

# COUNTRY & TOWN HOUSE

The subtle art  
of ageing well...  
from Botox to  
supplements

**THE  
AESTHETIC GUIDE**

Edited by *Annabel Jones*

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**FASHION TEAM**  
 Photographer: Matthew Shave; Fashion Editor: Ursula Lake; Hair: Alex Price @ Frank; Make-Up: Jamie Rose; Nails: Emma Welsh @ Frank. Model: Camille @ Milk Management. For stockists see p172.

**TOP RIGHT**  
 Juste Un Clou ring, **Cartier**; Vitamin pill, **Lyma**



# EDITOR'S LETTER



Welcome to the second edition of the *Country & Town House Aesthetic Guide*, a curated edit of the best new and existing tweakments on the beauty scene. In this edition, our team of trusted experts have reviewed 15 of the latest non-surgical procedures to get summer ready, from Profilo for the body to a revolutionary new fat burning laser with zero downtime.

Within these pages you'll also read about the advancements in cosmetic dentistry from whitening and straightening to minimally invasive veneers, as well as a thought-provoking report on whether freezing your fat cells could hold the answer to eternal youth. For a youthful complexion we've rounded up the few beauty supplements proven to heal your skin from within, while our deep dive into the skincare that dermatologists swear by is one you'll want to keep and share. I hope you'll find our guide as practical as it is enlightening.

*A Jones*

# B a o b a b

COLLECTION



Mykonos

[www.baobabcollection.com](http://www.baobabcollection.com)

# BEAUTY BOOSTS

Get summer ready with a host of new face and body treats from lip plumping to glow boosting, says *Annabel Jones*



## GENERATION AGELESS

GetHarley, the virtual platform of sought-after skin professionals from Dr Sophie Shotter to Dr Maryam Zamani, has introduced a genius new service, Mother & Me. Designed to encourage lifelong skin habits for both generations, the consultation brings mother and daughter together for 50 minutes of skin advice from teen acne to pigmentation, resulting in a detailed skincare prescription for each party. What's more, your dedicated skin pro will be on hand for a further six months to answer any questions. £50, [getharley.com](http://getharley.com)

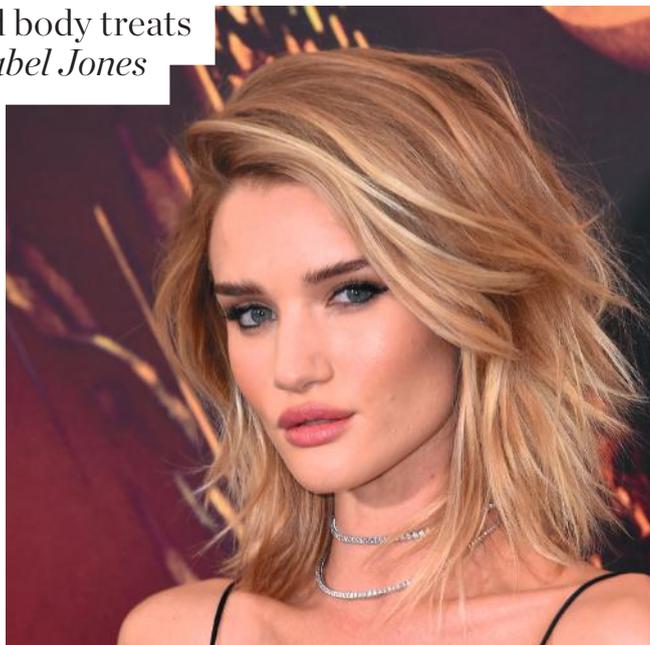


## SUNSHINE STATE

The only safe way to tan. For a grown-up bronzed glow, Isle of Paradise's self-tanning oil mist (£21.95, [theisleofparadise.com](http://theisleofparadise.com)) has been formulated with high quality oil-soluble tanning actives in a sheer water base that boosts the skin's natural moisture levels. For face, Jones Road's new Shimmer face oil, (£29, [jonesroadbeauty.com](http://jonesroadbeauty.com)) is a lightweight make-up-skin hybrid that naturally hydrates and enlivens the complexion.

## KOREAN PERFECTION

Aesthetic therapist Mina Lee combines Korean healing and facial massage with advanced skin technologies in her famed Spectacle facial (£268, [minalee.london](http://minalee.london)) to rejuvenate and improve the complexion. Meanwhile, dermatologist Dr Jinah Yoo has launched the Dr Yoo 360 Korean Method treatment (£500, [drjinhayoodermatology.com](http://drjinhayoodermatology.com)), during which she performs her unique 'laser layering' technique along with mini skin-boosting injectables and complexion boosting oxygen therapy for healthier, clearer, 'fresh air' skin.



Rosie Huntington-Whiteley is a fan of Naturopathica's lip scrub

## LIP SERVICE

The Laser Lip Lift is a new needle-free treatment that improves the appearance of lips in just ten minutes.

Created by Dr Esho in collaboration with Alma's new Hybrid laser, it treats the surface and border of the lips to improve volume and texture.

Perfect for those who want a visible but natural-looking pout (£200 per treatment, [eshoclinic.co.uk](http://eshoclinic.co.uk)).

Semi-permanent make-up artists Daxita Vaghela (@daxitavaghela) and Nez Hasan (@nezhasanofficial) offer believable 'lip blushing' tattooing to subtly enhance the colour and outline of the lips giving soft definition and fullness. On the go? Naturopathica's Sweet Cherry Polishing lip scrub and lip butter (£18 each, [naturopathica.com](http://naturopathica.com)) are loved by Rosie Huntington-Whiteley, who uses the scrub to prep lips before red carpet events.

## GENTLY DOES IT

The new school of thought when it comes to flawless skin long term is to prevent and calm inflammation while protecting the skin barrier. Dr Barbara Sturm is scoring points with her latest hit, The Better B Niacinamide serum (£110, [drsturm.com](http://drsturm.com)), which is packed with vitamins B3 and B5, plus marine plankton, to aid the skin's natural restorative processes. Augustinus Bader's newest offering is The Ultimate Soothing cream (£215, [augustinusbader.com](http://augustinusbader.com)), an ointment scientifically proven to hydrate, reduce redness and calm signs of inflammation. Royal Fern's new Radiance Protection face mist (£43, [royalfern.com](http://royalfern.com)), harnesses hyaluronic acid and antioxidants to protect against urban pollution and blue light whilst moisturising and reducing the appearance of wrinkles.



# QUEEN OF KNIGHTSBRIDGE

*Look your natural best with Rita Rakus's sought-after expertise and discerning touch*



Dr Rita Rakus

As we all prepare to celebrate The Queen's Platinum Jubilee, there is another celebrated figure who has an anniversary this year. Dr Rita Rakus, internationally heralded as 'The Lip Queen' for her skill with creating plump but natural-looking lips, and the 'Machine Queen' for the plethora of state-of-the-art devices she uses, is celebrating 30 years at the Rita Rakus Clinic in Knightsbridge.

Looking your natural best for as long as you can is the ethos behind the clinic which is at the forefront of anti-ageing. If you have a particular cosmetic concern or want to rejuvenate your overall appearance without surgery, the clinic is a haven of all the latest, safest, results-driven aesthetic treatments carried out by Dr Rakus and her support team of highly experienced medical experts.

It's Dr Rakus' passion for providing patients with a first-rate treatment with exceptional customer service from start to finish, while prioritising safety and good practice that led her to co-found the British College of Aesthetic Doctors (BCAM) 20 years ago. As if that accolade is not enough, she is also the only aesthetic doctor to be featured on the Wall of Honour at The Royal Society of Medicine.

Her esteemed team members include facial plastic and ENT surgeon, Mr Kambiz, who performs advanced laser, FX stem, PRP, botox



Dr Galyna Selezneva



Dr Kambiz Golchin



and filler and Dr Galyna Selezneva, a body-sculpting expert who has honed, sculpted and reshaped some of the most famous bodies in the world.

The only treatments that find their way into the clinic are those that Dr Rakus and her team believe in, and most importantly, that work. It's this meticulousness that led to Dr Rakus becoming a Global Ambassador for Emsculpt Neo, the world's first and only technology that combines Radiofrequency and HIFEM (high intensity electromagnetic field) to eliminate fat by 30 per cent and build 25 per cent more muscle non-invasively.

They are the first clinic in the UK to have Softwave - a treatment that triggers the body's healing response to stimulate collagen and has attracted celebrities such as Karen Brady CBE. Another first is ADVATx technology, which uses yellow light to help treat skin conditions like rosacea, pigmentation, lines and wrinkles.

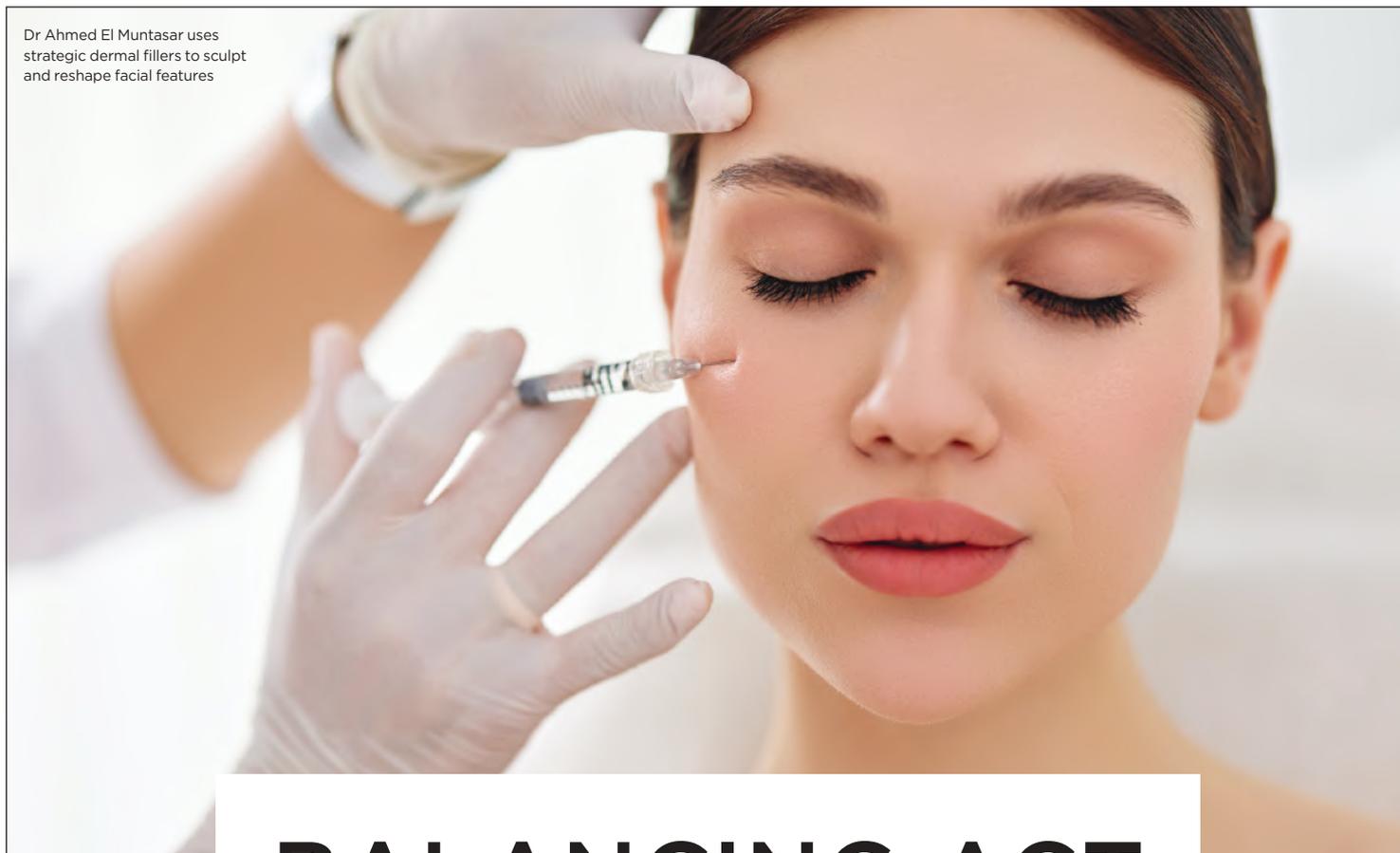
Extra options to perk things up on the body and face are Exilis Elite, a non-invasive treatment for the reduction of wrinkles and the reshaping of targeted fat deposits with results often

visible after the first session, and the Endolift laser, Thermage FLX (radiofrequency), and UltraCel Q+.

With new clinics opening in Dubai, Cannes and LA, where she caters to an increasing number of celebrities from the film world, it appears the demand for Dr Rakus' skills has spread across the globe

*Dr Rita Rakus, 34 Hans Rd, London SW3, +44 (0)20 7460 7324; [drritarakus.co.uk](http://drritarakus.co.uk)*

Dr Ahmed El Muntasar uses strategic dermal fillers to sculpt and reshape facial features



# BALANCING ACT

*With clinics in London, Leeds and Cheshire, Dr Ahmed El Muntasar is blazing a trail with profiloplasty to improve the harmony of facial features*

At one time, the only way you could create a more angular profile or smooth a bumpy nose was by going under the knife. Now an alternative solution has emerged: profiloplasty, a form of facial reshaping that involves injecting dermal filler into the nose and chin to balance facial features with virtually no downtime. ‘Dermal fillers strategically add volume,’ says award-winning aesthetics doctor and GP Dr Ahmed El Muntasar. ‘But when used in profiloplasty they can realign facial features and create a more harmonious profile, which is a revolutionary approach.’

Dr Ahmed has been performing profiloplasty for almost five years but has noted a dramatic increase in requests for the procedure since the pandemic. ‘One reason is the “Zoom effect” as an increasing number of people are seeing their facial structures on screen,’ he says. ‘Furthermore, as we age, the chin and nose, in particular, become more obviously disproportionate because we lose volume from other parts of our face that might otherwise camouflage those imperfections.’

Identifying the holistic proportions of a patient’s face during the initial consultation is not about cookie cutter looks or focusing on one particular

feature. ‘Perfect symmetry doesn’t exist,’ says Dr. Ahmed. ‘Profiloplasty involves looking at the relationship between different facial features. I usually divide the face into thirds and look at the ratio of each one compared to the others. When it comes to the profile, it’s about balancing the line between the nose, lip and chin. If someone has either a disproportionately large nose or an underdeveloped chin this can create an imbalance to the face.’

Profiloplasty itself usually involves two procedures with pain kept to a minimum by first applying a numbing cream to the area. Non-surgical rhinoplasty, also known as ‘liquid rhinoplasty’, involves using dermal fillers to straighten the bridge of the nose or to lift and refine the tip. Next fillers are injected at different angles and depths along the chin and jawline to adjust the projection of the chin. ‘Respecting the anatomy here is crucial as the proportions of the chin can make someone’s face appear more masculine or feminine,’ explains Dr Ahmed. Both procedures can be completed in as little as 20 minutes with results lasting up to 18 months.



*For more information on profiloplasty and Dr Ahmed’s other procedures, please visit [theaestheticsdoctor.com](http://theaestheticsdoctor.com)*



CAN  
*POPPING*  
A PILL  
*REALLY*  
IMPROVE  
YOUR  
SKIN?

