



Playsuit, £1,600; bra, £970, both by **DIOR**. Earrings, collar and ring, all POA, by **BUCCELLATI**

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TATLER

## TOP DOCTORS

### *Hormones*

#### **DR MARTIN GALY**

Galy is refreshingly straight-talking when it comes to bioidentical hormones. His prescription patches, gels or creams reinstate a sense of balance – and not just for women. ‘Andropause imitates menopause a lot more than people realise,’ says the doctor, who sees some high-profile figures pass through his Chelsea clinic. ‘But men don’t recognise sweating and irritability as symptoms. Loss of libido is what brings them to my door.’ He reports a rise in numbers of younger patients too, such as PCOS sufferers, those with poor insulin resistance and postpartum mothers (‘Most women don’t link postnatal depression to their hormones, but by supporting progesterone and testosterone, we can get them through their baby blues’). His passion, though, is to help patients at any age rediscover their joie de vivre: ‘If you have a middle-aged person, with change in mood and no history of mood disorder, you need to think about hormones – not antidepressants.’ *Consultation, £380; hormone testing, from £80 (23md.co.uk).*

### *Injectables*

#### **DR SUHA KERSH**

In black scrubs and Balenciaga sneakers, Kersh is the poster girl for impeccably done injectables. But she’s also smart, immediate in her assessment and highly attuned to emotions. ‘Women are more anxious,’ says the 23MD co-founder. ‘Life as they knew it has changed – and the stress of dealing with this new world is written all over their faces.’ Fortunately, she has a flair for filler, and her way with a cannula brings relief for those who no longer recognise their reflection in the mirror. ‘It’s about restoring energy to the face,’ she explains. ‘We want to wipe away the exhaustion and freshen up the skin – but we also need to put it into perspective for patients. They might not be feeling their best, but it’s important we don’t get carried away.’ Her approach is similarly sensitive, combining skin tightening with replacing lost volume (‘The results from the machines kick in around six months later – and people want something that they can see now’). The outcome is something that looks like you – but happier, less weary, and somehow lighter. It lifts the face – but also the spirits. *Consultation, £250; filler, from £650 (23md.co.uk).*