

## COSMETIC SURGERY

Shirt, £655; skirt, £565; belt, £430,  
all by **EMILIO PUCCI**

## TREATMENTS ON TRIAL

### 1. BEST FOR... AN INSIDE-OUT BOOST

**What** Holistic Health Package at 23MD

**The lowdown** Balancing body, mind and soul can sometimes feel like an uphill battle. Sorting out your skin can help to restore things on a surface level – but so can digging a little deeper. Enter 23MD's Holistic Health Package: an inside-out approach designed to refresh and revive a flagging face and spirit. The journey starts with an initial consultation, led by bioidentical hormone specialist Dr Martin Galy. Expect lots of questions about your mood, life-style and cycle, plus a blood test to determine which hormones require supplementing. Body chemicals set right, it's on to Dr Suha Kersh for some face-focused TLC in the form of Profhilo (an 'injectable moisturiser' that brings thirsty skin back to life). Come back a few weeks later for a second round of the hyaluronic acid-based skin booster, which works to plump and firm over time. The bioidentical hormones take a little longer to work their magic – when they do, the change is palpable.

**Pain factor** The blood test takes minutes, and feels no different to a routine doctor's appointment. Profhilo is slightly more arduous (the five injection sites, on both sides of the face, can feel a little eye-watering), but it's all over in a matter of minutes.

**Downtime** Nothing as far as the hormones go – in fact, you've never felt better. You'll see some swelling where the Profhilo has been injected, but it goes down in a few hours. Hop in a cab and go home (no one will be any the wiser).

**Results** To begin with, the change is near-imperceptible – but slowly, you notice a shift. You're sleeping better, you're less irritable, your skin feels softer. In three months' time, you have a face that you feel ready to face the world with – and the confidence to match.

**Details** From £3,000. 23MD, 23 Elystan Street, SW3 3NT (23md.co.uk).

*In the business of staying in  
the very best condition, these  
are the tried-and-tested  
cosmetic techniques to trust*

*By Francesca White*

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# KEEPING UP APPEARANCES

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