*Fiona Embleton*  
investigates



There's a new raft of beauty supplements taking the market by storm, and they're nothing like their frumpy, utilitarian predecessors. Rather, they're powered by science-backed ingredients and packaged in sleek bottles that are more likely to appear in an upmarket clinic than the dust-covered shelves of a health food shop. This, says Lucy Goff, founder of Lyma, is the new era of 'well-tech': high performance ingestibles that can offer profound results for skin, sleep, gut health and mood. 'Like "clean beauty" wellness is a woolly, generic term, whereas "well-tech" is about clinically proven formulations that take people beyond the ceiling of a healthy, balanced diet to deliver mental and physical advantages,' she says.

Advances in the supplement space also mean that most aesthetic concerns can be addressed by palming a pill. Where glow enhancing make-up used to suffice, now the focus has shifted to ingestible boosters that improve skin's natural radiance from the inside out. 'It makes sense,' says Shabir Daya, pharmacist and CEO at Victoria Health. 'Skin is your largest organ and it can say a lot about your health. A lot of nutrients that are famously found in skincare, including vitamin C, ceramides and lipids, have to be provided from within the body to make a real difference to the skin.' Designed to help you look good and feel better, these new-gen formulations can be as good as, or better than, skincare at boosting collagen and hyaluronic acid stores thanks to what Daya calls 'intelligent delivery systems', which for the uninitiated means they should be formulated in a bioavailable way that the body can tolerate.

Unsurprisingly, beauty brands now want a piece of the action, with Bloomberg reporting that the global beauty supplements market is expected to surpass a value of £2.795m by 2027. The water is murky, though – just because a pill was created in a lab, doesn't mean it delivers results.

The key, says Wild Nutrition's Lorna Driver-Davies, 'is to avoid unnecessary fillers (often listed as bulking agents) such as magnesium stearate and ultimately be aware that we have different nutritional needs at different life stages'. As for the vitamins and minerals we need to boost our skin, hair and general health? Here are the most transformational...



### BEST FOR IMMUNITY

Dubbed the 'sunshine vitamin', vitamin D is a hormone that's produced when skin is exposed to the sun's UVB rays. 'It's essential as your body needs it to absorb calcium for healthy teeth and bones,' says Daya. Post pandemic, vitamin D is also being touted as an immunity booster. 'All cells involved in immunity that engulf viruses entering the body have a vitamin D receptor site,' he explains. 'So as well as responding to vitamin D, these cells will also remain inactive if you are deficient, increasing your chances of infection.'

A lack of sunshine in the winter months and wearing sunscreen in summer mean the best way to top up your levels is through supplementation. Daya recommends 2000iu daily in winter and 1000iu in summer, administered as a sublingual spray under the tongue or via a liposomal supplement (when vitamin D3 is encapsulated alongside healthy fats). This ensures the vitamin D3 bypasses the stomach and is delivered rapidly into the bloodstream.

**Try:** The Nue Co Vitamin D, £15. [uk.thenueco.com](http://uk.thenueco.com)

### GUT INSTINCTS

There's a strong interplay between the health of your gut and skin conditions such as eczema, acne, rosacea and plain old sensitivity. It's the subject of ongoing research, but it's thought the trillions of bacteria that live on the gut microbiome play a part. 'Research shows differences in the type and diversity of gut microbes in those with inflammatory skin conditions such as eczema compared to those without,' says Dr Sammie Gill, specialist gastroenterology dietitian.

Not only that, but 70 per cent of your immune system is located in the gut. 'They are constantly talking to one another, so if we're not optimising our gut health it can alter our immune responses, prompting the release of inflammatory molecules, which potentially increase the risk of skin conditions,' she adds.

A probiotic supplement is something to consider if your skin is persistently suffering. 'Probiotics work in several ways,' explains Gill. 'They may prompt the release of beneficial molecules from other microbes; they can help weed out potentially harmful bacteria or keep the immune system in check.'

**Try:** Symprove, £79 for a four week pack. [symprove.com](http://symprove.com)



### HYDRATION HIT

Hyaluronic acid is skincare's gold standard for hydration. 'It works like a sponge,' explains Daya, 'holding over 1,000 times its own weight in water to plump cells full of moisture.' Likewise, hyaluronic acid is an ingredient that our skin readily accepts as our body naturally produces it. But the older we get, the less we produce, leading to fine lines and slack skin.

According to Daya, hyaluronic acid, when ingested, reduces skin dehydration and prevents inflammation, making it a great ally to your smoothing serums. 'Hyaluronic acid supplements additionally top up reserves in the joint cartilage and remove cellular waste from in between cells, transporting them by osmosis to the nearest blood vessel,' he says. Opt for a daily 100mg to 300mg dose of sodium hyaluronate (a salt of hyaluronic acid), which has a low molecular weight to aid absorption.

**Try:** Victoria Health Hyaluronic Acid Capsules High Strength, £35 for 30 capsules. [victoriahealth.com](http://victoriahealth.com)

A close-up, profile photograph of a woman with long, dark hair, looking upwards and to the right. She has her eyes closed and is holding a small, gold-colored pill between her lips. Her hand is raised to her mouth, and she is wearing a gold bracelet on her left wrist. The background is a plain, light gray color.

Ingestible skincare  
products can improve  
skin from the inside out

Vitamin pill, **Lyma**,  
Juste un Clou yellow  
gold bracelet, **Cartier**



## THE ALL-ROUNDER

Research shows that over 98 per cent of us have inadequate levels of omega-3 fatty acids. Deficiency makes itself known in myriad ways, including dry skin, brittle hair, brain fog and hormonal issues. Despite not producing omega 3, to function optimally, every cell in the body needs these fatty acids, which is why nutritionist Driver-Davies recommends supplementing with 500mg of fish-based omega 3 every morning when your production of digestive enzymes is at its peak.

‘As well as being a big player in cardiovascular health and anything involving the immune system, omega 3 can calm skin conditions such as eczema, psoriasis or sensitivity caused by a compromised skin barrier,’ she says. Likewise, it staves off ‘inflammaging’, where excess inflammation inhibits cell renewal. ‘Then there’s omega 3’s moisturising properties,’ says Driver-Davies, ‘and its ability to manufacture ceramides in the skin, which lock water into cells.’

So, how to guarantee omega 3 success? ‘A good fish oil should contain 0.0 levels of toxins such as mercury and be sustainably sourced,’ explains Driver-Davies. ‘Also important: it should be cold-pressed to avoid oxidation.’

**Try:** Wild Nutrition Pure Strength Omega 3, £32 for 30 days. [wildnutrition.com](http://wildnutrition.com)

## THE SKIN-PLUMPING ELIXIR

‘Collagen is a protein that makes up about 75 per cent of the dry weight of skin, helping it to remain plump and firm,’ says Pupinder Ghatora, pharmacist and co-founder of Ingenious supplements. ‘It also plays a crucial part in our body’s structure as it’s found in ligaments and major organs, so having sufficient stores is vital for overall health.’ But like all good things, collagen starts to dwindle in our mid-twenties and we lose about 1.5 per cent per year.

Given collagen is too large a molecule to penetrate the skin when deployed in skincare, experts now agree a supplement could help. But not all ingestible collagen is created equal. ‘It needs to be a protected collagen peptide to ensure actual collagen is entering the bloodstream,’ says Ghatora, ‘otherwise it breaks down into individual amino acids in the stomach.’ He also advises choosing marine over bovine collagen as it can be broken down into smaller peptides for easier absorption.

To ensure the quality of a collagen supplement, check that its weight is below 2,000 Daltons – enough to pass through the intestinal wall and enter the bloodstream.

**Try:** Ingenious Beauty Ultimate Collagen, £60 for 90 capsules. [feelingenious.com](http://feelingenious.com)



## THE SUPER SUPPLEMENTS

For those who prefer an all-in-one approach that promotes optimum health rather than plugging a specific gap in your diet, at the top end of the market, Lyma harnesses the power of patented prescription-grade nutraceuticals as part of its preventative ageing approach (£199 for 30 days, [lyma.life](http://lyma.life)). ‘If a formula is correctly engineered, there’s no reason why you can’t deliver a 360° approach,’ says Goff (pictured). ‘Every single one of our ingredients has been proven to work in peer-reviewed medical journals, the same benchmark as a pharmaceutical drug.’ These include Cynatine, which contains keratin for hair and skin, Cognizin for supplying the brain with energy and the most bioavailable form of curcumin, a powerful anti-inflammatory. ‘Cellular inflammation is

the root cause of most things going wrong in your body,’ says Goff. ‘Once you reduce it, you’ll find you sleep better, feel less stressed and have a stronger immunity.’



Artah’s Enhanced Nootropics (£36 for 30 days, [artah.co](http://artah.co)), the chic nutritional brand launched by Rhian Stephenson,

a registered nutritional therapist and naturopath, similarly contains adaptogens to help the body cope with stress, alongside B vitamins for DNA repair.

Meanwhile Altrient’s Liposomal Vitamin C has been proven (by Princeton, no less) to outshine topical Vitamin C at brightening and firming thanks to its impressive collagen and elastin production.

Loved by Goop’s Gwyneth Paltrow, this clever food liquid supplement encapsulates the notoriously unstable nutrient within a protective lipid bubble that delivers it directly to cells. (£39.99 for 30 1000 mg sachets, [altrient.com](http://altrient.com)). ■



Dr Joshua is renowned for his naturalistic tweaks to the eye area



## AN EYE FOR DETAIL

*A master at achieving the natural look, Dr Joshua has become synonymous with subtle results, particularly when it comes to rejuvenating the delicate eye area*

**A** rising star on the injectable scene, Dr Joshua Van der Aa opened his injection-focused clinic in Harley Street in early 2020, and has already become one of the most sought-after injectors for natural and elegant results.

'My clients expect a subtle look that respects the natural anatomy of the face. My work is all about enhancing what's already there,' says Dr Joshua, who is a vocal campaigner against extreme cosmetic procedure trends, and is often called upon to reverse poorly executed work.

His speciality and passion lies in rejuvenating the delicate eye area, an art he's honed with the meticulous use of injectables. A notoriously tricky procedure, tear trough filler has become an increasingly popular way to diminish dark circles under eyes. Yet, when not performed by an expert injector such as Dr Joshua, administering hyaluronic acid filler in such a thin area of the skin can leave patients with complications.

The secret, he says, is understanding the cause. 'There are five different types of under-eye grooves and dark

circles and so it's crucial to assess each patient correctly and know what part of the anatomy needs treating.'

To address the demand for non-surgical brow lifts, Dr Joshua has created InclInEyes™ a unique tweakment that repositions the brow tail and elevates the arch for an ageless appearance that leaves the eye area refreshed and lifted – without the use of toxins or threads. Unlike a Botox brow lift that needs re-injecting every three to four months, InclInEyes™ lasts 12 to 18. A procedure that took more than two years to perfect, he strategically injects tiny amounts of filler with a cannula to gently enhance bony and soft tissue anatomy to lift and reshape the tail of the brow.

'InclInEyes™ gives a subtle, more natural looking "fox eyes" appearance,' he says. 'And, more importantly, it's altogether kinder and safer because it's fully reversible.' For a bespoke addition, Dr Joshua offers InclInEyes+ which includes an extra element to the treatment such as under eye or temple filler.

📍 [drjoshualondon](https://www.drjoshualondon.com); [drjoshua.co.uk](https://www.drjoshua.co.uk)



# TWEAKMENTS IN A BOTTLE

Successful tweakments go hand-in-hand with the right products. But which ones do cosmetic doctors rely on for significant results? *Ingeborg van Lotringen* asks the experts

You might say we live in an era of skincare enlightenment. Never before have we been so aware of how our lifestyle choices and beauty regimes affect the health and look of our skin. We now know that good skin is not just a hand we're dealt, but something we can affect ourselves by using certain skincare ingredients in a particular order. And yet in an effort to create our own dermal masterpieces, according to the experts we are increasingly overdoing it, inadvertently compromising our protective skin barrier and inducing product sensitivity: 'I have seen so many patients with overly sensitised skin and even scarring from trying to layer too many products themselves at home,' says Dr Amiee Vyas (*doctoramiee.com*).

Ask skin doctors what they prescribe and most will recommend a simplified regime to fortify the skin's hydrating, protective barrier for a well-rested glow. 'Stress is truly destructive to skin, whether from internal anxiety or from an over-enthusiastic treatment,' says Vyas. Like her peers, she advocates measured, conservative regimes that focus on healthy skin that looks its best at any age. Using fewer but better products is key: 'I prescribe brands that have expertise in combining the right ingredients at the right percentages in a formula that minimises irritation and is enjoyable to use – in functional packaging that keeps the formula stable and active,' says Dr Sam Bunting (*drsambunting.com*). Go to a dermatologist for your skincare and you're sure to get results. 'I research and test products myself and study their clinical trials in detail before I recommend them so I know which cosmetic products are effective at the deeper skin layers,' adds Vyas.

Clinically approved skincare is even more important if you dabble in tweakments, many of which rely on a level of 'controlled damage' to elicit a healing, anti-ageing response. 'If skin isn't functioning healthily, the trauma from, say, microneedling or lasers can damage and cause irritation that does more harm than good. The key is to increase patients' skin barrier resilience before having a cosmetic tweakment to promote rapid healing and optimise results,' says Dr Sophie Shotter (*drsophieshotter.com*).

Of course, we all have varying skin concerns that require a prescriptive approach. Here's what the doctors recommend for the most common dermatological conditions.



## DRYNESS

Dehydrated skin is more prone to sensitivity, ageing and dullness. 'The first thing to do is replenish moisture, locking it in with barrier-strengthening ceramides or lipids,' says Vyas. 'My key ingredients are polyhydroxy acids [PHAs] which gently exfoliate dry skin and improve barrier function while attracting water and offering antioxidant benefits.' Vyas's heroes are **Neostrata Restore Facial Cleanser** and **Bionic Face Cream** (£30 and £33.50, *skincity.com*).

Clinical aesthetician Pamela Marshall (*mortaramilk.com*) agrees, adding, 'I recommend a lipid-based [i.e. milky] cleanser such as **Skingredients PreProbiotic Cleanser** (£23, *cultbeauty.co.uk*), to remove the day's environmental load without stripping skin of its protective lipids, followed with **Exuviance Skinrise Morning Glow**, (£36, *skincity.com*), for a dose of PHAs.' For Dr Shotter, a ceramide-rich moisturiser to hydrate, nourish and heal parched skin is key. Go-tos include **CeraVe Moisturising Lotion** (£13, *boots.com*) and **Tebiskin PLC** (£25, *via clinics*).



