn't mean it's what your skin needs,' he says. 'For example, not everyone tolerates vitamin C, which can be very sensitising for fair complexions that are redness-prone.' The knock-on effect? 'These conditions can be bewildering for the patient, as they don't understand what's going on beneath the surface. And social media isn't helping either.' While the heavy lifting is predominantly performed with lasers – the Pulsed Dye, which treats rosacea, acne and even red birthmarks is his particular workhorse – the professor's philosophy is rooted in lifestyle management. And long-term plans. 'Now and then, I still see patients I first treated years ago,' he continues. 'That's because the skin constantly changes and fluctuates. While some conditions improve over time or with age – for example, eczema, which dies down in later life – sun damage and barrier disruption can worsen. In a way, this is a good sign, as it means that the skin is healthy and dynamic. But it most definitely has a mind of its own!' *Consultation* from £300; *Pulsed Dye laser* from £600 (drfirasalniaimi.co.uk). □

HAIR BY LEWIS STANFORD AT EIGHTEEN MANAGEMENT. MAKE-UP BY JOEY CHOY. NAILS BY CHRISTIE HUSEYIN AT EIGHTEEN MANAGEMENT. MODEL: VILATH AT ELITE MODEL MANAGEMENT. STYLIST'S ASSISTANT: SOPHIE CALLAGHAN. HAIR ASSISTANT: JOSHUA HIGDON. LIGHTING/DIGITAL OPERATOR: KLAUDIA AVOTINA. BOOKINGS EDITOR: LAURA NICHOLSON. LOCATION THANKS TO DR-HAUS DERMATOLOGY

TOOTH *or dare*

*Meet the dental
experts who will
have you smiling
from ear to ear*

WORD OF MOUTH

*Read on for the best
recommendations for a
polished appearance*

TATLER

FOR ORTHODONTICS*Dr Neil Counihan*

Counihan is the king of braces, his name synonymous with time-tested and cutting-edge orthodontics, as well as with aesthetic expertise. An astute attention to detail, coupled with his deep understanding of facial proportion, ensures his results are always subtly transformative and never overdone. Now based at Until – a sleek new medical and wellness destination in Marylebone – Counihan's clientele includes some of the most style-conscious figures in the capital, from designers to big names in publishing. His sublingual braces, behind the teeth, are a more discreet option. Whether wearing near-invisible Invisalign or traditional Damon-style braces, all patients leave not just with straight teeth, but with the confidence to smile widely once more. drneilcounihan.com

FOR A FIVE-STAR SMILE*Dr Rhona Eskander*

Bristling with new technology, delivering a five-star boutique service, Eskander's clinic in the heart of Chelsea feels more like a members' club. Its softly curving walls, organic forms and earthy textures were inspired by the microscopic structures of bone. The transformations she crafts are just as refined; not least her 'Chelsea Look', which blends custom-alignment, cosmetic bonding and on-site Enlighten whitening. Her client roster reads like a who's-who of the capital's elite, from high-profile influencers and fashion moguls to A-list celebrities; all of them love her for her off-the-charts energy and results that are precise, symmetrical and utterly natural-looking. Do pick up a supply of her own-range toothpaste on your way out to keep up the good work at home. drhonaeskander.com

FOR VENEERS*Dr Sam Jethwa*

Known as 'The Smile Designer', the president of the British Academy of Cosmetic Dentistry crafts award-winning work, and patients from far and wide travel to Marylebone for an audience with him. Renowned for his full-mouth reconstructions, he has a talent for fashioning flawless sets of teeth by means of his ultra-slim Feather Veneers. Think wafer-thin – 0.5mm – porcelain shells, each individually designed and made by highly trained artistic ceramicists, which are gently bonded to the front of your dentation. Because this method obviates the need for drilling or excessive shaving-down, there's little or no adjustment of the tooth itself. While waiting for their final veneers, patients go home with a temporary 'trial smile' – and rave about restored self-esteem. bespokesmile.co.uk

