

TATLER®

TATLER BEAUTY & COSMETIC SURGERY GUIDE 2024

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SURGERY GUIDE 2024

Hormones

DR MARTIN GALY

'When it comes to their bodily chemicals, patients today are becoming more educated,' says Galy, an expert on bioidentical hormone replacement therapy (BHRT). 'However, it's a misconception that, to access bioidentical hormones, we have to get them compounded.' Instead, many of the Trinidadian doctor's female patients are prescribed an oestrogen patch – 'It delivers a lower dose than other methods, with a nice drip-feed effect' – as well as capsules of progesterone, which 'the liver converts into the sleep hormone, allopregnanolone'. ('Seventy to 80 per cent of menopausal patients have disturbed nocturnal patterns, and this helps to restore deep sleep.') And while there is still no standard British dose for female-suitable testosterone ('we have to revert to compounding for that'), Galy insists that the hormone is pivotal to female health. Of oestrogen and progesterone, he says, 'Once these are normalised, 50 per cent of patients who take testosterone will experience an improvement in

libido. Anecdotally, we see it restoring both confidence as well as emotional stamina.' In the past year, he has also noticed an uptick in younger women seeking help for symptoms of early menopause and for polycystic ovarian syndrome (PCOS); and he recommends such weight-loss medications as Saxenda, Ozempic and Wegovy as effective tools in restoring a healthy body mass index. 'They're not only part of the armoury in menopausal prescriptions,' he explains. 'They're also a game changer for these patients. Controlling weight when PCOS is present is difficult for 60 to 70 per cent of women, so they really are a lifeline.' *BHRT consultation from £450; weight loss consultation from £450 (23md.co.uk).*

'Patients don't always know what's possible,' says Dr Kersh, who has been treating the same faces for 15 years

Injectors

DR SUHA KERSH

The 23MD co-founder is a star of the Middle Eastern market. But when she's not flitting between clinics in Dubai and Beirut, Kersh can be found at her Chelsea premises, bedecked in diamonds and wearing her signature black injecting gloves. And while she's elegant and effervescent, with a manner that's as easy as an old friend's, she's firm when it comes to filler: 'Patients see me once a year for filler, but no more,' she says. 'It's important that we have a clear, objective vision about what these products can do.' Between times, she'll layer regenerative modalities to enhance skin health and vitality; say, a round of Ultherapy or Morpheus8 and some face-freshening polynucleotides or plant-derived exosomes. (Plus, when needed, she'll call upon co-founder Dr Martin Galy – an expert in hormone balancing.) 'Patients don't know what they want, and they don't always know what's possible,' continues Kersh, who has been treating some of the same faces for over 15 years. However, when she does inject, it's intelligently done: perhaps a bit of filler right back in the hairline, to elevate the upper third – 'Some patients already have great cheekbones, so this lifts without adding unnecessary width' – or a little Profilllo to the forehead and temples: 'It smooths the area beautifully, and it's also a great option for those who don't want to go down the toxin route.' And the results are sensational: a lighter, more energised, somehow happier-looking version of yourself. What better? *Filler from £750; Profilllo from £450 (23md.co.uk).* ▷

**TATLER 2024
TOP DOCTORS**

**BAGS OF
APPEAL**
Balancing hormones
can often restore
confidence with a
renewed sense of self

From left, Zoe wears
jacket, £2,430.
**ALEXANDRE
VAUTHIER** Grace
wears jacket, £2,290.
**ALEXANDRE
VAUTHIER** Ring,
£20,000. **BOODLES**,
Ola wears jacket (sold
as suit), £2,800.
THE DECK Shoes,
£645. **CHRISTIAN
LOUBOUTIN** Bags,
£550. **THE
CAMBRIDGE**
SATCHEL COMPANY
Tights, £130. **SERGIO
ROSSI X WOLFORD**.
Bracelets, watch and
other rings, POA. **VAN
CLEEF & ARPELS**