## SENSITIVITY

Skin that is overactive can go red, angry and flaky. When left untreated this can lead to chronic skin conditions such as rosacea, eczema and even acne, which is an inflammatory issue. The rules for dry skin apply here, but what you don't do is as important: 'I always suggest clients pull back on their AHAs [alpha hydroxy acid] such as glycolic acid,' says Marshall. 'AHAs are incredible, but unlike PHAs they "wound" skin to induce a healing response. If skin is already sensitised, this is only going to compromise the barrier further.' Other things to avoid are alcohol, sulphate cleansers, high-strength vitamins A (retinol) and C to maintain a calm environment. 'I'm a fan of **Clinisoothe+ Skin Purifier** (£14.95, *boots.com*), a cleansing/toning spray containing hypochlorous acid, which rebalances the skin's microbiome and so reduces inflammation,' says Shotter. Vyas recommends **Skinbetter Science Alto Defense Serum** (£134, *via clinics, search aestheticsource.com*): 'It contains 19 different antioxidants to protect skin from oxidative stress alongside ceramides to replenish the skin barrier. It calms quickly and significantly reduces redness and inflammation in two weeks.' For a (day and night) moisturiser, she



Dress, **Stella  
McCartney**; Juste un  
Clou earrings, **Cartier**



Swimsuit, **Second Summer**; Juste un Clou bracelet and ring, **Cartier**



likes **Spectacle Performance Crème** (£76, [spectacleskincare.com](#)): 'It's packed with antioxidants and micro-dosed, gentle anti-ageing actives.' Shotton relies on ultra-healing **SkinCeuticals Triple Lipid Restore 2:4:2** (£135, [skinceuticals.co.uk](#)), while Dr Catharine Denning ([drdenning.co.uk](#)) recommends **Calecim Multi-Action Cream** (£187, [calecimprofessional.com](#)), rich in epidermal growth factors and cytokines.



## SIGNS OF AGEING

Wrinkles, sagging skin and uneven skin tone are all caused by slowing cell regeneration and a build-up of old (dead) cells on the skin's surface. It's why experts recommend the same basic programme of big-hitting actives to improve all the signs of ageing. To protect against environmental aggressors that destroy skin cells, using antioxidants and sunscreen is half the battle. 'But these products require stability and a top-notch delivery system – **Skinbetter Science Alto Defense Serum** (£134, [doctoramiee.com](#)) is one such antioxidant serum,' says Vyas. To bring about skin cell turnover, regeneration and repair, retinoids, vitamin C derivatives, niacinamide and (conservative use of) acids make up the vanguard of ingredients that doctors recommend. 'The most important thing is to start low and slow,' says Vyas. 'PHAs may be super-



gentle acids, but they're just as effective as more aggressive ones at improving fine lines, firmness, pigmentation and texture. Add one into your routine for a few weeks, then slowly introduce a low-dose vitamin A (retinoid) at night or a vitamin C product for day.' Marshall concurs: 'I actually prefer cosmetic retinoids over prescription ones as they are less likely to cause a reaction.' SkinCeuticals and Medik8 make very well-formulated retinoids, she says, but **Neostрата Retinol Repair Complex** (£53, [skincity.com](#)), is her favourite. As for l-ascorbic acid, the most potent form of vitamin C, 'to be effective, it requires an intricate formula and should be dosed conservatively'. Denning is a fan of **ZO Skin Health Daily Power Defence** (£114.50, [from clinics, search zo-skinhealth.co.uk](#)).

## PIGMENTATION

Pigmentation is one sign of ageing that requires a strategy: 'The pigmentation pathway can be interrupted at different points – and the more points you interrupt, the better the result,' says Bunting. 'So we can block the production of melanin, we can stop it being exported into our skin cells and we can speed up the exfoliation of it out of the cells. I love the combination of a retinoid, vitamin C, niacinamide and azelaic acid.' The latter is brilliant for tackling pigmentation and features in her **Dr Sam Flawless Brightly Serum** (£44, [drsambunting.com](#)). Or try **SkinCeuticals Discoloration Defense Serum**, (£85, [skinceuticals.co.uk](#)), a favourite of Denning's.



## ACNE AND OILINESS

Acne is complex and must be treated in a balanced way. 'My go-to recipe is a synergistic combination of an anti-inflammatory (niacinamide) to calm, alongside ingredients to prevent clogged pores (salicylic acid, retinoids) and tackle the dark marks blemishes leave behind (azelaic acid, bakuchiol),' says Bunting. Denning says that a good retinoid is one of the best ways to prevent clogged pores at a cellular level. 'Use it alongside an oil-soluble chemical exfoliant: salicylic acid, especially in concentrations of two per cent and up, is a stand-by.' She rates ZO Skin Health retinols but adds, 'when using such potent ingredients



it's crucial not to forget the skin barrier function. Replenishment with a non-oily, ceramide-rich moisturiser can help prevent the inflammatory cycle. I love **Curél Moisture Facial Milk** (£17.50, [boots.com](#).'

## DROOPY, PUFFY, TIRED EYES

Oculoplastic surgeon Mrs Rachna Murthy ([facorestoration.com](#)) points to some surprising culprits for ageing eyes: 'Aggressive and alcohol-containing cleansers, make-up, lash glue and lash serums destroy the skin barrier function and protective microbes in the eye area; I tackle this with **Purifyeyes hypochlorous periocular spray** (£11.95, [purifyeyes.co.uk](#)) to gently cleanse and reset the microbiome.' Murthy rates vitamin C for brightening and smoothing eye skin, but 'skin penetration is better in oil-based carriers, such as **Revision Skincare Vitamin C Lotion 15%** (£97.50, [skincity.com](#)).' Neuropeptides are another winner:

'they target nerve transmission in the eyelid muscles. **Revision Skincare's Revox Line Relaxer**, (£147, [skincity.com](#)) is patent-pending and hydrates as well as improves crow's feet.' Crepey skin, she says, is effectively reduced with **Augustinus Bader's amino acid-rich The Eye Cream** (£150, [cultbeauty.co.uk](#)). Puffiness, she warns, is often due to poor lymphatic drainage, which is inefficiently tackled with skincare. Gentle daily lymphatic drainage massage (there are multiple how-to's online) will give you better results.



## THE PERFECT SPF

Sunscreen is the most important product if you want to improve any skin condition. Luckily, there are some exceptional low-cost ones out there by La Roche-Posay and CeraVe. 'But there are few as good as **Heliocare** – it has added antioxidants to boot,' emphasises Marshall. When it comes to acne, 'I recommend **Exuviance Professional Sheer Refining Fluid SPF 40** (£44.80, [facethefuture.co.uk](#)), continues Marshall. 'It's formulated for blemish-prone skin and it's never caused a breakout in any of my clients.' And don't forget your eyes: 'An SPF 50 is essential for the area and should be used up to 5mm below the lash line,' says Murthy. ■



# Banking NON Fat

Injecting fat cells into your face might sound frightening but this cutting-edge treatment could hold the secret to eternal youth, reports *Becci Vallis*



Could using our own fat help keep our faces looking youthful?

Swimsuit, **Haight**  
@ Matches Fashion;  
Juste un Clou ring  
and bracelet, **Cartier**

What if we told you that you already hold the key to ageing well forever more? Would you pay £10,000 to unlock the secret and futureproof your skin for years to come? Even for the sceptical, it's certainly tempting – especially when you learn that the process is completely natural and gives longer-lasting results than traditional injectables and fillers. This seems increasingly important when you take into account that out of the three million Brits that have considered having a cosmetic treatment in 2022, 15 per cent are hesitant about introducing unnatural substances into their body.\*

'There's a misconception that fillers are natural because they use hyaluronic acid which is present in our own skin but they're made in a factory. They have their place, but they should be used sparingly, especially when more natural alternatives are available,' says Dr Olivier Amar, a leading plastic surgeon and CMO of Uvence – one of the companies spearheading the new fat banking treatment.

'Fat banking' is a revolutionary technique that's predicted to change the world of aesthetics. The epitome of personalisation, the process entails extracting fat cells from your body via liposuction which are then purified and filtered before being reinjected back into your face (or scalp, hands, décolleté, even your vagina). Regenerating, repairing and rejuvenating the skin, the leftover fat cells can then be frozen allowing for top ups as and when you need them, which can be for cosmetic purposes or to help the body heal from injury.

'If enough fat is stored, a patient can benefit from that one deposit for years and in different areas of the body. For example, if initially the face was treated but as time passes they wish to regenerate the décolletage or hair, it can all be done from that initial fat taken via liposuction years earlier,' explains Esther Fieldgrass, founder of EF Future Health.

A two-treatment procedure, one session (usually around half an hour) is needed to extract the live fat cells via microcannula liposuction, with a second session required at a later date to reinject the cells into the face. It's what happens in between the two procedures which is where the brilliance unfolds. Once the fat cells have been taken – usually from the outer thighs or bottom – they are transported to the lab, tested for purity and processed into what Fieldgrass describes as a 'smart ageing elixir' before being frozen. 'Everything in the elixir comes from the patient's tissue, which is naturally rich in regenerative factors such as stem cells, macro fat and ultra-pure nano fat,' she explains. 'Macro fat is used to replenish volume while nano fat is "finer" and used for subdermal or intradermal injections to regenerate the skin – usually in more delicate areas to help with fine lines that appear closer to the surface.'

In the world of aesthetic medicine, many procedures target fat reduction, so why inject the thing so many are trying to lose? 'Fat is made up of hundreds of types of cells but the good stuff lies in the adipose-derived mesenchymal stem cells which can harness the real

potential of facial rejuvenation,' says Dr Olivier. 'Besides the regenerative and self-renewing properties of the mesenchymal adipose stem cells, our "Super Enriched Tissue" is made up of haematopoietic stem cells that develop into blood cells that have regenerative properties; progenitor cells which create certain cell types; fibroblasts which secrete collagen proteins needed for skin elasticity and stretchiness; lymphocytes (white blood cells) that focus on immunity; vascular endothelial cells that act as a communicator between cells and macrophages that are highly specialised in the removal of dying or dead cells and cellular debris thus encouraging the natural exfoliation process. The main message being that fat has the power to help our skin to repair itself without the need for external substances.' Proof that fat really is a good thing.

The technical ability to extract and purify the potent stem cells from our fat stores has been available for some time, yet it's the intricate freezing process that has finally allowed for the fat banking process to transition from testing to treatment room. Dr Hayot, medical director at Epilium & Skin clinic, learnt about the revolutionary technique 20 years ago but only added it to his treatment menu in 2019, and was one of the first to offer it in the UK.

'A lot of laboratories have had difficulties storing and more importantly "unfreezing" the fat which can affect its quality and stability, leaving it more or less unusable,' explains Fieldgrass. 'We have teamed up with one of the only laboratories that has mastered the storage as well as the thawing with a proven viability rate after thawing of 75 per cent, which is high.'

Housed in cryogenic storage or a cryochamber, the fat cells can be stored for up to five years and used on demand at your request, although if kept correctly, scientists suggest fat deposits could be stored indefinitely.

This crucial storing process explains the potentially hefty price tag. 'Not only is a patient paying for the procedure but the entire process, including liposuction, fat extraction, freezing and storing your fat cells, as well as five vials of your own super enriched tissue to be injected at your discretion,' justifies Dr Olivier. Yet, exceptional results come courtesy of a doctor that has the specialist understanding of such a cutting-edge procedure. 'Any surgeon can extract fat from the body and inject it back into the face, but if it's not refined and purified to a high standard, you could end up with a face that puffs up like a soufflé.'

Another big draw of this next generation treatment is that results are geared towards optimising the patient's own repairing processes and is completely tailored to each individual. Whether you wish to replace lost volume in areas that have started to sag or to subtly plump fine lines, injecting fat cells is a subtle process that's more about age management than age reversal, using your own cells to regenerate from within.

As for how quickly you see results, it won't be as instant as toxins or fillers as the skin needs time for collagen production to become activated. However, unlike 'anti-ageing' treatments in which results begin to fade with time, by stimulating your skin to essentially act younger by dishing out more collagen, those cells will keep regenerating long after the treatment giving you glowing, healthy looking skin for up to a year.

Will fat banking take over from fillers as the beauty treatment of choice? Only time will tell, but if you want to naturally prompt your skin to behave and look like its younger self well into your later years, then this could be the smartest and most natural form of age management.

\*Data from Uvence research Feb 22 ■

#### FAT BANKING: WHERE TO GO

Uvence,  
from £7,500.  
[uvence.co](http://uvence.co)

Futureproof  
You treatment,  
from £10,000.  
[efmedispa.com](http://efmedispa.com)

Fat injections,  
POA. [epilium.co.uk](http://epilium.co.uk)

# HOME COUNTIES HAVEN

*Led by Dr Selena Langdon, Berkshire Aesthetics provides a highly personal and consultative approach to aesthetics*

**B**erkshire Aesthetics has truly established itself as a haven for those seeking the best possible treatments in a patient-focused clinic. From its purpose-built site on the edge of Pinkney's Green, an ever-growing team of experts deliver cutting-edge treatments in a discrete and relaxed environment.

Founded by Dr Selena Langdon, Berkshire Aesthetics has a 'patient first' approach which means the patient is at the centre of everything they do. A thorough consultation ensures that a patient's aesthetic concerns are understood, and treatments are aligned to their emotional needs and motivations. The focus is very much on ensuring the best therapies are offered, which increasingly means combination treatments including medical-grade skincare to ensure the skin is well prepared for a myriad of treatments on offer.

With a complex choice of treatments available, it is very important that patients are given as much information as possible and an opportunity to ask questions without pressure, commitment, or judgement. Supporting Dr Langdon are a team of highly skilled aesthetic practitioners as well as Dr Paris Acharya, who is dual qualified in both medicine and dentistry. Dr Paris brings expert knowledge with a patient-centric approach that is perfectly aligned with the culture of Berkshire Aesthetics. Her talents are numerous, and she provides injectable treatments alongside PDO and APTOS threads as well as bioidentical hormone therapy. Both Dr Langdon and Dr Paris work closely to ensure seamless care in the clinic,



Dr Selena Langdon (left) with Dr Paris Acharya

while supporting aspiring aesthetic doctors through their recently launched mentorship programme called Aesthetication.

Consistently rated as one of the best CoolSculpting clinics in the UK, Dr Langdon has built an international reputation as an expert in the delivery of the treatment with Dr Langdon's commitment to her patients, and the exceptional treatment outcomes she achieves, has seen her profile grow, not only with patients, but also with many of the world's leading aesthetic companies. As a doctor who is passionate about raising professional standards her proprietary

**Time is spent consulting with patients to understand their aesthetic concerns, as well as their emotional needs and motivations**

approach called the CoolCodes®. As a CoolSculpting Key Opinion Leader and UK Expert Panel Lead, she supports CoolSculpting clinics across the UK whilst also being one of the first practitioners to offer CoolSculpting Elite which launched in March 2021.

Dr Langdon's commitment to her patients, and the exceptional treatment outcomes she achieves, has seen her



profile grow, not only with patients, but also with many of the world's leading aesthetic companies. As a doctor who is passionate about raising professional standards her enthusiasm for her work has meant a growing practice which serves the needs of patients not only in the Home Counties, but many regular international patients who take advantage of Berkshire Aesthetics' proximity to Heathrow and world class dining and accommodation options.

Berkshire Aesthetics is an exceptional clinic in a discreet rural location. The highly experienced front of house and practitioner teams support Dr Langdon in her steadfast belief that aesthetic treatments should be delivered responsibly and with the utmost care for the patient and their physical and emotional wellbeing.

*Berkshire Aesthetics, Furze Platt Road, Maidenhead SL6 6PR. Please call 01628 202028 or visit [berkshireaesthetics.com](http://berkshireaesthetics.com)*  
 @berkshire\_aesthetics @BerkshireAesthetics

# RHINOPLASTY RE-DEFINED

*Rhinoplasty London is a centre of excellence for nose reshaping*

Some aesthetic procedures are intrinsically subtle, others have the power to dramatically transform a face. This could not be truer than of nose jobs, where a one-size-fits-all approach could spell disaster. What you want to seek out as a rhinoplasty patient is a highly specialised surgeon with an almost obsessive eye for facial harmony, and the vision to refine established techniques and develop ground-breaking new ones in order to achieve entirely bespoke and natural results.