FOR HEAVY LIFTING*Piet Haers*

When teeth get tricky, Haers is the man you need on speed-dial. Nothing fazes this methodical Belgian, who's revered in dental circles. The oral and maxillofacial surgeon works from the Portland, the London Bridge and Guildford's Nuffield hospital, among others. Drawing on more than 20 years of experience, he acts quickly, barely skipping a beat as he peers inside your mouth, assesses the situation, then calmly outlines the appropriate plan. Extractions of impacted teeth are done swiftly, often under general, and without fuss. And that is possibly because he's used to slightly more serious mishaps, also specialising in orofacial clefts and deformities, and underbites that require surgery. His secret skill is making even the most nerve-racking dental issue feel manageable, ensuring patients feel safe and in control at every step of the way. Some claim finding him changed their lives. Which says it all, really. maxfax.co.uk

FOR AN INVISIBLE INTERVENTION*Dr Sameer Patel*

A global ambassador and dental wellness expert for the Maldivian resort Soneva Fushi, Patel is famed for the impeccable smiles he creates (plenty a high-profile patient will attest to his brilliance – just ask David Gandy or actress Emma Watson). His Elleven Dental practice on Wimpole Street spans traditional dentistry, orthodontics, surgical reconstructions and even aesthetics. (He has great eco-credentials, preferring iPads to paper forms in his haute-boho space, and stainless-steel cups for rinsing.) Ask Patel about his signature veneers, which are like couture for the mouth and so delicate that the underlying teeth still shine through. For the most exacting finish, you'll probably need braces for a while – and you'll be looking at approximately 18 months to fashion a whole new set of teeth. Patel calls his approach, which supports the lower face and brings new strength to the physiognomy, 'Smile Architecture'. He's certainly breaking new ground. drsameerpatel.co.uk

FOR ORAL HEALTH*Dr Reena Wadia*

A healthy mouth is priority number one for Wadia. (Don't skip out of her all-gleaming-white Harley Street suite without asking for one of her rose-gold-plated tongue scrapers, which eradicates unwanted bacteria in a flash.) Specialising in periodontics – that is, treatment of the gums and the bony structures supporting them – her latest project is a vitamin-enriched mouth spray for extra protection of the teeth.

But she's also a trusted pair of hands when dealing with the soft tissue surrounding them, whether it's inflamed or receding. (Her nifty Gum Lift, performed under local anaesthetic, reshapes it; she can also restore lost tissue with grafts from elsewhere in the mouth.) As for her hygiene appointments, they're the most pain-free hours you'll ever have in the chair, and much-aided by staring at the hypnotic flower imagery on her ceiling. On the way home, listen to her new podcast, in which she interviews some famous names in fashion, aesthetics and beauty. ruperio.com

FOR IMPLANTS*Dr Tom Crawford-Clarke*

Crawford-Clarke is the principal dentist and founder of the Luceo surgery, which is so chic and homely you'd be forgiven for thinking you'd stumbled into a boutique hotel. (It has a permanently revolving exhibition of up-and-coming artists, whose work you can buy off the walls.) He's a whizz, too, at refurbishing smiles while preserving their natural appearance; and it's little wonder he scooped Best Young Dentist at the 2019 Dentistry Awards. His service is slick, his technology hi-spec, and his team of general and cosmetic practitioners alongside oral surgeons is a dream. While he is trained in restorative dentistry and orthodontics – he's a master of Invisalign – as well as composite bonding and implants, it's his eye for detail that truly sets him apart; that, and his chair-side manner. His aim is to rekindle confidence, but also to enhance the character and personality of the patient in front of him through the most appropriate techniques. Or as he puts it, 'to give you a new smile, which still feels like yours'. luceodental.com

