

TATTLER[®]



March 2023

DIVINE!
WHAT DOES
YOUR BOTOX
SAY ABOUT YOU?

DARLING!
JOIN THE NEW
SOCIAL CLIQUE
TAKING OVER

PLUS
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ON HER STALKER
NIGHTMARE

MEET ELLA RICHARDS

IT GIRL

GRANDPAPA'S A ROLLING STONE

Smooth operators

Look good, feel better. These tried-and-tested non-surgical treatments keep you in tiptop shape

Bra, £160, **GAUGE81**. Tights, £215, **MUGLER X WOLFORD**. Shoes, £595, **CHRISTIAN LOUBOUTIN**. Earrings, £375, **SUSAN CAPLAN**

*Edited by Francesca Ogiermann-White
Photographs by Luc Braquet Styling by Lydie Harrison*

1. FOR A FALLEN FACE

EMFace with Dr Galyna Selezneva

The lowdown Whispers of a revolutionary new treatment for lifting face muscles have long been rife in the aesthetics industry. And finally, we have the launch of... EMFace. The latest device from BTL – whose portfolio includes machines such as EMSculpt for honing the physique, and EMSella for pelvic-floor

strengthening – channels a muscle-stimulating ‘workout’ to the forehead, mid-face and jowls, using High Intensity Facial Electromagnetic Stimulation (HIFES). So lie back as Dr Galyna Selezneva carefully positions the super-sticky pads on the target zones; and once they’re in place, prepare for a rhythmic tapping and beeping to start, and a warm sensation to spread across your forehead. As Selezneva

increases the intensity, the facial muscles begin to dance: the forehead lifts, the corners of the mouth turn up, and the cheeks start to elevate. Selezneva says that, with each decade, muscles lose eight to 10 per cent of their mass; so maintaining their strength in the face is key. But the beauty of EMFace is that it can be tailored to the individual. For example, the intensity can be dialled up or down



on just one side, which is helpful for those who present with slight facial asymmetry. Four sessions, between two and seven days apart, are recommended.

Pain factor The sensation – which feels like a series of carefully choreographed facial spasms – isn't so much painful per se; more bizarre. Best to grit your teeth and close your eyes to minimise the twitching.

Downtime Straight away, the cheeks are slightly pink, as if you've been at the gym. An hour later, they're back to normal.

Results Course complete, the face appears lighter, with cheekbones somehow stronger and nasolabial lines much softened. Some say it may even reduce the need for filler in the long-term. Watch this space...

Details From £3,000 (drritarakus.co.uk).

2. FOR SLACKENING SKIN

Triple Layer Lift with Dr Matt Jarvie Thomas

The lowdown 'The face ages in three ways,' says injectables maestro Dr Matt Jarvie Thomas. 'So, when we're considering aesthetic treatment, we want to address the skin, the fat and the muscle.' His clever Triple Layer Lift does exactly that, through a combination of skin-refining Morpheus8 (radiofrequency-assisted▷

◁ microneedling), muscle-lifting Ultherapy and a strategic sprinkling of Teoxane dermal filler, which he uses for its ability to move naturally in the face. Jarvie Thomas starts by inspecting the tissues of the face and neck – carefully assessing where age and gravity have taken their toll – before drawing up a plan. The two energy-based treatments can be carried out on the same day, or on separate visits; the dermal fillers from two weeks later.

Pain factor A pre-treatment painkiller makes the Ultherapy breezier than expected – though it can cause the odd wince on bony areas. And after several passes, the Morpheus8 can start to smart somewhat (though a thick layer of numbing cream takes the edge off). Meanwhile, the dermal filler, which Jarvie Thomas administers via a cannula, is more weird than painful.

Downtime Expect no more than 48 hours of redness in the wake of the Morpheus8, and a tiny bit of dryness as the skin slowly turns over. The Ultherapy leaves one feeling – though, mercifully, not looking – a tad bruised, while the dermal fillers give much the same sensation.

Results Over the next months, the effects of the energy-based devices slowly kick in, revealing a tighter, tauter-looking visage. The effect of the filler, however, is instantly gratifying: the face looks brighter and happier, with eye bags softened and jowls noticeably smoother. An annual ‘check-up’ will maintain the results.

Details From £1,750 (cosmeticskinclinic.com).

3. FOR MISBEHAVING VEINS

Sonovein HD Echotherapy with Professor Mark Whiteley

The lowdown Always at the cutting edge, Professor Mark Whiteley is the brains behind many of the gadgets used in modern-day venous surgery; so it’s a good sign that he’s championing a whizzy new device designed to do away with varicose veins – and cause minimal distress. First, a Duplex scan, to assess the patient’s suitability for the procedure, and to identify offending veins; next up, treatment. The Sonovein HD Echotherapy works by beaming High Intensity Focused Ultrasound (HIFU) through the skin and into the leg, effectively closing the vein. But unlike many conventional treatments for varicosity, it requires neither cuts nor injections; nor any dressings or bothersome compression garments in the post-op weeks. Better still, it’s ideal for a variety of varicose-vein conditions: from the normal variety to ones hidden under spider veins, all the way through to ‘incompetent’ perforating veins. (Connecting the superficial and deep venous systems, these can develop valve problems, leading to swelling.)