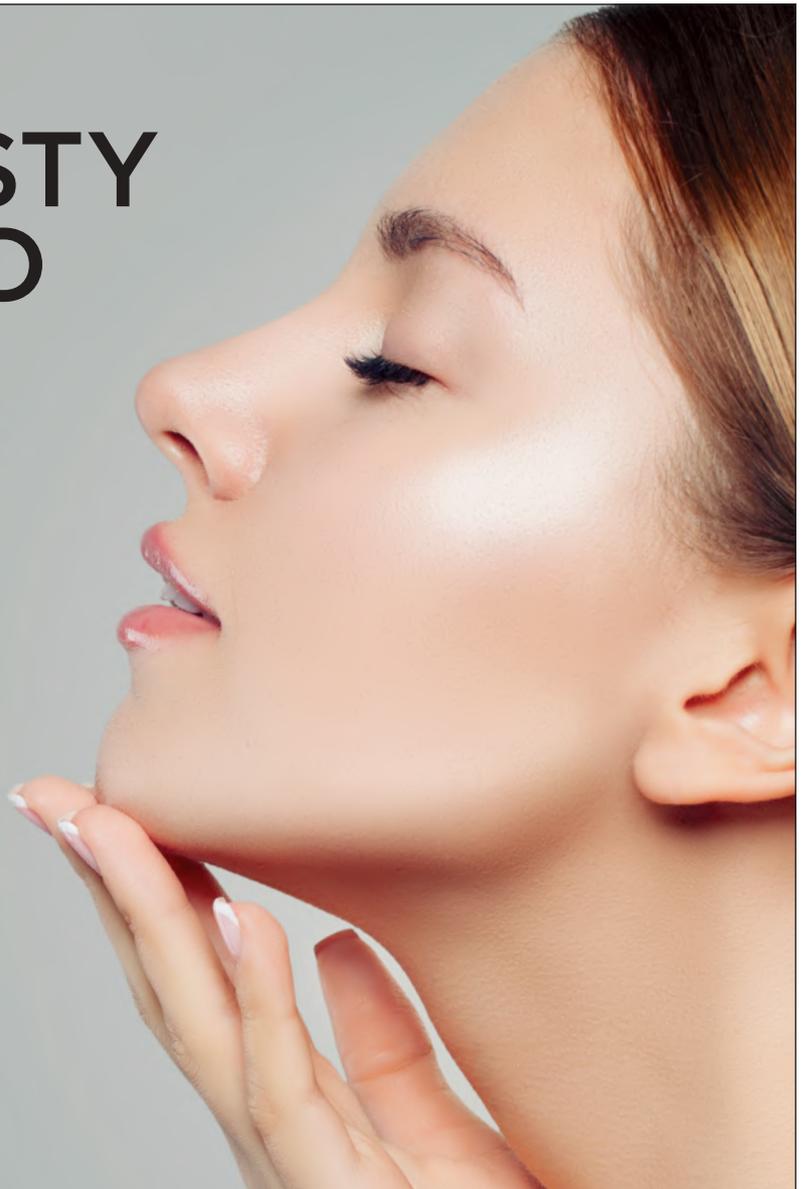
Charles East and Lydia Badia are a team of such surgeons, specialising in pioneering rhinoplasty techniques that have revolutionised the field. So what exactly do these advanced procedures entail?

## DIAMOND STANDARD

Diamond Rhinoplasty uses fine ultrasonic tips to remodel or move your nasal bones, creating symmetric, bump-free, smooth bridges while preserving the soft tissues and without breaking or shattering the bones. East was involved in the development of this technique a decade ago, and it is now known as the Piezo ultrasonic technique, which offers the major benefit of less bruising and faster healing times.

## PRESERVATION INNOVATION

But it's Preservation Rhinoplasty that's at the true cutting edge of East and Badia's surgical innovation. 'The method is so much more than just a series of surgical techniques. It is



fundamental to our "less is more" approach that guarantees the most natural and bespoke outcomes,' they say. 'It's truly a revolution,' adds East, who is the President-Elect of the Rhinoplasty Society of Europe. 'Five years ago, I couldn't have achieved these results.'

Total Preservation Rhinoplasty eliminates the dorsal 'bump' not by breaking or filing it, but by changing the structures underneath. A small strip running from the septum to underneath the hump is removed, resulting in the protrusion 'simply dropping down,' says East. 'You end up with the same nose, but smaller, fitting seamlessly within the framework of a patient's features.' Not only is the dorsum preserved, but so are the skin sleeve, ligaments and nasal cartilages, eliminating the need for reconstruction or multiple grafts. Post-operative risks and recovery time, therefore, are significantly reduced.

Unsurprisingly, 'Sixty to 70 per cent of our patients now have this kind of surgery, alone or in hybrid with a structural support or repair procedure,' says East. 'We're proud to have pioneered an approach that maintains the integrity of the nose, simplifies any revisions, and delivers perhaps the most ideal and natural surgical results.'

@rhinoplasty\_london; rhinoplastylondon.co.uk

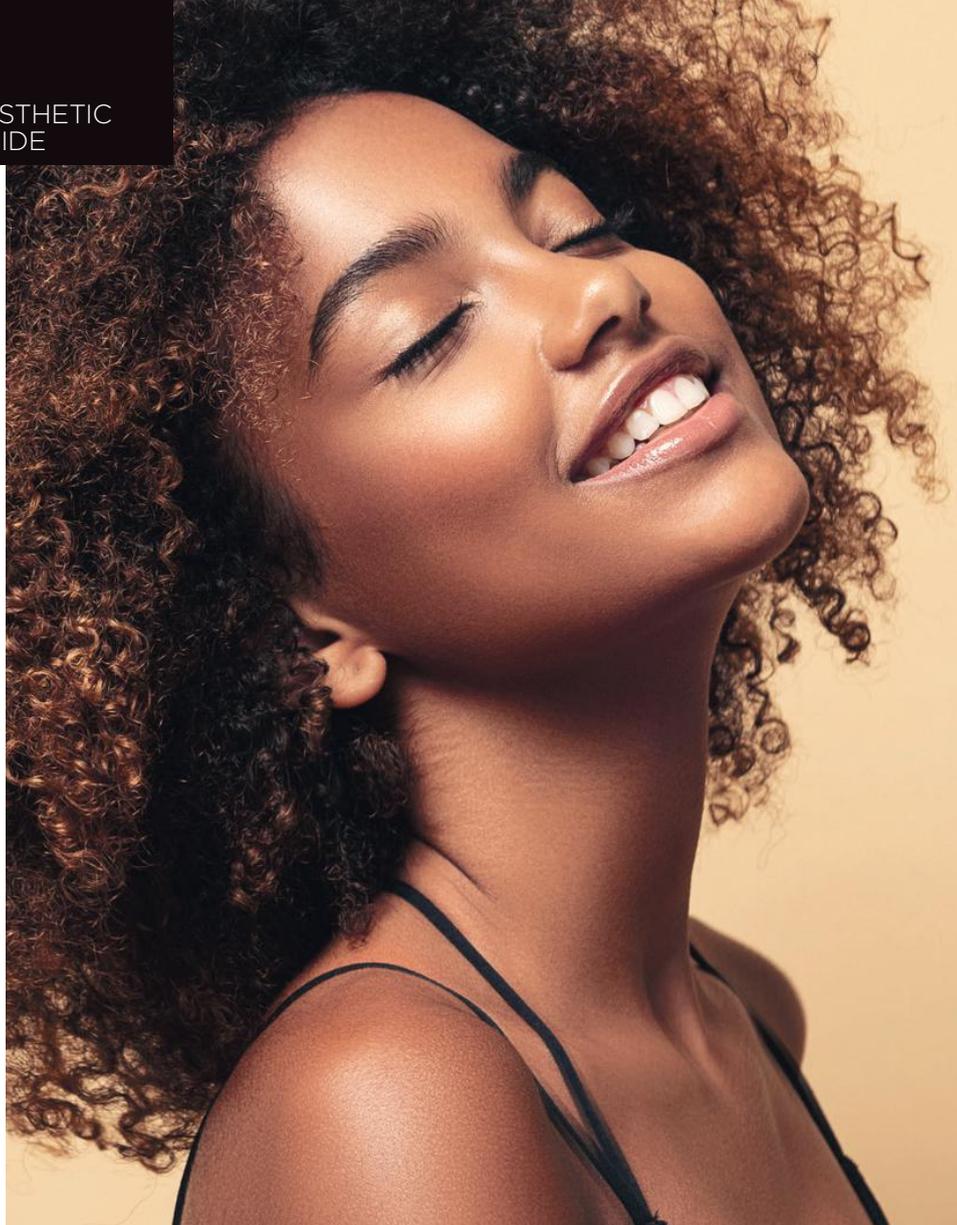


Lydia Badia and Charles East are pioneering rhinoplasty experts

*The*  
SMILE  
HIGH  
CLUB



Aesthetic smile tweakments are now a valid, if not better, alternative to facial procedures for a natural-looking youth boost, says *Annabel Jones*



Five years ago no one was interested in cosmetic dentistry. Teeth were seen as a health concern, not a way to look better or younger,' says Dr Rhona Eskander. Rhona and I are on a first name basis. She has been my 'smile architect' ever since I came to her with a gummy smile and yellowing, cracked teeth four years ago, and I trust her like I do my therapist.

I'm not being melodramatic. Ask anyone who's undertaken a successful smile makeover and they'll tell you that the internal transformation is as staggering as the external one, especially if wonky teeth have plagued you since childhood. After all, your smile, and how much you flex it, is an indicator of happiness. 'The motion dictates the emotion,' says Dr Michael Prager when referring to the negative effects that frowning can have on our emotional wellbeing. On the contrary, a wide inviting smile breaks barriers in an instant. 'It's the universal language,' says Eskander. And of course, a full mouth of gleaming white teeth is the surest indicator of youth and vitality there is. Wrinkles disappear into the background, skin appears brighter and eyes whiter.

## STRAIGHTENING AND WHITENING

The entryway smile tweakment is Invisalign, clear, made-to-measure, impermanent moulds that move and straighten teeth without the need for fixed braces, making them popular with those who've passed the socially acceptable age to don a pair of train tracks. 'Patients are prioritising their health and self-care for the first time and having cosmetic dentistry to feel better about themselves,' says orthodontist Dr Emma Laing, who prescribes a new whitening pen for use with Invisalign's clear aligners to 'freshen up' fading teeth. 'Traditional peroxide gels can be messy and cause sensitivity; this has a nail polish-type applicator brush that's easy to apply, perfect for those looking for a quick, hyper natural effect.'

## COMPOSITE BONDING

The appeal of such mini teeth treatments, says cosmetic dentist and facial aesthetic practitioner Dr Krystyna Wilczynski, is that they are non-invasive and low

maintenance, which when combined with subtle facial treatments like Profhilo and alternative skin boosters creates the harmony that's so often lacking in big smile makeovers. 'Not everyone has the need or budget for veneers, but you can still make a lasting impact with a few small tweaks,' she insists. Having trained as a dentist, Wilczynski studied aesthetic medicine in New York alongside leading plastic surgeons, giving her a big picture edge. While it's common for dentists to offer Botox these days, Wilczynski practises both disciplines at an advanced level. 'When I assess someone's smile, I'm not solely focusing on their teeth, I'm assessing their face as a whole,' she explains, 'achieving a natural look is about subtly improving skin, teeth and facial contours in synergy, not in isolation.'

Wilczynski's attention to detail results in imperceptible design tweaks to correct not only crooked teeth but the cant (curve) of the top teeth to the width of the smile, even allowing for space for composite bonding, a non-invasive, non-permanent alternative to veneers. 'I often design a client's Invisalign course to work alongside bonding to create a more seamless fit,' says Krystyna, alluding to the sometimes unnatural look that bonding can give if fixed in a rote way. 'I apply the bonding tooth by tooth freehand for a bespoke effect.'

For the uninitiated, composite bonding is colloquially referred to as 'Shellac for teeth' and can be a game changer for anyone whose teeth are a little worse for wear. 'Teeth age just as our skin does; over time the enamel stains and erodes resulting in cracks, chips and yellowing, which can be incredibly confidence draining,' says Dr Eskander, whose own 'Chelsea Look' includes aligning, whitening and bonding as part of one treatment package.

## VENEERS: THE NEW FRONTIER

While bonding can chip and stain over time, depending on your bite and whether you grind your teeth, porcelain veneers are still considered the gold standard and can last 15 years or more without staining. Yet, as with all tweakments, there is a veritable difference from one veneer technician to the next. Eskander is one of the few cosmetic dentists who works closely with one hand-picked ceramist, Simon Caxton at Simplee Dental Ceramics, who crafts his veneers in close collaboration



From whitening to  
veneers, don't let  
your imperfect teeth  
hold you back



gums with a gum graft, and has been treating pigmentation with a high-tech laser that gently resurfaces the top layer with no downtime. 'Pigmentation on gums is a common concern with patients of Afro-Caribbean and Asian heritage. The Waterlase laser helps to restore an even pink colour,' he says.

### AT-HOME CARE

At home, Dr Emma Laing suggests investing in a high-tech electric toothbrush such as **Oral B's iO9 Black Onyx Electric Toothbrush** (£250, [oralb.co.uk](http://oralb.co.uk)) to keep teeth whiter for longer, and avoid harsh toothpastes that erode teeth's natural enamel – the shiny, protective coat that keeps them looking bright and glossy. Instead use a pro-enamel paste such as **Pärla Pro Toothpaste Tabs** (£8 per month, [parlatoothpastetabs.com](http://parlatoothpastetabs.com)), or



**Regenerate Enamel Science Advanced Toothpaste** (£6.67, [boots.com](http://boots.com)). And, alas, floss twice a day – or else. 'Interdental brushing with a **TePe** brush between teeth along with flossing is the smartest way to keep your teeth

healthy and stain-free,' stresses Laing.

As for my own smile makeover, on a cost per wear basis I consider the investment as solid as the Chanel 2.55 handbag. After all, good teeth will never go out of fashion. ■



with the client and Eskander to create the most lifelike veneers with the least amount of destruction to the underlying teeth. 'We always aim for minimally invasive veneers. Filing tooth enamel down to tiny fangs puts the patient's health at risk. The goal is to retain as much natural tooth as possible, which requires a high level of skill says Eskander, whose ultra-thin veneers incorporate discerning details such as varying degrees of tone and translucency with realistic contours that reflect the light. And, when it comes to hue, whiter isn't always better. 'Blinding white TicTac teeth can actually highlight maturing skin; the most flattering shade is one that matches the whites of your eyes,' she recommends.

### GUM TWEAKMENTS

'The position of the gums is integral to a proportionate smile; they are the frame to the teeth and can often hold the key to unlocking symmetry and harmony,' insists Eskander who works alongside renowned periodontist, Dr Mitul Shah. The obvious case for a gum surgeon like Shah is crown lengthening to correct a gummy smile, which can be performed with a laser or minor surgery depending on the case. Artfully, Shah designs the ideal gum position digitally to replicate the end result to the millimetre, before you've even committed. On the flipside, Shah can surgically restore receding

## STANDOUT STARS FOR...

**PORCELAIN VENEERS** Dr Rhona Eskander, Chelsea Dental Clinic ([chelseadentalclinic.co.uk](http://chelseadentalclinic.co.uk), [@drrhonaeskander](https://twitter.com/drrhonaeskander)).