FOR MAINTENANCE*Dr Shanon Patel*

You can find Patel at Dawood & Tanner on Wimpole Street. But be warned: to keep teeth in tip-top condition, he'll take no prisoners. And though the endodontist (a specialist in dental pulp) is excellent company when you're in the chair – expect a constant stream of chatter while you lie, mouth open, unable to reply – he's also a stickler for regular check-ins and won't rest until he's found the source of any discomfort. His expert understanding of the teeth makes light work of fillings; his crowns are fuss-free and flawlessly done; even such nastier necessities as root canals are made less stressful through his use of cone-beam computed tomography, a hi-tech means of assessing and plotting treatment. And so stealthy yet straightforward are his interventions that you'll be recommending him to everyone you know. shanonpatel.com □



Mind and body

As a centre of excellence, Ouronyx has always performed and now it is also renowned for its mindful approach to aesthetics

IT MIGHT BE ASSUMED THAT aesthetic treatment and mindfulness are two things that, traditionally, do not go arm in arm. But at Ouronyx, the first global destination focused exclusively on facial non-surgical treatments, that is changing. At the heart of this pristine clinic in St James's is the recognition that psychology is integral to health and aesthetics.

This means incorporating behavioural science and psychological assessment into the consultation process, and using data to understand how emotional states and personality types influence appearance. But above all, the mindful approach tailors aesthetic programmes to individual motivations and goals. This honours each person's journey towards self-acceptance and holistic wellbeing, while making them look like the very best version of themselves.

Delving into aesthetics through this mindful lens still feels radical, and it allows for a

thoughtful, deliberate approach to enhancements that runs deeper than fleeting beauty trends. Long-term fulfilment, rather than temporary gratification, is the goal here. And who better to achieve this than some of the best global talent in the industry, brought together under the same roof.

Ouronyx's doctors work with clients to craft a treatment plan that holistically addresses rejuvenation, skin improvement or individual feature enhancement. Innovative approaches include hair-growth stimulation via micrografting, as well as injectables and energy-based devices, which stimulate natural collagen formation, harnessing the body's powers of regeneration rather than relying on synthetic substances.

Prioritising health over beauty, Ouronyx is also building the industry's first restoration centre to address changes of the face, hair, voice and hearing. After all, the ageing process is a privilege, rather than something to be feared.

Long-term fulfilment, rather than temporary gratification, is achieved by the best talent in the industry

Mindful aesthetics

Ouronyx is committed to not just enhancing beauty but doing so responsibly. It's about setting a new standard in the beauty industry – one that prioritises health over beauty.

Signature treatments

RESTORATION CENTRE

The first of its kind, Ouronyx is building a restoration centre designed to address various aspects of ageing that affect the face, hair, voice and hearing to enhance quality of life.

MICROGRAFTING

Incredibly effective and far less invasive than a hair transplant, micrografting injects the same components found naturally in the skin back into the scalp with almost no pain or downtime.

BIOSTIMULATORS

Injectables (including polynucleotides) and energy-based devices stimulate natural collagen production to rejuvenate skin, offer long-term lifting, minimise scarring and reduce wrinkles without synthetic substances.

RISING STARS

With superior specialist expertise and innovative artistic edge, these medics of the moment are taking the aesthetics scene by storm

By FRANCESCA OGIERMANN-WHITE

KOREAN DERMATOLOGY

Dr Jinab Yoo

Yoo is the Korean consultant disrupting the world of dermatology. She is the founder of the Maylin clinic in London and there are a further nine franchises in her homeland, to which she frequently travels for further training on aesthetics and lasers. And while she may be pioneering some cutting-edge devices over here – she has more than 20 in her Marylebone space – she is also mindful of what differing subcultures and ethnicities consider beautiful. Her Sciton BBL laser is excellent for banishing pigmentation. For brighter, tighter skin with minimal downtime, her signature Laser Toning, which is a Korean technique combining a Q-Switched Nd:YAG laser on a very gentle setting with a redness-reducing Genesis laser, does the trick. At the same time, she's a campaigner for increased longevity, so she'll soon be introducing therapies that employ hyperbaric oxygen, EBO2 ozone, autologous (your own) exosomes and – after extensive liposuction training in Beverly Hills – nano-fat. Her second London clinic is due to open in Mayfair any day now. maylinjyd.com

