

TATLER®

Beauty
&
Cosmetic
Surgery
2018

TOP DOCTORS



DR HELENE MENAGE

'There's never a dull moment in dermatology,' says Dr Menagé. 'I don't think I will ever stop learning.' Unusually modest, the 2016/17 president of the dermatology section of the Royal Society of Medicine is immensely skilled in disorders of the skin, from inflammatory conditions such as psoriasis and rosacea to rather more serious afflictions like melanoma and skin cancer. 'Dermatology is at the sharp end of medical science; we have seen lots of new treatments in recent years, particularly for psoriasis and very soon for eczema.' And also for sun damage – for example, she recently started offering Daylight Photodynamic therapy, where a topical cream is applied to the skin, making it light-sensitive, before exposing it to LED. 'It creates an inflammatory effect that causes the topmost layer of skin to peel off, thus destroying damaged cells (It's excellent for sun damage and also gets rid of actinic keratosis, scaly bits of skin common in older patients). Most notable, however, is Menagé's exceptional kindness. She delivers and handles even the most delicate news with sensitivity, and every word spoken behind her velvet-curtained examination table is delivered with compassion. In her spare time, Menagé does yoga, enjoys walking and is a member of a book club. 'Simple pleasures.' Consultation, £240; Daylight Photodynamic therapy, POA (finder.bupa.co.uk); 020 7486 2554).

NEW
ENTRY

DR ROSEMARY COLEMAN (DUBLIN)

Irish-born Dr Coleman practises at Dublin's prestigious Blackrock Clinic; it's rabbit-warren-like and cosy. And so is her manner – she talks a lot: about Melasma ('It's tricky to treat but prescription drugs plus laser reduces hyperpigmentation'). Or hair loss ('By the age of 50, you have 50 per cent of the hair follicles you were born with. PRP is very good for this'). She treats everyone 'from cradle to grave' and excels at using aesthetic treatments to treat medical conditions. For example, she uses filler to lessen the appearance of acne scarring and laser to minimise the appearance of Morphea (a rare condition which causes patches of skin discolouration). 'I love to make people feel better,' she says and her patients seem to agree – her waiting list is tipping two years. When she's not consulting, Coleman sings in a choir and walks the family dog, a Coton de Tuléar called Russ. 'Though I'm afraid he's not allowed in the clinic.' Consultation, £200; PRP, from £370 (drrosemarycoleman.com); 00 353 1 283 2222).

Hormones

DR MARTIN GALY

Dr Galy is creating quite a stir. The 23MD co-founder is still doing a great job of fine-tuning his patients' health through bio-identical hormones – many report that they sleep better, that they feel more energised, and less anxious. (Not to mention what he calls the 'silent health benefits' – like improved skin and longer-lasting filler.) He's working to address what's been coined 'couple-pause': 'The idea is to stop blaming a woman's hormones for a lack of harmony in a partnership,' he says. 'Men's hormones fluctuate just as much.' His formula is: 'andropause plus menopause equals couple-pause' – and the results after a few months of applying the prescribed creams are tangible: more intimacy, heightened skin

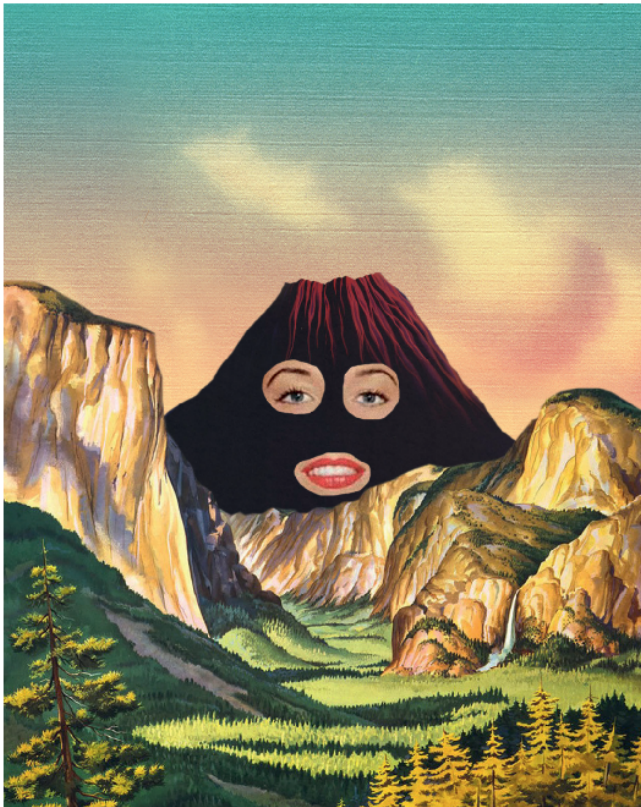
sensitivity, things feeling 'right' again. 'People don't realise how effectively you can deliver drugs through the skin,' he says. 'But the proof is in those blood tests.' Consultation, £380; bio-identical hormones, POA (23md.co.uk); 020 7078 0302).