**ORTHODONTICS** Dr Emma Laing ([emmalaing.com](http://emmalaing.com), [@dremmalaing](https://twitter.com/dremmalaing)).

**WHITENING** Dr Richard Marques ([doctorrichardlondon.com](http://doctorrichardlondon.com)).

**FACIAL & DENTAL** Dr Krystyna ([drkrystyna.com](http://drkrystyna.com), [@drkrystyna](https://twitter.com/drkrystyna)).

**GUMS & IMPLANTS** Dr Mitul Shah, Chelsea Dental Clinic ([chelseadentalclinic.co.uk](http://chelseadentalclinic.co.uk)).

# THE GLOW DOCTOR

***Dr Yusra's dental and maxillofacial surgical background ensures a subtle, artistic result for all her clients***

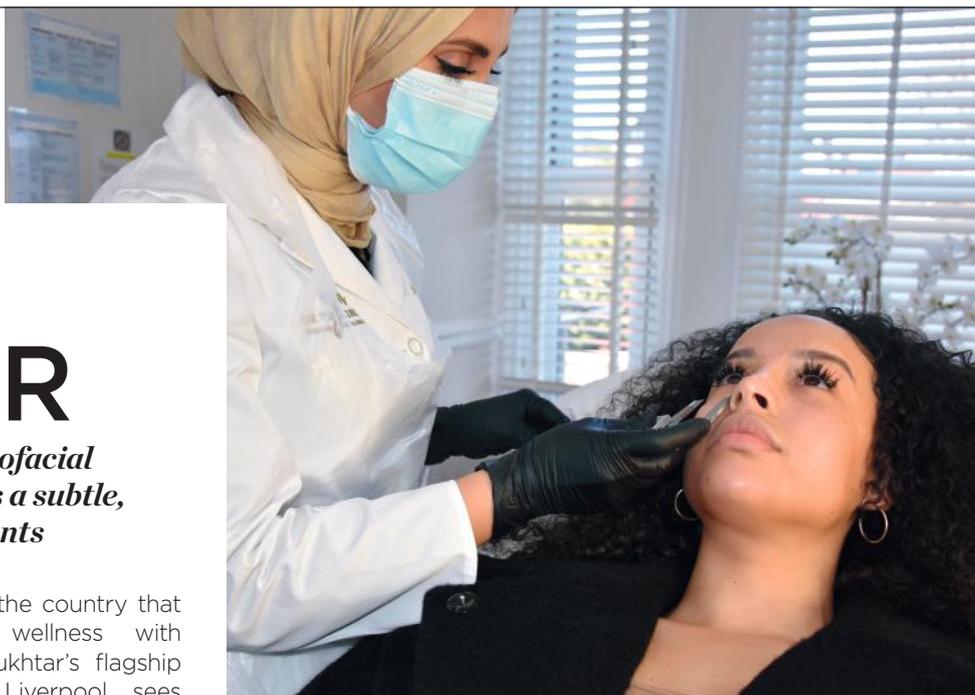
One of the few practices in the country that combines psychological wellness with aesthetics, Dr Yusra Al-Mukhtar's flagship award-winning clinic in Liverpool sees patients travelling from all over the world for aesthetic tweakments using her medical knowledge, artistic eye and focus on facial harmonisation. 'I used to paint, but now I sculpt faces and bodies,' she says. And the results are outstanding.

Originally trained as a dental surgeon, Dr Yusra is a member of the British College of Aesthetic Medicine and the Royal College of Surgeons. She was listed as one of *Tatler's* Top 40 Doctors and top for non-surgical rhinoplasty, for which she received a prize at the Aesthetic Awards 2022. She is also the author of *Beautified Britain: The Skin Report*.

With two satellite aesthetic clinics in London, in Harrow on the Hill and Harley Street, it's not uncommon for patients to fly in from the US and Australia for her renowned ten minute 'liquid nose job' using injectable soft tissue fillers for instant results that are comparable to going under the knife - without the cost, risk or downtime of surgery. Her ALR (Align, Lift, Refine) technique aligns bumps on the nose, lifts and defines the tip and refines asymmetries using filler which lasts up to 18-24 months. 'This treatment can be liberating and truly life-changing,' says Dr Yusra, who now teaches masterclasses on her sought-after technique. 'These are empowering transformations. We aren't just straightening a nose, we are giving people back their confidence and self esteem. It is truly magical to be a part of that.'

Her clinic is also home to the latest technology including Secret PRO by Cutera, a dermal remodelling machine targeting sun-damaged skin, acne scarring and stretch marks, and the new Prophilu Body for rehydration and glow. There's also a wide range of treatments on offer, from non-surgical fat reduction using Coolsculpting, to Endolift laser face lifts. Dr Yusra's motto for every client is 'look good, not fake', so you'll come out a fresher version of yourself, without anyone guessing you've had anything done.

+44 (0)333 224 4666; [dryusra.com](http://dryusra.com)

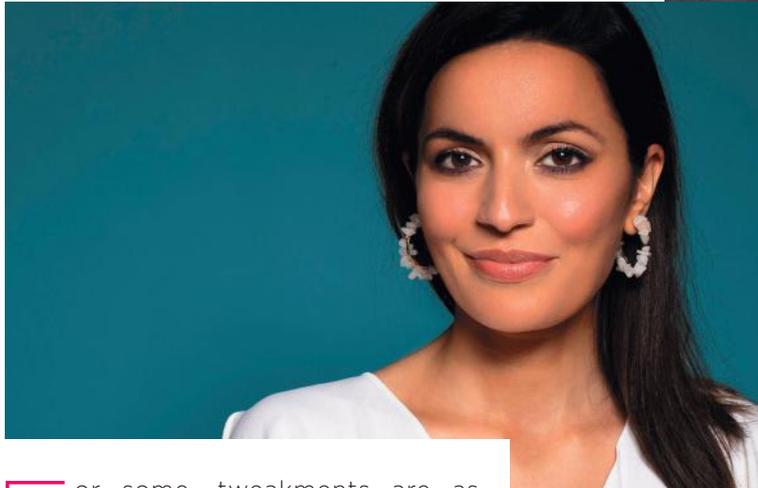


Dr Yusra's expert face and body transformation techniques have clients flying in from all over the world



# PERFECT HARMONY

*London's White & Co practice offers complete care, from dentistry to facial non-surgical treatments, under one chic roof*



For some, tweakments are as important as going for a dental check-up. So why not create one luxury destination that caters for both dental and facial aesthetics? This is precisely what White & Co, a clinic housed within London's landmark Battersea Power Station, has made its signature. 'We want to change people's perception of dentistry,' says founder Anisha Patel. 'To deliver style, sophistication and substance from the moment a patient steps through our doors.' It's a timely move given the cosmetic dentistry market is set to be worth over £32 billion\* by 2026, while in the UK non-surgical treatments such as Botox and dermal fillers account for nine out of 10 procedures.\*\*

Alongside the traditional menu of crowns, teeth whitening and amalgam-free fillings that you'd expect to find at a dentist's practice, there is also a vast range of cosmetic dentistry options including implants, the invisible aligning treatment, Invisalign, and even gum line contouring, which involves using laser to reduce a gummy smile.

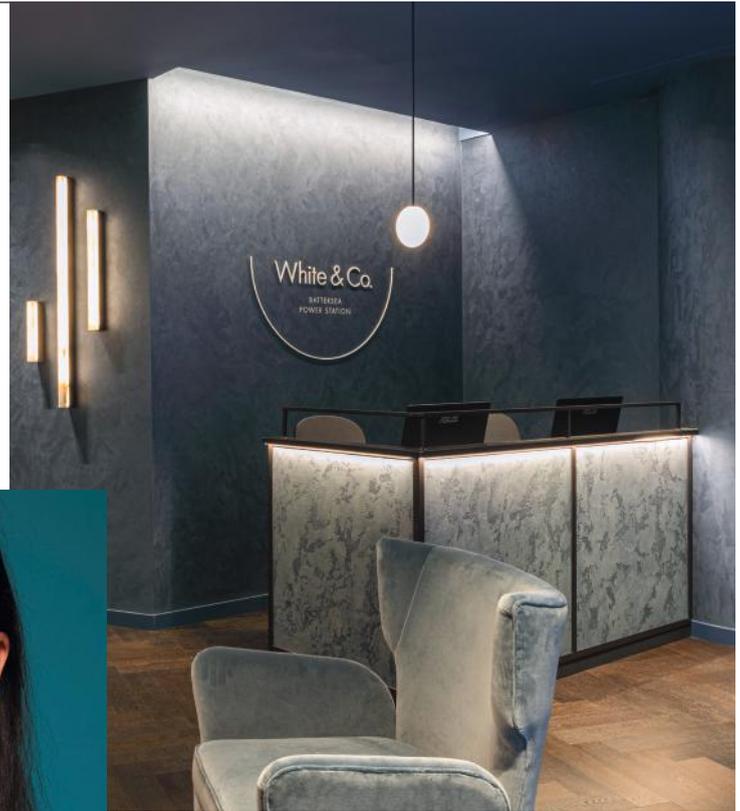
Alongside whiter, brighter teeth, often considered key to a youthful face, White & Co also



Dr Izabella Romanowska



Dr Nikki Izadi



offers Botox and dermal fillers for a complete youth boost. To achieve a harmonious overall look, you can choose to add volume to plump up your lips, smooth vertical lip lines and even soften frown lines. Either way, White & Co has you covered, which makes perfect sense as dentists are known to be excellent injectors and highly skilled in the anatomy of the face.

One such cosmetic dentist is Dr Izabella Romanowska. Since graduating from the Medical University of Lodz, Poland, she has become known for her holistic approach to naturally enhanced teeth and subtle tweakments that make the face look fresher and more youthful.

Likewise, Dr Nikki Izadi's client book is full to bursting. Having qualified as a dentist from King's College London in 2007, she undertook postgraduate courses in facial aesthetics, as well as studying Aesthetic Medicine Speciality Training to diploma level at the Harley Academy. Dr Nikki's clinical background and extensive injectable experience is matched by her artistic eye and meticulous attention to detail within all of her treatments.

*For more information visit, [whiteandcodental.co.uk](http://whiteandcodental.co.uk). As part of its package, White & Co is offering free video consultations for both new and current patients, enabling them to discuss their concerns from the comfort of their own home*

\*[h.globenewswire.com/news-release/2019/07/29/1892970/0/en/Cosmetic-Dentistry-Market-To-Reach-USD-32-73-Billion-By-2026-Reports-And-Data.html](http://h.globenewswire.com/news-release/2019/07/29/1892970/0/en/Cosmetic-Dentistry-Market-To-Reach-USD-32-73-Billion-By-2026-Reports-And-Data.html); \*\*[bdnj.co.uk/2020/02/18/face-the-demand/#\\_edn1](http://bdnj.co.uk/2020/02/18/face-the-demand/#_edn1)

*I'll*  
HAVE  
WHAT  
*they're*  
HAVING

Our team of dedicated beauty experts  
put 15 non-surgical treatments to the  
test... and the verdicts are in



# 1 BODYTITE

**BEST FOR: MELTING AWAY THOSE  
HARD-TO-SHIFT AREAS OF FLAB  
AROUND THE UPPER ARMS, TUMMY  
AND THIGHS WHILE MINIMISING  
STRETCH MARKS**

**What happens:** A companion treatment to FaceTite (see number 4), BodyTite is an advanced, permanent method of removing fat and tightening the skin simultaneously, dramatically improving the contours of the body in a non-invasive way. It works by using radio frequency energy to heat up and melt away fatty tissue which in turn contracts and tightens the skin above. Prepare to lie back for approximately two hours depending on the area you're having treated as the technician inserts a small cannula under the skin at the precise depth to burn off the fat just under the skin.

**Ouch factor:** Local anaesthesia makes it a painless experience with very little discomfort afterwards.

**Downtime:** A slight discomfort is felt afterwards when the anaesthesia wears off.

**Results:** After a month to six weeks results begin to show, particularly on the tummy area which appears more contoured for a year or more.

**Book it:** From £6,500 per body part per session, with Dr Judy Todd at Taktouk Clinic. [drwassimtaktouk.com](http://drwassimtaktouk.com)

# 2 INJECTABLE VITAMIN FACIAL

**BEST FOR: GLOWING,  
NATURALLY PLUMP SKIN**

**What happens:** Filling the gap between superficial mesotherapy and facial fillers, injectable skin booster facials promote cell regeneration and tissue restructuring to help induce a youthful glow. Used to combat dryness and skin fatigue, a combination of hyaluronic acid, antioxidants, amino acids, minerals and vitamins are injected into the skin, exactly where it's needed to begin the rejuvenation process. First, a consultation is required to assess medical history and patient suitability. Dr Krystyna applies a numbing cream to the targeted areas where micro injections (0.1ml per injection) are then inserted underneath the skin followed with a post procedure cream which contains arnica, aloe vera and antiseptic.

**Ouch factor:** You'll feel very little, if any, discomfort while Dr Krystyna's bedside manner helps to make you feel at ease.

**Downtime:** No exercise for 24 hours is recommended and it's best to avoid makeup for four to six hours afterwards. Bruising cream can be applied if necessary.

**Results:** For optimum results, it is

recommended to undertake three sessions at three-week intervals three times a year. Skin has an instant glow after one treatment. After the full course skin takes on a natural glow, making you appear rested and healthy looking.

**Book it:** From £300 for 2ml; a course of three costs £800 at Blush + Blow. 020 7736 0430; [blushandblowlondon.com](http://blushandblowlondon.com)

# 3 SLIMYONIK AIR BODYSTYLER

**BEST FOR: A SERIOUS  
CIRCULATION BOOST**

**What happens:** After popping on some disposable trouser shorts, prepare to lie down on the treatment bed and climb into what can only be described as oversized heavy trousers which are then zipped up on both sides making you feel nice and snug. When the machine is turned on, you can feel the trousers tightening and then loosening as the technology senses where you have blockages for a tailored pressure therapy massage that activates your entire lymph system to boost metabolism and increase blood flow. The pressure creates a detox process that encourages waste and fat deposits to be broken down and eliminated. A nasal cannula is given during the treatment to boost oxygen intake.

**Ouch factor:** Zero, the sensation is entirely relaxing.

**Downtime:** None, you can go about your day feeling light as air.

**Rating:** A brilliant one for boosting circulation and to feel more toned.

**Book it:** From £95, with Debbie Thomas at D Thomas Clinic. 020 7118 9000; [dthomas.com](http://dthomas.com)

# 4 FACETITE

**BEST FOR: DOUBLE CHINS,  
JOWLS AND NECK LAXITY**

**What happens:** The procedure takes about an hour and a half. Before anything, an oral antibiotic is given followed by local anaesthetic. This part is administered slowly to make sure everything is fully numb at the site you're having treated. After confirming you can't feel a thing, small punctures are made on either side of the face and under the chin. The FaceTite handpiece, a small device that can be inserted easily into the skin, is introduced and the machine is activated. Prepare for a popping and crackling sound which indicates adequate heating of subcutaneous tissues (apparently the more popping the better). Once the correct amount of energy

Swimsuit, **Melissa  
Odabash**. Juste un  
Clou necklace, **Cartier**





is delivered, the second side is treated. Each side of the face takes about five minutes. Finally, liposuction is carried out to define the jawline, concentrating on the jowl areas. Small plasters are applied to the puncture sites and no stitches are needed. A face support (usually a compression garment) is worn from that point for a few days to help reduce swelling. A week's worth of antibiotics are given to prevent a secondary infection.

