



# At work with DR SUHA KERSH

Step inside the world of the A-list Palestinian cosmetic doctor making groundbreaking strides in the wellness industry

Photography HEIKO PRIGGE Words LATIFAH AL-HAZZA



At the forefront of innovation, cosmetic specialist Dr Suha Kersh tirelessly works to help each patient achieve their best version of themselves. “Whether it’s improving skin health, addressing signs of aging, optimizing hormonal balance, or simply offering a confidence-boosting and exploratory chat, my goal is to enhance both outer beauty and inner health,” says Dr Kersh.

As the cosmetic clinical director and co-founder of 23MD, along with her husband, Dr Martin Galy, Dr Kersh splits her time between London and Dubai, where she has both homes and clinics. The name 23MD is derived from the 23 chromosomes that represent the essence of human genetics and individuality, combined with the abbreviation for medical doctors. “Coincidentally, I was born on October 23, and 23 is the building number of our flagship clinic. One could be tempted to say that it was meant to be,” says Dr Kersh. Striving to lead in the industry, 23MD avoids following trends and instead pioneers holistic treatments that combine cosmetic, regenerative, and age management medicine, using cutting-edge technology.

The doctors have clinics located on Elystan Street, in the heart of Chelsea, and at The Court Residence in Jumeirah 1, Dubai. “My office is my headspace; it’s comfortable and always warm. I like everything organized in a super meticulous manner to allow me to engage with my patients without distraction,” she explains. Patients at 23MD can expect to enter a modern, minimalist clinic with soft tones and abundant natural light, enhanced by soothing and uplifting sounds. “We also have massive bowls of childhood-inspired sweets and candy for comfort and naughty treats,” adds Dr Kersh. A large painting of gold butterflies, created by her daughter and gifted on Mother’s Day, hangs in her office as her “good luck charm.” A small plaque from her three children, a quote from one of her first magazine reviews, and a

turquoise pen gifted by her husband after the clinic’s opening also adorn the space.

Dr Kersh began her medical career specializing in pediatrics and psychiatry but was always drawn to cosmetic medicine. “My mother was a beautiful woman. Her beauty standards were always high, and she was always presentable. She taught me to appreciate the expression of light, shadows, and depth, and how small touches can make big differences. She helped me develop an eye for detail,” shares Dr Kersh. After graduating from the Royal College of Surgeons in Ireland and completing medical training in the UK, Dr Kersh combined her delicate touch from working with premature babies and her psychiatric training to better understand patients’ needs. This foundation laid the groundwork for her future in cosmetic medicine, where she now focuses on a patient’s appearance and overall health. “My first question to my patients is always how they define their own beauty and strength,” she explains. “This empowers them to actively participate in their treatment plan and build trust in cosmetic medicine, with me as their health advocate.”

While Dr Kersh refined her concept of natural and sustainable beauty, her husband and cofounder, Dr Galy, made innovative strides in age management and wellness medicine using bioidentical hormones. This combination of cosmetic treatments, bioidentical hormone replacement therapy (BHRT), and regenerative medicine led to the founding of 23MD. With a focus on altering the cosmetic narrative of exaggeration, Dr Kersh advocates for regenerative techniques over replacement medicine, allowing the body to heal and restore itself naturally. “This exciting approach not only enhances preventative and cosmetic treatments but also complements traditional methods like dermal fillers and anti-wrinkle treatments, producing more natural, long-lasting results,” she adds.



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She further practices what she preaches by maintaining her health through exercise, BHRT, supplements, a healthy diet, a positive mindset, and quality time with family and friends. “I aim to stay at the forefront of innovation in cosmetic medicine and advocate for my patients’ wellness and confidence, to appreciate their own beauty and strength without seeking quick and disfiguring treatments for short-term gains or trends.” Proud of her Palestinian heritage, Dr Kersh says she is “humbled and inspired by women around the world, especially in Palestine and Lebanon, who have risen against the odds to protect, love, and raise strong generations who believe in themselves.” □

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