INTIMATE HEALTH

Smita Sinha

Women's health expert Sinha has an obs and gynae background. She's seen it all down below and makes a perfect counsel when things are starting to change. What's more, the founder of the Serenity Women's Clinic in Somerset brings her background in vulval health up to speed with a keen awareness of the latest technology, such as the pelvic floor-toning Emsella and Emfemme, which channel radiofrequency to lessen sexual dysfunction and laxity. She has a proactive approach: one that aims to strengthen the female anatomy in anticipation of change rather than repair damage or deal with disruption when patients are in the throes of it. And though dryness, pain and a reduced ability to orgasm or enjoy intercourse all bring women to her door, she consults them in all chapters of their lives. Right now, she's seeing a dramatic improvement in vulval skin quality thanks to polynucleotides. serenitywomensclinic.co.uk

THREAD LIFTS

Dr Leah Totton

Bubbly, Irish-born Totton is a breath of fresh air. As well as being caring and wonderfully down-to-earth, she's also super-smart. (After her appearance on *The Apprentice* in 2013, she secured investment from Lord Sugar to open the chain of aesthetic clinics she has just sold.) She has a specialist interest in face- and neck-related sagging – cue some artful thread lifts (about 300 a year) that refine the appearance of jowls and sleeken the neck. True, she says, such collagen-boosting treatments as Ultherapy, Morpheus8, Dermapen and even LED can boost collagen and elastin levels by up to 30 per cent above baseline in the years leading to menopause, and they will smooth the transition into this new phase. But so will her way with threads, for which she chooses the brand according to the treatment area: say, Silhouette Soft for the face; Aptos for the brow; and MINT for the neck. She advises first-timers to see a facial plastic surgeon before signing up for her treatments, so they know what their options are (plenty of patients come to her eight to 10 years after they've had facelifts, to ensure everything stays in the right place). drleah.co.uk

FACE FINESSING

Monica Fawzy

Fascinated by faces, and with nearly a decade of experience, Fawzy is certainly one to watch. She cut her teeth in the NHS treating patients with palsy, and now pursues her own facelifting practice at The Private Clinic. She says psychology informs her work, with the key drivers for surgery being both loss of identity and confidence. Her in-depth consultations unpick what her patients are trying to restore, be it physical or emotional (she reviews old photos to establish which changes bother them most). Long, thin faces that have experienced volume loss do well when she lifts the Superficial Muscular Aponeurotic System (SMAS). Heavier types are best suited to her deep-plane technique, along with some micro-lipo. And she might also suspend the cheeks' buccal fat-pockets to give the illusion of a lighter, more triangular face. She reports that, though many of those she treats

are at the top of their game professionally, they are beginning to feel overlooked at work. But her stealthy surgeries soon set that straight. theprivateclinic.co.uk

CELLULAR REBOOTING

Dr Nima Mahmoodi

Mahmoodi is not your average doctor. When he's not seeing patients, you'll find him exploring a whole new dimension of health at such events as the wellness festival Love Fest. And the passion of this self-confessed 'spiritual alchemist', who is also a qualified reiki master and quantum healer, lies in bridging the gap between science-backed aesthetics and the more esoteric side of human wellness. All of which means that the therapies administered at his gallery-esque Remedi clinic in Nine Elms don't just finesse the face and body; they also strengthen the immune system – try a pre-treatment blast of cryotherapy – and calm anxiety. Seeking a streamlined physique? A spell in his infrared sauna, along with some ATP-enhancing Emerald Laser, promotes healthier fat cells and a ramped-up metabolism. And do ask about his new Neuro-Glow Facial. This elevates dopamine levels by means of cold therapy and time in his Rebalance Pod, while the skin is illuminated by a combination of Cutera's Erbium Glass Laser, a deep-cleaning HydraFacial and Dermalux Tri-Wave MD LED lights. Spellbinding. drnimalondon.com