Pain factor There’s far less discomfort caused than by other systems, such as laser, radio-frequency or foam sclerotherapy: at most, you’ll feel a dull ache. A little local anaesthetic can take the edge off – though 80 per cent of patients need none at all.

Downtime With no call for plasters, bandages or stockings, you’ll practically skip out of the clinic. Some patients find the treated areas tender or numb the following week; others report no sensation whatsoever.

Results Aching, tired or heavy legs feel significantly better, and immediately lighter. The treated blood vessels take a few weeks to settle. But when they do? Bulging veins are no more.

Details From £2,403 (thewhiteleyclinic.co.uk).

4. FOR SUB-PAR STOMACHS

Tri-Ab at The Body Suite with Dr Preema Vig

The lowdown Originally designed to address the multiple layers of the face, combination treatments are all the rage – and now, body expert Dr Preema Vig is applying the same concept to the physique. Her newest offering addresses the body’s muscle, underlying tissue and skin, helping both to strengthen and streamline the latter – and it’s excellent on saggy stomachs. So, after a thorough consultation, slip onto the treatment table for a bespoke trio of toning treatments. One might be a course of Secret RF, whereby a handpiece topped with microneedles delivers radio-frequency energy into the dermis, revving up collagen production and resulting in springier, more elastic skin. Another might be some truSculpt flex plus, channelling bioelectrical rapid muscle stimulation to build abdominal strength. Studies have shown it to deliver an increase of up to 30 per cent in muscle-mass after just one course. And the final flourish might be Prohilo Body, an injectable hyaluronic acid – composed of high- and low-weight molecules, hydrating at different levels – which is clinically proven to improve skin laxity and to smooth poor texture on the abdomen. You’re sent home with Revision Skincare’s hard-working BodiFirm lotion – and strict instructions to apply the stuff daily.

Pain factor Numbing cream makes the Secret RF tolerable, if a little irksome; the truSculpt flex plus requires no anaesthetic but is surprisingly intense, and far more vigorous than a gym workout. The Prohilo Body stings profusely on injection, but that is thankfully swift.

Downtime Expect the stomach to appear flushed and a tad swollen straight after the Secret RF; the muscle stimulation leaves no trace; and the tell-tale welts left in the wake of the Prohilo Body subside in a few hours.

Results Commit to a triple-course of treatment – supplemented by the requisite healthy diet and exercise – and a tauter-looking abdomen, with much-improved musculature, awaits.

Details Secret RF, £900; truSculpt flex plus, £650; Prohilo body £850 (drpreema.com).

5. FOR PELVIC FLOORS

Urethral Bulking with Professor Stergios Doumouchtsis

The lowdown You’d never guess, but a vast number of women suffer from urinary incontinence. Perhaps pregnancy is to blame, maybe the menopause. But either way, it’s a bothersome condition; sometimes distressing, and occasionally life-limiting. There is, however, a solution – and fortunately, it doesn’t involve Kegel exercises. Instead, Urethral Bulking minimises symptoms of stress urinary incontinence – that is, leakage when exercising, coughing and so on – by injecting pockets of bulking agent into the walls of the urethral ‘tube’, via a needle with endoscope attached. These then create a watertight ‘clamp’ at the opening of the urethra, strengthening the muscles and enabling you to hold urine inside your bladder. No incisions are made, meaning it’s far less invasive than many surgical alternatives.

Pain factor To check your suitability for the procedure – and to see if lifestyle tweaks could prevent the need for it – you first undergo a series of urodynamic tests, which are slightly uncomfortable and a little undignified (though the staff do their utmost to counter this). However, Urethral Bulking is performed under general anaesthetic – so involves zero pain.

Downtime Immediately afterwards, you’ll feel a little woozy and might have a dull ache in your stomach. But this requires nothing more than over-the-counter painkillers and will last less than 48 hours; as will the slight burning sensation you feel on going to the loo.

Results One week in, if you’re lucky, leaks are a thing of the past – even after exercise, or when sneezing. Do be mindful, though, that the operation is only 60 to 70 per cent effective, and some women may need a further procedure if the first doesn’t totally deliver the goods.

Details From £2,500 (stergiosdoumouchtsis.co.uk).

6. FOR DULL COMPLEXIONS

6-in-1 Skin Bootcamp with Dr Uliana Gout

The lowdown Think of this as the most comprehensive facial that gadgetry can provide, its six steps each using the latest and greatest technology available – often developed by Dr Uliana Gout at her own clinic, London Aesthetic Medicine (LAM). The first weapon in her arsenal is LAM Dermal Electroporation ▷



Best face forward

Professor Ali Ghanem's Total Face Refresh will boost not only your skin but your confidence too

WHEN IT COMES TO TRUSTING your face to a practitioner, the UK's only professor of aesthetic medicine is a wise choice. Mr Ghanem's new state-of-the-art clinic in London's Harley Street district is dedicated to helping you be the best version of yourself;

'The three core issues I always consider are volume, responsible for face contour; laxity, for definition; and surface, for radiance'

as he says, an improved appearance creates the confidence to lead a fulfilling life.

