

COUNTRY & TOWN HOUSE

A close-up portrait of a woman with dark hair pulled back. She has vibrant orange eye makeup and red lipstick. She is applying a piece of clear adhesive tape to her cheek. Her hand, with dark nail polish, is visible near her ear. She is wearing a large, ornate diamond earring and a silver sequined top.

HOW
TO AGE
WELL
NOW

THE AESTHETIC GUIDE

Edited by
ANNABEL JONES

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FASHION TEAM

Styling: Ursula Lake. Photography: Matthew Shave. Hair: Craig Taylor. Make-Up: Sonia Deveney. Nails: Cherrie Snow. Models: Gia Tang @ Milk Management (on cover: wears dress by A.L.C. at Net-a-Porter, earrings by David Morris) and Kayla Walter @ Storm (top right: wears dress by Georgia Hardinge). For stockists, see p196.



Editor's LETTER



Welcome to the *Country & Town House Aesthetic Guide*, your cut-out-and-keep book of cosmetic news, treatment reviews and features on thought-provoking topics about ageing well. This issue, we've explored the new and improved ways to restore hair loss from topical products to use at home to emerging technologies that are showing vast improvements from those of old. There's our ultimate guide to achieving clear, taut skin with collagen-boosting lasers, lifting facials and stealth injectables (p140). I've written about the complex issue of female hormone

health and the myriad solutions from HRT to nutrition that can help abate age-accelerating symptoms (p129). Our experts have reviewed ten of the best aesthetic procedures targeting everything from face to bottom (p153), and we've updated our directory of vetted aesthetic practitioners with new entries (p163). Of course, beautiful skin at every age should include a smart skincare regime which we've covered in our feature on the return of the super cream (p135). Enjoy!

A Jones

DR. NYLA

MEDISPA



AN EXPERT IN THE NATURAL LOOK



Mayfair clinic

Award-winning Doctor Nyla Raja is a trusted dermatology GP and skin specialist. She has practiced medicine for over 20 years and has delivered over 200,000 transformational aesthetic journeys, earning the admiration of industry experts worldwide. Doctor Nyla is the Founder and Medical Director of The Medispa Group and has been honored with the Best Cosmetic Clinic award for 2019/2020 and nominated for Best Cosmetic Doctor in 2021.

Clinics feature state-of-the-art equipment including EmFace, Morpheus8, and Ultherapy. The Medispa Group boasts the largest Exilis Elite skin tightening and Ultracel clinic in the UK, and the second largest CoolSculpting clinic in Europe. In addition to being pioneering leaders in facial skin rejuvenation, we also offer permanent body sculpting treatments using CoolSculpting Elite and the Emerald laser, as well as Lipocell.

The Transformation Facelift™ is our number one signature medical treatment

Bespoke to each patient and developed by Doctor Nyla herself, exclusively offered at her clinics. This advanced treatment combines a range of incredible anti-aging techniques, in which you will see visible improvement for up to six months, with results lasting for up to 2-3 years. Doctor Nyla's Transformation Facelift™ provides a rejuvenating experience that leaves patients looking and feeling ten years younger in just six weeks!



Clinics in Mayfair | Cheshire | Crosby

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UK CLINIC OF THE YEAR 2019/20 SAFETY IN BEAUTY AWARDS





Dr Jean-Louis Sebagh



drsebagh.com

Dr Sebagh London Clinic

Chandos House
Queen Anne Street
London W1G 9LQ

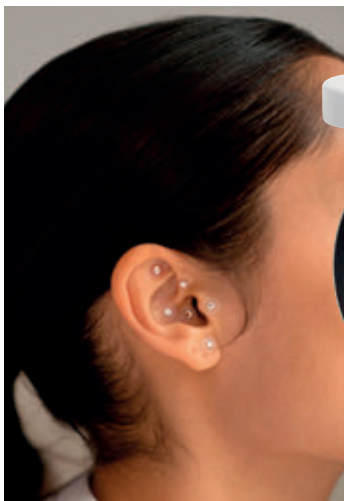
Dr Sebagh

WHAT'S HOT?

Annabel Jones brings you the latest aesthetic updates to get you summer ready

EAR US OUT >>

Sarah Bradden's facial acupuncture treatments are like therapy for your face. But her ear seeding? Now that really is something. Bradden places crystals on points around the ear that directly correspond to specific organs, emotions and other systems in the body. The crystals – that look as good as they act – are active for up to five days after the treatment and help to induce a sense of calm, balance, recovery, energy, or anti-ageing depending on your chosen preference. £60, sarahbradden.com



<< HERE COMES THE IV

Wedding wellness programmes are gaining momentum. Whether you are bride, groom or guest, reside in the country or town, Bamford's Wellness Spa at Brompton Cross and in the Cotswolds is offering Effects Doctors medicinal IV drips and IM (intramuscular) injections to help boost energy and recover after the big day. Choose from 14 vitamin concoctions including a Biotin shot, £75, to help grow and strengthen nails and hair and B-rejuvenated IV, £325, to help cure a hangover. bamford@effectdoctors.com



<< GET SNATCHED

Social media is responsible for some questionable beauty trends, but this viral facial toning device by NuFACE is one we can't put down. A credible way to define one's facial contours from the comfort of your couch, NuFACE Trinity+ uses microcurrent technology to help tighten the skin, which studies show can enhance collagen production. Apply the accompanying gel to the face and neck and move the applicator around areas you wish to target, such as lips, brow bones, neck and jaw. It takes 30 days to reap the results, which are subtle but undeniable. £385, currentbody.com

>> HOLY GLOW

We want a healthy glow, but not from the sun, so swap your blush for a bronzer, but make it count. Hermès (refillable) Healthy Glow Mineral Powder (£87, hermes.com) is so finely milled it leaves behind a veil of sun-kissed iridescence that could easily pass for the real thing. Jones Road The Bronzer (£32, jonesroadbeauty.com) gives a no-bronzer-bronzer look that's perfect for mature skin and can be used as an all-over skin tint or colour corrector to knock back sallowness. Of course, if you prefer a dewy finish then there's nothing better than Chanel Les Beige Healthy Glow Bronzing Cream, which now comes in a mini 15ml travel size (£37, chanel.com).



Chanel Les Beiges Healthy Glow Bronzing Cream



« ANTI-INFLAMMATORY AESTHETICS

Dr Barbara Sturm's (left) wildly successful anti-inflammatory skincare is just one arm of her passions that date back to the 1990s, when she began practising regenerative aesthetic medicine, treating patients with PRP (platelet-rich plasma) long before we came to know about it. Now, at her Mount Street clinic, you can book in for one of her aesthetic treatments ranging from Morpheus8 (£950) to Profhilo (£600), and PRP (£550), along with unique science-led skin treatments like her Exoso-metic Growth Factor Facial (£500), harnessing medical-grade exosomes to regenerate radiance and vibrancy. Or, you could just buy her newest product, the Anti-ageing Body Scrub, £90. en.drsturm.com

» FILLING IN FOR FILLER

Berkshire Aesthetics is one clinic at the forefront of non-surgical procedures. One of the first to offer the innovative new injectable, Nucleadyn, this smart biostimulator helps to restore the skin's own capacity to heal itself. Without wishing to sound too sciencey, it works by delivering polynucleotides (polymerised nucleotides that naturally occur within our bodies and play a role in regenerating tissue structure) into the skin. Unlike traditional fillers which reinstate facial structure by effectively padding out the areas that have lost volume, Nucleadyn prompts a natural restoration process of the facial structure, while protecting against free radicals and improving blood flow through oxygenation, all of which equates to better skin quality, a reduction in fine lines, and firmer, tighter, bouncier skin – within minutes. It can even improve under eye dark circles, without side effects or the puffiness that can occur with hyaluronic acid filler. No argument from us here. Two to three treatments are recommended for the best results, spaced four weeks apart.

From £450, berkshireaesthetics.com



» THE LUNCHTIME SMILE MAKEOVER

White glossy teeth can easily cost you the price of a Birkin, but not if you book in at a Sonisk Smile dental parlour (sonisk.com), an accessible service founded by Professor Dr Edward Lynch, who's been named as one of the world's Top 100 Doctors in Dentistry. Offering appointments for £99, along with safe at-home teeth whitening for £29.99, this is one answer to the worrying rise in illegal bleaching products that can ruin tooth enamel. Elsewhere, celebrity dentist Dr Rhona Eskander is providing cost-effective ceramic bonding (similar to veneers but less commitment) with each tooth costing £495 at her practice in London's Chelsea Dental Clinic (chelseadentalclinic.co.uk).

WHO'S MOVING IN?

The new clinic openings to check out and check into



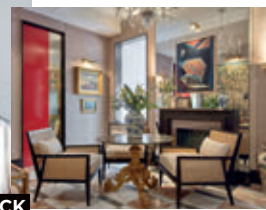
DR ASHWIN SONI

Merging wellness and aesthetics, plastic and reconstructive surgeon Dr Ashwin Soni is now offering his surgical and non-surgical cosmetic procedures at Bodyspace Knightsbridge, for a 360-degree approach to ageing well. thesonicclinic.com



DR DAVID JACK

Dr David Jack has opened doors to his second clinic in Belgravia offering injectables, energy procedures, facials and professional skin consultations with renowned dermatologist, Dr Catherine Borysiewicz (above). drdavidjack.com



DR SEBAGH

Dr Sebah has moved to its historical new flagship location Chandos House in Marylebone where clients can experience his pioneering cosmetic treatments in splendid surroundings. drsebah.com



DR PATRICK MALLUCCI

Dr Patrick Mallucci's new Mayfair clinic has introduced a 'face ID guarantee' to ensure clients receive natural looking enhancements that won't cause glitches with their smartphone's facial

recognition technology. Who knew? patrickmallucci.com ■

Using 3D imaging and ultrasound, Dr Rhobaye can take super-precise measurements



SWEET HARMONY

With his artistic flair, surgical expertise and advanced technology, Dr Dean Rhobaye's full facial harmonisation procedure gives truly transformative results

Neurotoxins and fillers are easy to inject but very difficult to get right,' says Dr Dean Rhobaye from Sloane Clinic, Harley Street. The world's best injectors, he continues, come from a facial surgical background. 'One needs to understand the biomechanics of the tissue and how opposing muscles interplay with one another. Each patient's anatomy is unique – we all have largely the same muscles but the shape, density and orientation is individual – and how the muscles express themselves is different again,' he explains

His advanced full facial harmonisation procedure involves a delicate combination of neurotoxin (Botox) and facial filler, injected strategically and sympathetically to optimise features, smooth contours and define facial structure in a natural-looking way so that patients look the best versions of themselves.

Using state-of-the-art 3D and ultrasound imaging technology, Dr Rhobaye carefully plans and monitors his treatments to optimise results and maximise patient safety. For neurotoxins, he uses dynamic mapping to assess each patient, taking precise measurements that inform his injection points, depending on the pattern of wrinkles and bulk and expression of the musculature.

Carried out gradually over multiple sessions to allow for progressive, strategic enhancements beginning with an initial phase of filler that provides

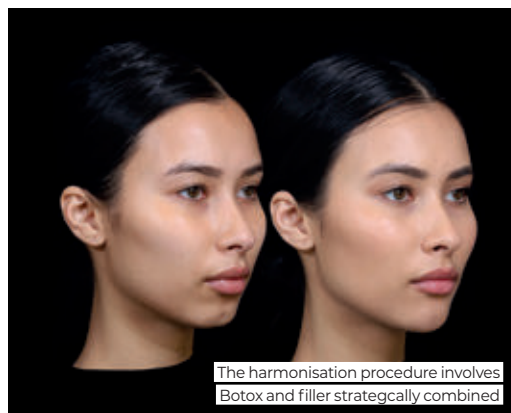
support and structure, followed by refinements to facial contours and proportions while reducing mild facial sagging and minimising wrinkles.

Taking a holistic, bespoke approach, Dr Rhobaye prides himself on the subtlety of his results which come courtesy of his artistic acumen. A keen sculptor, Dr Rhobaye's eye for proportion is undoubtedly a differentiating factor in his arsenal of expertise. The best in class in facial harmonisation, Dr Rhobaye is an award winning practitioner having received the highest accolade at the Aesthetic & Anti-aging Medicine World Congress (AMWC) for his work using advanced injectable techniques. But it is his patients who provide him with the most rewarding feedback.

Staving off unnecessary facial surgery for minimally-invasive techniques that offer exceptional results, his advanced

injectable procedures are highly sought after, not least because they last. 'There is evidence now to suggest that facial filler is more permanent than we first thought, potentially giving long-lasting results that do not need to be continuously topped up. The key is knowing how, where and who to inject and when not to.'

Dr Dean Rhobaye, Sloane Clinic,
10 Harley St, London W1.
020 7340 1488; sloaneclinic.co.uk;
@deanrhobaye



The harmonisation procedure involves Botox and filler strategically combined

KEEPING YOUR COOL

Optimising female hormone health takes a prescriptive approach, but the answers aren't always obvious, says *ANNABEL JONES*

The menopause transition is finally drawing the attention it deserves, so why are we still confused? Alas, shining a spotlight on a condition that millions of women previously faced in silence is only the beginning. There's a dearth of knowledge about just how pervasive an effect low oestrogen, in particular, can have on a woman's physical and psychological health, beyond hot flashes and vaginal dryness – the two most flippantly bandied about symptoms. Except, the menopause is no joke. I hate to be alarming, but lesser known side effects can include anxiety, insomnia, brain fog, low mood/libido/energy, tingling extremities, stress incontinence... The list (sadly) goes on, due to the fact that there are oestrogen receptors on every cell in the body, therefore when levels drop you could be facing a tsunami of symptoms (at least 34), which go undetected.

On the bright side, it is possible to reach status quo by taking hormone replacement therapy, though HRT is not for everyone. What is encouraging about managing menopause today is the supporting role that lifestyle tweaks can have on symptoms from skincare to nutrition and supplements.