NEW
ENTRY

PROFESSOR PIERRE-MARC BOULOUX

'Hormones affect nearly every tissue in the body, from the brain to the bones to the skin,' explains Professor Bouloux. 'Their impact is staggering.' The endocrinologist hails from the South of France but you wouldn't guess it from his perfect vowels and hobbies (tennis at the Hurlingham Club and walks with his two Labradors). He is razor-sharp and furiously bright, yet he's also quick to simplify the science. 'Too much, or too little, hormone production leads to things as simple as lethargy, to more complicated scenarios that can virtually destroy the body.' His assessment is exhaustive: 'No stone is left unturned.' His findings might range from early menopause to adrenal-gland under-function; either way, there is often a solution in the form of hormone replacement therapy), perhaps via a nose spray, an implant or a gel. 'It's very à la carte.' His rapport is old-fashioned: a hand on the shoulder, a bit of humour. Patients are often at the end of their tether. That demands a high level of care and commitment.' Consultation, £280; hormone replacement therapy, POA (thelondonclinic.co.uk); 020 7034 6215).

TREATMENTS ON TRIAL



BEST FOR PORES

What Black Laser Peel.

The lowdown Sometimes not even the deepest, most eye-watering of extractions will dislodge the crap residing in your pores – all that accumulated grime and sebum and those dead skin cells. This treatment, however, uses a combination of laser and a charcoal-based mask to extract impurities. The treatment begins with a quick cleanse before a thin layer of charcoal gel is painted onto your face. The laser is attracted to pigment, and as the hand-held device is moved slowly across the skin it delivers energy pulses in short pops, creating a heat reaction with the charcoal that literally lifts blockages straight from pores. (Watching larger blackheads around the nose be dislodged is apparently rather gratifying.) A quick wipe of any lingering gel, and – ta-dah! A freshly polished face is revealed.

Pain factor The laser feels hot and tingly on the skin, especially around sensitive areas (lips and near the eyes). The accompanying smell, like sparklers on Bonfire Night, is also slightly alarming (though you're reassured that the smell is laser-on-charcoal, not laser-on-skin). Post-laser, a cooling gel takes the heat out of a hot complexion.

Downtime Skin looks immediately pink and feels fiery, but not so much that you can't go about your business. Things should have returned to normal by the end of the day.

Results Give your face a good stroke (with clean fingers), because it's never felt so smooth. And the glow is megawatt – with no dead skin cells, your complexion is positively gleaming. But best are pores, which seem to have shrunk without any grimy blockages to prise them open. Expect compliments.

Who to see Dr Frances Prenna Jones, 33 Shepherd Street, W1 (020 7499 3848; drfrancesprennajones.com). £205 per session.

BEST FOR JOWLS

What Lower-face Lift.

The lowdown Your brow is smooth(ish), your eyes crinkle at the corners (but not so much that it bothers you). Your lower face, however, has collapsed. Here is a treatment that restores, reshapes and refines everything from your cheekbones down. First, Ultherapy (ultrasound), proven to lift and tighten the SMAS (superficial muscular aponeurotic system – the deep layer of facial muscle). It takes an hour to do the requisite three passes across the cheeks and jawline and boy, does time drag. Two weeks on, you're back – this time for filler, which works to reinforce the chin and jaw; also Botox to the lower face and neck, to tighten (the combination takes 30 minutes). The final treatment – two weeks later – is mesotherapy, where a motorised needle is used to push vitamins and hyaluronic acid into the skin. It's over in 20 minutes. And that's your lot!