A board-certified aesthetic plastic surgeon, Mr Ghanem has earned a reputation as one of the world's leading specialists in facial rejuvenation. Most recently, he was announced as one of the few experts in the UK to offer treatment with EMFace, which uses synchronised radiofrequency and high-intensity focused electromagnetic (HIFES) technology to address multiple signs of ageing simultaneously.

The Ghanem Total Face Refresh is his own pioneering facial rejuvenation treatment, which draws on a portfolio of options bespoke to each patient. This can include stem-cell-enriched fat transfers, injectables, radiofrequency and laser treatments, as well as facial surgical procedures including a mini facelift or deep plane facelift.

'At the heart of every Total Face Refresh are my three pillars of facial beauty,' Mr Ghanem explains. 'The three core issues I consider when

reviewing every patient are volume, responsible for face contour; laxity, for definition; and surface, for radiance. If you only address single features in isolation, the outcome is likely to be unbalanced. Targeting all the elements in parallel helps create or restore facial harmony.'



Professor Ali Ghanem

Mr Ghanem's extensive and unique professional background combines scientific rigour, aesthetic vision, expertise in biotechnological advances and the art of plastic reconstructive aesthetic surgery. With private practices in London and the Middle East, he is internationally renowned and a personal doctor to royalty and celebrities.

The Ghanem Clinic, 4 Upper Wimpole Street, London W1G 6LF

For more information, please visit theghanemclinic.com or call 020 7935 5567 @theghanemclinic



PRICK OR TREAT

With near-zero pain factors, a visit to an aesthetic doctor can only be gratifying

◁ Biostimulation, using a machine that massages the skin as it passes over it, encouraging anti-ageing by stimulating the body's own collagen production. Next is LAM Dual BiPolar & Monopolar Radiofrequency, which tightens and lifts the skin. At this stage, Gout will often hold up a hand mirror, so you can see the amazing and instantaneous results – but that's what you get with a device that can deliver six months'-worth of natural filler in a few minutes. A bespoke blend of micro-exfoliants and micro-de-pigmenters follows; then, an LAM Humectant Anti-inflammatory Masque; and finally, an application of LAM Hydra Chill – like a gentle but very cold wind – which is crucial for reducing redness, puffiness and inflammation, according to Gout.

Pain factor As near-zero as we can remember. Some patients report that the LAM Dermal Electroporation Biostimulation can occasionally be intense, but most liken it to a very strong-but-satisfying massage.

Downtime Occasionally, there's a little residual redness; and you can wear make-up immediately after – though you won't really want to.

Results Subtle at first, but don't be fooled: these are sustainable, long-term gains, which continue to deliver. One session builds beautifully upon another, which is why Gout recommends a seasonal course of four over a year. Skin feels smoother, more sculpted and plumper – in fact, you won't be able to stop staring at it.

Details £1,200 per session; £4,500 for a course of four (london-aesthetic-medicine.com).

7. FOR DRY EYES

OptimEyes Programme with Dr Rachna Murthy and Professor Jonathan Roos

The lowdown Whatever the cause of dry eyes – staring at the computer, air-conditioning, contact lenses – there can be some unpleasant side-effects: redness, soreness and a gritty sensation that persists no matter how often you use eye drops. Fortunately, FaceRestoration's OptimEyes programme – developed by Dr Rachna Murthy and Professor Jonathan Roos – is changing all that. Before a bespoke strategy is drawn up, the protocol kicks off with a full 'aesthetic health' check. First, a Visia camera is used to peer beneath the skin's surface, identifying underlying inflammation and even rosacea, which can extend to the lids and contribute to dry eyes; then an Antares device is deployed to measure the effectiveness of the eyes' oil-secreting glands (because, when they are sub-optimal, the tear film evaporates more quickly, leading to further dryness). Next up, treatment – and this is where OptiLight comes in, a form of intense pulsed light (IPL) and the only one approved for treating dry eyes. The small handpiece, which allows precise treatment of the delicate under-eye area, contains a xenon flash lamp that generates specific wavelengths of light to target the red dilated vessels associated with rosacea and inflammation, thus reducing dryness. And 10 minutes is all it takes.

Pain factor Expect bright light and a sensation of heat whenever the handpiece is held against the skin (and on inflamed, redness-prone

areas, that feeling increases). However, a cooling gel, applied for maximum glide, makes it relatively pain-free. Meanwhile, held against the eye area, it feels like a comforting spa bath as the oils in the glands are warmed up – which is surprisingly soothing for hot, itchy eyes.

Downtime Barely anything, bar some minimal redness which lasts from 30 minutes to an hour before fading into oblivion.

