

# The last word

*Dr Suba Kersh and Dr Martin Galy are the husband-and-wife team of aesthetics experts behind the 23MD specialist cosmetic and medical clinics in Chelsea and Beirut*



**What does 23MD stand for?**

**SK:** Harmony – inside and out. Our internal and external health are so interlinked. Our aim is to create a holistic yet personalised journey for every patient: one that educates, energises and refreshes them. Above all, we work in partnership, giving patients the confidence to live life to the fullest. **MG:** We believe in combining traditional medicine and cosmetic technologies in an innovative way – not simply to meet our patients' goals and expectations, but to surpass them.

**How do you define beauty?**

**SK:** Self-confidence. People are at their most beautiful when at peace with their strengths and attributes. **MG:** Love and self-acceptance.

**What is your idea of healthy ageing?**

**SK:** Looking after oneself: treating the face, mind and body as one, therefore ensuring a strong foundation for the years to come. This means getting to know your skin and feeding it with active yet nourishing ingredients, as well as supporting collagen production and preventing sudden ageing through energy-based devices, skin boosters, dermal fillers or toxin. Getting enough sleep, exercise and antioxidants in your diet is key; so is moderation. Finally, positivity: let go of stress and look for joy in the everyday.

**MG:** There are three pillars to healthy ageing. Lifestyle (eating well, staying active, adopting a modest alcohol intake and not smoking). Optimising your hormones (therefore balancing oestrogen, progesterone and testosterone). And maintaining your mental health – above all, make time to laugh, live and love.

**What did you learn during lockdown?**

**SK:** There was a lot of self-reflection and soul-searching – however, at a young age, I learned that there is always light at the end of the tunnel and that's the mantra I turned to. We must search for gratitude, give love, have patience and be kind. Humour is also a great coping mechanism. **MG:** That my three pillars of health do work... even in times of increased stress.

**What does balance mean to you?**

**SK:** Achieving harmony, contentment and a 'healthy life' equilibrium. It's not always easy, but working towards balance helps. This means balancing my patients' health with their appearance; aiming at refreshment and enhancement of their positive features; improving on their concerns; and maintaining their skin without imposition. Restoring harmony to the face enables us to reflect their energy and wellbeing. **MG:** Balance involves hormones working harmoniously with

one another. I often use the analogy of an orchestra with many instruments playing in tune, and on time, to create beautiful harmonies. If any one of these instruments plays out of turn, the whole result is altered. It's the same with hormones: simply retuning, or restoring, one hormonal change can make all the difference.

**Who are your real-life heroes?**

**SK:** My parents. They taught me resilience and strength in the face of adversity – two things that I've relied on heavily this year! **MG:** My father, who is 91 years old and is still in love with his work, his partner and life in general.

**What does the future hold?**

**SK:** Progress. Continuing to evolve into the 'new normal' while maintaining a high standard of medical and aesthetic service. **MG:** Expansion. Last year we set up 23MD in Beirut. We are so proud to see the clinic thriving against all odds.

**When are you at your happiest?**

**SK:** Seeing my patients achieve their goals and get their spark back. Otherwise, when I'm in the sun and with my family. **MG:** When patients speak of feeling like 'themselves' again. Watching my children grow and become young adults with aspirations of their own also fills me with joy.



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