Hot flushes are just one of 34 symptoms associated with the menopause

Bracelet **David Morris**

FINDING AN ACTUAL EXPERT

As someone who's spent six years trying to make sense of the vacillating advice I've been given concerning my own hormone levels, it is worth knowing that GPs, despite their best attempts, are not necessarily menopause specialists. Neither are many gynaecologists, I hasten to add. 'Menopause is a sub-specialism. You need the necessary training to understand the complexity of HRT and the underlying conditions that could be at play,' says consultant gynaecologist Anne Henderson from The Amara Clinic (gynae-expert.co.uk), who is a longstanding member of the British Menopause Society (thebms.org.uk), which provides a list of practitioners who have completed post graduate training and research in the subject of menopause. 'Every woman should ask to be referred to a BMS accredited specialist,' explains Dr Henderson who has recently opened an accredited menopause clinic in Tunbridge Wells in conjunction with The Cosmetic Skin Clinic, tackling the totality of concerns women face during the menopause transition including, among other things, aesthetic treatments.



Put a patch on
it... although HRT
isn't for everyone

Bikini,
Dodo Bar Or.
Bracelet and ring,
David Morris

What one has to do with the other largely boils down to the two c's: confidence and collagen. 'There is often this cliff-edge moment when women come to see me with skin concerns related to the menopause transition. They're sleeping less and looking more tired, experiencing dryness and skin laxity, all of which affects not only their looks but their self esteem,' explains aesthetic doctor of the year, Dr Sophie Shotter (drsophieshotter.com). Consequently, she has trained in hormone therapy to offer it alongside aesthetic medicine. 'During the consultation process it would often become clear that there was more going on than just facial ageing – by testing and treating a woman's hormone health I can address the whole person, not just their appearance,' she says.

THE MINEFIELD OF HRT

Six years ago, aged 43, I began experiencing debilitating insomnia, heart palpitations and a cacophony of mystery symptoms I now know were the result of the perimenopause. When a blood test eventually confirmed the triple threat of female sex hormones: oestrogen, progesterone and testosterone were drastically low 'for my age', I was prescribed HRT, a basic packet of pills containing a sequential dose of oestradiol and dydrogesterone, a progestin.

Through my own research I later switched to body identical hormones in a transdermal preparation, except for in the case of progesterone which I take daily in a tablet on the advice of consultant gynaecologist Tania Adib, who explained the difference between the pill I'm taking now (Utrogestan) and the synthetic progestin I was prescribed initially. Progesterone is a naturally occurring hormone in the body, whereas progestin is a synthetic, lab-created hormone that is designed to mimic progesterone. While progesterone isn't responsible for the vast majority of menopause symptoms, it is key to protecting the lining of the womb and helps to maintain calm and relaxation when taken at night.

Alongside progesterone, Dr Henderson says Lenzetto, a spray form of estradiol that can be progressively increased in dose, is a new-gen formulation that's more precise than gels. Another way to take oestrogen transdermally is through a patch, though Dr Henderson points out that not all patches are created equal and highlights Estradot, a tiny discrete sticker that delivers a 'naturally occurring form' of oestrogen through the skin.

Testosterone has hit headlines recently as it has a role to play in improving drive and libido, however it is not yet licensed for use in the UK as a menopause treatment, therefore it needs to be prescribed by a doctor through a compounded pharmacy at your own risk. Many doctors stand by compounded medications, yet some remain sceptical, like Dr Henderson, who prefers to err on the side of caution. She imports Androfeme – 'the only body identical testosterone' – from Australia to prescribe to her clients, if required.

OPTIMISE YOUR NUTRITION

Shotter works in conjunction with a nutritionist who specialises in hormone imbalances, gut health and unexplained weight gain (a confidence-robbing side effect of menopause), referring her patients when relevant to nutritionist Pippa Campbell (pippacampbellhealth.com) who runs an all-female practice that helps identify and treat the root cause of women's hormone, weight and gut issues through thorough testing.

Gut health specialist Eve Kalinik adds that while nutrition should ideally be personalised and identified by thorough hormone analysis, gut (stool) tests and bloodwork to pinpoint specific dietary gaps or underlying health conditions, such as an underactive thyroid that can crop up during menopause, some basic dos and don'ts apply, beginning with a regular eating pattern. 'Fasting is not great for women approaching menopause. When female sex hormones begin to deplete, the adrenal glands can kick in to compensate, therefore leaving long periods of time in between meals can have an adverse effect and even exacerbate menopausal symptoms,' says Eve.

'Sugar, caffeine and alcohol are not your friends when it comes to balancing hormones,' she stresses.

A good rule of thumb, she suggests, is to eat a diet rich in omega-3 fatty acids, with adequate protein and a wide variety of coloured vegetables, which will help to stabilise mood and feed the gut microbiome with dietary fibre, an often-missed but necessary nutrient that studies now show helps to populate gut microbes. When in doubt, cook from scratch and follow the Mediterranean diet, says Eve.

SUPPLEMENTS: HELP OR HINDRANCE?

Supplements can play their part in hormonal health but are often oversold.

Dr Federica Amati is a medical scientist and accredited nutritionist specialising in women's health. Dr Amati says she is sceptical of multivitamins, and prefers instead to focus on a whole foods approach high in plants and polyphenols found in extra virgin olive oil. She does, however, stand by the Indi Body supplement, a 'diet enhancer' of dried and powdered whole plants that contains adaptogens, polyphenols and antioxidants shown to be anti-inflammatory and to improve gut health. Using no bulking agents, artificial additives or chemical preservatives, found in some off-the-shelf vitamins, Indi products are gluten and allergen free.

Gynaecologist Tania Adib suggests her patients take an omega-3 supplement to help lubricate joints, a probiotic for gut health and vitamin D to manage

mood and protect against heart and bone health.

Dr Shotter finds supplementing with NAD (nicotinamide adenine dinucleotide) to be effective. NAD occurs naturally in the body and plays a role in generating energy and improving cellular health. **Nuchido Time+** is a patented formulation that has been clinically proven in a blind placebo-controlled study to increase NAD+ levels (from £65 for 30 day supply, nuchido.co.uk).



*FASTING is not great
for women approaching
MENOPAUSE. And
SUGAR, CAFFEINE
and ALCOHOL are
not your friends when
it comes to balancing
HORMONES'*



Bikini, **Dodo Bar**
Or. Diamond
necklace,
David Morris



If you want to dial things in further, **Bioniq** (bioniq.com) bespoke supplements are based on a blood panel of over 50 markers, including CRP (C-reactive protein) that measures inflammation. Following an initial blood test costing £149, a bespoke multivitamin supplement is prescribed on subscription for £99 per month, which you take for three months, at which point you are tested again to compare results.

Herbal tinctures, says Dr Henderson, can also help to alleviate specific symptoms. 'Sage, for example, can treat palpitations and hot sweats, while magnesium aids sleep, and red clover and black cohosh have phytoestrogens.' Try **Neal's Yard** Sage Single Herbal Tincture, £11 (nealsyardremedies.com), **Terranova** Magnesium Complex, £30 and **Solgar** Red Clover Flower and Leaf Extract, £27.50 (both at johnbellcroyden.co.uk).

AESTHETIC TREATMENTS AND SKINCARE

Changes to a woman's facial appearance can often cruelly coincide with a sudden drop in hormones. This is not the time to be drastic, but to utilise technologies that improve skin quality and hydration. **Dr Sebagh's** PRF (platelet rich fibrin) from £700 (drsebagh.com) is a concentration

of growth factors collected from your own blood which is spun in an advanced centrifugation system, purified, then injected back into your skin to promote healing and, crucially, collagen synthesis – a process that drastically slows down in accordance with the natural decline of oestrogen. With skin continuing to improve for months post procedure, PRF can also be performed on the scalp to naturally stimulate hair growth, ideal for women with thinning hair post menopause, and can be combined with microneedling and radiofrequency.

For eyes, Medical Director at Ouronyx Dr Marco Nicoloso recommends the new NeoGen Plasma treatment (medical-grade nitrogen plasma technology), a clever, clinically proven way to treat the whole skin architecture with less downtime than its ablative predecessors, giving taught facial contours and bright, even skin with little downtime (from £800, ouronyx.com). NeoGen is also safe for use around eyes, however Dr Nicoloso has seen subtle improvements with Nucleofill (£950 for two treatments, ouronyx.com), a new bio-stimulating injectable that harnesses natural polynucleotides to diminish crepiness and dark circles without the water retention that can occur with traditional fillers.

Tweakments, when chosen wisely, bolster confidence, but they shouldn't be used in isolation, says Dr Nicoloso who prescribes personalised medical-grade skincare through GetHarley. 'Injectables like dermal fillers and neurotoxins work to improve the appearance of your face, but you must also address the health of your skin with a good skincare routine,' he reminds us.

Dr Shotter rates **Emepelle**, a clever menopausal skincare formulation that is structurally similar to oestrogen, thus prompting the skin cells to begin collagen synthesis.

In basic terms, ceramides, vitamin C and retinol are the holy trinity of ingredients to seek out during this time. Switch to a ceramide-rich cleanser like CeraVe's Hydrating Cleanser (£9.99, superdrug.com), follow with a vitamin C serum such as **L'Oréal Paris Revitalift Clinical 12% Pure Vitamin C Serum** (£14.99, boots.com), which will help to brighten a drab, sleep-deprived complexion while providing antioxidant protection from environmental toxins, followed by SPF – **La Roche-Posay Anthelios UVMUNE 400 SPF50** (£19.90, boots.com) is as effective and

lightweight as they come.

If your skin is suffering from dryness or dehydration, a lipid-rich cream will be your saviour. Dr Shotter recommends **SkinCeuticals Triple Lipid Restore 2:4:2** (£148, lookfantastic.com).

For night, I like **Dr Sebagh's** Supreme Night Secret (£195, drsebagh.com), a nourishing elixir for face and neck. Though, for an investment that works hard for the money, **Cellcosmet's** Ultra Vital Intensive Revitalising Cellular Cream, (£326, cellcosmet-cellmen.co.uk) is a 24-hour day and night super cream that smooths, firms and protects, preserving the skin's barrier function, which, after all, is the crux of healthy skin. ■



Choose your
skincare wisely:
Emepelle is
specifically for
menopausal
skin; vitamin C is
a must, as is SPF

For dry skin,
look for lipid-rich
creams like
those from
SkinCeuticals,
Cellcosmet and
Dr Sebagh

LASER FOCUSED

A wizard with lasers, Dr Ariel Haus is regarded as one of the world's leading experts at non-surgical treatments

Treating patients with his combined approach of medical aesthetics and clinical dermatology has made Dr Ariel Haus one of the most sought-after skin doctors in his field. Addressing dermatological concerns ranging from confidence crushing acne and psoriasis to life threatening skin cancers, Dr Haus has built a reputation for excellence at his private practice in London's Harley Street. Supported by a team of fellow dermatologists, nurses and aesthetic practitioners, going by the online reviews the patient experience at Dr Haus Dermatology is regarded as warm and inviting, from the reception to the aftercare service, something Dr Haus considers a valuable part of the experience.

It was during his second year of medical school in his home city of Rio de Janeiro Brazil, that Dr Haus pivoted to dermatology after hearing one of the founding fathers of plastic surgery, Professor Ivo Pitanguy, speak about the positive psychological impact surgery had on the burn victims he'd treated. Instantly making the connection between physical appearance and mental wellbeing, Dr Haus developed a passion for dermatology which led him on a distinguished career path, working for the NHS before opening his private practice nearly 15 years ago. Attracting a loyal patient base, mainly from word of mouth, Dr Haus' expanding clientele culminated in the move to luxurious new Grade II listed premises, spread across the entire first floor of the beautifully restored 18th-century building where he offers his renowned non-surgical face and body treatments.

An early adopter of energy devices, Dr Haus has been named an expert at the face-lifting technology Ultherapy by *The Daily Mail*, and is currently excited by the latest resurfacing lasers, such as CoolPeel. 'I still have the first CO2 laser platform



Dr Ariel Haus



that I purchased almost 15 years ago, but the new CoolPeel is light years ahead in terms of the results that it delivers, and without the downtime of the previous technologies. I have had the treatment myself to smooth my complexion,' says Haus. And with summer nearly upon us, body concerns like cellulite are also a key focus which can be treated with ONDA, a device that uses Coolwaves technology to eliminate fat cells and stimulate the production of new collagen. It is his expertise in dermatology with the foresight to harness the advancements of such technologies that gives Dr Haus' patients the excellence they expect – optimum skin quality with transformative aesthetic improvements.

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reception@drhausdermatology.com;
@driehaus*



A BETTER WAY TO RETINOL

Hydropeptide Universal Tri-Retinol is the retinol we've all been waiting for – it's even suitable for those with sensitive skin

Achieving healthy, glowing skin are the goals that we all aspire to, but as we age, cellular renewal naturally slows down leaving skin looking noticeably duller, less even and less radiant. One of the most powerful professional ingredients that has long been employed by dermatologists as a non-invasive treatment is retinol, a vitamin A compound, known for its phenomenal ability to smooth skin, increase luminosity and decrease the signs of fine lines, wrinkles and sun damage by shedding old cells and revealing new ones on the skin's surface.

Retinols often cause reactions even in those not prone to sensitivity, making it unsuitable for sensitive skin types – until now. HydroPeptide has developed Universal Tri-Retinol, containing their exclusive Tri-Retinol Complex – an intelligent, high-performance retinol designed for every skin type with a significantly reduced risk of inflammation. Combining three different forms of retinol, the Tri-Retinol complex harnesses the most efficacious retinoid derivatives to create a unique tribrid product for maximum skincare results.

Encapsulated retinol penetrates deeply into the skin and helps to reduce wrinkles and fine lines, while glyceryl diretinoate and retinol linoleate amplify the retinol response with a sustained-release technology that continually releases vitamin A into the skin over a longer, staggered period to deliver a more effective and less irritating conversion to the active form of vitamin A (a.k.a., retinoic acid) into the skin. The combination of all three makes the Tri Retinol complex a game changer in the retinoid landscape, providing all the benefits of traditional retinoid treatments but without the

associated irritation.

With over 15 years research and development, Hydropeptide is an ageing-well authority when it comes to clinically-backed, peer-reviewed high-performance skincare. Extensive testing among 35-69 year olds has ensured Universal Tri-Retinol is suitable for even the most sensitive of skins while still delivering maximum efficacy.