**Ouch factor:** Thanks to the anaesthetic, only a slight tugging sensation occurs. In the days after you can feel soreness on the neck area but this is easily managed with paracetamol.

**Downtime:** Expect to be swollen for at least a week. This is caused partly by the local anaesthetic. The face and neck will feel tender for the first week and some report tenderness up to a month following treatment, yet it is common to feel numb in the areas treated, especially the jowls which can take a couple of months or more to resume normal sensation completely.

**Results:** Very impressive. For those wanting to abolish a double chin or treat skin laxity in the lower jaw area, this is as close to a lower facelift as you can get yet much less invasive and without general anaesthetic.

**Book it:** From £2,500 for a course of 10 at Taktouk Clinic. 020 7235 7198; [drwassimtaktouk.com](http://drwassimtaktouk.com)

## 5 TASTEFUL TWEAKS

BEST FOR: DISCREET  
ANTI-AGEING SUPPORT

**What happens:** Delightful Dr David Jack is immediately reassuring as he evaluates your face. His whole philosophy is less-is-more, as he believes that too much 'work' is ageing. He recommends Botox in micro doses which allow movement in the face rather than freezing muscles. Over time, muscle dynamics change and he seeks to redress the natural balance of the muscles as opposed to paralysing muscles and artificially sculpting cheekbones and lips with filler. For a more natural look, tiny drops of Botox are administered around the hairline and in the crow's feet area to curb tired, sagging eyes. He then adds small microdroplets of filler in jaw creases, the corner of the mouth and in the centre of the cheeks, though this varies from patient to patient. Two weeks later, you return for biostimulators such as Profhilo, a hyaluronic skin refresher, in combination with Morpheus8 (radiofrequency with microneedling for tightening the lower face). And if necessary, you may require a top up.

**Ouch factor:** Thanks to Dr Jack's special

German numbing cream, Botox, filler and even the challenging Morpheus8 is less painful than normal. A three as opposed to a seven on the pain threshold.

**Downtime:** Very little – possibly tiny bruising or small swelling from the filler. Best results from the filler in five days and the Botox in 14 days.

**Rating:** Fantastic natural results and perfect for filler-phobes, you'll begin to see plumping results within five days whereas Botox is apparent after two weeks.

**Book it:** From £900. 020 7589 6309; [drdavidjack.com](http://drdavidjack.com)

## 6 NYDG OXYGENESIS

BEST FOR: SENSITIVE, DRY SKIN

**What happens:** Dr Costas believes in medical grade facials that bypass the surface of the skin, so there is nothing pampering about this treatment.

Firstly, manual lymph drainage via suction cupping loosens muscles and de-puffs the face. Then skin is thoroughly cleansed with machines that feel like they are removing the top layers of the dermis. The heavy hitter here is the American laser which penetrates 2mm below the skin's surface to stimulate collagen and cellular regeneration that has an immediate tightening effect. Next, high pressure hyperbaric oxygen delivers hyaluronic acid and a powerful cocktail of vitamins, botanical peptides and topical antioxidants are applied. The aim is to soften the folds in the skin to improve light reflection.

**Ouch factor:** While the laser feels hot, it never gets uncomfortable. The weird burning smell makes it more disconcerting than uncomfortable.

**Downtime:** None. Results are immediate and impressive.

**Results:** Think glowing and well rested. Good value for money, skin is instantly tight and brighter.

**Book it:** £160, at Harrods Wellness Clinic. 020 7225 5678; [drcostaspapageorgiou.com](http://drcostaspapageorgiou.com)

## 7 THERMAGE FLX

BEST FOR: LONG-TERM EYE  
AND FACE FIRMING

**What happens:** This non-invasive radiofrequency therapy smooths, tightens and contours skin around the eyes without needles in one single treatment. While Thermage has been around for nearly 20 years, the device is now in its fourth generation. Dr Kavouni explains: 'It works like a microwave,' heating the deep layers of the skin from the

Give your skin a boost at  
Regents Park Aesthetics



# HOLY GLOW

*Experience the transformational effects of **Profound Radiofrequency** at the **Regents Park Aesthetics** clinic*



Gravity's pull, coupled with a decline in collagen production can lead to less pronounced facial contours. While fillers have their place for restoring lost volume, there is a smart high-tech option for lifting skin and turnaround a lackluster complexion.

Individually, microneedling and radiofrequency help to boost fresh collagen, firm slack skin and soften the look of lines with minimal downtime. **Profound Radiofrequency** combines both of these technologies in one powerful device. By acting on the lower third of the face, this breakthrough treatment is effective at lifting sunken cheeks and jowls and improving the look of nose-to-mouth lines.

You can now experience **Profound Radiofrequency** in the plush surroundings of **Regents Park Aesthetics** on London's Wimpole Street. During the treatment, local anaesthetic injections numb the area before tiny needles are inserted into the skin to deliver the radiofrequency. Both the surface and underlying skin heat up, causing collagen fibres to contract causing the skin to feel instantly tighter. Used in tandem, radiofrequency and microneedling causes small, controlled injuries in the skin that stimulate your body's own wound-healing response prompting the skin to produce extra



collagen and elastin for long-term firmness.

Crucially, **Profound Radiofrequency** is the first and only radiofrequency microneedling device with FDA clearance for use on the face, neck and body. It also monitors the skin's temperature in real time for greater precision and safety. But most impressive of all, you only need a single 90-minute treatment to stimulate the production of three key components of youthful skin. **Profound Radiofrequency** is proven to double collagen levels, create five times more elastin and increase hyaluronic acid, a hydrating molecule that can hold up to 1,000 times its weight in water. When used on the body, the device claims to reduce cellulite by up to 90 per cent.

If that's not appealing enough, in clinical trials, **Profound Radiofrequency** was found to deliver results that are comparable to a third of a surgical facelift. Optimal results appear after three months and last for up to five years.

Note: after treatment, you can resume normal activities but be aware that you may experience some redness, swelling and bruising, which can persist for seven to 10 days.

*Profound Radiofrequency starts from £1,500. For more information or to book a consultation, visit [regentsparkaesthetics.co.uk](http://regentsparkaesthetics.co.uk)*

Juste un Clou hoop  
earring, **Cartier**



inside out in a targeted way causing collagen in the skin to shrink and tighten. While results are instant, skin continues to magically remould itself over the coming months. Treating the area around the eyes takes around 20 minutes and promises an uplifted and smoother appearance with less wrinkles that begin to develop around four to six weeks, and last for up to a year, sometimes two. Thermage is also popular for use on the jowls, abdomen, sagging knees and has even been approved for use on cellulite.

**Ouch factor:** Expect hot, sharp but short twinges – nothing you can't bear.

**Downtime:** Depending on the sensitivity of your skin, expect some retained heat and redness, like you've spent a tad too much time in the sun. By the next day this will usually subside.

**Results:** You'll appear brighter and tighter around the eyes – like you've slept for the first time in years.

**Book it:** From £1,800. 020 7486 9040; [ionkavounilondon.com](http://ionkavounilondon.com)

## NUCLEOFILL

BEST FOR: DARK CIRCLES AND  
UNDER-EYE SKIN REJUVENATION

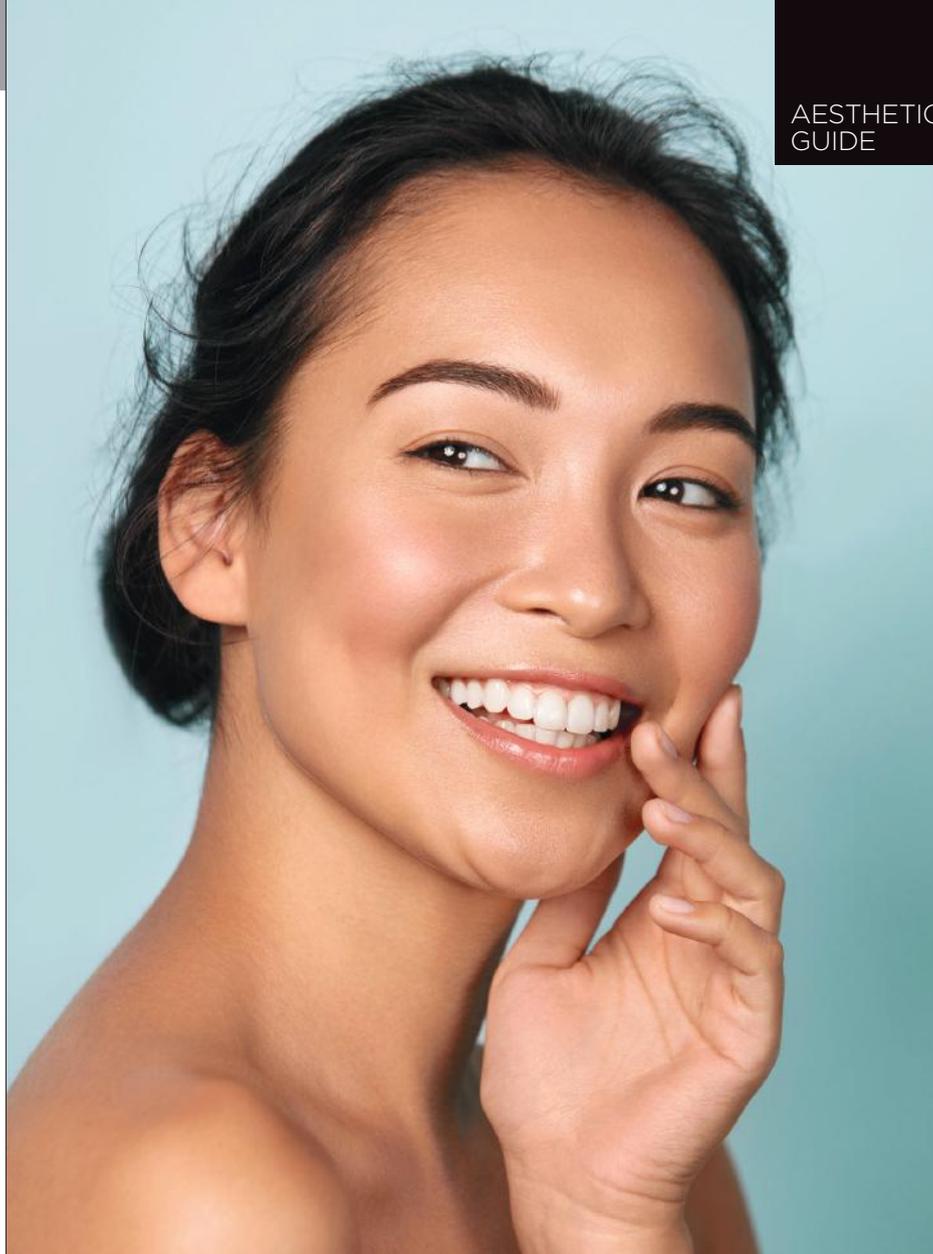
**What happens:** The new injectable on the block, Nucleofill is a revelation for those who are wary of having traditional filler on the sensitive tear trough area which can exaggerate undereye puffiness with a less experienced practitioner. For visible yet natural results this innovative, scientifically proven technique uses polynucleotides (exactly the same as those found in your DNA) to stimulate all layers of the skin, increasing both the production of collagen and elastin – imagine less laxity, fewer fine lines and long-term hydration. Allow at least half an hour for numbing cream to provide protection, then one small needle is used to dispense the solution which is nudged with a cannula to cover the whole under eye area in a process that takes around 20 minutes. Two treatments are recommended with no longer than a four-week gap.

**Ouch factor:** You will feel a temporary bee sting sensation just above the apple of your cheek which lasts less than ten minutes per side. But just when it seems unbearable, it's all over.

**Downtime:** A little redness and potentially the tiniest bit of swelling (the kind only you would notice) is normal and the risk of bruising is minimal.

**Results:** You'll notice visibly firmer under eyes and a brighter skin texture. True results take several weeks as collagen, elastin and hyaluronic acid are stimulated within the skin.

**Book it:** £550 per vial, with Dr Sophie Shotter. 020 8914 7987; [drsophieshotter.com](http://drsophieshotter.com)



## LAM SKIN TRAINING - CONTOUR & CONDITIONING

BEST FOR: RECLAIMING  
YOUR CONTOURS

**What happens:** If your cheekbones look more dull plastic than cut glass or your former facial plumpness is somewhat deflated, let master skin strategist Dr Uliana Gout work her artistry. Don't expect Skin Training to be a quick fix though, but rather a journey along which skin will be rebooted and regenerated with a treatment plan (four sessions over a year) that go beyond anti-ageing and into bio-stimulation. First, Dr Gout will map your face and do drawings to identify where skin might be beginning to weaken (often around the jawline and the cheek), before injecting a bespoke concoction of hyaluronic acid, peptides, aminos, vitamins and minerals directly into different layers of your notoriously lazy skin. Your cells will then be provoked to start behaving like they're prepubescent

adolescents once more, ramping up the collagen and elastin production to pump and smooth the skin. It's a huge leap forward in natural regeneration (your cells are doing all the work here), leaving false-looking filler far behind.

**Ouch factor:** Yes, because sharp needles in the skin do hurt, but a bit of numbing cream beforehand will do wonders. Your face will also look super flushed (although Dr Gout always uses a high intensity LED mask to calm skin afterwards).

**Downtime:** You'll want to go home straight away and there may be a little bit of dryness and tightness for the next few days, but you'll be perfectly presentable the day after the treatment.

**Results:** Two treatments in and your cheekbones will reflect the light in shop windows again. Watch the comments on how well your skin is looking start flooding in.

**Book it:** Four treatments recommended three months apart, £4,500; (single treatment), £1,200. 020 7637 5999; [london-aesthetic-medicine.com](http://london-aesthetic-medicine.com)



# 10

## PROPHILO FOR BODY

**BEST FOR: PLUMPING AND HYDRATING PRUNEY/CREPEY SKIN**

**What happens:** A Prophilos body treatment consists of tiny injections on an area of the body, usually under arms or abdomen where skin is in need of TLC. Think an elastic band that doesn't ping back into shape like it once did – Prophilos adds hydration, which in turn makes an area tighter and more youthful. A white paper template with teeny circles is put over the area to be treated, then using a crayon the doctor marks the areas so injections are accurately spaced. It feels like tiny scratches as the Prophilos is needled into the skin in small amounts. In the short term it leaves a raised bump which goes down after 12 hours and occasionally a little bruising. You leave with patches to soothe and moisturise in the treated areas and body cream for in-between treatments.

**Ouch factor:** It feels like a scratch. A set of headphones and a good podcast will take your mind off it.

**Downtime:** None, that's the joy. You can train as usual the next day if that's your thing. Leave one month in between treatments for best results.

