BEAUTY & COSMETIC SURGERY 2017
MEET THE EXPERTS

Tatler’s guide to the most rigorous, skilled, clever and charming specialists out there. Don’t even think of having a procedure without consulting one of them first... By Francesca White

Botox

DR SUHA KERSH

In gold-rimmed spectacles and a 3.1 Phillip Lim shift, Dr Kersh is impossibly elegant, with a clinic to match. Her 23MD premises run like clockwork (you won’t see another soul, so discreetly are clients moved between HydraFacials, hormone checks or spells under skin-rejuvenating LED lights), but because she’s intelligent, bright and a fabulous conversationalist, consultations feel more like catching up with an old friend. Thoughtful (and thought-provoking), her questions get right to the heart of the issue, and the whole time she’s watching how your forehead moves, where your eyes are creasing and even your body language – so when she finally pulls on her pink surgical gloves, she knows exactly where to mark in white pencil. With Botox, she’s pleasingly thorough (she does lots of little points to soften movement, and will add a drop more at your follow-up if she thinks it’s needed) – but doesn’t go overboard. Instead, her Botox lifts and subtly sharpens features, making the whole face open up. ‘It’s important that a client’s personality shines through. Once they feel happy and confident, we simply maintain that.’ Consultation, £250; Botox, from £200 (23md.co.uk; 020 7078 0302).

Bio-identical hormones

DR MARTIN GALY

The other half of 23MD (see Dr Suha Kersh, ‘Botox’) is Dr Galy, a softly spoken Trinidadian who is making waves in the world of hormones (seriously – half of Chelsea is whispering his name). Yes, his bio-identical hormones (synthesised from a plant chemicals, they have the same effect as those that occur naturally in the body) are a life raft for women suffering from pre-menopausal symptoms – such as hot flushes, irritability and insomnia – and men, who often complain of a lack of gusto or low libido. But along with the little tubes of cream and lozenges that he prescribes, he also gives you a good dose of reality: ‘This is not an alternative, nor am I a magician – it’s simply physiological common sense.’ The magic, he insists, comes in the careful ratios of oestrogen, testosterone, progesterone and DHEA – a formula that is unique to you and your hormones, and which helps his patients to ‘find the right balance’. Science aside, his clients speak of renewed energy, less heaviness and that they feel like themselves again. Which is definitely a little bit magical. Consultation, £380; hormonal profiling, from £250 (23md.co.uk; 020 7078 0302).