Tri-Retinol Complex powers the new Hydropeptide Retinol Routine Booster, a powerful anti-ageing treatment. Combined with patented peptide CellRenew-16, 1% Universal Tri-Retinol Complex and Niacinamide, to allow for a higher retinol percentage, improved benefits, and better absorption. The paraben and phthalates-free Booster diminishes the appearance of fine lines and wrinkles, refines the look of enlarged pores, and improves visibly uneven skin tone and texture. Results are seen within four weeks of use.

To target the delicate orbital area, Hydropeptide has created the new Retinol Eye Renewal, a balm designed to lift, firm and nourish delicate under eye skin. This treatment containing the same powerful patented technology as the Retinol Routine Booster to target lines, crow's feet, wrinkles while also reducing bags, puffiness and sagging skin.

hydropeptide.co.uk; [@hydropeptideuk](https://www.instagram.com/hydropeptideuk)

HydroPeptide has spent 15 years developing a retinol range that really delivers





The POWER *of* ONE

As dermatologists report a rise in damaged, sensitised skin, single ingredient layering is being replaced with a new and improved raft of 'super creams'. But can one product do it all? *CLAIRE COLEMAN* finds out

Is it time to strip back our
skincare routines?



In recent years, we've become our own dermatologists. A combination of the pandemic, the rise of single-ingredient skincare and TikTok led to many of us creating our own multi-step regimes based on a cocktail of highly active ingredients.

The only problem was that we didn't really know what we were doing. 'People are very influenced by marketing and what they see on social media,' says Dr Fiona McCarthy, a clinician with skincare concierge service GetHarley. 'If an ingredient is hailed as the new thing, people want to try it, regardless of whether it's right for their skin.'

And generally it's not, resulting in irritation, sensitivity and soreness – it's no coincidence that trend reports, whether from high street retailers like Boots or market analysts Mintel, are flagging 'barrier repair' as a key consumer concern for this year. Then there's the fact that a carefully formulated cream combines ingredients that work synergistically. 'So many active ingredients can't be used together, and you simply don't get the absorption that you should if you're layering them,' says Dr McCarthy.

At best we are wasting money and at worst actually damaging our skin. So it's little wonder that we're starting to see a backlash in multi-layering regimes and a welcome return to super creams – multi-functional moisturisers and serums packed with complementary, bio-available actives that work synergistically to gently, but effectively, improve the complexion, saving time, money and unnecessary damage.

Skin quality is paramount. And it's bright, even, healthy skin that's key. 'I'm seeing a lot of people with compromised skin barriers and sensitivity,' says Dr Sonia Khorana, an NHS GP and community dermatology doctor. 'Often because they've been overusing single ingredient exfoliants or actives which can be very damaging, resulting in dryness and irritation.' And, as Dr McCarthy points out, 'Once you get irritation and an impaired skin barrier, you need to add more products to try to soothe that.' Crucially we need to get away from the idea that a higher percentage of an 'active' means it's more effective. These days, it's all about microdosing – using less of an ingredient for incremental improvements rather than instantaneous results. 'A lower percentage doesn't mean the product won't work,' says Dr Khorana. 'As long as there's a good formulation and a good delivery system, you'll see benefits, and probably less irritation.'

If you're looking for a product to replace an old line up of incompatible serums and lotions, Dr McCarthy says that pretty much everyone will benefit from vitamin C. 'It's effective on

pigmentation, stimulates collagen, and the antioxidant action can help repair UV damage.' Dr Khorana agrees and would also add in ingredients that help to repair and protect the skin barrier. 'I often recommend niacinamide, panthenol, squalene, glycerin

and ceramides as these are unlikely to cause irritation and will benefit most people.' Other ingredients to consider include hyaluronic acid to boost hydration. 'Either layered under a moisturiser or within it,' says Dr McCarthy. And possibly peptides – proteins that can prompt the skin to go into repair mode – producing more collagen and elastin for extra bounce.

When it comes to your day and night routine, dermatologists recommend keeping it simple. For those who are used to a comprehensive routine, that might mean stripping your regime down to a basic trilogy of cleanse, treat, protect. 'I like to start with the absolute basics, and when you've got that down, then you can add in additional steps if necessary,' says Dr Khorana. 'So in the morning, cleanse with a cleanser of your choice, treat with an antioxidant serum, use a moisturiser if necessary, and then protect with a broad spectrum SPF50+ sunscreen. In the evening, cleanse to remove makeup and SPF, then treat depending on your skincare concern – a retinoid will address fine lines and texture as well as help with rebuilding collagen, fading pigmentation and oil control. But if you're acne prone you might be looking at salicylic acid, and if you have rosacea, you might need azelaic acid.'

Can one cream really do it all? If you're already using gold-standard vitamin C in the morning and vitamin A in the evening then what you want from a supercream – or superserum – is a carefully blended combination of ingredients that's going to

boost moisture, bolster your skin barrier, and, if you're lucky, help blitz pigmentation and improve texture, all without irritation. As far as professional ranges go, dermatologist Dr Amiee Vyas recommends a broad spectrum antioxidant serum such as Skinbetter Science Alto Defense Serum, £146 (skinpharmacy.co.uk) that's expertly formulated to nourish brighten and protect from oxidative stress.

But there are plenty to choose from on the high street too. Turn the page to find out our recommendations...



Dr Fiona McCarthy

*If you're looking
for a PRODUCT to
replace an old line-up
of INCOMPATIBLE
serums and lotions,
everyone will benefit
from VITAMIN C*



Dr Sonia Khorana



HARD WORK

The Six Best Super
Creams to Buy Now



1 DIOR CAPTURE TOTALE LE SÉRUM
A reformulation of the original, this new version claims to be Dior's first serum to visibly improve skin firmness, as well as working on lines, pores, unevenness and radiance, thanks to a hyaluronic acid complex and a fermented extract that rejuvenates older skin cells. £72, dior.com

2 EIGHTH DAY REPARATIVE MOISTURISER
Formulated by dermatologist and surgeon Dr Antony Nakhla, this blend of peptides, ceramides, omega oils, antioxidants and growth factors has been designed to both hydrate and repair damaged skin. £150, harrods.com

3 NO7 RESTORE & RENEW MULTI ACTION SERUM
Developed following 15 years of research, it contains completely new peptides, identified through medical-grade research, that don't exist in any other range, alongside niacinamide, vitamin C and hyaluronic acid for all round skin rejuvenation. £44.95 for 75ml, boots.com

4 VENN VITAMIN B ACTIVATED ALL-IN-ONE CONCENTRATE
Combining mastic gum, known for its antioxidant and anti-inflammatory properties, with multiple B vitamins including barrier-repairing panthenol (B5) and niacinamide (B3), and amino acids, makes for a multi-correctional cream that works on all aspects of ageing skin. £180, spacenk.com

5 TATCHA THE SILK SERUM
A super lightweight serum that includes a cranberry extract, packed with peptides and amino acids, sea fennel, which reduces roughness and soothes irritated skin, as well as moisture-binding silk protein which helps smooth and plump fine lines. £98, tatcha.co.uk

6 MYBLEND REVITALIZING CREAM
This new brand, from the Clarins stable, combines tech with supplements and skincare and this, their hero cream, combines peptides, hyaluronic acid, squalene, shea butter and vitamin E to help skin become smoother, plumper and firmer, with enhanced radiance. £210, harrods.com ■

A FRESH APPROACH

In the age of natural-looking aesthetics, Ouronyx is leading the way

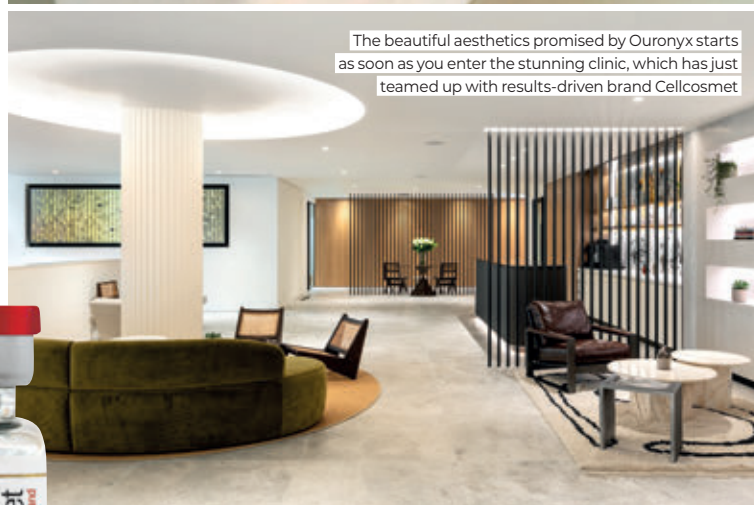
'Our aim is to age well rather than reverse time,' says Clinical Director, Dr Marco Nicoloso. Ageing, he believes, is not something to be feared but rather revered and cherished, an ethos that is upheld from the consultation to the bespoke treatments and diligent aftercare.

Like a piece of fine art, for Nicoloso, your face deserves the same care and attention throughout life. A unique and discerning method of aesthetic medicine, at Ouronyx the goal is not to transform your features or diminish all signs of ageing, but to restore and maintain each individual's unique beauty by revitalising the skin, restoring resilience and replacing lost volume with a carefully curated combination of aesthetic treatments and personalised skincare that's continually adapted to the changes in lifestyle and the passing of time, in a slow and incremental way.

A highly skilled injector, Nicoloso's sought-after technique centres around restoring volume and structure where bone and fat has naturally reabsorbed, thus reinstating the underlying scaffolding that helps to lift and support not only the skin, but the muscle and cushioning beneath. Understanding the complexity of facial anatomy is key to Ouronyx's approach, which is about looking rested and rejuvenated and never overdone. Advocating for micro treatments carried out over time, injectables from filler to neurotoxins and bio-stimulators such as Profilla, and dark circle corrector Nucleofill, form the foundation of Ouronyx's aesthetic procedures, bolstered by complementary treatments that focus on skin health.

This holistic approach has led to a new partnership with Cellcosmet, a results-driven skincare brand that blends proven natural ingredients with leading microbiome science and cellular technology. 'Injectables work to improve the appearance of your face, but you must also address the health of your skin with a good skincare routine – the foundation for healthy skin,' says Dr Nicoloso.

Appreciating that regular skin treatments are a key component to optimising results, Ouronyx has created an exclusive professional facial harnessing Cellcosmet's products and expertise. Vital to keeping skin looking at its best, a well



The beautiful aesthetics promised by Ouronyx starts as soon as you enter the stunning clinic, which has just teamed up with results-driven brand Cellcosmet



moisturised and enhanced skin barrier will help to extend the life of injectable treatments, which thrive on moisture to absorb hydration within the skin for a dewy, plump complexion. The ingredients within the serums will then help maintain the skin barrier function while boosting skin with proteins and peptides, along with hyaluronic acid, improving its elasticity, firmness and glow.

Book your complimentary consultation at Ouronyx and a Cellcosmet facial every four weeks at the beginning of every new skin cycle for optimal results.

Ouronyx, 20 St James's Street, London SW1,
020 4542 1697, ouronyx.com; @ouronyx;
[@cellcosmet_official](https://www.instagram.com/cellcosmet_official); YouTube @CellapLaboratoire



Is tight, bright skin the
ultimate status symbol?

AND JUST LIKE THAT...

Tight, glass-like skin is the ultimate measure of class. **ROSIE GREEN** lifts the lid on the stealth protocols behind maintaining a flawless complexion as we age

We can all think of famous faces who, in the pursuit of beauty, are beginning to look a little, well, weird. Think ironed foreheads, waxy ‘embalmed’ skin, blowfish lips and alien cheeks. The result of their costly tweakments? Not fresher

or younger, just stranger.

No surprise then that among the style cognoscenti there’s a rejection of this overdone look and instead a craving for a more subtle, stealthy approach to rejuvenation and enhancement. Not for the chic set are conspicuous procedures that are bandied about on social media – like buccal fat removal (a permanent surgical procedure that involves creating killer cheekbones by removing the fat from under them. Its long-term effects are unknown and it is only suitable for specific facial shapes).

The use of syringe after syringe of fillers to inflate lips or plump up cheeks to chipmunk level feels outdated. Ditto heavy-handed Botox that eradicates every line, but simultaneously any expression. ‘It would be fair to say that injectables are being challenged as the status quo,’ says the lauded cosmetic doctor, Uliana Gout. ‘No longer is our patient demographic just looking for that “plumper lip” or “more contoured cheeks”, but rather asking for a more holistic approach to looking healthy, fresh and energised. Think clear, smooth, radiant and blemish/pigment-free skin.’

‘Skin quality has become the new obsession among my patients,’ agrees A-list aesthetic physician Dr Wassim Taktouk.

All the experts interviewed here agreed that by improving skin health, injectables can be used more sparingly

and the client can thus achieve a more natural refresh. But how do you achieve such sought-after skin? According to the best in business, it’s about taking advantage of new advances in aesthetic technology and deploying a multi-pronged approach with energy devices, muscle

stimulators, lasers and massage. Without further ado, here’s the inside track on the non-surgical facelifts, complexion rejuvenating injectables and supercharged facials that will slow and even reverse your skin’s ageing process.

‘Most women do not want to go under the knife,’ says Dr Judy Todd. And Dr Todd, the woman behind Shirley Ballas’ recent refresh, is a firm believer they don’t have to. Why? She believes that new energy treatments like NeoGen Plasma (Shirley’s choice) can deliver surgery-rivalling results. ‘They have significantly improved outcomes and we are getting incredible and natural looking transformations with just a few treatments.’ So how does NeoGen

Plasma work? It uses nitrogen plasma pulses to deliver controlled high temperatures deep inside the skin tissues to massively boost collagen and elastin production and thus plump and lift the skin. For Shirley’s treatment, Dr Todd combined five NeoGen treatments with two sessions of Morpheus8 (famed for Judy Murray’s transformation – another Dr Todd triumph) and Obagi Nu-Derm skincare over ten months. We did say stealth... And wealth. The total cost for Shirley’s treatment with Dr Todd

is around £5,500 at Cadogan Clinic (cadoganclinic.com). Ouronyx, a high-end, non-invasive clinic specialising in skin refinement, has also recently added NeoGen Plasma to its menu (ouronyx.com).