**Results:** Remarkably effective. Two weeks after, wrinkles go into hiding and skin texture is significantly smoother.

**Book it:** £500 per treatment. 020 3695 5400; [thelovelyclinic.co.uk](http://thelovelyclinic.co.uk)

# 11

## ERCHONIA EMERALD LASER

**BEST FOR: FAT LOSS**

**What happens:** This innovative, hi-tech, non-surgical fat emulsifying treatment has got the aesthetic world all lit up. Said to be the 'jewel in the crown' of fat reduction technology, its makers say it can reduce an average of six inches off you after 12 30-minute treatments, all while making you feel great due to an increase in metabolic energy. A vibrant green-hued laser emits rotating beams over your body, perforating stubborn fat cells and emptying the fatty fluid so the fat cells shrink. It can be used to generally debulk weighty middles or all 10 beams can be focused on specific areas such as love handles. What's more, it's the only technology granted FDA clearance for overall body circumference reduction on

patients with more than an inch to pinch, up to a BMI of 40, meaning it could be a serious adjunct for treating those with obesity.

**Ouch factor:** It might sound too good to be true, but you won't feel a thing. In fact, it's so relaxing you may even drop off.

**Downtime:** No sticky gels to wipe off, no redness, no painful massage, no bruising. You'll literally feel nothing. Even so, you'll need to up your water intake to flush out those fat cells, eat a healthy balanced diet and fit in some light exercise (walking will do) to maximise the effects.

**Results:** Although each treatment only takes around 30 minutes, it'll take about 10 sessions twice a week to reap the full benefits.

**Book it:** £2,997 for a course of 10 with Dr Natalie Geary at Light Touch Clinic. 01932 849 552, [lighttouchclinic.co.uk](http://lighttouchclinic.co.uk); or Dr Munir Somji at Dr Medispa. 020 8418 0326; [drmedispa.com](http://drmedispa.com)

# 12

## THE ULTRALIFT™

**BEST FOR: MUSCLE LIFTING AND SKIN TIGHTENING ON NECK, FACE AND BROWS**

**What happens:** No need to remove makeup, jewellery, or even your top, the Ultraformer III long-pulse ultrasound technology reaches a much deeper muscular level than standard HIFU (high intensity frequency ultrasound). The head attachment feels like a roller ball that moves over the skin in six target areas (left and right sides of neck, face and brows) that are worked on for four minutes each. You'll feel a warm sensation and every now and then it's quite intense, especially near the jawline. The deep and intense concentration of ultrasound energy causes trauma to the muscle layer, causing it to contract, or shrink, and then tighten and lift when it heals, while a more superficial energy pulse simultaneously stimulates collagen production to improve skin firmness.

**Ouch factor:** A bit uncomfortable at certain points but the level of intensity can be cranked down if needed. An Ibuprofen beforehand will minimise discomfort.

**Downtime:** None whatsoever. Nor is redness or swelling common.

**Results:** For a slightly nervous patient who is not keen on injections, threading or going under the knife, this is a speedy, safe and effective lifting and tightening treatment. One session will deliver long-lasting results but, as the effect is accumulative, two to three are recommended per year.

**Book it:** From £800 with Dr Sebagh. 020 7637 0548; [drsebagh.com](http://drsebagh.com)

The Cosmetic Skin Clinic has been at the forefront of new thinking about aesthetics for over 30 years

# NEW THINKING

*With a 'less is more' approach and a reputation for excellence, the team at The Cosmetic Skin Clinic take a 360-degree approach to face and body treatments*

For 30 years, the multi-award-winning Cosmetic Skin Clinic (CSC) has been a destination that encourages new ways of thinking and gold standard treatments. Combining both a heritage of aesthetic wisdom with a mantra of 'minimal intervention for maximum gain', no wonder it has become the go-to clinic for both non-surgical body transformation and facial rejuvenation. In fact, The Cosmetic Skin Clinic has not only been named the UK's No.1 clinic for Ultherapy for the eighth consecutive year but also the leading CoolSculpting® clinic for more than 10 years.

In the field of injectables, the clinic is renowned for its expertise in dermal fillers and muscle relaxants. But it has also become a trailblazer for combination treatments that work in synergy for results previously only thought possible by going under the knife. The bespoke Triple Layer Lift treatment, for example, may start with fillers to create structure but then also includes skin-tightening technologies Ultherapy and Morpheus8. Another popular treatment is the BBL Forever Young, a 15-minute skin revitalising treatment with no downtime that uses light-based energy to create fresh collagen stores for improved texture and glow.

Clinic founder Dr Tracy Mountford hand-picked the 14-strong team on account of their impressive skill set. Two such practitioners are Dr Joanna Christou and Dr Johanna Ward. Dr Christou is a dual qualified

dentist and medical aesthetic doctor with a special interest in facial musculature. It is her unique knowledge of the structure of the face combined with her mastery of fillers for complex facial revisions, including non-surgical rhinoplasty and weak chins (which take on a new strength) while heavy jowls are as good as gone, that make her one of the best in the business.

Meanwhile, Dr Ward has many strings to her bow as an award-winning cosmetic doctor, GP and advanced cosmetic injector who is highly skilled at volumising, smoothing and recontouring the face for a natural, airbrushed finish. She is a huge believer in the power of preventative medicine and takes a holistic approach to combining skin health and clinical dermatology with nutrition.

*To find out more, visit [cosmeticskinclinic.com](http://cosmeticskinclinic.com) or call the London clinic on +44 (0)203 319 3637 or the Buckinghamshire clinic on +44 (0)1753 646660*



Dr Joanna Christou



Dr Johanna Ward



## 14 PEELHILO

**BEST FOR: BRIGHTENING AND RESTORING THE YOUTHFUL APPEARANCE OF AGEING SKIN**

**What happens:** First Dr Divya applies a medical-grade peel including a cocktail of potent antioxidants, skin brighteners and skin barrier boosters treating multiple skin indications such as pigmentation, congestion and active breakouts. Left to work its magic for 8-10 minutes, the peel releases the dead skin layer to transform a dull, lacklustre complexion. A hybrid treatment, this is complemented with Prophilu, an injectable hyaluronic acid that gives skin a blanket of hydration just beneath the surface, resulting in a dewy, plump appearance with a reduction of fine lines and wrinkles.

**Ouch factor:** No numbing cream is required as pain is minimal. The peel will feel tingly when on and Prophilu injections sting momentarily, but any discomfort is fleeting.

**Downtime:** None. You can return to work directly afterwards.

**Results:** A noticeable improvement in radiance, firmness and elasticity can be seen 10-14 days following treatment. Expect softer, healthy looking skin like you've just been on vacation.

**Book it:** Two sessions four weeks apart every eight months is recommended to maintain. £500 per treatment. [divyavehuvolu.com](http://divyavehuvolu.com)

## 13 BOTOX

**BEST FOR: SOFTENING LINES**

**What happens:** Not all Botox treatments are created equal. Over injecting can cause muscle atrophy and/or impart a tell-tale 'frozen look'. Equally, flooding one area, such as the brow and forehead can unwittingly draw attention to the lower face which can cause asymmetry and make the jaw and neck line appear aged in comparison. To give her patients

a subtle result, Dr Kolli has mastered a signature Botox technique that restores a youthful appearance by smoothing fine lines while respecting the anatomy of the face. Working in synergy with the facial muscles Kolli injects methodically and meticulously so as not to disturb the essential activity of the mimetic muscles – those which are responsible for facial expression.

**Ouch factor:** The injections feel like tiny pricks no more painful than a scratch.

**Downtime:** None.

**Results:** The toxin takes at least seven days for the effects to take place. A month later and you'll look like yourself only more rested and youthful.

**Book it:** From £500 per treatment, at Dr Sebagh Clinic. 020 7637 0548; [drsebagh.com](http://drsebagh.com)

## 15 TEAR TROUGH FILLER

**BEST FOR: SMOOTHING TIRED-LOOKING UNDER EYES**

**What happens:** A miniature amount of dermal filler is injected with a cannula under the eyes, beneath the muscle, to address fine lines and the shadowy area where there is a volume deficit (there are myriad reasons that can cause dark circles therefore filler isn't always suitable). To retain a natural appearance, Dr Marwa's technique uses micro droplets of dermal filler that delicately replaces lost volume. She reassesses the results at a follow up appointment two weeks apart that allows the hyaluronic acid solution to settle, at which point (if needed) she will add a drop more.

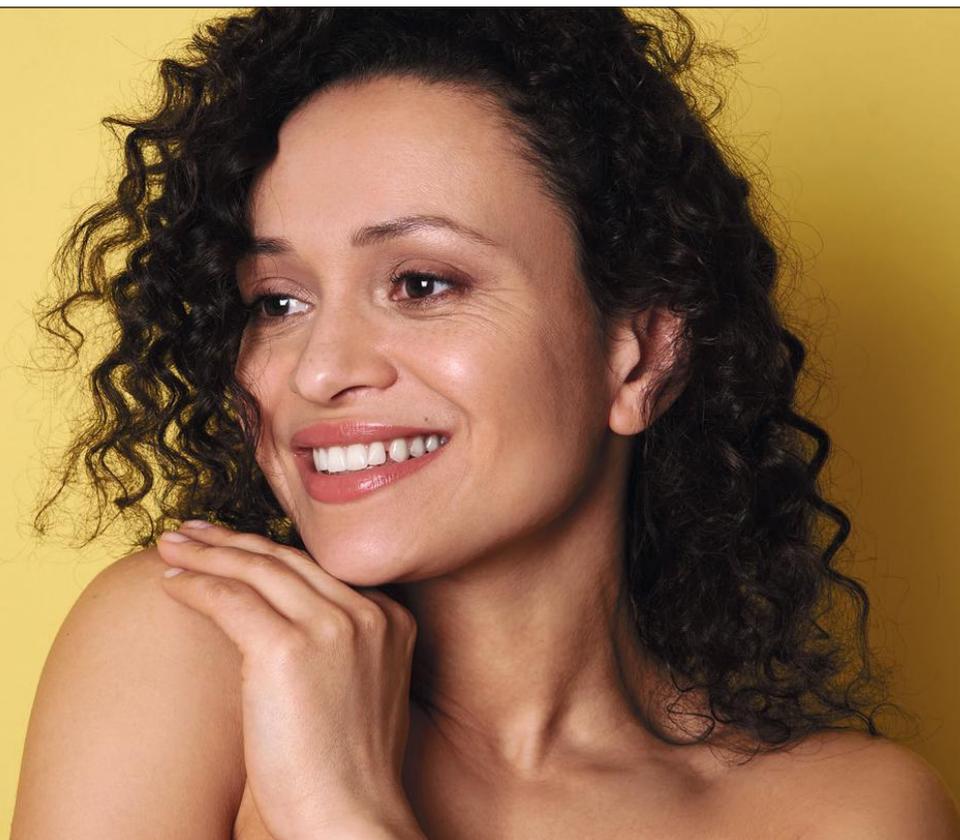
**Ouch factor:** It's less uncomfortable than having a blood test, seriously, though you will experience a strange sensation as the cannula delivers the filler close to the bone.

**Downtime:** None. The eye area will begin to subtly transform over the next couple of weeks as moisture levels increase.

**Results:** Dr Marwa's less-is-more approach yields natural-looking results that will make you look like you've slept for a week – permanently. Dark circles are immediately minimised and grooves are softened though, crucially, not eliminated which is the secret to not looking 'done'. The effects last anywhere from six months to three years depending on the patient.

**Book it:** £650, Dr Marwa Ali at Harrods Wellness Clinic. [harrods.com](http://harrods.com) ■

Dr Ezra performs hundreds of aesthetic eyelid surgeries a year



## WINDOWS TO THE SOUL

*Your eyes give everything away – which is why noted oculoplastic surgeon Dr Daniel Ezra places the utmost importance in them*

With more than 15 years' experience, Dr Daniel Ezra qualified in microsurgical ophthalmic and oculoplastic surgery with a background training in plastic surgery, neurology and neurosurgery, before taking up his consultant post at the prestigious Moorfields Eye Hospital, where he is an Associate Professor and Chief of Oculoplastics. One of the most renowned and sought-after expert oculoplastic surgeons in the UK, he performs hundreds of aesthetic eyelid surgeries every year.

We all know the eyes are the windows to the soul, but eyes and the surrounding skin can give everything away: whether that's fatigue, stress, emotion or anger. In fact, droopy brows and upper eyelids, bags and hollows under our eyes can inadvertently lead others to presume we're tired, sad or older than we are, which can negatively affect us both professionally and personally.

It's these misinterpretations that Dr Ezra fully understands and uses his finely honed surgical skills, along with his advanced understanding of the intricacies of the eye area, to correct. 'I've always loved the enormous difference eye surgery can make to the shape of my patient's faces,

their facial expressions and their general appearance of health,' he explains.

Blepharoplasty deals with the contours of the upper and lower eyelid and involves the removal of excess skin and muscle from these areas to either reduce or reposition the underlying fat to give a more refreshed look. Dr Ezra says, 'When it comes to signs of ageing, it's often your eyes that give you away.'

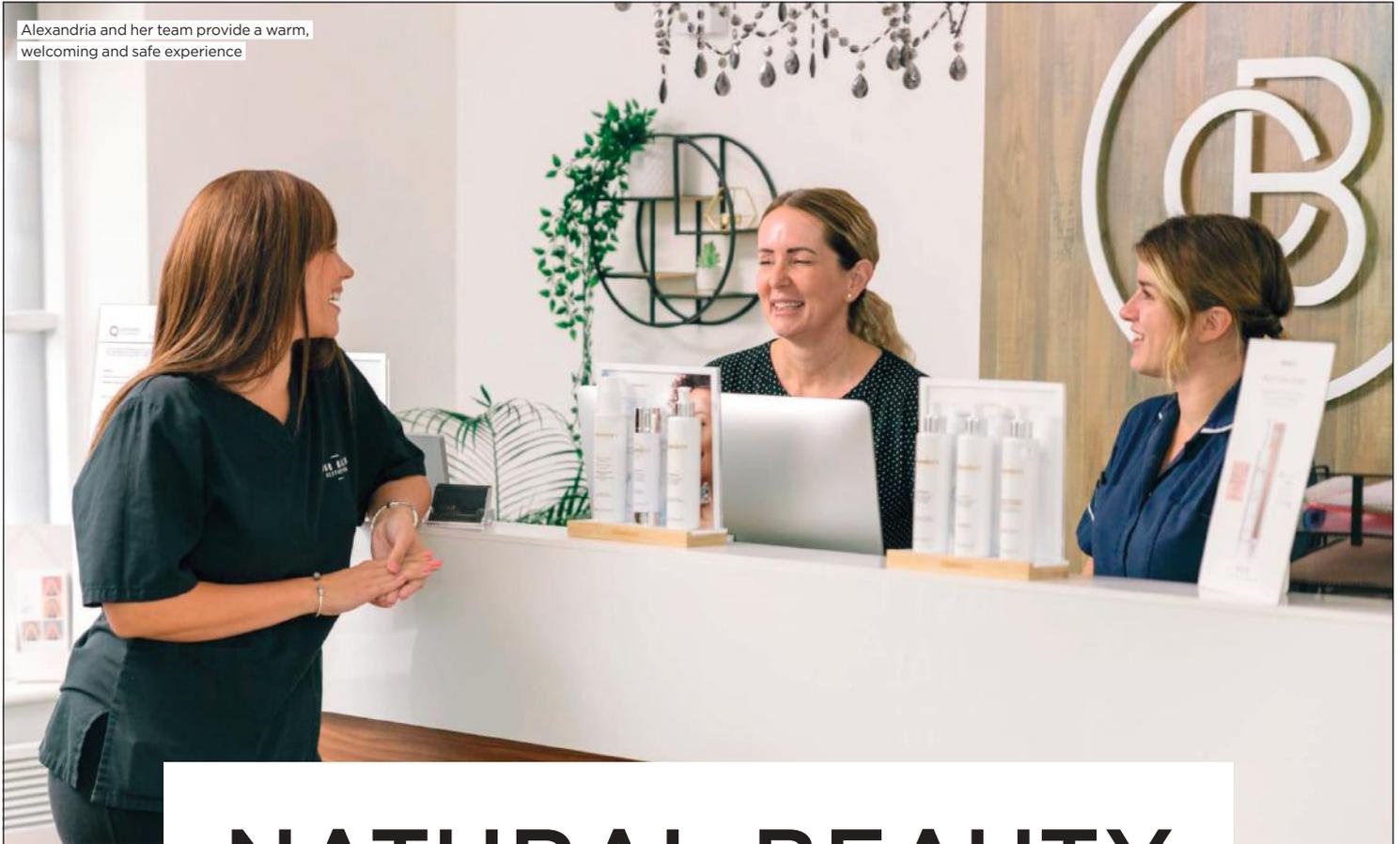
Highly specialised and less invasive non-surgical procedures such as laser, growth factor treatments and specialised filler therapies are also offered as possibilities to rejuvenate the eye area, and are performed at the super sleek NEO Health Clinic in Harley Street where Dr Ezra is the Medical Director.