HAIR RESTORATION

Dr Greg Williams

When he's not presenting his follicular musings at world congresses, burns surgeon Williams is the only practitioner on the British Association of Aesthetic Plastic Surgeons' register who performs hair transplants full-time. And it shows. The lead surgeon at the esteemed Farjo Hair Institute has twin obsessions: the power of a well-done procedure, and ensuring his patients know the facts about managing hair loss. So he'll tell them straight that, before they consider a transplant, they need to stabilise the existing follicles – in his eyes, topical Minoxidil is a no-brainer and, while oral Finasteride works well, there are associated risks. His skill lies not just in the maturity of his practice but also in his



NEXT GEN
Face the future under
the care of these
expert practitioners

addition to a vascular laser or intense pulsed light, to control and shrink blood vessels that have become dilated and caused flushing. But whatever is taking its toll on his patients – excessive sweating, fine lines or even hair loss – Rajpar is quick to understand the psychological repercussions. Lowered self-esteem, an inability to commit to relationships, lacking the confidence to take the next step in one's career: he can help with them all. midlandskin.co.uk

HORMONE BALANCING

Dr Elizabeth McCulloch

GP and hormone specialist McCulloch hails from Vienna, but now divides her time between OneWelbeck and her own MSkin clinic in Brighton. And thanks to her background in obs and gynae, the line of loyal clients for this recognised BMS menopause specialist is not only getting longer but includes some rather starry names slinking from town to the seaside for her treatments. She is highly regarded for her bio-identical hormone therapy; hence 75 per cent of her clientele are looking for help in managing the perimenopause or menopause. She's also an expert in premenstrual syndrome (PMS) and works to stabilise the hormonal profile – thus alleviating hard-to-manage symptoms, which can range from irritability to destructive behaviour – rather than resort to antidepressants, as is sometimes the case. She does not stop at chemicals produced by the body, though. McCulloch is also sought-after for her injectables, which restore energy to ageing faces. And the duty she exhibits to those in her care is beyond comprehensive. mskin.co.uk

EYE-OPENING RESULTS

Dr Adriana Kovacova

Elegant yet wholly relatable, oculoplastic surgeon Kovacova practises at two locations: The Clinic in Holland Park, where she performs tidy upper- and lower-lid blepharoplasties; and Skinesis Medical on Pavilion Road where, working alongside Dr Alexis Granite, she's increasingly in demand for her injectables. The ophthalmologist is as unwavering about preserving the function of the eyelid in her surgeries as she is about delivering a flawless aesthetic result. And she instinctively knows where injectables will support or hinder surgery – always dissolving filler ahead of theatre, as she says even years-old remnants can cause swelling or compromise the lymphatics. She is also increasingly deploying polynucleotides, which brighten even the most shadowy of sockets. Above all, she believes in finding the right product and the right procedure for the right patient. theclinicinollandpark.com □

ability to envision how your hair will change over time. He's currently seeing promising results with a new, multi-modality, non-surgical device called Trichopat, which is best-suited to those who aren't yet ready for a transplant but want to be proactive. farjo.com

FAT TRANSFER

Kshem Yapa

Sri Lankan Yapa is a new face on the London lifting scene, and today splits his time between NHS major trauma work at St Mary's and some rather refined cosmetic procedures at the Lindo Wing. While his demeanour might be thoughtful and conservative, when Yapa snaps on his gloves, he means business. He favours a preservation version of the deep-plane facelift for patients seeking early interventions because it entails less tissue disruption and delivers stunning results. However, if they've waited until later, he insists that separating their skin from the SMAS can be useful, especially when heavy lines are concerned. And since he has a