Dr Judy Todd (left) was the woman behind Shirley Ballas' recent refresh



Dr Uliana Gout



Dr Wassim Taktouk

FACE FORWARD

How to get the skin you want – with a little help

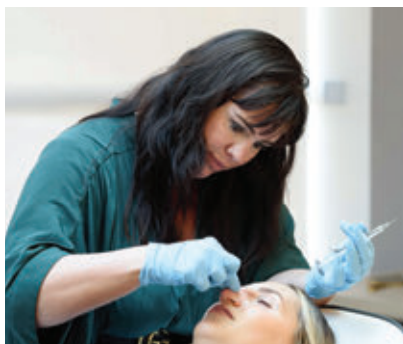
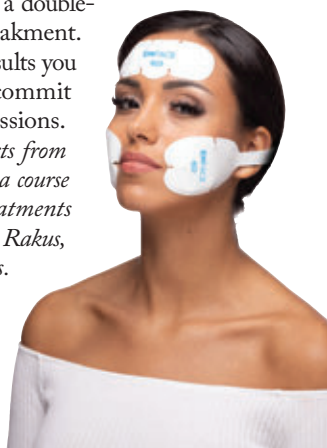


« THE RISE OF THE MICRODOSE

Unlike diamonds and plane seats, injectables are not an area where more is always more. For a decade at least, little and often has been the mantra of the best aesthetic doctors. Now, they are practising 'microdosing'. 'It can be called Skin Botox, Micro Botox or Microtox,' says Dr Christine Hall (left), who is the go-to practitioner for it. In the Taktouk Clinic, where she practises, it's called 'the glass skin treatment as that's the final look the treatment aims to achieve.' How does it work? 'Instead of the toxin going in the body of the muscle, the injections inhibit the most superficial fibres of the muscle which attach to the dermis. This means the pulling and tethering effects on the skin are reduced while the movements in the main body of the muscle are maintained. People get an airbrushed look and lustre that you do not get with standard Botox injections.' Be warned though, higher numbers of injections are required for Microtox treatments than with typical Botox. 'For the forehead or midface approximately 20 injections are needed to complete both sides and it needs to be done every three to four months.' *Micro Botox with Dr Hall starts from £695, drwassimtaktouk.com*

✓ A BIT OF MUSCLE

Muscle-stimulating treatments are a new and stealthy way to lift and sculpt the face without needles or knives. Emface, dubbed the new non-invasive, needleless facelift, follows on from the hugely successful body contouring treatment Emsculpt, and works by encouraging the muscles to rapidly and repeatedly contract and thus improve strength and tone. It also uses heat energy to create new collagen within the skin, so it's a double-action tweakment. For best results you need to commit to four sessions. *Emface starts from £3,000 for a course of four treatments at Dr Rita Rakus, drritarakus.co.uk*

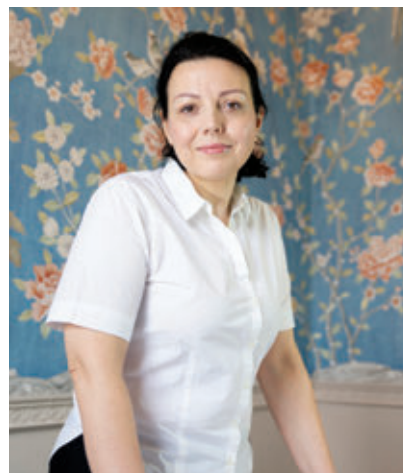


⤴ IT TAKES TWO

Another game changer is the new 'hybrid' injectable HArmonyCa. Industry leader Dr Sophie Shotter (above) says: 'It's the first product available which brings together two clinically proven ingredients in a single syringe. The hyaluronic acid component gives immediate lift and volume, like filler does. The calcium hydroxyapatite then continues to stimulate collagen and elastin production naturally which will give skin back its firmness and bounce. Results last up to three years.' *HArmonyCa from £850 with Dr Sophie Shotter, drsophieshotter.com*

✓ BARE BONES

Less of a commitment is the 'bone resetting' facial with aesthetic therapist Izabela Pawlitka (below) at Dr David Jack's new London clinic. Otherwise known as the Golki facial, it involves manually stimulating the bones in your face to lift and contouring to restore a more youthful v-shape through deep tissue massage. The technique increases blood circulation around the bone, increasing calcium absorption. To achieve facelift results you need a rather hefty 30 weekly sessions, but after a single session clients report looking visibly fresher with rejuvenated eyes. To achieve the flawless, poreless Korean complexion Izabela combines the Golki facial with Lumecca IPL therapy to tackle redness or pigmentation. *Golki facial £170, Lumecca treatment from £450, drdavidjack.com*



X MARKS THE SPOT

Perhaps the biggest news in the anti-aging arena is the arrival of Exosome treatments, the best of which originate from South Korea. 'Exosomes are tiny, ultra-efficient messengers that give your dormant skin cells that wake-up call they need to rejuvenate, regenerate, brighten, and turn back your skin's biological clock,' says Dr Shameema Damree, who has pioneered their use at Urban Retreat in London's Knightsbridge. 'They increase the production of collagen by 600 per cent and elastin by 300 per cent – a degree of regeneration never seen before.' Dr Damree combines this with radio frequency to further tighten and lift. *5 Billion EXO-RF FACE from £2,625 per session (a course of three sessions is recommended), urbanretreat.co.uk* ■

CRAFTING CONFIDENCE

Feeling good as well as looking good is the mantra of plastic surgeon Mr Hagen Schumacher

Many plastic surgeons create work designed to meet standards of beauty imposed by society. But Mr Hagen Schumacher, director at Adore.Life Limited, has a guiding philosophy that is subtly different.

'I feel that what you look like to others is of secondary importance. The thing that matters is how you feel about your appearance. A marked increase in my patients' confidence and self-esteem, which is bound to lead to a happier, more fulfilled life, is what I aim for with my surgical work,' he says.

A highly qualified consultant plastic and reconstructive surgeon, Mr Schumacher started his medical education in Hamburg before becoming fully UK-trained in plastic surgery at Cambridge University Hospital and associated units. He sub-specialised in surgery of the head and neck as well as the breast region, but is certified for all areas of surgical and non-surgical procedures. He is still an NHS consultant surgeon with over 10,000 procedures in his logbook. But today, he concentrates mainly on his private practices in London and Cambridge, where his main interest is in aesthetic surgery of the face (including rhinoplasty, eyelid surgery, chin alterations and facelifts), breast surgery and labiaplasty operations. More niche procedures such as buccal fat removal, full-armpit reduction, dimpleplasty surgery and facial implants are also part of his portfolio.

SURGICAL PARTNERSHIP

Honesty, respect and a collaborative approach to getting the best possible result from any operation or procedure are front and centre when it comes to Mr Schumacher's relationships with his patients. 'Many patients ask me if I can guarantee a specific outcome of their surgery,' he says. 'My answer is: "I don't know." That's because a fantastic result depends not only on surgical technique, but also on healing and expectations. So I select patients carefully and involve them as equal partners in the surgical process. I encourage them to take the right steps to speed up the recovery process and discuss openly and



honestly what can and cannot be achieved. In my clinics, we pride ourselves on our transparency, understanding and on being entirely free of judgement.'

Mr Schumacher prefers to perform his procedures as a day case and under local anaesthetic wherever possible to further enhance healing and recovery. With over

20 years in the industry, he is registered, certified and highly respected not only in the UK but in Europe and the United States as well. Here is one plastic surgeon whose ability to craft beauty as much as confidence should put him at the top of your wish-list for cosmetic procedures.

Mr Hagen Schumacher, Adore Life, Harley Street Clinic, 152 Harley Street, London W1. @hagenschumacher, 0203 086 7371; www.adore.life

Here comes the GROOM

From soap and water to retinol, now tweakments have become just another weapon in a man's expanding grooming armoury, says *LEE KYNASTON*

I'm a man and I've had tweakments. I've had Botox, I've tried fillers, I recently had a whole load of age-related - and age-revealing - cherry angiomas removed from my trunk. As confessions go, it's not exactly up there with 'I never wear underwear' or 'I only brush my teeth once a week', but it's probably one that I, like most men, wouldn't have been all that comfortable making ten or 15 years ago.

But times have changed. Men have changed. In an attempt to improve their appearance, boost their confidence and give Old Father Time a run for his money, an increasing number of men are turning to tweakments - non-surgical cosmetic procedures like 'Brotox', fillers and microneedling - to fine tune their features, increase their competitiveness in the workplace and boost their self-confidence. And, like me, they're no longer quite so reticent about admitting it.

It's a phenomenon seen in aestheticians' offices the length and breadth of the country. 'Over the last few years, the number of men coming for treatments in my clinic has increased significantly,' says Dr David Jack, a leading aesthetic doctor based in London's Harley Street. 'When I first started doing injectables about 13 years ago, only a few patients were men - now about 30 percent are men and they're from varying backgrounds, too.'

One of the reasons for men's growing interest in tweakments is their overall - and increasingly unashamed - interest in self-care. The boom in male grooming as a whole (the market is now worth a whopping £500 million in the UK), the normalcy of previously taboo procedures like hair transplants, and men's more relaxed

attitude to gender norms (according to a YouGov survey one in 20 men now wear makeup on a regular basis), means tweakments are increasingly seen as just another weapon in their expanding grooming armoury.

'Younger men, especially, are increasingly open about having tweakments because they view them as a logical extension of their existing personal care regimes,' says award-winning aesthetics doctor Dr Ahmed El Muntasar, who has clinics in London, Leeds and Manchester, and whose clientele was once almost exclusively female but is now 30 percent men. 'The whole stigma surrounding treatments has gone,' he says, pointing out that couples often come into his clinic together for his-and-hers tweaks.

Interestingly, it was the pandemic that really lit a fire under the trend, with aestheticians like Dr El Muntasar benefitting from what's been dubbed the tweakment 'Zoom Boom' that came after lockdown. Forced to communicate remotely via video conferencing services, men were suddenly up close and personal with their own face like never before. The camera, after all, never lies.

'The major appeal of tweakments is that they provide a subtle way of improving on what nature gave you, and also of managing how you look as you age,' says Alice Hart-Davis, founder of *The Tweakments Guide* (thetweakmentsguide.com) - an indispensable resource for anyone interested in minimally invasive procedures. 'Now they know that these procedures are available, and that if the treatments are done well they look terrific, why wouldn't men want that for themselves?' she says.

*An increasing number
of MEN are turning to
TWEAKMENTS to fine
tune their FEATURES,
increase their
COMPETITIVENESS
in the workplace and
boost their SELF-
CONFIDENCE*

Aesthetic medicine is no longer
just a woman's domain

Ring **David Morris**



The great thing about tweakments is where they sit on the spectrum of self-improvement options: superior to skincare in terms of results, they're also nowhere near as scary as knock-you-out-and-rearrange-your-features surgery. What's more, they're quick (many can be carried out in a lunch hour) and there's practically no downtime. They're certainly no scarier than a barbershop shave and nowhere near as eye-watering as a back, sack and crack wax. The other big draw for men is their relative subtlety. If done subtly, it's unlikely anybody's going to ask who the new boy is when you pop back to the office after 'a little work'.

What's interesting to me, as someone who's written about male grooming for over 20 years, though, is why men are clamouring for these treatments. Not long ago, I'd have said they want to look as attractive as possible in order to attract a partner or look their best to remain competitive in a precarious job market, and though these remain factors (a chunk of Dr El Muntasar's are indeed 'city boys'), the practitioners I spoke to revealed that these days men are investing in self-care for themselves – because it makes them feel good and boosts their self-confidence. To paraphrase a legendary beauty brand, they're doing it because they're 'worth it'.

This has indeed been my personal experience. I'd been massively conscious of my age-defining cherry angiomas (harmless bright red moles that appear on the trunk and arms as we get older) every time I removed my shirt. Once they were removed that self-consciousness evaporated. Although not a tweakment in the Botox or filler sense, the removal of these annoying little imperfections – using advanced electrolysis – took just 15 minutes and cost the same as a fancy dinner out with friends. That's the beauty of tweakments: the results are often disproportionate to the small amount of time required and the financial investment made.

So what confidence-boosting tweakments are men having then? According to Dr Jack, injectables are still (and will continue to be) the most



Tweakments are no SCARIER than a barbershop shave and nowhere near as EYE-WATERING as a back, sack and crack wax. And there's practically no DOWNTIME

popular treatments with men, in particular subtle Botox treatments to lift eyelids and reduce frown lines, though it's no longer the blunt instrument it was when I first tried it back in 2009 and ended up looking like an egg with hair. 'Nowadays, most sensible practitioners will treat patients in a subtle way, using fairly light doses of Botox to gently treat the face and reverse the age-related changes in the dynamic muscles of the face, rather than heavy doses to paralyse the muscles completely,' he says reassuringly. 'When it comes to men, I always like to reassure them that I have an extremely conservative approach – Botox should only ever be done to reverse the change in muscle dynamics that has happened over time, and never used to completely freeze facial movement, and dermal fillers only injected to replace lost volume – otherwise things often begin looking "done".' Botox from Dr Jack starts at £350.

Treatments like the Lumecca IPL, a powerful light-based device which helps reduce hyperpigmentation caused by sun damage, is also popular with men (expect to pay around £450 for the face), as is 'tear trough' revolumisation with fillers. 'The tear trough is a massively popular treatment among men, arguably the most popular,' says Dr El Muntasar. 'It uses very thin hyaluronic acid dermal fillers to reduce the hollowness in the under eyes and since, anatomically, men generally have deeper tear troughs, it makes them look a little bit more tired so it's a great antidote to that.' Prices start from £450 at Dr El Muntasar's clinics.

Skin tightening treatments such as Morpheus8, which despite sounding like a star on the outermost reaches of the galaxy, is actually a procedure using micro-needling and radiofrequency technologies to stimulate collagen and elastin, is also on the up, as is Prophilos, an injectable

'biostimulator', which hydrates skin and stimulates collagen and elastin and costs around £450. 'Men like it as it has no risk of creating an "overdone look",' says Dr Jack, who points out that most guys are unwilling to waste time or money on basic, spa-type facials but are more than happy to invest in facials that utilise new technology and offer more comprehensive and visible results.