Results Straight away, the eyes feel dramatically more comfortable, with vision much clearer. For best results, commit to a course of four treatments, each spaced two to four weeks apart (an annual maintenance appointment is further recommended). Meanwhile, to avoid any future irritation, hypoallergenic make-up is suggested; and do invest in their clever Purifeyes cleanser to keep eyes happy and hydrated.

Details £1,600 for a course of four treatments (facerestoration.com).

8. FOR VOLUME LOSS

Ultimate River Lift with River Aesthetics

The lowdown Skin feeling a little lax? Seeking a subtle reboot, but without going under the knife? Just landed at River Aesthetics is the new Ultimate River Lift – a three-step wonder, which combines super-effective treatments for sagging skin on the face and neck. First up: Morpheus8, the most talked-about form of radiofrequency-assisted microneedling, which tightens the surface while fading any visible imperfections. Three sessions, one month apart, are advised. Next: some stealthy injections ▷



Circles of influence

The advanced 'wet milling' formulation of Revanesse dermal fillers is revolutionising aesthetic treatments in clinics across the world

'Every patient wants the best possible result, safely, and with as little reaction as possible'

THE NEXT GENERATION OF DERMAL filler has arrived. Revanesse hydrates and smooths skin – to contour and define features while creating overall symmetry – at a standard that is revolutionising aesthetic treatments.

The artisanal manufacturing process creates a filler with much less swelling after injections and achieves an accurate, long-lasting result. An advanced 'wet-milling' formulation gives its hyaluronic acid a uniquely spherical and uniform shape, enabling effective acceptance by the body's soft tissue. Moreover, the diverse Revanesse® collection can be tailored to every patient's individual goals.

Revanesse Kiss is ideal for volumising and hydrating the lips, while also smoothing fine lines and wrinkles around the mouth. Revanesse Contour, meanwhile, is used for larger areas that require volumising, sculpting, shaping and contouring – such as the cheeks.

Revanesse Shape provides projection and lift to areas that require more structure, such as the cheekbones or jawline.

Revanesse Ultra is designed to correct mid-to-deep lines and wrinkles, smooth scars and to provide hydration within the skin. Revanesse Outline is new to the collection, created to reshape areas like the lips without adding too much volume for a sumptuous, symmetrical and natural-looking outcome.

'Every patient wants the best possible result, safely, and with as little reaction as possible,' says advanced facial aesthetics clinician Dr Nina Bal. 'Revanesse gives them that. The magic is in the round particles – they are so well tolerated by the body.'

Aesthetic specialist Dr Marcus Mehta agrees: 'In Revanesse, I have both safety and best-in-class results. It's all I use in my clinics and my patients are delighted.'



Dr Nina Bal

Dr Nina Bal is a cosmetic dental surgeon and facial aesthetics doctor at Tempus Belgravia. Impeccably trained and experienced in aesthetic facial and dental reconstructions, her services also include non-surgical cosmetic procedures and facial rejuvenation treatments.



Dr Marcus Mehta

Dr Marcus Mehta is the co-founder of STORY clinics in Southwell in Nottinghamshire and Marylebone, London. Highly regarded for his aesthetics expertise, he is a director of Harley Academy – the UK's largest postgraduate training school in aesthetic medicine.



Jacket, £2,439, **VERA WANG**. Boots, £890, **WOLFORD X SERGIO ROSSI**. Knickers, £49, **COMMANDO**

◁ of Ellansé – perhaps to the temples, the mid-face and jawline – to address volume loss by promoting fresh stores of collagen, and plump a hollowing face. Finally, the icing on the cake: a thread-lift courtesy of clinic co-founders Charlotte Woodward and Victoria Manning, who are two of the best in the business. New to their repertoire is the highly anticipated, shorter, 12-cone thread from Silhouette Soft, which enables even greater lower-face lifting, as well as superior smoothing of marionette lines, plus improvement of nasolabial folds and tightening of the jowls. The duo recommends one month between

each modality, for the longest-lasting results.

Pain factor The Morpheus8 requires a thick layer of numbing cream (with gas and air on standby for nervous types); the Ellansé, little more than gritted teeth. Before thread lifting, you're given local anaesthetic (though you'll feel a gentle tug or two).

Downtime The Morpheus8 leaves the skin feeling flushed and sandpapery to the touch, but this subsides after a few days. Following injections of Ellansé, the treated areas are tender and feel bruised – though there's nothing to see on the outside. The lift, however, does require significant self-discipline. In fact,

Woodward and Manning advise against exercise, swimming and overseas travel for two weeks; by which time, the threads will be fully integrated into the tissues. And while you're waiting, River's clever recovery pack – complete with support pillow, chocolate buttons, ice pack and painkillers – is a joy.

Results A lengthy process; but goodness, does it hit the mark. Jowls are discernibly tighter, while the mid-face looks lighter, fresher and more energised. The skin, too, is transformed – from papery-thinness to a thicker, juicier canvas. Annual top-ups of the Ellansé will help rekindle the original effects; meanwhile, the thread-lift can last upwards of 18 months – and, says Woodward, a second works even longer, due to the increase in collagen. So get planning your return.