PhD in stem-cell biology, fat transfer is one of his specialities. Post-op, patients are dispatched for hyperbaric oxygen and manual lymphatic drainage. But that is not just to aid physical recovery, he says. It is also important that patients do something that makes them feel back in control. yapaplasticsurgery.com

SKIN DISRUPTION

Dr Sajjad Rajpar

Talkative, fun and wildly knowledgeable about his subject, the medical director of Midland Skin makes a trusted confidant to those in distress. Consultant dermatologist Rajpar sees his fair share of acne in patients of both genders at his Birmingham HQ; and both do well with his new AviClear device, which switches off the sebaceous glands, thus reducing breakouts and even – anecdotally – softening the appearance of scars. Also on his list is facial redness, caused by inflammation, a disrupted skin barrier, rosacea or heightened sensitivity; and for this, he rates topical azelaic acid and niacinamide, in

PHOTOGRAPH: LUC BRAQUET; COAT: £2,100; STELLA MCCARTNEY; DRESS: £1,290; SUNGLASSES: £387; BALENCIAGA; NECKLACE: POA; DE BEERS

AND FINALLY



NOTE TO SELF

A fabulous fix-all: the clinic that ministers to body and soul

IN PRIME POSITION AT THE TOP OF Marylebone High Street, the Ardour Clinic has flung open its doors. And it looks divine: monochrome surroundings and parquet floors made cosy by Argyle throws on treatment beds. It's the brainchild of Dr Paris Acharya, a maxillofacial surgeon renowned for her artful injectables, and the nurse-prescriber-turned-life coach Anna Miller. In tandem, they're turning the conventional offering on its head. The duo's signature therapy is the Ardour Solution, a unique concept that integrates their skillsets by addressing physical and emotional concerns, and it has a number of stages. First, says Acharya: 'Patients have a session of Purasomes [bovine-derived exosomes], which I micro-needle into the skin, and these are followed by three sessions of Plinest polynucleotides.' The result is glassy skin that gleams with health. Then they sit down with Miller for coaching to identify their goals, as well as the practical steps to reach them. Finally, depending on need, stage of life and openness to going a little deeper, genetic testing, hormone consultations and further hi-tech treatments can be added (do ask about their Glow Getter Luxe facial). 'Essentially, it's about helping patients to be their best selves, internally as well as externally,' says Miller. Think of it as 'treatment stacking', but for skin and soul. theardourclinic.com □

FRANCESCA OGIERMANN-WHITE



TANDEM NUMBER

Treat your 'self' to a two-stage holistic overhaul of health

Stylish and soothing: monochrome interiors at the Ardour Clinic



Find Dr Paris Acharya and Anna Miller's practice in Marylebone



MAIN PHOTOGRAPH FOR ILLUSTRATIVE PURPOSES ONLY. LEO KRUMBACHER/BLAUBLUT-EDITION.COM

TATLER



Expertly said...

23MD co-founders Dr Suha Kersh and Dr Martin Galy answer Tatler's questions, including the latest on regenerative care, hormone balancing and dermal fillers

What are patients seeking today?

Dr Galy: Patients are seeking personalised solutions that address their physical and emotional wellbeing. They want treatments that focus on longevity, balance and improved quality of life. They're drawn to integrative approaches, such as combining hormone optimisation with regenerative therapies, which provide sustainable, long-term results rather than quick fixes.

What are the top three concerns for patients?

Dr Kersh: Anti ageing and restoring vitality to the skin is a top concern. Fine lines, skin laxity and volume loss are a key focus. I address ageing skin with a comprehensive approach that includes both preventative and corrective solutions.

Achieving the natural look is important too – results that enhance beauty without looking “done”. I try to strike the perfect balance between art and science, ensuring each patient looks refreshed and natural. I emphasise subtle refinements that harmonise with the individual's facial structure and personal identity.