As well as the eye area, the jawline is another prime tweakment spot for men, with Dr El Muntasar citing it as an area ideal for remodelling with the use of fillers (prices start around £350). 'The treatments that you do for men and women are quite similar – it's just the way you do them that changes,' he says. 'The jawline is popular with men as it makes the face squarer, which is deemed as more masculine looking.' As Hart-Davis says, though, when it comes to tweakments it's all possible (these days fillers are even being used to increase penis girth, but that's another story entirely). Question is, if you're a guy who's interested in some subtle work, where do you begin your tweakment journey?

'The key thing is to research your practitioner,' says Dr Jack. 'Each will be

slightly different in their approach, so I'd always go with a personal recommendation first and foremost, from someone you think looks good – after treatments! I think (and I'm sorry to say this) that you should also judge the face of your injector – if they look odd to you, then steer clear. I'd obviously check the credentials of your doctor to make sure they are GMC [General Medical Council]-registered and have plenty of experience in aesthetics too.'

I have to say, looking at my own mush in the mirror just now I'm once again tempted to have a little something done. Like most men, though, if I'm to improve on nature I want subtle – I don't want to end up looking like Mickey Rourke. With this in mind, I ask Dr El Muntasar what tweakments he thinks might improve my own looks. 'You'd definitely benefit from tear troughs to reduce the hollowness under your eyes and possibly a little filler to square off the cheekbones,' he says, matter-of-factly. 'Since you have a shaved head, defining the chin with a touch of filler would look great too.' I'm not remotely offended by his brutal assessment – in fact, I'm rather excited. I can already feel my credit card itching to escape my wallet.



FIVE TWEAKMENTS IN A TUBE

Upgrade your grooming routine



1 SPOTLIGHT ORAL CARE PROFESSIONAL LED TEETH WHITENING SYSTEM According to a survey by Oral B, a white smile doesn't just make you look attractive, it can knock almost five years off your age. £119.95, uk.spotlightoralcare.com

2 THE ORDINARY ARGIRELINE SOLUTION 10% This inexpensive wrinkle buster contains Argireline, a peptide with muscle-freezing effects similar to Botox, making it ideal for frown lines. Effects are subtle rather than astounding. £8.40 for 30ml, theordinary.com

3 BENNY HANCOCK CONCEALER CORRECTIVE PEN This clever concealer pen is the perfect way to disguise age spots, under-eye dark circles and other little imperfections – in an instant. £18, humanery.com

4 LAB SERIES INSTANT FIX COLOUR CORRECTING MOISTURISER This clever moisturiser acts like a filter for your face, evening out skin tone and minimising imperfections. £33 for 50ml, labseries.co.uk

5 MEDIK8 THE CSA KIT RETINOL EDITION FOR MEN Retinol is one of the most powerful anti-ageing ingredients around, and this kit is the perfect place for any man to start his anti-ageing adventure. £119, medik8.com

BRUSHING IT UNDER THE CARPET

Female hair loss is the latest taboo to break. But as a multi-billion-pound industry has sprung up around it, how do we know what really works? *Brigid Moss* has (almost) tried it all

Now we're openly talking about the menopause, the next taboo to break is female hair loss. It affects 40 percent of women up to the age of 50, and up to 60 percent after that. But despite it being a common female experience, it's often tinged with shame and dealt with in secret.

Like a lot of women, I noticed I was losing hair in my mid-40s, an extra bonus to go with the hormonal havoc of perimenopause. Functional medicine GP Dr Klaudia Raczko, who specialises in hormones, explains: 'In general, your body does not like hormonal fluctuations, and so they can have an impact on the hair follicles.' Having been blessed in my 30s with an abundance of hair, by the age of 45 I was like a Labrador in spring, leaving a trail of hair behind: the car seat, my cardigan, the yoga mat.

It was miserable and I couldn't tell anyone. It was only during the pandemic that I realised it wasn't just me. Due to stress, hair loss went up and people began to discuss it, subsequently leading to a boom in home and salon treatments. Latest figures from 2021 estimate the global market to now be worth several billion dollars.

'Female hair loss has been such a taboo topic for so many years, so there is a lot of mystery surrounding it. Women feel they are alone, and that can be really scary,' says Anabel Kingsley, trichologist and brand president of Philip Kingsley clinics. 'Now we are having many more conversations about it. And yet, there's a flipside; there's a lot of misinformation being spread.'

WHY HAIR THINS

Most women will have more than one reason for hair loss. That was the case for me too. As well as menopause, I am sure stress played (and is playing) a big part; the stress hormone cortisol steals the raw materials we need to make hair-friendly oestrogen and progesterone, according to nutritionist Pippa Campbell, author of *Eat Right, Lose Weight*. She diagnosed me with a borderline underactive thyroid plus anaemia and very low ferritin (iron stores), low levels of vitamin B12 and vitamin D. 'These are some of the most common nutrient shortages that affect hair growth,' she says, 'and I'd also add zinc and folate. I often check iodine and selenium levels too, as they are so important for thyroid function. Even

borderline underactive thyroid may lead to hair loss. Clues are feeling tired, having cold hands and feet, finding it hard to lose weight and the outer third of your eyebrows going missing.'

Whereas illness and nutritional deficiencies such as those mentioned tend to cause shedding all over the scalp, hormonal or female pattern hair loss (FPHL) tends to be at the temples, hairline, parting and/or crown. The latter is driven by male hormones, specifically DHT, a breakdown product of testosterone. Women in their 20s and 30s with polycystic ovaries often lose hair due to high levels of testosterone and DHT. But from the perimenopause onwards, hair loss tends to be based on genetic factors. 'It's not that testosterone is too high,' says Kingsley, 'it's that hair follicles are overly sensitive to DHT.'

There are two other kinds of hair loss that I don't have. 'The most common type I see in women is traction alopecia from hair styling such as a tight ponytail, as well as chemical straightening,' says hair transplant surgeon Dr Chris D'Souza. The final kind is alopecia caused by autoimmune conditions, where the immune system mistakenly attacks the follicles; this tends to be the hardest kind to treat.

TOPICAL SOLUTIONS

In the year since I've started to investigate hair loss seriously, all the experts I've spoken to describe seeing people in clinic who've been misdiagnosed. To eliminate this, I took the Fagron TrichoTest with hair transplant surgeon and aesthetic doctor Dr Munir Somji. It identifies hair loss related genes and from this, can advise which type of treatment you'll respond to. 'It can test if you'll respond to biotin, the B vitamin which is in most supplements but 50 percent of people don't have the enzyme to make use of it,' says Dr Munir. 'It can also tell you if it is worth supplementing with collagen.' The most useful thing the Fagron test reveals is whether you're one of the 70 to 80 percent of people who respond to minoxidil (Regaine), the only UK licensed medication and first line treatment for FPHL at most clinics. Minoxidil increases blood flow to the follicles and works against DHT. A good tip: if you buy it at a chemist, use the five percent men's version once a day, rather than the two percent version for women twice a day. Some

FIVE HEALTHY HAIR HEROES

Give yourself a head start



1 CENTRED SQUISHY SCALP MASSAGER
And relax. £14, wearcentred.com

2 MONPURE CLARIFYING SCALP SCRUB
Deep cleanses without stripping oils. £48, monpure.com

3 PLANTMADE GROW PRO DERMA ROLLER
Boosts blood flow and reactivates dormant follicles. £27, wearplantmade.com

4 VIVISCAL PROFESSIONAL SUPPLEMENTS
Clinical trials back up its effectiveness. Only available via professional practitioners

5 PHILIP KINGSLEY DENSITY THICKENING PROTEIN SPRAY £38, philipkingsley.co.uk



You don't have to brush away your hair loss concerns anymore, there are people and products to help

doctors – including Dr Munir – prescribe up to ten percent.

At the Philip Kingsley clinic, the main treatment is minoxidil plus a personalised mix of oestrogen and progesterone. 'It's like HRT for the scalp,' says Anabel Kingsley. One downside of minoxidil and, in fact, all treatments for genetic FPHL is that you need to keep using them. Some people find it easier to take a pill; the option here is spironolactone, an anti-androgen. Its NHS use is as a diuretic, but Dr Munir prescribes it off label as it stops follicles being as responsive to DHT.

There are also natural ingredients that have been shown to work. A 2015 study showed that rosemary oil was as effective as two per cent minoxidil in women and people rave about it, not least on TikTok. The entrepreneur Ama Amo-Agyei launched Plantmade, a range of hair treatments, to deal with her own hair loss. It's based on ayurvedic ingredients. She says customers have reported the range working for all kinds of hair thinning, including traction, androgenic and stress-related hair loss.

Another at-home therapy with some evidence behind it is low-level laser therapy (LLLT). Lily Earle, daughter of beauty pioneer Liz Earle, sells the Cellreturn Hair Alpha-Ray helmet (cellreturn.co.uk), a device designed in South Korea. Its infra-red and red lights increase blood flow – and so nutrition – to follicles. One study on men and women with androgenetic alopecia showed that using it for 20 minutes a day led to an increase in hair density of 25 per cent over six months. At just a fraction under £2,000, it's not for the faint-hearted. Other studies suggest that simply massaging your head can improve circulation and so, over time, hair density too; 'anything that improves blood flow is a good idea,' says Dr Munir.

NEEDLING, STEM CELLS AND GROWTH FACTORS

Another approach is to create tiny wounds in the skin, provoking a healing response that kick-starts follicles. The easiest way to do this is with a derma roller, once or twice a week. Adding growth factors and follicle-feeding nutrients super-charges the effect. During The Rapunzel Method at EF Future Health (from £1,995 for five sessions, ef-futurehealth.com), your scalp is first derma-rolled, then the therapist applies a solution containing growth factors that feed the follicle's stem cells. You're sent home with the Monpure scalp health



Silver dress,
Georgia Hardinge

haircare range, including a scalp exfoliator.

The original and still-worth-having treatment in this category is platelet-rich plasma (PRP) therapy, aka the vampire facial. You donate a vial of blood that's spun in a centrifuge to separate out the plasma, which is then needled back into the scalp. On average, says Dr Wassim Taktouk, three to six months is all it takes, and results will last 18 to 24 months (costs from £650, drwassimtaktouk.com).

The most futuristic treatment is with exosomes, healing and signalling molecules that are currently being developed in the medical field as a delivery system for cancer drugs. Dr Shameema Damree first uses radiofrequency microneedling to open channels so the exosomes can reach the follicles then applies a solution filled with these potent molecules. A course of five of Dr Damree's RF and exosome treatments (£950, evocyte.co.uk) is recommended to reboot the hair's growth cycles.

TATTOOS AND TRANSPLANTS

A clever way to disguise hair loss that's emerged out of the brow microblading technique is scalp micropigmentation. It works well on dark hair, giving the illusion of a less visible scalp by camouflaging where hair is sparse (from £2,000,

thedsouzaclinic.com). Hair transplants are on the rise in women, too. Dr D'Souza says, 'People are becoming more aware that a transplant is possible, and it's become more mainstream too.' At Dr Munir's clinic, 95 per cent of his transplant clients are women. Transplants became more appealing to women with the advent of the Follicular Unit Extraction (FUE) technique, which involves implantation of individual follicles. Unlike the original Strip (Follicular Unit Transplantation or FUT) technique, where the transplant areas have to be shaved, FUE makes it possible for hairs to keep their length. Good candidates for both must have enough hair in the donor site, usually at the back of the head.

To be a candidate for a hair transplant you need plenty of possible donor follicles. At an average price of around £7,000, with two weeks of downtime, it's a big decision.

What's frustrating about treating hair loss is the time it takes to reap the results – up to six months is average – therefore, real change can be imperceptible, especially if you are concurrently making lifestyle changes that could also have a positive impact. I'm not saying never on the hair transplant. It may be a major investment, but not having to worry about thinning hair could well be the best money I'll spend yet. Time will tell. ■

IT'S ALL IN THE BALANCE

With a background in dentistry and facial surgery, no one understands the importance of balance in the face more than Dr Yusra

Radiance on the outside and wellness on the inside.' That is the mission of Dr Yusra Al-Mukhtar's award-winning clinics in London's Harley Street and Blundellsands, Liverpool. Utilising the most gentle and effective evidence-based medically proven techniques and devices to create an Empowering Transformation™ that is fresh, but never fake and never done, to give her patients back their confidence and power in their daily life.

With a background in dentistry and facial surgery, Dr Yusra developed a keen interest in facial rejuvenation after spending several years training in maxillofacial surgery at various trauma hospitals in London and she has built a reputation over the last decade as a top aesthetic doctor specialising in the very latest non-surgical innovations in cosmetic treatments. She believes that every client is unique and deserves an individualised approach to treatment.

Dr Yusra has built the clinic on word of mouth and is a strong believer in normalising rather than overfilling and distorting. Her years working in facial surgery have enhanced her understanding of anatomy and her belief in ensuring 'all five layers of the face are in the same decade'. By using facial fillers to tweak facial proportions, combined with radiance enhancing prescription skincare and device-led treatments, she creates outstanding transformations and, as such, is well known for her facial harmonisation and profile balancing treatments.

Master of non-surgical rhinoplasty, Dr Yusra uses the Align Lift Refine technique to straighten noses and lift drooping nose tips, along with non-surgical face lifts and facial contouring treatments using dermal fillers, Endolift, Secret Pro, Morpheus 8 while the latest technology devices contour the face, enhance sunken cheeks, treat sunken eye bags and correct underdeveloped or weak chins.

Dr Yusra has trained her talented, hand-picked team



Dr Yusra offers bespoke treatments for the most natural-looking results



of doctors with this very approach and has mentored each clinician to ensure they provide the highest standard of care and deliver the most gentle, effective treatments using her bespoke techniques for the most beautiful, natural looking results. Rest assured all the doctors at the clinic will treat you with the highest care and support, educating first and putting you in control of your treatments and results.

Her globally renowned expertise drives patients in from all over the world, who regularly fly in from the USA, Middle East and Europe. Her motto is treating everyone with a highly personalised approach to support them with their aesthetic goals and is the secret to many celebrities glowing faces.