Details From £5,000 (riveraesthetics.com).

9. FOR STUBBORN FAT

T-Shape2 + B-Force at DrBK Clinic

The lowdown Dr Bob Khanna – an injection wizard who can transform a profile in seconds with the careful use of filler – exercises the same eagle-eyed precision when he's body-contouring. First, he uses the latest T-Shape2 device, which combines radiofrequency and Low Level Laser Therapy (LLLT) technologies to simultaneously break down excess fat and boost collagen production, resulting in a leaner form and tighter skin. The clever gizmo also combines endodermic massage – in which mini-vacuum-rollers scoop up and massage fat – with pore-opening micro-vibrations to boost both circulation and the treatment's efficacy. Then comes B-Force: a souped-up electro-stimulator that generates five different types of muscular contractions while you sit back and relax. Designed to build muscle tone and burn fat, this dual approach – which can be used on the abdomen, buttocks, arms and flanks – is also proven to improve posture and bone-density. A minimum of six sessions, a week apart, is recommended for maximum gain.

Pain factor Very little. Expect little more than a mild warmth from the radiofrequency and laser (as well as the intense muscular workout delivered by B-Force).

Downtime After treatment, skin is pink and warm to the touch, but for no more than an hour. Meanwhile, the after-effects of B-Force are akin to those from a punishing PT session.

Results Skin feels instantly tighter, the body more sculpted. Expect a more cinched-in waistline, smoother, less wobbly-looking skin and new-found confidence.

Details £630 per 60-minute combined session (drbk.co.uk). ▷

Ultrasound energy precisely passes through the skin's surface, heating the mid-dermal tissue to rejuvenate collagen fibres

to 40 minutes and is suitable for all skin types, including darker skin tones, which are more susceptible to burns from some light-based therapies. Thanks to integrated cooling Sofcool™, there won't be any damage to the epidermis or to the underlying structures.

Sofwave™ technology is renowned for its ability to improve the appearance of facial lines and wrinkles, with clinically proven success. In fact, one study revealed that most patients showed improvement 12 weeks after a single treatment. It's also FDA-cleared for lifting the eyebrows and lifting lax submental (beneath the chin) and neck tissue. No wonder professionals and patients alike love it.

Making waves

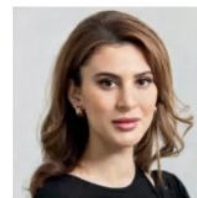
Minimal fuss, maximum results: for safe, clinically proven brow, chin and neck lifting – not to mention fine-line and wrinkle reduction – with no downtime, look to Sofwave™

IT'S THE HOLY GRAIL OF FACIAL aesthetics: a non-invasive treatment with proven efficacy, a solid safety record and minimal downtime that reduces lines, wrinkles, skin laxity and volume loss. But all too often, aggressive options cause damage to the upper layers of the skin and require a longer healing period. Then there's the risk of side effects, including discolouration not to mention discomfort.

The antidote to all of this is Sofwave™, the latest technology to revitalise the skin by

stimulating the production of new collagen. Utilising controlled delivery of ultrasound technology energy – in terms of amount and location – while also protecting the skin with an integrated cooling mechanism, the innovative treatment achieves beautiful results without interrupting your daily routine.

Ultrasound energy precisely passes through the skin's surface, heating the mid-dermal tissue at just the right depth and temperature to rejuvenate collagen fibres. Treatment takes just 30



Dr Mahsa Saleki

'Sofwave™ is a game changer in skin tightening. My patients only require a single treatment and it has no downtime, a reassuring safety profile and is more comfortable than other technologies!'



Mr Kambiz Golchin

'I have always been an advocate of ultrasound technology to help improve the skin. We have been blown away by the results in our clinic when lifting the eyebrow, beneath the chin and neck tissue.'

10. FOR SHADOWY SOCKETS

Restylane Eyelight with Dr Munir Somji

The lowdown When dealing with crows' feet, Botox can work wonders; but it doesn't touch the sides when crepey under-eyes and tear-troughs need fixing. Cue Restylane's latest launch, Eyelight, a hyaluronic-acid filler that has been specifically designed for the delicate eye area. At his bright and airy Dr MediSpa clinic in Knightsbridge – while his fast-acting, pre-procedural numbing cream gets to work – founder Dr Munir Somji walks you through the process in infinitesimal detail. He uses a cannula to inject the filler precisely, replacing volume lost from the eye socket while smoothing visible crepiness. His needle-free approach means fewer pin-pricks to the skin. And 40 minutes later, you're done.

Pain factor The product contains the mild anaesthetic lidocaine to reduce the ouch level; and this, plus the numbing cream, makes the whole experience pretty much pain-free. However, a cannula moving beneath the skin can feel distinctly odd for first-timers.

Downtime Although the eyes are notoriously sensitive, Somji's light touch ensures a bruise-free result; and some trusty concealer can camouflage any redness.