Ezra's skill is in assessing his patients and their desired outcome through a thorough consultation and examination. His ability lies in knowing which combination of subtle corrections to make to balance the shape of the eye and deliver life changing results. He and his team work tirelessly to provide clients with a first-rate treatment experience and exceptional customer service from start to finish.

+44 (0)20 7127 8184; [danielezra.co.uk](http://danielezra.co.uk)



Alexandria and her team provide a warm, welcoming and safe experience



# NATURAL BEAUTY

*A safety-first, caring ethos makes CB Aesthetics a go-to for subtle results*

Choosing a cosmetic practitioner ought to be a careful vetting process. Aside from selecting medically trained experts with a portfolio of great results, you want to be sure they answer to the highest standards of clinical excellence, safety and care. That's why the staff at CB Aesthetics, a multi award-winning medical cosmetic clinic in Bristol (with a brand new clinic at 10 Harley Street just opened), are exceptionally proud to be part of the only nurse-led clinic in the South West to hold Care Quality Commission registration.

It's an accolade that signals not only that you're in the safest of hands, but also the most stringently ethical and caring ones. Founded in 2010 by clinical director, lead nurse and Harley Street cosmetic injectable trainer Alexandria Henderson, all the practitioners here are, like Alex, registered independent nurse-prescribers. With a background in primary care, they are renowned for their empathy and understanding, and for their in-depth informative and educational approach to achieving real results for their predominantly female clientele.

Collectively dedicated to creating subtle but effective rejuvenation and natural enhancement, CB Aesthetics' practitioners know the value of a

detailed and honest consultation before every procedure. There are no false promises or unethical hard-sell here. You are given the power to make deeply informed choices and benefit from your nurse's vast experience and keen eye for natural beauty. It's a recipe for a truly satisfactory treatment outcome that uplifts and thrills every time.

Your choice of non-surgical cosmetic and laser treatments is comprehensive. Aside from all types of dermal fillers and anti-ageing injections, PDO thread lifts, skin tightening, nano-fractional skin resurfacing, peels, hair removal procedures, CoolSculpting and medical treatments are performed under strict clinical supervision.

Evidence-based skincare consultations, treatment for medical and chronic skin conditions and hair loss treatments are available as well. On top of that, the clinic has developed such an exceptional reputation that it has grown into a training academy, working with prestigious cosmeceutical and medical aesthetic device companies such as 4T Medical, WOW Fusion and MATA.

'Has she or hasn't she?' That is what Alexandria and her team want people to wonder after you've undergone treatment at their hands. Hands that are as skilled as they are caring.

+ 44 (0)1934 863294;  
[ciabellaaesthetics.co.uk](http://ciabellaaesthetics.co.uk)



# THE A-Z OF THE BEST AESTHETIC DOCTORS

Find an expert from our vetted list of sought-after cosmetic doctors who specialise in everything from smile tweaks to surgical enhancements

## A-E

### Dr David Jack at Dr David Jack Clinic

With his delicate touch and emphasis on natural beauty you'll never look overdone. If you're nervous about injectables, he's your go-to guy for subtle results. @drdavidjack; drdavidjackclinic.com

### Dr Depti Kolli at Dr Sebahg Clinic

A cosmetic dermatologist, Dr Kolli is a specialist in injectables and state-of-the-art treatments such as personalised PRP (platelet rich plasma) and mesotherapy to enhance and rejuvenate the skin. @skindekoded; drsebahg.com

### Dr Divya Veluvolu

Dr Divya specialises in rejuvenation, stem cell and cosmetic dermatology. A rising star in her field, she combines the latest developments in beauty and medical science, taking a holistic approach to aesthetics. Her treatments can include injectables with state-of-the-art devices and specialist dietary advice for an inside approach. @drdivyalondon; divyaveluvolu.com

## F-I

### Dr Frances Prena Jones

She is the fashion elite's best kept secret, although you'd never know it as her results are that natural-looking. Her

Botox skills are to be envied, especially if you prefer a light-handed approach. Though she is known for her red light therapy to give skin an ever-fresh glow and is a fan of HIFU (high intensity frequency ultrasound) to give skin a subtle lift. @drfrancesprena; drfrancesprena.com

### Dr Galyna at Dr Rita Rakus Clinic

A whiz with the world's leading high-tech machines, Dr Galyna is the beauty insider's trusted body guru. From firming jowls to sculpting love handles and tightening down there, her expertise and warm bedside manner make her unique. @dr\_galyna; ritarakus.co.uk

### Dr Ifeoma Ejikeme at The Adonia Medical Clinic

Her Instagram feed is a landing place for targeted skincare advice including the lowdown on the most-asked about ingredients, like retinol, to pregnancy skincare advice. As founder and medical director of Adonia Medical Clinic, she offers state of art treatments from PRP (platelet rich plasma) for hair loss to microneedling for skin rejuvenation and can't-tell lip filler, as well as specific treatments for men. @dr\_ifeoma\_ejikeme; adoniamedicalclinic.co.uk

### Dr Izabella Romanowska at White & Co Dental

Known for her holistic approach to naturally enhanced teeth and subtle tweakments she can make the whole face look fresher

and more youthful with her combined approach. @whiteandcodental; whiteandcodental.co.uk

## J-L

### Dr Joanna Christou at The Cosmetic Skin Clinic

Being a dual qualified dentist and medical doctor has enabled Dr Christou to pursue a special interest in facial musculature when performing non-surgical procedures and creating the discrete, holistic results she is renowned for. @drjchristou; cosmeticskinclinic.com

### Dr Johanna Ward at The Cosmetic Skin Clinic

An awarding-winning cosmetic doctor, GP and expert in cosmetic laser, Dr Ward is a leading figure in the science of preventative medicine from both a clinical dermatology and nutrition standpoint. @drjohannaward; cosmeticskinclinic.com

### Dr Jean-Louis Sebahg at Dr Sebahg Clinic

A former surgeon, Dr Sebahg has mastered the art of non-surgical face and neck lifting using cosmetic procedures to achieve natural looking results. One of his latest treatments, Lanluma Arm Rejuvenation, promises to address the most bingoey of wings. @drsebahg; drsebahg.com

### Dr Joney De Souza

A pioneer in new technologies, Dr De Souza delivers luminous skin quality through his layering of laser modalities to reduce

pigmentation, firm facial contours and tighten sagging jaw lines. If radiant, clear, firm skin is what you're after then he is worth the visit. @drjoneydesouza; drjoneydesouza.com

### Dr Joshua Van der Aa

A campaigner for the natural look, Dr Joshua has honed his skills as an injector by travelling the globe to learn from the best in the field. Known for treating the eye area subtly and precisely he is a master at tricky tear trough filler and non-surgical eye lifts. @drjoshualondon; drjoshuavanderaa.co.uk

### Dr Judy Todd at Taktouk Clinic

Dr Todd is the expert beauty editors and celebrities trust for a non-surgical face lift. Renowned for transforming the neck and lower face, she's a pro with high-tech machines from Morpheus8 to FaceTite. @dr\_judy\_todd; drwassimtaktouk.com

## M-P

### Dr Marco Nicoloso at Ouronyx

An expert injector, Dr Marco Nicoloso isn't a fan of aesthetic trends and takes a holistic approach to the face. He is renowned for creating a subtle look which has gained him a loyal client following. @ouronyx; ouronyx.com

### Dr Marwa Ali at Harrods Wellness Clinic

With a global client base, men and women travel far and wide for Dr Marwa's expertise. Never one to

overdo it, she'll turn you away rather than risk an unnatural looking result. From undetectable tear trough filler to light injectable enhancements combined with HIFU and IPL, luminous skin quality is her thing. [@dr\\_marwaali](#); [harrods.com](#)

#### **Dr Maryam Zamani at Maryam Zamani Clinic**

An oculoplastic surgeon, Dr Zamani has a passion for facial aesthetics and works both in the US and UK. With a bestselling skincare line including her sell-out LED facial device, Dr Zamani knows that great skin is all about balance. Her lip, eye and hand rejuvenation treatments are second to none. [@drmaryamzamani](#); [drmaryamzamani.com](#)

#### **Dr Michael Prager at The Prager Clinic**

Offering what he calls 'cosmedical wellbeing treatments' at his Knightsbridge clinic, Dr Prager specialises in natural-looking injectables that boost your confidence without looking as though you've had anything done. [@dr\\_michael\\_prager](#); [drmichaelprager.com](#)

#### **Dr Mitul Shah at Chelsea Dental Clinic**

A renowned periodontist and implant specialist Dr Shah is expert in cosmetic gum improvements such as crown lengthening with extensive experience managing complex gum issues including recession. If you're concerned about a gummy smile, then look no further. [@drmitulshah](#); [chelseadentalclinic.co.uk](#)

#### **Dr Nikki Izadi at White & Co Dental**

With a postgraduate in facial aesthetics, Dr Nikki's skill with injectables shows in her meticulous attention to detail which she delivers with an artistic eye. [@whiteandcodental](#); [whiteandcodental.co.uk](#)



#### **Dr Rhona Eskander at Chelsea Dental Clinic**

An award-winning cosmetic dentist who specialises in everything from ultra-natural veneers to minimal edge bonding. If you're looking for a youthful smile enhancement, she has the eye of an artist. [@drrhonaeskander](#); [chelseadentalclinic.co.uk](#)

#### **Dr Rita Rakus at Dr Rita Rakus Clinic**

The indisputable 'London lip queen', Dr Rakus is known for creating the perfect pout, while her Knightsbridge clinic houses some of the best cosmetic practitioners and high-tech machines from Emsculpt to Coolsculpting. [@drritarakus\\_](#); [ritarakus.co.uk](#)

#### **Dr Sabrina Shah-Desai**

This oculoplastic aesthetic surgeon is the go-to eye expert if you suffer from hollow, drawn under eyes, her knowledge is unparalleled. Her signature treatment, the Eye Boost, combines tear trough filler with complementary modalities to refresh the eyes. [@drsabrinashahdesai](#); [perfecteyesltd.com](#)

#### **Dr Selena Langdon at Berkshire Aesthetics**

A trained plastic surgeon, Dr Selena Langdon is the founder of Berkshire Aesthetics, a patient-focused clinic that specialises in long-term skin health. A skilled injector and Coolsculpting expert, she is internationally renowned for her body treatments. [@drselenalangdon](#); [berkshireaesthetics.com](#)

#### **Dr Sophie Shotter at Illuminate Skin Clinic**

From face tightening treatment Profound to the most subtle lip filler, Dr Shotter believes all work should look 'invisible' to the naked eye. [@drsophieshotter](#); [illuminateclinic.co.uk](#)

#### **Dr Stefanie Williams at Eudelo**

A highly regarded dermatologist, Dr Williams is a genius at correcting all kinds of pigmentation with her medical grade facials and combination approach of peels, laser, IPL and freezing techniques to achieve clear, even toned skin. [@drstefanie](#); [eudelo.com](#)

#### **Dr Tijon Esho at Esho Clinic**

A rising star in the aesthetic medicine field, Dr Esho often speaks out against cosmetic procedure fads and prides himself on hiring the best medical professionals with advanced non-surgical training at his Wimbledon and Newcastle clinics. The Esho Touch is one of his signature treatments which involves a tailored prescription of filler and anti-wrinkle injections. [@theeshoclinic](#); [eshoclinic.co.uk](#)

#### **Dr Tracy Mountford at The Cosmetic Skin Clinic**

With her bespoke, intuitive approach to rejuvenation, Dr Mountford has decades of experience with injectables and knows how best to treat each face by eye. She combines injections with devices like Ultherapy that targets the deeper layers of the skin for longer lasting results. [@the\\_cosmetic\\_skin\\_clinic](#); [cosmeticskinclinic.com](#)



#### **Dr Uliana Gout at London Aesthetic Medicine**

From her medical facials to her seven-site injection procedure that treats the face neck and décolletage, Dr Uliana believes early intervention is key and has published numerous research papers on preventative ageing. As president of the British College of Aesthetic Medicine, her extensive knowledge has led her to

develop her 'intelligent aesthetic' technique using complementary procedures that target every layer of the face from the bone to the muscle and the skin surface for the most natural looking results. [@lam\\_\\_clinic](#); [london-aesthetic-medicine.com](#)

#### **Dr Vicky Dondos at Medicetics**

Author of *The Positive Ageing Plan*, unsurprisingly Dr Dondos believes in a gentle inside-out approach to natural beauty. Beauty editors prize her injectable skills as being rejuvenating and undetectable. Best for a subtle refresh. [@drvickydondos](#); [medicetics.com](#)

#### **Dr Victoria Manning and Dr Charlotte Woodward at River Aesthetics**

Known for a holistic inside out approach that combines nutrition and fitness advice with minimally invasive treatments, Drs Manning and Woodward are leading experts in Silhouette Soft, a subtle thread lift treatment to reduce sagging. [@river\\_aesthetics](#); [riveraesthetics.com](#)

#### **Dr Wassim Taktouk at Taktouk Clinic**

Dr Wassim Taktouk is the insider's go-to doctor. A master at artful facial contouring, he is loved by women and men looking for a subtle tweakment. [@drwassimtaktouk](#); [drwassimtaktouk.com](#)

#### **Dr Yusra at Dr Yusra Clinic**

A dental surgeon and medical aesthetic clinician, Dr Yusra notched up several years' experience in maxillofacial and skin cancer surgery before focusing on cosmetic procedures. She is known for her natural non-surgical rhinoplasty and facelifts harnessing a discerning combination of dermal filler, thread lifts and facial devices. [@dryusraclinic](#); [dryusra.com](#)

2<sup>ND</sup> - 5<sup>TH</sup> JUNE

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