Dr Yusra Clinic, London Aesthetic Health Clinic, 39 Harley Street, London W1. 0333 224 4666; @dryusra.almukhtar @dryusraclinic



SMOOTH OPERATOR

We all deserve to feel great, believes Dr Surbhi Virmani from the Cosderm clinic

Every one of us wants to look and feel amazing, and the cornerstone to this goal is surely amazing skin. A mirror to our wellbeing, beautiful skin is a journey. As time goes on it can become increasingly difficult, as collagen production diminishes as we age, and the skin no longer has the resilience to keep up. Restoring a youthful glow can feel impossible, but one place that has the tools and expertise to help you achieve this is the Cosderm Clinic, in Mayfair's Dover Street.

Founded by cosmetic dermatologist, Dr Surbhi Virmani, Cosderm is based on the ethos that everybody deserves to feel great about the way they look. With over 20 years' experience in aesthetics, Dr Surbhi's practice is based on scientific evidence and a belief that maintaining a healthy and youthful-looking appearance is possible with good sleep, healthy nutrition, and UV protection, coupled with advanced non-surgical, minimally invasive techniques to rejuvenate the skin to reflect the best version of you.

Adhering to a 'patient first' approach, the patient is the centre of everything. Dr Surbhi's facial treatments concentrate on combining natural products that are completely compatible with human tissue, with techniques to rejuvenate the skin giving the most natural results possible. Her method is not to make you look different,

but to look and feel like a more optimal version of yourself, with a fresher, smoother-looking face being the ultimate goal.

Her star treatment is the Biorevitalisation Package. Believing that the world is moving towards more natural substances,

this comprehensive treatment is the equivalent of feeding your skin constantly, the same way you would make sure that your body gets enough nutrition. It's a simple process to revive and restore our skin tissue using a combination of nutrition, topical skin boosters – a mix of hyaluronic acid, vitamins, and minerals – along with DNA fragments sourced from natural sources and exosomes. This is followed by Morpheus 8, a radiofrequency energy and microneedling device that safely delivers heat into the deep layers of the skin, stimulating collagen and elastin production while creating a lifting and tightening effect.

There is no better place to start your journey to amazing skin than Cosderm. Minimally invasive techniques to reflect the best version of you, with a holistic approach to not only help you look good

from the outside but also to feel good from the inside.

Dr Surbhi Virmani, Cosderm Clinic, 32 Dover St, London W1.
07841 356906; cosderm.co.uk; @drsvcosderm



Dr Surbhi Virmani

TRIED *10* TESTED

These ten non-surgical treatments – some new, some faithful – have been put to the test by our scrupulous beauty experts

1 ACUSKINLIFT WITH DR JOHN TSGARIS

BEST FOR: A step up from traditional facials and a great treatment to have before a big event

What happens: Tsgaris has converted his expertise in Traditional Chinese Medicine to great dermatological effect. In practice, he locates the areas on your face that need perking up and applies (very thin) acupuncture needles. Your skin's own collagen fibres wrap around these needles creating natural threads. This in turn increases the firmness of your skin resulting in smooth, rejuvenated skin that's instantly visible. The session finishes with a hydrating mask that soothes and nourishes the skin while Tsgaris's gentle bedside manner is destressing in itself.

Ouch factor: There are acupuncture needles involved, and some areas are more tender than others, but to call it painful would be an exaggeration.

Downtime: None.

Results: Immediate. Expect to leave fresh and glowing with a reduction of fine lines. A course of four to six treatments is recommended.

Book it: From £550 per session.
thewellnessclinic@harrods.com
info@john-tsagaris.co.uk

2 FULLER HAIR WITH FUE HAIR TRANSPLANT

BEST FOR: Those wanting to fill in sparse, thinning or bald areas on the scalp

What happens: Following a consultation with Dr Manish Mittal to determine whether you are a suitable candidate, the healthiest hair follicles are selected from the sides and back of the scalp, extracted and transplanted into balding areas. A specialised sapphire blade allows for the most precise incisions in which to implant the healthy hair graft. Unlike many other transplantation methods, it is minimally invasive as a strip of skin does not need to be taken from the donor area, leaving no linear scar, however the process is more time consuming as 200 to 3,000 grafts may be required for optimum results, which can be performed in a single session, but may require more.

Ouch factor: The most uncomfortable part is the anaesthetic, but once it kicks the procedure is painless, only the sensation of pressure being applied can be felt.

Downtime: Patients can typically go back

to work after two weeks to allow scabs on the treated area to fully heal.

Results: The initial transplanted hair will shed a few weeks after treatment, then grows back permanently strong and healthy over 12-18 months.

Book it: The number of treatments is dependent on how extensive the hair loss is. In most cases, the cost ranges between £5,000 and £9,000. *mittalhairclinic.com*

3 THE LIQUID FACE LIFT

BEST FOR: Lifting and re-volumising falling faces, this treatment is adjusted to the individual and aims to contour cheekbones, tighten the jawline and lift the bulldog folds of the lower face that makes one look sad and tired

What happens: Dr Nyla personally assesses the quality of the skin and decides if there is a need for collagen-boosting skin prep which is delivered via ultrasound stimulation and the latest HIFES EMface technology. Next, tiny

drops of precisely placed hyaluronic acid filler is delivered through a cannula (hollow needles) which are gently inserted under the skin, close to the bone, to provide scaffolding and support to strategic points such as temples, tear troughs, cheekbones and marionette folds to instantly lift sagging skin.

Ouch factor: The filler solution is laced with lidocaine, a local anaesthetic, which reduces pain. However, the preceding ultrasound treatment can be nippy on the bony areas of the face.

Downtime: As with all injectable treatments bruising is possible but unlikely due to the blunt cannula that is used. There is minimal swelling but the treated areas can feel tender. Dr Nyla advises avoiding vigorous exercise for a couple of days.

Results: The wow factor is immediate and due to the underlying collagen boost, this only improves with time. Best results are seen at three months and last around two years.

Book it: From £1,000 with Dr Nyla Raja. *doctornyla.com*



Hyaluronic acid delivers
brilliantly smooth skin

RESTYLANE ASSURED

Galderma is behind Restylane, the original range of hyaluronic acid fillers, formulated with added flexibility for the most natural-looking results

Hyaluronic acid is one of the most pivotal and critical beauty ingredients available. With its molecular ability to hold over a thousand times its own weight in water, hyaluronic acid (HA) is a powerful hydrator that is naturally produced throughout the body, but where its most visible benefits appear is within our skin where its benefits give a natural bounce, resilience and fullness.

As we age, the body's production of HA reduces dramatically leaving skin with less volume and less elasticity, which increases the formation of fine lines and wrinkles across the face and makes lips look thinner and less defined.

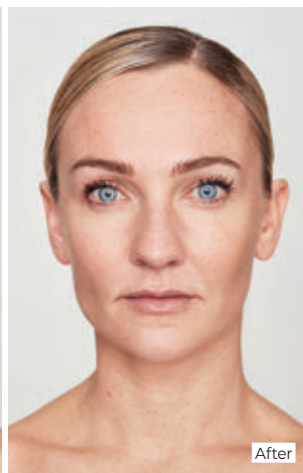
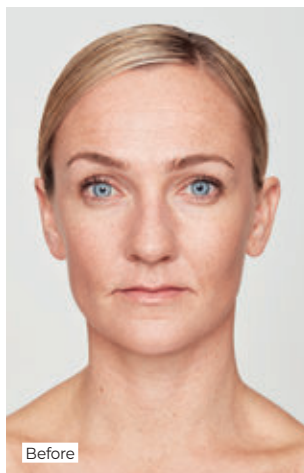
Traditional injectable fillers can help tackle these issues by restoring lost volume, but they do not necessarily have the flexibility to give the natural results patients often desire. However, aesthetic dermatology company, Galderma has engineered this into their range of HA fillers, Restylane, offering the most diverse range in the world to treat patients' concerns, each filler in the Restylane range is uniquely formulated to address concerns in different areas of the face while ensuring results look natural and are long lasting.

Though lips are one of the first areas of the face to lose volume and are prone to deep lines, many patients are reticent to use fillers that might make them look over-filled, 'solid' and unnatural. Restylane Kysse is designed with OBT Technology™ (Optimal Balance Technology), which allows for flexible movement in this dynamic area of the face, leading to natural-looking volume proven to last for up to one year, not only improving the lips' look but also feeling.

Restylane Volyme is a perfect option for those looking for natural-looking volume to correct signs of ageing caused by facial fat pad depletion. Designed to be used to replace lost volume and address sagging in cheeks, it also addresses deep

wrinkles with results lasting up to 18 months. Unlike other formulations, Restylane fillers are gel textured, and much softer and flexible than other HA fillers, allowing them to give enough firmness to create volume and plump skin, yet soft enough to give flexibility once injected. Patients look refreshed and plumped, but natural movement is maintained rather than being over-filled and frozen.

galdermaaesthetics.com;
[@restylane](https://www.instagram.com/restylane)



NOT ALL DOCTORS ARE CREATING EQUAL

The Prager Clinic, where wellness and longevity walk hand-in-hand

The Prager Clinic has an enviable reputation for excellence built on aesthetics, ethics and world-class medical expertise. Its protocol has always centered on preserving and enhancing natural beauty, which is why it prides itself on being able to say 'no'. It is not in the business of creating caricatures. It is a wellbeing clinic, not an alteration clinic, and its USP is quality. As professionals, it takes the 'best' of its clients and subtly raises it to 'better'. Whether it's injectables, facials, body contouring or skincare, your face, body and mind are in safe hands at the Prager Clinic.

'Don't gamble with your face or your health. Enhance them'

DR MICHAEL PRAGER

Dr Michael Prager is one of the world's leading Botox and Dermal Filler practitioners whose signature procedure, the Non-Surgical Facelift, brought him international recognition and the opportunity to take his incredible knowledge and unmistakable skill to a wider audience. Considered to be one of the best, if not the best cosmedical practitioner of his generation, Dr Michael Prager believes in offering treatments that are both good for the patient and good for the doctor – because that's the key to doing Botox and fillers well.

'Beautifully healthy, healthily beautiful'

DR LIZZIE TUCKEY

For Dr Lizzie, less means more when it comes to cosmetic treatments, resulting in natural-looking outcomes that defy age and scrutiny. Pairing a heavy-weight medical background with a light-touch, Dr Lizzie takes a holistic approach to tweakments, running tests to



Dr Michael Prager



Dr Lizzie Tuckey

measure her clients' wellbeing before providing anti-ageing procedures that turn heads for all the right reasons. From lip enhancements to baby Botox and non-injectables, Dr Lizzie's skin rejuvenation programmes have taken her to the pages of all the top beauty and cosmetic guides, and into the hearts of her loyal clientele.

THE PRAGER CLINIC

The reputation of the Prager Clinic is built on repeated results: providing great service and great outcomes that ultimately lead to success. Whether it's injectables, facials or body contouring programmes, the Prager protocol remains constant; turning back the clock with care for you and your skin. At the Prager Clinic, cosmetic procedures sit hand-in-hand with client wellbeing because Prager clients are never sacrificed at the altar of aesthetic greed – they are worshipped.

'Your face has never been in safer, kinder hands'

Dr Michael Prager has featured in Vogue, Tatler, Grazia, Harper's Bazaar, Elle, Marie Clare, Red, Good Housekeeping, Hello!, Glamour, GQ, Cosmopolitan, The Daily Telegraph, Sunday Times, Financial Times, Daily Mail, Express, The Sun, Evening Standard, and Channel 4's 10 Years Younger.

Initial consultations are £200, which is offset against first treatments. Botox starts from £595. For a full list of treatments go to drmichaelprager.com; @drlizzietuckey; @thepragerclinic





4 BRIGHTER EYES WITH LUMIEYES

BEST FOR: Banishing dark circles and reducing fine lines and wrinkles without filler

What happens: Numbing cream is applied for 30 minutes then Dr De Souza injects a cocktail of mesotherapy containing a blend of enzymes, plant extracts, vitamins and antioxidants that stimulate the skin's natural tissue regeneration while ensuring deep and lasting hydration.

Ouch factor: It feels a touch tingly, if anything.

Downtime: Ice packs may be applied to reduce swelling and bruising if necessary, but you can expect to be back to work the same day.

Results: An improvement in hollowness, fine lines, and dark circles can be seen instantly. Two sessions two weeks apart every six months is recommended to maintain results.

Book it: From £350 per session. drjoneydesouza.com

5 A NEEDLELESS FACELIFT WITH EMFACE

BEST FOR: Tightening up cheekbones and forehead – without a needle

What happens: The success of Emsculpt (you know the treatment that is the equivalent of doing a squillion sit ups to give you tighter abs) has led to Emface – the same idea but just, you guessed it, on the face. Dubbed the non-invasive, needleless facelift (read, no filler or botox), it functions as a two-for-one by working intensively on the skin's outer and deeper layers for double the effect, combining the benefits of radiofrequency and electromagnetic stimulation in one. As a treatment, it feels hugely manageable – as you're really only required to do four sessions which last 20 minutes a time. You lie down, close your eyes and your therapist will hook you up to the machine via sticky pads on your face and back. It concentrates on the brows, the corners of the mouth and cheeks to really tone

and smooth your skin so it's perkier and less wrinkly – it really is the ultimate facial workout without the sweat. As it's a static treatment it doesn't deal with your jawline or neck, so if those areas are your concern, this is (not yet) for you. As with all treatments, it's your lifestyle choices that will see them work most effectively. For that, read plenty of water to keep hydrated, buckets of vegetables and whole foods and plenty of rest and relaxation.

Ouch factor: It's a bearable, if slightly weird, tweaking sensation that makes you involuntarily gurn every few seconds and can feel a bit hot. That's the muscle stimulation getting going, while the RF penetrates deeper to perk up your collagen production.

Downtime: None.

Results: You need a minimum of four sessions and results are best seen after a few weeks. Skin definitely feels tighter and 'more exercised' with a sharper cheekbone revealed.

Book it: £3,000 for four sessions at Rita Rakus Clinic. drritarakus.co.uk

6 A KISSABLE POUT WITH LAM GLAM LIPS

BEST FOR: Looking the bees' knees for a big night out

What happens: Dr Uliana Gout would never let you undergo a treatment that didn't leave you with a completely natural – yet beautifully enhanced – look. This goes for her new Glam Lips procedure (as far from 'pout trout' as it's possible to be, we promise). It's a super-speedy 15-minute procedure in the chair. After numbing cream is applied and a chat about what you'd like to achieve discussed, she artfully injects your lips with her own hyaluronic cocktail (no filler, here) – the needles are teeny, and the liquid flows through micro-cannulas to achieve an instant glossy and plump effect.