Results An initial glance in the mirror is seriously satisfying: the under-eyes look distinctly less hollow, the skin appears brighter – and there's not a trace of the puffiness that would usually have eyebrows raising. Book in every nine months, and reap the rewards.

Details From £500 (drmedispa.com).

11. FOR ACNE SCARRING

Focus Dual with Debbie Thomas

The lowdown Confidence-crushing and debilitating, acne breakouts can wreak havoc on both skin and self-esteem; and worse still is the damage they leave behind. However, to the rescue comes the Focus Dual, the latest all-singing, all-dancing device from Lynton. Using a combination of radiofrequency-assisted microneedling and High Intensity Focused Ultrasound, it's intended to help retexture and lift slackening skin; but it also works beautifully on pitted and pigmented scarring. After applying a thick layer of numbing cream – not essential, but recommended – laser guru Debbie Thomas thoroughly cleanses the skin before starting up the machine and moving the handpiece (which looks like a high-tech pen) across the face. At the handpiece's tip are unique vacuum features, which ensure the teeny-tiny, insulated needles penetrate the top layer to the same depth across all

SCREEN TIME

Whatever your concern about your appearance, discreet help is at hand



Body, £2,000,
HERMÈS.
Shoes, £595,
CHRISTIAN LOUBOUTIN

treated areas, channelling collagen-plumping radiofrequency energy with more precision and efficacy.

Pain factor Some comment on a pinching sensation – especially on the forehead – though this is bearable. Accept the numbing cream beforehand, and don't look back.

Downtime After two passes, the face is warm and slightly rouge; much like when you've spent a long day in the sun. This can last for a couple of days but – with a little SPF50 and fresh air – the pin-prick 'scabs' flake off, and quickly heal. Still, you'll need to swerve strenuous exercise or excessive heat (such as saunas) for 72 hours straight after treatment.

Results Within four days, the skin is bright,

tight and absurdly smooth – while even deep scarring appears softer. Book in for a course of three for a clearer, polished complexion.

Details From £1,200 per session (full face); £3,100 for a course of three treatments (dthomas.com).

12. FOR FLAT BOTTOMS

Lanluma Buttock Lift with Dr Ahmed El Muntasar

The lowdown After time, bottoms can start to head south, looking decidedly less peachy as the years go by. But in the hands of Dr Ahmed El Muntasar, pertness can be restored – and it's all down to some careful sculpting with Lanluma X. This injectable poly-L-Lactic acid (PLLA) dermal filler stimulates collagen ▷

Under the skin

Expertise mastered over 20 years by Thérapie Clinic has been bottled in an exciting new cosmeceutical skincare line: Skin Theory

LAUNCHING A BRAND NEW SKINCARE range is a tough business. The world of beauty is crowded, and it can be particularly hard to stand out. The newly launched Skin Theory line has an advantage, however. It was created by the team behind Thérapie Clinic, which opened its doors 20 years ago and is considered among Europe's top aesthetic establishments, having delivered more than 10 million treatments in 68 clinics. Leveraging this invaluable first-hand experience, the team has formulated a range that brings out the very best in your skin with clinically tested, science-led products.

The promise behind this eagerly anticipated cosmeceutical range is 'science-led, intelligent skincare'. It achieves this by using advanced technologies, which have been channelled into a collection that spans six individual active ingredient 'theories': Glycolic, Salicylic, Vitamin C, Antioxidant, Retinol and Peptide.

The cult favourites

RETINOL RETINALDEHYDE CREAM

This revolutionary Vitamin A cream is gentle enough for sensitive skin, aiding in the production of collagen and reducing breakouts.



PEPTIDE EYE CREAM

With eight powerful peptides and a trio of plant stem cells, this hydrating eye cream helps to minimise signs of ageing. Peptides also target dark circles and puffiness.

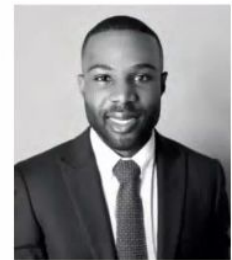


The promise behind this eagerly anticipated cosmeceutical range is 'science-led, intelligent skincare'

Each theory utilises Skin Theory's advanced liposome delivery system, which encapsulates and delivers a unique blend of active ingredients for fast, impressive results. Some theories contain just one product (such as the Glycolic and Salicylic Cleansers), while others have multiple items. This is not a one-size-fits-all approach but rather a range that encourages mixing and matching to meet the skin's individual and frequently changing needs. So if your skin is looking dull, you might use the Vitamin C AHA/BHA Cleanser, which offers both physical and chemical exfoliation to unclog pores and brighten, then follow this with the ultra-hydrating Peptide Hyaluronic Serum, or the Retinol Retinaldehyde Cream for powerful overnight rejuvenation. If the goal is to soothe skin, you might try the Antioxidant

Dr Derrick Phillips

Dr Derrick Phillips is a London-based consultant dermatologist and Skin Theory ambassador who offers extensive clinical experience.



Gel Cleanser, followed by the ultra-rich Vitamin C Night Cream and Peptide Eye Cream.

