

COUNTRY & TOWN HOUSE

A LIFE IN BALANCE

MAY/JUNE 2022 £4.95

HEY, LAURA

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The latest tips and tweaks in our Aesthetic Guide

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Dillibe Onyeama recalls his school days



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 Prenna 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. [@drfrancesprennajones](#); [drfrancesprennajones.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 award-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](#)

R-T

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. [@drstefanieew](#); [eudelo.com](#)

Dr Tijion 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](#)

U-Z

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](#)