Ouch factor: The most uncomfortable part is the anaesthetic, but once it kicks the procedure is painless, only the sensation of pressure being applied can be felt.

Downtime: You're good to go.

Results: A deliciously kissable pout, it's the perfect treatment before a special occasion like a wedding, for example, or when you're wanting to look and feel your very best self.

Book it: Single Treatment £500, programme of four from £1,880. london-aesthetic-medicine.com

7 A POSTERIOR PERK WITH LANLUMA X BUM LIFT

BEST FOR: Volumising and
restoring a saggy bottom due
to age or weight loss

What happens: Finally, a buttock-sculpting tweakment that gives impressively perky, yet natural results, without surgery or implants. LanLuma filler is an injectable poly-L-lactic acid dermal filler, which in layman's terms, means it replaces collagen that has been lost through ageing or rapid weight loss to successfully replenish loose skin. Administered by injection, it goes deep into the skin to stimulate the growth of new collagen and works gradually to smooth and create a natural peachy shape to your bottom, without looking ridiculous. As with any non-surgical treatment, excellent results are in the hands of the injector, and Dr Ahmed El Muntasar's skill and eye for refining your individual shape is what keeps it looking natural.

Ouch factor: There's a sharp intake of breath when local anaesthetic is injected into the area, but it's nothing unmanageable. When numb, filler goes in via a cannula during which you can feel a gentle tugging sensation but no pain.

Downtime: Applying an ice pack to the area within 24 hours helps reduce bruising and the area needs to be massaged twice per day for two weeks, and no strenuous exercise is permitted for five to seven days.

Results: One to four sessions is recommended depending on the individual. An initial improvement is noticeable after eight weeks, though full results happen after six months, lasting from two to five years.

Book it: From £800 per session with Dr Ahmed. theaestheticsdoctor.com

8 BRIGHTER SKIN WITH 5 BILLION EXO RF FACE TREATMENT

BEST FOR: Simultaneously
brightening and tightening
skin naturally

What happens: The treatment begins with facial cleansing, before a numbing cream is applied over the face, lips and neck while you lie back and wait for it to kick in (about 25 minutes). When

the anaesthetic has done its magic, Dr. Damree uses a microneedling handpiece with ultra-fine needles to deliver radiofrequency (thermal energy) to the skin in gentle stamping motions, beginning on the neck. In contrast to older technologies that emit constant energy, the Future RF machine utilises small pulses which reduces downtime and minimises damage. In between each pass (a full face) of radiofrequency Dr Damree applies a layer of serum containing five billion medical-grade exosomes with hyaluronic acid before repeating the process a further two times. The whole treatment takes 90 minutes from start to finish.

Ouch factor: It's not a walk in the park exactly – the aim of thermal energy is to create a controlled injury to prompt a healing response – but it's tolerable

and mostly painless.

Downtime: Skin is red immediately afterwards but that soon subsides – within the hour. Skin is tender to begin with, but this is soothed with a healing balm that Dr Damree applies post treatment.

Results: A tighter jawline is possible in just one session, as is fat reduction underneath the chin, which improves in the following days and weeks to recontour emerging jowls and droopy skin around the eyes. The effects are subtle at first with significant results evident after three sessions, spread out over a six to 12 week period when collagen and elastin stimulating peaks. A reduction in redness and pigmentation is a delayed and added bonus.

Book it: £2,625 with Dr Shameema Damree. urbanretreat.co.uk





COUTURE PRECISION

In non-surgical aesthetic procedures, as in life, one size definitely does not fit all. That is the guiding principle of Elenique Skin Clinic

Then mission of clinical aesthetician Elena Cudworth at Elenique Skin Clinic, founded in 2015, has always been to offer bespoke treatments tailored to each individual client's needs. With years of expertise in skin science and in providing clinical treatments that stand out for their high level of client care, she knows the importance of a thorough consultation and personalised treatment plan: when it comes to getting results, these are paramount.

It's why Cudworth offers a wide spectrum of technologies that allow her to hone in on specific skin conditions with pin-point precision. Her choice of devices is predicated on selecting only medically proven and FDA-approved technologies.

From 'soft' but proven options such as Hydrafacial, Intraceuticals, LED therapy, peels and bespoke skincare prescriptions to non-surgical skin resurfacing and rejuvenation comprising of technologies as such microneedling, radiofrequency, ultrasound and laser. Her Exilis Elite device can harness radiofrequency, ultrasound - or both, to target fat pockets and loose body or facial skin. Her collagen boosting skin rejuvenating system combines microneedling, dermabrasion, peels and LED to heal and rejuvenate

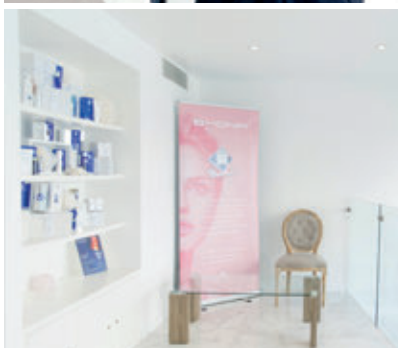
skin on multiple levels. As for lasers, Elenique is one of only a few clinics that has a wide selection of them, acknowledging the very specific benefits that varying lasers offer.

Harmony XL Pro comprises a spectrum of wavelengths, pulse widths and applicators to target a variety of concerns from redness to acne lesions to a lack of collagen, without ablating the skin – even in the case of facial resurfacing or tattoo removal. Her Byonik Laser, meanwhile, is an entirely pain-free 'cold' laser that powerfully subdues inflammation. Like LED light therapy on steroids, it rejuvenates skin on a cellular level and improves conditions as varied as wrinkles, volume-loss and acne. While the Soprano Ice Platinum laser is lauded for its efficiency and safety in removing hair of all textures and shades as well as the lightest to deepest complexions.

With its reputation for outstanding client care, at Elenique every treatment is 'couture', says Cudworth, making the clinic one of London's leading aesthetic destinations.



Elena Cudworth



Elenique Skin Clinic,
957 Fulham Road, London SW6 5HY;
020 3637 4549; eleniqueaesthetics.co.uk;
[@eleniqueskinclinic](https://www.instagram.com/eleniqueskinclinic/);
[facebook.com/EleniqueAesthetics](https://www.facebook.com/EleniqueAesthetics/)

9 SMOOTHER HANDS WITH PROPHILO

BEST FOR: Smoothing crepiness and boosting hydration cautiously

What happens: A fast acting numbing gel is applied which takes only a few minutes to activate. Dr Jack inserts a needle with hyaluronic acid into the skin's surface in five key injection points. Over in a matter of minutes, the formulation works to delicately plump thin crepey skin back to its former youthful self – hands are often the first place that show ageing.

Ouch factor: It's over in just a few short minutes and feels no worse than a few sharp pricks.

Downtime: None. Though injection sites will appear slightly raised (bumpy) for a day or two following treatment.

Results: Profhilo isn't a dermal filler but a bio-stimulator therefore improvements are subtle, but for those without progressive signs of ageing, that's the beauty of it. Smoother, plumper skin is seen immediately, while long-lasting hydration takes a few weeks. Think of it as a long lasting moisturiser that doesn't need reapplying. Though, of course, please continue to apply SPF to prevent further damage.

Book it: £450 per hand. drdavidjack.com

10 REVITALISED SKIN WITH NEOGEN PLASMA TREATMENT

BEST FOR: Resurfacing problem skin

What happens: The Neogen Plasma Treatment is a nitrogen gas derived thermal plasma that dramatically accelerates skin renewal, think tighter plumper looking and more even toned skin. This treatment is a godsend for those with problems such as active acne, deep acne scarring, pigmentation or rosacea. Unlike other treatments it can also be used around the eye area and can be used to tighten and lift the skin around the eyelids. Essentially it is a resurfacing treatment so it will improve your skin quality, evenness and elasticity of the skin.

Ouch factor: First numbing cream is applied for about 20-30 minutes before the treatment begin. The machine releases a soft noise when the shot is delivered on the skin, followed with a puff of air that you



feel on your face. It's not painful but you feel a slight heat sensation. Braver clients are known to skip the numbing cream.

Downtime: If you opt for the low or medium settings the downtime is about three to five days and for the first three days nothing can be put on your skin, apart from hyaluronic acid. The skin starts to peel in the first few days

while the cells regenerate. If you opt for a higher setting for deeper scars, or more complex skin problems then the downtime can be two weeks. On the lower settings Ouronyx advise three treatments to see full results.

Results: After the initial redness and peeling subsided I could see a huge difference to the evenness and acne scarring, the annoying small spots that I had on my forehead for months had also totally disappeared plus my skin definitely felt plumped. This is a massively effective treatment if you don't mind a few days of not being able to adhere to your usual skincare routine. The clinic is unlike any others I have visited – set in a palatial building in St James, they take 3D photos of your skin before any treatment to analyse any damage and where to target the skin the most. When you are done, there are professional makeup artists ready to get you ready to face the world again.

Book it: From £800 per treatment. ouronyx.com ■





Dr Selena Langdon, founder
of Berkshire Aesthetics

AESTHETICS IN THE HOME COUNTIES

Led by Dr Selena Langdon, Berkshire Aesthetics provides a highly personal and consultative approach to aesthetics

Berkshire Aesthetics is a haven for those seeking the best possible aesthetic treatments in a patient-focused clinic. From its purpose-built site on the edge of Pinkney's Green, the growing team of medical experts deliver cutting-edge treatments in a discreet and relaxed environment.

Founded by Dr Selena Langdon, there is a 'patient first' approach. A thorough consultation ensures that aesthetic concerns are understood, and treatments are aligned to emotional needs and motivations. The focus is on ensuring the best therapies are offered, which increasingly means combination treatments with an emphasis on skin health as the basis for achieving optimal results.

Supporting Dr Langdon is an exceptional team of aesthetic practitioners as well as accomplished Aesthetic Doctors. Dr Mira Mikhail is a GP and Aesthetic Doctor, who expertly uses MaiLi filler to perform wonderful patient transformations as well as more discreet tweaks. Her favourite treatment is dermal filler for the midface as it works to support overall structure, reducing the look of tiredness, and restoring a youthful appearance.

Dr Dara Suite trained initially in plastics surgery before specialising in aesthetic medicine. She is particularly focused on treating lower facial sagging and skin laxity. Often this involves small amounts of dermal filler placed strategically within the face. This way, her patients achieve maximum results with less product.

At Berkshire Aesthetics, the approach is undoubtedly to 'consult not sell' and patient education is key. After an in-depth consultation, patients are given the opportunity to ask questions without pressure, commitment, or judgement. Not only does the clinic offer many of the world's leading treatments but it is integrated with a network of local medical and surgical professionals including plastic surgeons and dermatologists.

This cohesive medically-led approach ensures that patients can be supported in their aesthetic goals and general health.

Dr Langdon's commitment to her patients, and the exceptional treatment outcomes she achieves, has seen her profile grow, not only with patients, having won Aesthetic Doctor of the Year 2021, but also with many of the world's leading aesthetic companies. By working closely with suppliers, the clinic remains at the cutting edge of an ever-changing landscape of treatment options.

Berkshire Aesthetics is an exceptional clinic where the highly experienced front of house, practitioner and doctor teams support Dr Langdon in her steadfast belief that aesthetic treatments should be delivered with the utmost care for the patient and their physical and emotional wellbeing.

*Berkshire Aesthetics, Furze Platt Road,
Maidenhead SL6 6PR. 01628 202028;
berkshireaesthetics.com*



Dr Mira Mikhail



Dr Dara Suite

SCULPTING FACES

Aesthetic practitioner Dr Nina Bal has honed an ultra-natural look that begins with skin health and ends in self-confidence

Trained in dentistry, Dr Nina Bal began studying facial aesthetics extensively 13 years ago and is now considered a leading expert on facial sculpting, a concept Dr Bal created. She is a regular on TV and is often called upon as a guest speaker at renowned industry events such as the Aesthetics Conference & Exhibition and Aesthetic Medicine Live, where she is due to speak this May. 'I approach each patient's face holistically from their skin to their facial features – it's all about improving confidence and self-esteem,' says Bal who prides herself on her in-depth consultations during which she carefully assesses each patient individually in order to create a bespoke treatment plan. Dr Nina, as her patients call her, believes injectables like botulinum toxin and filler should be used in moderation and in combination with medical grade skincare or non-surgical devices, to achieve the fresh-faced look she's become known for. 'Injectables like filler have their place, but they shouldn't be overused, especially when it comes to ageing concerns; filler is a camouflage, it won't lift a sagging jawline,' she argues.

Formerly a professional skier, Dr Bal is no stranger to achieving accolades. She has won a number of industry awards for her non-surgical results including Highly Commended Aesthetic Practitioner of the Year at the Safety in Beauty Awards 2022, while recently being named one of *Tatler's* Top 10 Injectors. For Bal, it always begins with the skin, whether that's bio-stimulating injectables like Profhilo or lasers like EndoLift, one of her signature treatments. 'EndoLift is great for tightening skin on the lower face, and is particularly

good for dissolving double chin fat in just one session.' The procedure, which is performed under local anaesthetic, utilises a small optical fibre (as fine as a human hair) that's inserted underneath the skin to deliver laser energy directly where it's needed for skin tightening with lipolysis (fat loss). 'It's close to a surgical facelift with minimal downtime –

and it only takes one session,' adds Bal. For resurfacing, she prefers the Lutronic LaseMD Ultra laser. 'Lutronic targets everything from acne to fine lines and sun damage – or on a lower setting it can boost radiance. It's a great red carpet treatment.'

When it comes to facial filler, Dr Bal's clients trust her to put safety first. 'I use Revanesse, a FDA approved hyaluronic acid filler that's formulated to minimise adverse reactions, while its spherical particles integrate more seamlessly within the skin tissue,' she says. Recognising that filler can cause problems in some patients, Dr Bal favours new generation injectables like Nucleodyn, a polynucleotide solution that's becoming a smarter alternative to tear trough filler for reducing dark circles and rejuvenating the skin. 'My patient's biggest concern is being "overfilled" – wherever possible, I like

to use treatments that stimulate the body to repair naturally,' says Bal who won't add anything to her treatment menu that she wouldn't use herself. 'I test everything before I offer it to my patients, so I know what works – and what doesn't.'