Pain factor The Ultherapy is a dull ache (distraction comes in the form of a vibrating 'pebble' that you squeeze). The filler feels twitchy; the needle beneath your skin weird, but not painful (the Botox is pinpricks in comparison). The meso is merely scratchy.

Downtime None for the Ultherapy, apart from a bit of soreness, or the mesotherapy. Nothing much for the injectables either (though bruises at the injection sites can linger for a few days).

Results The filler gives instant gratification: a sharper jaw and a shapelier chin. The Botox tightens the lower face in two weeks; the meso reveals a lustrous glow a few days later. The Ultherapy takes three months to kick in – but when it does? You'll be blown away by your elegant new jawline. It'll stay that way for two years.

Who to see Dr Suha Kersh at 23MD, 23 Elystan Street, SW3 (020 7078 0302; 23md.co.uk). From £4,250.



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Patients still come in with misconceptions and preconceptions of how filler will make them look. But if I can take five to 10 minutes – without boring the life out of them – to explain how it works, they get it.’ She works slowly, strategically, restoring structure to the face over two to three treatments – to address signs of ageing but also to improve facial dynamics in patients with Bell’s Palsy. ‘Filler calms the nerve activity, so the muscles can’t contract. A lot of what we do dramatically rejuvenates a patient. Working in this way genuinely does change people’s lives.’ *Consultation, £350; filler, from £550 (cosmeticskinclinic.com; 020 3319 3637).*

DR MAURICE DRAY

Parisian, perennially jovial Dr Dray has moved into his new clinic, in a discreet Kensington mews, and – ooh la la! – it’s smart. Housed in a former stable, the space is chic and rather sizeable, which is excellent as it means the Dray team (including Dr Benjamin, famed for his skin-brightening mesotherapy, and Dr Anthony, a whizz at thread lifts and hair transplants) will still be in situ. And Dray, of course, who is busier than ever, and one of the all-time greats when it comes to filler. He’s old-school in the way he administers it: to the top of the forehead, to support the brows; or at the temples, to soften angularity. But, because he’s a reliable hand, he’s also the person you would trust to correct something. In fact, you trust him when it comes to many important things in life, like where to rent a villa this summer, where to book for dinner and what wine to order when you get there... *Consultation, free; filler, from £400 (drdray.co.uk; 020 7937 1031).*

DR SUHA KERSH

You’ll find Dr Kersh in a Chanel two-piece suit, which means her Chelsea regulars feel instantly at ease. In fact, every woman who sits in her spotless white consulting room feels the same. She remembers birthdays, holidays, children’s names; and though you might not notice, she’s peering over her gold spectacles as you’re in conversation. Which means she’ll clock that your temples are looking a bit hollow, or that your tear troughs are more prominent than when you last sat in front of her. She’ll instinctively know when might be the time to raise the subject of filler. As you lie back on the couch and she talks you through what’s she doing – what the cannula is going to feel like, exactly where she’s fanning the filler and why – you trust her. ‘There’s a grace and a beauty to every age,’ she says. ‘My role is to wipe away the exhaustion and make you look like *you* again.’ And when she shows you what she’s achieved – features brought back into focus, skin peachier, a sense of everything being in the right place – you get it. *Consultation, £250; filler, from £650 (23md.co.uk; 020 7078 0302).*

