

TATTLER[®]



BEAUTY & COSMETIC
SURGERY GUIDE 2025

TOP DOCTORS

Hormones

DR MARTIN GALY

Co-founder of the 23MD clinic and one of Britain's most in-demand hormone experts, Galy is busier than ever right now, splitting his time between Chelsea and Dubai – and on a mission at his Jumeirah Beach residency. 'Unlike in the UK, public awareness of hormone replacement therapy hasn't penetrated the Middle East,' he says. And more's the pity: 'There is now data to show that women on HRT live healthier lives for seven to 10 years longer than those who are not.' His manner is down to earth; his questions, as he peers through round-rimmed Tom Ford glasses, are insightful. And his *raison d'être* is to enhance the wellbeing of each of his patients by finding their unique hormonal fingerprint. But while he flies the flag for the benefits of HRT – such as enhanced brain, bone and heart health – he's also enthused by the virtues of modern weight-loss medications. In fact, 75 per cent of those who pass through his doors are on a form of semaglutide

as well as HRT. 'But we always need to check their hormones first. In men, we don't want to miss low testosterone; otherwise they'll regain the weight they've lost with the new drugs. In younger women, we don't want to overlook polycystic ovary syndrome (PCOS). And in more mature women, we need to establish where they are in their menopausal journey, so that we can support their hormones simultaneously.' He says stable weight loss – no more than three kilos per month – is key to avoiding a drawn appearance. 'However, patients do say it is transformative, especially if they've been carrying insulin resistance all of their lives. Their cravings stop, and some are turned off alcohol, but you notice the biggest difference when you speak to them. Their motivation to be back in control of their bodies shines through.' *Initial consultation from £450 (23md.co.uk).* ▷

Injectors

DR SUHA KERSH

Catch her while you can: the in-demand Kersh splits her time between her Chelsea flagship and her Jumeirah Beach clinic in Dubai; and thanks to an approach that blends artistry and a deep understanding of the human psyche, she's never been more relevant. 'Regenerative medicine is taking over,' says the injector, elegant in Chanel slingbacks. 'Before, it was all about fillers and toxins. Now we have tools that heal, refresh and

rejuvenate the skin simultaneously, and the results are incredible.' The foundation of her work is an annual filler appointment when she builds on the bone, preferring to place product in the lateral face, and even back in the hairline: 'Remember, you're also losing volume in the skull.' As for maintenance, that comes in the form of polynucleotides, collagen-stimulating radiofrequency and muscle-toning Emface; and this method means not only that the filler hangs around longer but 'performs better over time'. (Bio-identical hormone replacement therapy downstairs with Dr Galy will also help, as oestrogen has a positive effect on collagen stores.) Kersh is passionate about celebrating the individual: 'My mantra has always been to make you look the best you can without changing, fundamentally, how you look; and a lot of that is achieved through skin health.' Which explains her championing of polynucleotides delivered by needle 'for extra collagen stimulation' to leave the skin looking filter-perfect and dewy, as well as fading old acne scars. And, says the doctor: 'It's a more responsible way to treat the patient. We can regenerate fat and bone; and we can tighten and contour – we don't have to choose one or the other. It's about integrating everything.' *Filler from £750; polynucleotides from £750; Emface from £750 (23md.co.uk).*

FOR INSIDE-OUT REGENERATION

Dr Suha Kersh & Dr Martin Galy

Back in 2015, 23MD opened on Chelsea Green; and the concept was unlike any other. Although the husband-and-wife co-founders, Suha Kersh and Martin Galy, took one floor each of their sleek, white space – in which to showcase their respective skills in skin rejuvenation and hormone-balancing – the bigger idea was to come together and demonstrate the efficacy of a synergistic approach to wellbeing. Today, London's best-kept ladies check in with Kersh for regenerative injectables such as polynucleotides and Prohilo – as well as an annual top-up of filler, to keep everything in the right place – then scoot down to see Galy, who will outline the importance of keeping their bodily chemicals in check before delving deep into any symptoms and prescribing courses of action. And because doing both works wonders on the skin, this makes sense; after all, sufficient levels of oestrogen mean that filler lasts longer and complexions are dewier. (Clients also like to book in with Agne, who's a maestro at tightening skin, her Exion microneedling leaving the surface tangibly tauter and impossibly luminous.) When Kersh and Galy are not in residence in London, you'll find the charismatic double act in Dubai, where their Jumeirah Beach clinic is already drawing a glamorous crowd from across the region. *23md.co.uk*



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