Regenerative care represents a paradigm shift, focusing on enhancing the skin's biology rather than just masking imperfections. I have developed a passion for regenerative medicine. Patients seek treatments that not only deliver immediate results, but also stimulate the body's natural ability to repair and rejuvenate.

Where does hormone replacement therapy fit?

Dr Galy: Bioidentical hormone replacement therapy (BHRT) is often the cornerstone of our approach at 23MD. By addressing hormonal imbalances early, we're able to create a strong foundation for other regenerative and aesthetic treatments. Whether it's for menopause, andropause for older patients, or treating PCOS or oestrogen dominance in younger patients, BHRT plays a vital role in enhancing energy levels, sleep, libido and skin quality.

What is the secret to 'regenerating' the skin?

Dr Kersh: It's all about stimulating the body's natural repair mechanisms; the key lies in synergy – combining cutting-edge science with personalised care. Treatments such as fractional microneedling paired with polynucleotides harness the body's natural healing processes, encouraging collagen production to improve elasticity and restore lost volume. Pairing these with hydration and advanced skin boosters ensures holistic and lasting rejuvenation. Every patient is unique – we tailor treatments to individual needs for optimal, personalised results.

Do you see a difference between your clinics?

Dr Galy: In London, patients tend to be more familiar with BHRT, but in Dubai they need reassurance about the safety and benefits. But that's rapidly changing as we drive awareness.

Which regenerative products yield results?

Dr Kersh: Regenerative treatments such as polynucleotides and skin boosters are delivering outstanding results. Polynucleotides have become a game-changer in skin regeneration, offering remarkable benefits for revitalising and restoring the skin's natural health. Our favourite treatment is the polynucleotide facelift: combining polynucleotides with energy-based devices such as BTL's Exion and EMFace. These treatments transform how we approach skin rejuvenation, and the results speak for themselves.

How does hormone replacement therapy help?

Dr Galy: HRT provides a transformative effect by addressing core imbalances. Physically, HRT revitalises energy levels, enhances metabolism,

improves skin texture, and even boosts libido. One of the most impactful benefits is in sleep quality, which plays a pivotal role in the body's ability to restore and rejuvenate. Emotionally, the impact is profound – patients report feeling like themselves again, with reduced anxiety, better sleep, and an overall sense of wellbeing.

How does hormone balancing complement the regenerative procedures?

Dr Kersh: Hormone balancing creates the perfect internal environment for regenerative treatments to work: it's like preparing the soil before planting seeds. Hormonal balance ensures the body is functioning optimally, which enhances the efficacy of treatments such as fillers, polynucleotides and light therapy. When the body is hormonally optimised, skin laxity, hydration and collagen are improved and volume loss is slowed. Overall results are more impactful and longer-lasting.

Weight-loss medications are fast gaining momentum – what results are you seeing?

Dr Galy: We're witnessing remarkable transformations, particularly for those who have struggled with weight management despite their best efforts with diet and exercise. These treatments reset the metabolism, providing the critical boost many need to kickstart their journey. When combined with personalised lifestyle coaching, tailored nutrition plans, and exercise therapy, the results can be truly life-changing. This approach has proven especially impactful for younger women managing PCOS and for middle-aged men and women dealing with weight gain associated with hormonal changes during andropause and menopause.

You are renowned for your dermal fillers – however, given the focus on a 'regenerative' approach, is there still a place for these?

Dr Kersh: Fillers are the finishing touch on a masterpiece. They're invaluable for restoring volume, enhancing facial harmony, and creating balance. With the rise of regenerative treatments, we now focus on improving the underlying skin quality and structure first, using treatments like polynucleotides or collagen-stimulating therapies. These improve hydration, elasticity, and skin density.

What does 2025 have in store for 23MD?

Dr Galy & Dr Kersh: Our goal is to position 23MD as a global leader in holistic health and regenerative medicine, while maintaining our commitment to personalised patient care.