One of the best things about this new arrival is that the clear, simple products are easy to combine, so you can tailor a completely bespoke, efficient skincare routine with ease. What's more, the accessible price point belies the quality and efficacy of the range, so you can try a range of ingredients and reap the rewards.

HAPPY IN YOUR SKIN

Avail yourself of transformative help for scarring, pigmentation and the effects of ageing



Dress, POA,
ELIZABETH
EMANUEL. Shoes,
£545, CHRISTIAN
LOUBOUTIN

◁ production, subtly reshaping the derrière while gradually tightening the skin. Treatment takes approximately an hour, with one to two injections per buttock, depending on the degree of volume loss and the fullness that is required. For optimal results, patients should be fit, healthy and at their ideal weight; meanwhile, Lanluma X can also be used to define thighs, calves and hip dips.

Pain factor A jab of local anaesthetic smarts a little – but it certainly dulls the sensation of the cannula used to inject the filler. In fact, some patients say they don't feel a thing.

Downtime Surprisingly minimal, though daily massage of the area is recommended for at least five days – be prepared to dial back your social commitments. Avoid applying your usual skincare products to the treated area for 24 hours, and skip the gym for the next five to seven days.

Results Quite impressive. Over the following months, there's a noticeable increase in volume, while bottoms appear subtly lifted. Best, however, is the textural improvement: smoother, firmer-feeling skin, and a definite reduction in dimpling – without a single squat. One to four sessions are recommended.

Details From £1,600 (theaestheticdoctor.com).

13. FOR PESKY PIGMENTATION

MelaOut at Eucléo

The lowdown The MelaOut peel is the OG of pigment removal; and for anyone with stubborn sun damage that just won't budge with topical treatments, it's a game changer. Don't think of it as a one-off, though: this is more of a package – and the reason it's so effective is in no small way due to Dr Stefanie Williams's thorough approach. You'll need to commit – which means a month of using specialised, pre-peel skincare comprising a serious-looking line-up of Mesoesthetic products. Still, after just a few weeks, the complexion already looks significantly lighter at the temples and hairline. The course complete, it's time for the MelaOut mask, which is applied at the clinic, a zen spa-like space with a discreet waiting room. The peel needs to stay on the skin for up to eight hours to achieve its most potent effects; so once it's on, it's a case of making a dash for home with your head down low. And it doesn't end there: there's a month-long post-peel regime to soothe skin and promote healing, too.

Pain factor No stinging, no itching, no discomfort. The application is a walk in the park.

Downtime Although there's no pain, there's a good measure of shame; so be prepared to hibernate for a few days. After eight hours, you'll wash the mask off with water, revealing a ▷

Truly uplifting

Mr Georgios Orfaniotis is one of few UK surgeons to offer advanced rejuvenation techniques including the Extended Deep Plane Facelift

MOST OF US COULD DO WITH A little lift every now and then, whether that's an emotional boost or a physical change. The best aesthetic treatments combine both of these, and one name to trust to achieve uplifting results is Mr Georgios Orfaniotis. A board-certified and internationally trained plastic surgeon with more than 15 years of experience, Mr Orfaniotis is one of few surgeons in the UK able to offer the most advanced facial rejuvenation techniques, including an Extended Deep Plane Facelift, Deep Neck Lift and Lip Lift.

Mr Orfaniotis has worked as an NHS consultant for five years in two of London's largest hospitals (The Royal London Hospital and Guy's and St Thomas'), performing complex reconstructive cancer surgery in the head and neck area. This has led to considerable expertise in facial and reconstructive surgery, with a special interest in treating facial deformities following injury or cancer treatment. It's this knowledge and experience that Mr Orfaniotis applies to facial rejuvenation procedures, which he performs in prime central locations, including the Cadogan Clinic, HCA UK at The Shard and Harley Street.

Perhaps the most sought-after option is the Extended Deep Plane Facelift. The term 'deep plane' refers to an anatomical space between the superficial musculoaponeurotic system (SMAS – the fibrous network covering the cheek) and the deeper tissue in the face and neck. By entering this deeper space, the SMAS can be released from the underlying tissues, allowing for more effective, tension-free suspension.

Meanwhile, the Deep Neck Lift is perfect for those who want to achieve a more defined, youthful-looking neck and jawline contour. One of the most advanced procedures in neck rejuvenation, it's performed via an additional incision into the submental (under-chin) area,



Mr Georgios Orfaniotis

'My goal is to deliver world-class results that empower my patients to feel confident. I strive for the best possible outcomes using cutting-edge surgical techniques safely. I like to work with my patients on a holistically tailored basis, detailing their health, goals and expectations at every stage of their journey and providing recommendations where appropriate. I believe results can be maximised by a strong foundation of preparation and providing skilled aftercare.'



The Deep Neck Lift achieves a youthful-looking, defined neck and jawline contour

combining a reduction and tightening of the structures of the deeper neck.

