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**BEAUTY & COSMETIC
SURGERY GUIDE 2026**



Under the skin

23MD founders Dr Suha Kersh and Dr Martin Galy talk to Tatler about the future of regenerative aesthetics, 4D Methodology plans and advanced injectables

IN THE EVER-EVOLVING WORLD OF aesthetics, 23MD remains at the frontier when it comes to science-backed skin health. Known for their pioneering, physiology-led approach, founders Dr Suha Kersh and Dr Martin Galy are redefining what it means to age well, from hormone harmony to skin regeneration. Here, the duo discuss the rise of biological restoration, the art of Treatment Stacking, and why 2026 is the year of intelligent rejuvenation.

What are patients seeking most in 2026?

Dr Galy: Patients are no longer looking for instant correction but for biological restoration – treatments that strengthen skin and tissue health over time. At 23MD, they want results that are measurable, medically grounded and sustainable. They understand that skin ageing is influenced by hormones, metabolism and inflammation. Our role is to address all of those factors, not just what is visible.

What is your clinical approach at 23MD?

Dr Kersh: Every patient journey begins with diagnostic precision. We evaluate hormone status, nutritional balance, inflammatory

markers, and dermal integrity before designing a plan. My 4D Methodology integrates structure, surface, system and psychological balance. First we rebuild deep support with periosteal or deep-plane hyaluronic acid fillers and myomodulatory injection mapping to restore natural tension. Next we enhance the surface with collagen induction, radiofrequency microneedling, ultrasound tightening, and LED photobiomodulation. Then we optimise internal balance with bioidentical hormone therapy (BHRT), thyroid and adrenal support, and metabolic correction, all while aligning the aesthetic plan with the patient's self-perception and goals. This layered framework allows aesthetic and medical interventions to evolve together, producing results that remain refined and anatomically authentic.

How do regenerative aesthetics and precision medicine intersect in your work?

Dr Galy: They are part of the same clinical continuum. Regenerative aesthetics stimulates the extracellular matrix and vascular supply; precision medicine stabilises the internal environment that governs repair. We pair polynucleotides or exosome-based injectables with internal optimisation such as NAD⁺ precursors, hormone adjustment, or micronutrient repletion. This enhances fibroblast activity and mitochondrial efficiency. The outcome is skin that not only looks stronger but functions better.

With clinics in both London and Dubai, how do you maintain consistency of care?

Dr Kersh: Many of our patients divide their time between London, Dubai, and other international centres, so continuity of care is essential. At 23MD, both clinics operate as one integrated medical ecosystem, ensuring that treatment plans – from hormonal and regenerative medicine to aesthetic therapies – progress smoothly between locations. Our aligned clinical standards and protocols guarantee the same level of expertise, precision, and outcome consistency wherever our patients choose to be treated.

What is Treatment Stacking and why does it deliver superior results?

Dr Galy: Treatment Stacking is a sequencing protocol I developed to follow tissue physiology rather than marketing trends, with each stage priming the next. It begins with cellular activation and tissue strengthening using polynucleotides, exosomes, Prophilol, and other

biostimulants. This progresses to energy-based devices tailored to the patient's needs to enhance collagen production, skin health, and tone. This is followed by targeted anti-wrinkle injections to smooth the skin and create precise lift in areas such as the jawline, upper face, or brow. Then deep-plane filler for structural lift and ligament support. Finally we polish the results with microneedling, maintaining them with LED therapy. By layering intelligently, we achieve progressive regeneration rather than shock-response healing, and results develop gradually, preserving expression and proportion.

How do your injectable techniques differ from traditional filler practice?

Dr Kersh: My technique focuses on anatomical restoration instead of volumisation. Filler is placed on bone or deep fascia to re-establish natural vectors of lift, using cannula and microbolus precision guided by physiological and myomodulatory principles. We also integrate biostimulators such as polynucleotides or exosomes to improve dermal vascularity and elasticity. The aim is facial harmony in repose and in motion.

You often mention the pillars of Structure, Regeneration, and Internal Wellness. How do they complement each other?

Dr Galy: They mirror the three biological layers of ageing: structure, which supports form; regeneration, which restores texture and elasticity; and internal wellness, which stabilises the hormonal and metabolic environment that sustains both. Addressing these pillars allows for outcomes that are durable and physiologically aligned – skin that behaves younger, not just looks younger.

What is your professional focus for 2026?

Dr Galy & Dr Kersh: For us, the future of aesthetics lies in medicine that protects as much as it perfects. Regeneration and longevity are measurable. When we see stronger dermal density, balanced hormones, better sleep, and restored confidence – that's success. It's not cosmetic vanity; it's physiological regeneration. 23MD aims to deepen the link between regenerative science and clinical outcomes. We're expanding protocols that combine genomic profiling, AI-driven skin analytics, and advanced exosome formulations to personalise treatment response for every patient. The goal is not to chase youth, but to preserve biological resilience intelligently and with medical integrity.