Chelsea’s Best Kept Secret

FRANCESCA WHITE Beauty Editor
TATLER Mar 2019
6. BEST FOR... CONFIDENCE IN THE BEDROOM

What Ultra Femme 360

The lowdown For anyone whose nether regions have never quite recovered from a difficult birth, or those suffering the post-menopausal effects of diminishing oestrogen (less sensation, lack of firmness and dryness) – the Ultra Femme 360 is a game changer. It uses radio-frequency energy to enhance blood flow to the vaginal area by means of two devices: the first of which is popped inside the vaginal canal (it heats the tissues, causing springy new collagen to form, and thus helping to tighten); the second is used externally (causing the labia minora to tighten and the labia majora to become pink). It takes around an hour; and the increased blood supply improves natural lubrication and sensitivity (it’s also proven to help with stress incontinence). A fantastic, and far less alarming, alternative to surgery.

Pain Factor None whatsoever. The gentle heating of the area is counterbalanced by a cooling lubricating gel, which is regularly reapplied during the treatment. It also helps that the therapist administering the treatment is kind and wildly knowledgeable – after all, it’s not often you get to chat about this part of your anatomy.

Downtime Again, none; though you may want to wait a day before you put things to the test. A word of warning: it takes 24 hours for the lubricant to disappear completely.

Results It sounds too good to be true but it works. Renewed sensitivity is apparent after just two sessions (a course of four is recommended) and all signs of dryness are as good as gone. But most notable is the sense of control that it gives over your most intimate areas. For once, life-changing is not an overstatement.

Details From £150. With Dr Suh A Kashkash at 23 Elspeth Street, SW3 (020 7078 0302, 23md.co.uk).

“BEST FOR BEDROOM CONFIDENCE”

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hormones

DR MARTIN GALY
Gal’s grew up in Trinidad but studied in Dublin, a combination that makes for an incredibly soothing voice. Consultations with the bio-identical hormone specialist are conducted with similar ease. Expect endless yet gentle questioning, blood tests and a prescription designed to keep you at ‘your own level of normal’. The lozenges he gives you will dampen night sweats, the symptom that brings most women to his door – ‘though beyond this there’s a whole world of benefits too’. For example, he treats one 73-year-old woman. ‘HRT keeps her brain sharp, her heart healthy and her bones strong,’ he says. ‘She likes the way her body feels, how she sleeps, she says that her hair feels silky. She’s right not to stop.’ Though, of course, not everyone is suited to it: ‘For example, women who have had an oestrogen receptor positive cancer, a type of cancer where the presence of oestrogen can cause the cancer to grow, unless they’re years cleared of it. Or someone who is five to 10 years post-menopause – lowered oestrogen causes constricted vessels and reintroducing oestrogen runs the risk of blood clots.’ Fortunately, he has some non-hormonal solutions, like agnus castus, a herb that controls sweating, and Ultra Femme radiofrequency. ‘After all,’ he says, ‘oestrogen wouldn’t necessarily improve tightness or sexual pleasure.’ Who knew?
Consultation, £380; blood tests, from £100. (23md.co.uk; 020 7078 0302)

filler

DR SUHA KERSH
The co-founder of Chelsea’s most in-demand clinic is not only impossibly elegant (spot the Van Cleef Alhambra), she’s also wildly perceptive. Several years as the medical director of KX, where she was one of the first to offer CoolSculpting and thread lifts means she’s well-versed in women and their insecurities: such as when the lower face is starting to sag or exhaustion begins to manifest itself physically. When it comes to injectables, ‘It’s not just about seeing what can be improved, it’s about identifying what is missing.’ Filler is her first love, and the way she places it, in tiny threads that replicate the anatomical structure of the muscles, not only supports weak temples and brings cheekbones out of hibernation, but helps to soften muscle activity. ‘Carefully administered, it puts a light pressure on the muscles, thus modulating their movement.’ These typically matter-of-fact explanations not only help to reassure the women who sit in her minimal white consulting room, but they also empower them too. And when she does insert her cannula – gently, always reassuring you, talking to you through every step of the way – you trust her. And so you should.
Consultation, £250; filler, from £650. (23md.co.uk; 020 7078 0302)
Eye-catching lips don't have to mean max filler, say these sage specialists

by HARRIET VERNEY

Three years ago, a very peculiar trend hit the internet. It involved girls, mainly undergraduates, taking to social media to post videos and pictures of themselves with shot glasses. Except they weren't knocking back vodka, they were suctioning the glasses to their mouths to plump up their lips and mimicking their heroin, Kylie Jenner.

It was dangerous and absurd, but also a sign of the times. Big lips were in, with patients asking for amounts of filler beyond the physical limitations of their own faces. I could see why. For me, big lips represented something sexual; unconventionally beautiful. Think Seventies supermodel Gia Carangi; a quizzical pour, natural enough not to look ridiculous but big enough to incite speculation about its size. But is it possible to achieve this lip aesthetic without the help of a shot glass? I set off to find out.

My first stop was Dr Rita Rakus, regularly touted as the 'London Lip Queen'. I'd signed up for Perk, which uses a small applicator to buff away dead cells and infuse the skin with a tingly serum. It promises plumper-looking lips for three weeks. For those afraid of needles, but pining for a fuller pout, it's a clever solution.

Dr Rakus says, 'It's subtler – but it can be useful if you have a big event that evening, or are getting married in two days' time.' Indeed, Perk has no side effects. 'It improves the quality of your lip tissue and it helps to smooth the fine lines that can appear due to dehydration,' says Dr Rakus. Her clientele ranges from 18 to 80, and the most commonly requested lip is 'subtle'. But what would she do if I requested a more... 'high glamour' appearance?

'We are known for delivering a natural look,' Dr Rakus replies. 'Generally, those patients who request anything else do not come here. Of course, we can do it – but only if it suits your face.'

Next, I arrive at 23MD in Chelsea to see cosmetic specialist Dr Suha Kesh. 'We practise conscientious medicine,' she tells me. 'It is easy for me to inject you how you want, but if you come with unrealistic expectations, I will tell you so, and explain why.' Rather than simply filling the lips, Dr Kesh injects carefully at the corners, to lift a downturned smile. She defines the vermilion border (the very fine line around the lips) with minuscule amounts. 'Done correctly, it should look like a glint around the lips. But you have to be careful not to inject too much, as it can cause the border to “roll up”. This makes the lips appear dumpy.'

But for some clients, that's the aesthetic that they are seeking, I argue. Dr Kesh thinks for a moment. 'What's more important is the way the lips sit in the framework of the face. For example, if you have a soft jawline and cheeks that are starting to collapse, there is no point injecting the lips – first, you need to support them.'

That's what Dr Kesh did for me. A tiny bit of filler at the tip of the cheekbone lifted my sagging jowls, which had just had lip filler, would have appeared even weightier. My face looked relaxed, but not overdone.

Still, I couldn't resist a bit of filler to my lips. The result was a sharper cupid's bow and slightly fuller bottom lip – noticeably bee-stung but not overdone.

'Often patients do not need the exaggeration to their lips. They are looking for a change, though they don't necessarily know what needs to be done,' explains Kesh. 'That's where a skilled doctor comes in.' As someone who was in pursuit of blown-up lips, and who Kesh has converted, I can only agree.