Finally, Mr Orfaniotis uses bespoke surgical techniques and reconstructive expertise to achieve his industry-leading Lip Lifts – he's considered among the UK's foremost surgeons in this field. The surgical procedure aims to reduce the distance between the columella (the base of the nose) and the vermillion border (the red upper-lip line), which tends to become more elongated with age.

Above all, Mr Orfaniotis's approach is personable and collaborative, with the aim of empowering patients to 'own' their journey of transformation, while also striving for the best results. This is achieved with dedicated medical support at all stages of treatment, including a 24/7 line of communication throughout the recovery process and a trusted clinical team.

◁ tomato-red face; the next day, the skin will feel tight and swollen, like a serious case of sunburn. On days three and four, it begins to flake intensely, sloughing off the old pigmented layer to reveal the fresh stuff beneath. But by day five, the worst of it is over, and two weeks later you'll be ready to face the world once more. (WFH was never so appealing...)

Results A transformation. Two weeks after treatment, the skin is luminous, no longer blurred by freckles or dark spots, and dramatically brighter and more even-toned. But the best thing is the texture, which is as soft as a newborn baby's cheek. Religious use of SPF keeps skin supple and clear-as-day for as long as you continue to do so.

Details From £2,295 (eudelo.com).

14. FOR POOR TEXTURE

DermaFrac Advanced Skin Rejuvenation with Dr Amiee Vyas

The lowdown Microneedling is having a moment, and DermaFrac is a souped-up twist on the original. In this treatment, a hand-held roller, containing 180 super-fine needles, is passed over the face, while delivering gentle vacuum suction to ensure optimal contact between skin and sharps. This leaves microscopic channels in its wake, while spurring plumping and firming collagen production. Simultaneously, the device dispenses a bespoke, super-potent serum – to target acne, pigmentation or perhaps dehydration – which sinks deep into the dermis, where it works to soothe and smooth. Dr Amiee Vyas pays special attention to optimising skin health in areas such as fine lines around the eyes, open pores on the T-zone, or a sun-damaged décolletage – and even mild acne scarring can be addressed. A quick spell of light therapy, and you're good to go.

Pain factor The device hums as it whirrs over the skin; but the most you may feel is a mild vibration, which is tingly and slightly ticklish.

Downtime Straight away, the skin has a healthy flush, which may be more noticeable across such vascular areas as the cheeks. Post-procedure, make-up or mineral foundation can help to minimise any pinkness (which shouldn't last much more than a day or two).

Results Once the redness has disappeared, a brighter, more glowing and even-toned complexion is revealed. In fact, you won't be able to help admiring your newly-airbrushed skin in the mirror. A course of six treatments, two weeks apart, is recommended to maintain maximum radiance.

Details From £250 per session; £1,100 for a course of five treatments (doctoramiee.com).

EYE SPY

Gen up on pioneering techniques to help maintain your looks



Dress, £1,116,
GENNY

15. FOR TIRED EYES

InclInEyes with Dr Joshua Van der Aa

The lowdown Sometimes, no matter how many early nights you're getting in, or how many espressos you sip the next morning, you still look exhausted. Cue a pioneering new treatment that wipes away tiredness by lifting the forehead and subtly reshaping the eyes. And all without a scalpel in sight. Instead, Dr Joshua Van der Aa – who has spent two years perfecting his technique – uses tiny amounts of artfully-placed dermal filler, delivered by cannula, to replace volume lost on the periobital bone. This improves the appearance of the 'canthal tilt' – the inclination of the eye – which both enables the tail of the eyebrow to lift, and accentuates the arch. Better than Botox, the effect lasts for up to a year; and it's also reversible (unlike the 'fox eye' thread-lift). For those seeking a more

holistic ocular improvement, Van der Aa's InclInEyes protocol is a bespoke route to a fresher-looking face, and can also address the temples and tear troughs.

Pain factor There's a tiny sting as an insertion point is created for the cannula; but once the device goes beneath the skin's surface, the sensation is one of pulling and tugging – so it's more uncomfortable than ouch-worthy. It is, however, blessedly swift.

Downtime Some patients might notice a bit of mild swelling, which lasts for up to 10 days, though it's nothing that would set tongues wagging. Pop on a pair of shades if you must.

Results Immediately, the eyes appear more open and youthful-looking, with a delicate almond shape. Some patients might benefit from a second or third treatment (but, in these instances, results may last for up to two years).

Details From £815 (drjoshua.co.uk). □

HAIR BY DANIEL DYER USING ORIBE. MAKE-UP BY PABLO RODRIGUES AT ONE REPRESENTS NAILS BY AMY RAL MODEL: IMAN PERERA AT SELECT. STYLIST'S ASSISTANTS: HYUNSOO LEE, EMILY ROSS. PHOTOGRAPHER'S ASSISTANT: KADARE ALI. MAKE-UP ASSISTANTS: MARYAM AHMED, BELEN VEGA. SET DESIGN: ALUN DAVIES. SET ASSISTANT: KASH ODEIRA. ON-SET PRODUCER: EYE DAUNCEY. BOOKINGS EDITOR: CAMILLA FITZPATRICK