

Smooth operators

The bustiest bust, the neatest nose and most sensational skin... whatever you're dreaming of, we have an expert to help you achieve it. By Olivia Falcon

BEST FOR FACELIFTS

RAJIV GROVER SURGEON

Mr Grover, who has just finished his term as president of the British Association of Aesthetic Plastic Surgeons (BAAPS), is considered by many to be a national treasure. He is admired by his colleagues for his precise technical skill and loved by patients for his genuine kindness. Plus, his facelifts are squealably sensational. He is currently working on a study to look at the anatomy of the SMAS (submuscular aponeurotic system – the muscle layer that's lifted during surgery), as apparently, like skin, there are differences depending on your age and ethnicity. (Did you know Asian people have a stiffer SMAS, which means that they age more slowly?) Mr Grover hopes his findings will help him to individualise facelifts, offering a type of 'face couture' for even more flawless results. *Consultation, £200; facelift, from £10,600 (rajivgrover.co.uk; 020 7486 4301).*

DAVID DUNAWAY SURGEON

This highly skilled surgeon champions minimally invasive facelifts that require a local rather than general anaesthetic. His work often features fat transfer and contouring of the face with bespoke chin and cheek implants made using hi-tech CT scans and 3D printers. 'Looking at the facial skeleton is important,' says Mr Dunaway. 'Someone with a poorly developed jaw will age much more quickly – often with neck sag – than someone with more regular features.' He is a stickler for detail when it comes to male facelifts and aims to preserve the square, masculine shape (as opposed to going down the rather pinched Bruce Jenner route). He is currently working on a project using 3D photographs of 12,000 faces to analyse how we age, which could offer an insight into current facelift techniques and how they can be improved. *Consultation, £300; facelift, from £10,000; chin and cheek implants, from £6,000 each (daviddunaway.co.uk; 020 7467 3004).*

NORMAN WATERHOUSE SURGEON

With over 3,000 facelifts under his belt and 27 years of experience, Mr Waterhouse is one of the most capable pairs of hands in the country. He runs masterclasses for other surgeons, teaching them techniques such as the London Facelift (a more subtle refreshment of features than, say, the 'wind-tunnel lifts' favoured by our Californian friends). 'Women have triangular-shaped faces that become more square – and less feminine – with age,' he explains. 'The London Facelift is about balancing the underlying muscles rather than putting tension on facial skin. The features should remain soft, and the changes should be powerful but subtle.' Known for his delicate touch, Mr Waterhouse insists that all of his patients undergo a holistic skincare programme, using SkinCeuticals serums and his range of HealGel products. His model daughter Suki is an ambassador for his Facing the World charity, which helps children from developing countries with facial deformities. *Consultation, £250; facelift, from £10,000 (norman-waterhouse.com; 020 7636 4073).*

KENNETH STEWART SURGEON

This Edinburgh-based surgeon is a fan of fat transfer, a method of facelifting that avoids pulling skin. Instead it attempts to rejuvenate features by injecting the patient's own fat. A good idea, then, to have reserves in the crucial donor areas – bottoms are the preferred place. 'It's a total misconception that high cheekbones are key to a youthful look – it's a high facial fat pad that you want,' says Mr Stewart. 'Fat contains stem cells that have the ability to rejuvenate the face.' He can also work wonders grafting fat into thinning lips and, handily, he is an expert at ear correction too. As we age, our hairline thins and prominent ears often have nowhere to hide, so he offers a number of procedures to correct flappiness and pointiness, and to shrink stretched lobes. So no more Mr Spock jokes. *Consultation, £150; short-scar facelift, from £7,000; ear correction, from £1,000 (beyou.co.uk; 0131 316 2459).*

PAUL JOHNSON SURGEON

Mr Johnson is a maxillofacial surgeon with a specialist interest in tackling age-related changes to the bones in the head. This includes genioplasty, which reconstructs retrusive chins to improve the jawline. Doing this can give better support to soft tissues and improve jowls and marionette lines – the deep grooves that run from the nose to the mouth. Mr Johnson, who is based in Guildford, also offers something called the 'reverse facelift', which instead of stretching the skin backward, tightens it by bringing the jaw forward. He meticulously plans the whole procedure using computers and X-rays; patients can expect a two- to three-week recovery time. For men who want a Val Kilmer-like square jaw, he offers tissue-friendly plastic chin implants. *Consultation, £250; genioplasty, from £5,300; chin implants, from £4,500; reverse facelift, from £7,500 (maxfacsurgeon.co.uk; 01483 570624).*

BEST FOR NECKS

DR DIRK KREMER SURGEON

'The neck is often overlooked, but it's one of the biggest giveaways of age,' says Dr Kremer, who offers a number of nifty solutions to turn turkey necks into more swan-like silhouettes. For less severe cases, he uses liposuction to remove the fat pad from under the chin but, if you want to stop wearing polo necks permanently, he will gently tighten the platysmal bands (the thin muscles in the neck) with a technique called the iGuide lift. The procedure, which is done under local anaesthetic, involves making tiny incisions along the jawline and inserting two long, hollow needles that have a braided thread running through them and LED lights on the tips to allow a more precise placing of the stitches. The needles are gently woven between the skin and the platysmal muscle and then pulled like a net to lift the skin, dramatically tightening the muscles along the jawline. There is little ▷

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◁ swelling or bruising and downtime is minimal. Even the most sceptical patient should prepare to be wowed. *Consultation, £75; iGuide lift, £4,700 (harleystreetaesthetics.com; 07500 007276).*