DR KULDEEP MINOCHA

With his down-to-earth demeanour, Dr Minocha is a voice of reason in a chaotic world. ‘Often, the women who come to see me are a little uncertain,’ he says. ‘Their hormones are fluctuating, their kids are grown up, they’re becoming more independent – but at the same time they’re looking in the mirror and their face is falling apart.’ Fortunately, his way with filler can help that; and his methods (perhaps placing a bit of volume to lift the mid-face and cheeks) make the women who sit in front of him feel in control again. The former GP is an excellent counsellor. He talks of ‘possibilities’ when it comes to treatments – from SkinBoosters (micro doses of hyaluronic acid, which give a dewy complexion) to thread lifts (‘It’s a straightforward procedure, though you have to select the correct candidate. If a patient is too jowly, or too thin, it won’t work so well’). Either way, the faces of his patients remain intact; not frozen, but elegantly preserved. ‘After all, it’s not a sprint, it’s a marathon.’ *Consultation, £60; filler, from £225; thread lift, from £1,600 (minochahealth.co.uk; 07710 348507).*

DR JULIA SEVI (LEEDS)

Dr Sevi is passionate about what fillers can do for the face: whether you’re a mother or a daughter (she sees both, and often together – ‘It enables me to anticipate where the face will come under pressure, and prevent it’). Both groups benefit from her ‘Flexi-fill’ technique, where tiny threads of filler are woven, three-dimensionally, through the tissues. ‘It makes the filler pliable, whilst lending support. It also stimulates collagen. Not collagen type three, which is scar tissue, but type one, which is softer.’ Some muscle-tightening Ultherapy, three to six months later, and she insists the results are off the scale. ‘It gives a quality to the tissues that I’ve never seen. Patients look like themselves again.’ She also keeps an eye on your health (her regulars book in for a six-monthly check-up; nutrition and HRT are both on offer). ‘You can never anticipate what will happen as a result of a patient’s wellbeing. A doctor wouldn’t wait until someone has a heart attack to give them cholesterol medicine, so I wouldn’t wait until a patient’s face has fallen to do filler.’ *Consultation, £250; filler, from £350; Ultherapy, from £1,000 (aesthetichealth.co.uk; 0113 269 7274).*

KAMBIZ GOLCHIN

Mr Golchin is the latest recruit to Dr Rakus’s cutting-edge clinic – and he has advanced techniques up his sleeve. He’s the man to whom many doctors entrust their complications (he wrote the Allergan manual on filler difficulties) and an inventor of sorts. A champion of PRP (Platelet-Rich Plasma), he has succeeded in creating a special gel from the substance, which he uses to rebuild damaged tissue after filler-related problems. Most impressive is that he’s found a way of restoring volume without the need for filler at all. His ‘Ultimate Angel Lift’ uses the latest formula of stem-cell technology for the treatment of skin rejuvenation. ‘A patient might choose to have top-ups. Still, you must be conservative and use only a moderate amount.’ According to Golchin, we’re more intrigued than ever by the idea of using our own ‘resources’ to look younger. ‘It’s like the organic section in the supermarket. There’s a lot more out there than there was 15 years ago.’ *Consultation, £300; Ultimate Angel Lift, £9,990 (drritarakus.com; 020 7460 7324).*

Dermatology

DR SUSAN MAYOU

Sloane Street-based Dr Mayou is in pole position for her split of patients: mothers on their way to collect the kids from Francis Holland, and children on their way home. The Cadogan Clinic co-founder (her husband and co-founder, surgeon Bryan Mayou, has recently retired) is wonderful with small ones. In fact, she runs a specialist paediatric dermatology clinic at the Cromwell (‘It has bouncy castles, movies and a play specialist, a lady who distracts the children during treatments, which is terribly helpful,’ she says), where she inspects eczema, birthmarks and warts. Teenage acne too: ‘It’s still very common, but we’re far less prepared to put up with it today.’ She’ll start with creams, but if those prove ineffective, she’ll move to antibiotics. A short, sharp course of Roaccutane is the next step, which always works. But there’s fun to be had too: like mole-mapping (a hi-tech camera snaps you from all angles before alerting you to anything suspicious – excision is swift), her Icon laser (good for pigmentation, with little downtime – ‘Nobody can cope with 10 days off – one sort of wonders why we’re bothering!’) and personalised skincare, which prescribes products based on your DNA. Most exciting are the two secret doors, which enable high-profile types to slip in and out of the clinic undetected. *Consultation, £285; mole-mapping, from £175; Icon laser, from £390 (cadoganclinic.com; 0808 278 4773).*