+44 (0)20 3951 9886; info@facialsculpting.co.uk; facialsculpting.co.uk; IG: @drninafacialsculpting; Facebook: drninafacialsculpting; Youtube: @drninabal



Dr Nina Bal

ON CALL

THE A-Z AESTHETIC DOCTORS GUIDE

Find an expert from our vetted list of aesthetic wizards who specialise in everything from non-surgical facial lifting to subtle skin enhancements

A-E

Dr Anne Mendelovici

French-born Dr Mendelovici takes a 'quality over quantity' approach to aesthetic medicine. She specialises in non-surgical skin treatments such as mesoglow, profilho and microneedling. @drmendelovici; drmendelovici.com

Dr Ariel Haus

A genius with lasers, dermatologist Dr Haus and his entire staff are renowned for their professional and welcoming manner at his state of the art clinic on Harley Street. From specific concerns like acne and rosacea to holistic aesthetic treatments, Dr Haus is the king of skin. @drarielhaus; drhausdermatology.com

Dr Ashwin Soni

A GMC-registered plastic and reconstructive surgeon, Dr Soni specialises in injectable procedures like non-surgical rhinoplasty. He is trusted for his medically safe and aesthetically pleasing results. @thesoniclinic; thesoniclinic.com

Dr David Jack

With his delicate touch, you'll never look overdone. If you're nervous about injectables, he's your go-to guy for natural-looking results. @drdavidjack; drdavidjack.com

Dr Dean Rhobaye

Dr Rhobaye has developed a bespoke method of facial harmonisation using dermal fillers and neurotoxins to achieve beautiful results. Winner of the non-surgical facial beautification category at the annual Aesthetic and Anti-Aging Medicine World Congress awards, Rhobaye is undoubtedly

a cut above your average injector. @deanrhobaye; sloaneclinic.co.uk

Dr Depti Kolli

A cosmetic dermatologist, Dr Kolli is a specialist in injectables and state-of-the-art treatments such as personalised PRP (platelet rich plasma) and mesotherapy to rejuvenate the skin. drsebagh.com

F-I

Dr Frances Prenna Jones

Known for her red light therapy to give skin an ever-fresh glow, Dr Prenna Jones is rumoured to have treated a number of high profile models and celebrities. @drfrancesprennajones; drfrancesprennajones.com

Dr Galyna

A whizz with the world's leading high-tech machines, Dr Galyna is the beauty insider's trusted body guru. From firming jowls to sculpting love handles and tightening down there, her expertise and warm bedside manner make her unique. @dr_galyna; Ritarakus.co.uk

Mr Hagen Schumacher

A highly qualified plastic and reconstructive surgeon and a well-regarded NHS consultant, Mr Schumacher specialises in breast surgery, rhinoplasty, eyelid surgery, chin alterations and facelifts. His guiding principle is to improve the confidence and self-esteem of his patients. @hagenschumacher; adore.life

Dr Ifeoma Ejikeme

Dr Ejikeme's Instagram feed is a landing place for targeted skincare advice including the lowdown on the most-asked

about ingredients, like retinol, to pregnancy skincare advice. She offers state-of-the-art treatments from PRP (platelet rich plasma) for hair loss to microneedling for skin rejuvenation and can't-tell lip filler, as well as specific treatments for men. @dr_ifeoma_ejikeme; adoniamedicalclinic.co.uk

J-L

Dr Joanna Christou

Being a dual qualified dentist and medical doctor has enabled Dr Christou to pursue a special interest in facial musculature when performing non-surgical procedures and creating the discrete, holistic results she is renowned for. @DrJChristou; cosmeticskinclinic.com

Dr Johanna Ward

An award-winning cosmetic doctor, GP and expert in cosmetic laser, Dr Ward is a leading figure in the science of preventative anti-aging medicine from both a clinical dermatology and nutrition standpoint. @drjohannaward; cosmeticskinclinic.com

Dr Jean-Louis Sebagh

A former surgeon, Dr Sebagh has mastered the art of non-surgical face and neck lifting. One of his signature treatments includes Ultralift™, using HIFU technology to help slack skin and facial muscles snap back into shape. @drsebagh; drsebagh.com

Dr Joney De Souza

A pioneer in new technologies, Dr De Souza delivers luminous skin quality through his layering of laser modalities to reduce pigmentation, firm facial

contours and tighten sagging jaw lines. @drjoneydesouza; drjoneydesouza.com

Dr Joshua Van der Aa

Dr Joshua has honed his skills as an injector by travelling the globe to learn from the best in the field. Known for treating the eye area subtly and precisely he is a master at tricky tear trough filler and non-surgical eye lifts. @drjoshualondon; drjoshuavanderaa.co.uk

Dr Judy Todd

Dr Todd is the expert celebrities trust for a non-surgical face lift. Renowned for transforming the neck and lower face, she's a pro with high-tech machines from Morpheus8 to FaceTite and NeoGen Plasma, the device lauded for Shirley Ballas's facial transformation. @dr_judy_todd; cadoganclinic.com

Dr Lizzie Tuckey

A member of the Royal College of Medicine and the British college of Aesthetic Medicine, Dr Lizzie's advanced surgical training has given her an edge in both facial rejuvenation and body contouring with a huge emphasis on achieving a natural look. @drizzietuckey; drmichaelprager.com

M-P

Dr Marco Nicoloso

An expert injector, Dr Marco Nicoloso isn't one for aesthetic trends. He takes a holistic approach to the face treating it like a piece of fine art that needs gentle restoration rather than reinvention. He is renowned for creating a subtle look which has gained him a loyal following of discerning clients. @ouronyx; ouronyx.com; @drmarconic

Dr Marwa Ali

With a global client base, men and women travel far and wide for Dr Marwa's expertise. Never one to overdo it, light injectable enhancements are her thing from artful Botox to undetectable tear trough filler, she combines these with HIFU and IPL, to give her clients luminous skin quality. @dr_marwaali; harrods.com

Dr Maryam Zamani

An Oculoplastic Plastic Surgeon, Dr Zamani has a passion for facial aesthetics and works both in the US and UK. With a bestselling skincare line including her sell-out LED facial device, Dr Zamani knows that great skin is all about balance. @drmaryamzamani; drmaryamzamani.com

Dr Michael Prager

Offering what he calls 'cosmedical wellbeing treatments' at his Knightsbridge clinic, Dr Prager specialises in natural-looking injectables that boost your confidence without looking as though you've had anything done. @dr_michael_prager; drmichaelprager.com

Dr Nina Bal

Italian born Bal was a professional skier before she studied to be a dentist, and later an advanced aesthetic doctor specialising in facial sculpting treatments, winning her a number of prestigious awards. A TV personality and social media star, clients head to Bal for her natural-bal injectables and signature sculpting technologies such as Endolift. @drninafacialsculpting; facialsculpting.co.uk

Dr Nyla Raja

Dr Nyla combines luxury with doctor-led expertise at her medispa clinics in London, Birmingham and Liverpool. Her signature Transformation Facelift combines proven lifting and tightening devices with fillers and skin rejuvenation for compelling

results that leave nothing to doubt. @doctornyla; doctornyla.com

**Dr Rhona Eskander**

An award-winning cosmetic dentist that specialises in everything from ultra natural veneers to minimal edge bonding, if you're looking for a youthful smile enhancement, she is a class above. @drrhonaeskander; chelseadentalclinic.co.uk

Dr Rita Rakus

The indisputable 'London lip queen', Dr Rakus is known for creating the perfect pout, while her Knightsbridge clinic houses some of the best cosmetic practitioners and high tech machines from EMface and Softwave to CoolSculpting and Endolift. @ritarakus_; ritarakus.co.uk

Dr Sabrina Shah Desai

This Oculoplastic Aesthetic Surgeon is the go-to eye expert if you suffer from hollow, drawn under eyes. Her signature treatment, the Eye Boost, combines tear trough filler with complementary modalities to refresh the eyes. @drsabrinashahdesaiofficial; perfecteyesltd.com

Dr Selena Langdon

A trained plastic surgeon, Dr Selena Langdon is the founder of Berkshire Aesthetics, a patient-focused clinic that specialises in long-term skin health. A skilled injector and CoolSculpting expert, she is internationally renowned for her body treatments. berkshireaesthetics.com; @drselenalangdon

Dr Sophie Shotter

From face-tightening treatment Profound to the latest hybrid injectable HARmonyCa, Dr Shotter believes all work should look 'invisible' to the naked eye. @drsophieshotter; illuminateskinclinic.co.uk

Dr Stefanie Williams

A highly regarded dermatologist, Dr Williams is a genius at correcting all kinds of pigmentation with her medical grade facials and combination approach of peels, laser, IPL and freezing techniques to achieve clear, even toned skin. @drstefanieew; eudelo.com

Dr Surbhi Virmani

With 20 years' experience in anaesthetics and critical care overseas and within the NHS, Virmani now exclusively practises aesthetics and cosmetic dermatology treating the skin and face harmoniously. A master at correcting pigmentation, other areas of expertise include hand and neck treatments and non-surgical facelifts. @drsvcosderm; cosderm.co.uk

Dr Tijion Esho

Dr Esho is against cosmetic procedure fads and prides himself on keeping his team up-to-date on advanced non-surgical training at his Wimbledon and Newcastle clinics. The Esho Touch is one of his signature treatments which involves a tailored prescription of filler and anti-wrinkle injections. @theeshoclinic; eshoclinic.co.uk

Dr Tracy Mountford

With her bespoke, intuitive approach to rejuvenation, Dr Mountford has decades of experience with injectables and knows how best to treat each face by eye. She combines injections with devices like Ultherapy that targets the deeper layers of the skin for longer-lasting results. @the_cosmetic_skin_clinic; cosmeticskinclinic.com

**Dr Uliana Gout**

From her medical facials to her seven-site injection procedure that treats the face, neck and décolletage, Dr Uliana Gout believes early intervention is key and has published numerous research papers

on preventative ageing. As president of the British College of Aesthetic Medicine, her extensive knowledge has led her to develop her 'intelligent aesthetic' technique using complementary procedures that target every layer of the face for the most natural looking results. @lam_clinic; london-aesthetic-medicine.com

Dr Vicky Dondos

Author of *The Positive Ageing Plan*, unsurprisingly Dr Dondos believes in a gentle inside-out approach to natural beauty. Beauty editors prize her injectable skills as being rejuvenating and undetectable. Best for a subtle refresh. @drvickydondos; medicetics.com

Dr Victoria Manning and Dr Charlotte Woodward

Known for a holistic inside out approach including offering nutrition and fitness advice with minimally invasive treatments, Drs Manning and Woodward are leading experts in Silhouette Soft, a subtle thread lift treatment to reduce sagging. @river_aesthetics; riveraesthetics.com

Dr Wassim Taktouk

Dr Wassim Taktouk is the insider's go-to doctor. A master at subtle facial contouring, he is loved by women and men looking for a subtle tweakment. @drwassimtaktouk; drwassimtaktouk.com

Dr Yusra Al-Mukhtar

A dental surgeon and medical aesthetic clinician, Dr Yusra notched up several years' experience in maxillofacial and skin cancer surgery before focusing on aesthetic medicine. She is known for her natural, non-surgical facelifts combining dermal filler, thread lifts and advanced devices. @dryusra.almukhtar; dryusra.com ■

Fancy film star skin?

PICTURE PERFECT

Introducing Photofabulous™ by Lumenis, the skin perfecting laser treatment that's designed to give you film star skin

There's no denying that a clear, radiant complexion is the new measure of youth, and there's no better way to achieve it than with the new advances in light technology. A far cry from the harsh, ablative lasers of old, Photofabulous™ by Lumenis is an optimally tailored laser treatment that naturally stimulates new collagen and elastic fibres in addition to targeting tone and texture, for picture perfect skin at every age.

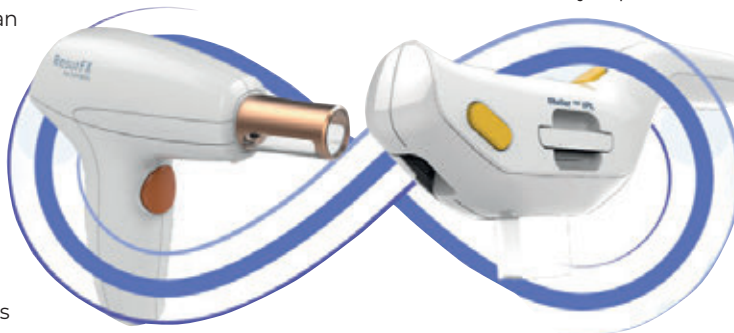
Designed by Lumenis, a global leader in energy-based solutions, the device delivers the award-winning Stellar M22™ IPL and ResurFX™ technologies sequentially within the same treatment to target both redness and pigmentation as well as fine lines and wrinkles, transforming the clarity and texture of the skin.

'I'm amazed by the capabilities of the Photofabulous™ treatment, as some of the skin conditions it combats have previously been deemed untreatable,' says aesthetician and founder of Skin Doctor Clinics, Dr Saleena Zimri. Recognising that the best outcomes are often the result of a prescriptive protocol, thanks to the advancements of Photofabulous™, Dr Zimri is able to adjust the settings to address each patient's

specific concerns, for a truly bespoke treatment that eliminates the need for separate appointments with different devices. 'With the combination of Stellar M22™ IPL and ResurFX™ I have seen remarkable results in skin tone and texture in just one sitting,' says Dr Zimri. 'The results are incredible.'

With no stone left unturned, Lumenis has included an advanced scanner that projects the laser precisely where it needs to go, while the integrated cooling system helps to minimise discomfort. A convenient lunchtime procedure that takes on average 15-20 minutes, three sessions of Photofabulous™ is recommended for visible improvements in skin texture and fine lines, while three to five appointments at two to four week intervals will transform stubborn areas from vascular lesions to age spots.

But, if you simply want to regenerate resilience and radiance, then the laser's ability to promote collagen and elastin synthesis and plump up lacklustre skin makes it a subtle and natural alternative to lip and facial filler.



Lumenis Be
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