

faces

RAJIV GROVER

There's something wonderfully old-fashioned about Grover, something reassuring and steadfast. This is, after all, the former president of the British Association of Aesthetic Plastic Surgeons (BAAPS); still the most convivial surgeon practising in the UK. But niceties aside, he's also a meticulous and passionate scalpel-wielder: the best, say some, many of whom have been in his care and whose faces have been immaculately restored to their former youth. Faces appear younger but also prettier, thanks to his enhanced-recovery facelift, which minimises, if not eliminates, bleeding and helps faces to appear fresher, quicker. The same faces that he still greets warmly over breakfast at Colbert, or that sit across from him inside his elegant white clinic (subtly done injectables are, for many, a way to keep in touch as well as to keep up appearances). But, above all, he's compassionate and honest, with an emphasis on delivering natural results. It's a combination of expert hands and a human touch. Probably why they call him the 'Facemeister'.

Consultation, £250; facelift, from £15,000. (rajivgrover.co.uk; 020 7486 4301)

NORMAN WATERHOUSE

Waterhouse has been racking up some serious air miles of late. When the charismatic, London-based surgeon isn't teaching in China or attending Tribeca Film Festival with daughters Suki and Immy, you'll find him operating in Dubai. "They have incredible health facilities in the Middle East," he says, "though they do like a British surgeon." It makes for an unrivalled understanding of ethnicities; for example, "A facelift for an Asian patient often necessitates building up the nose with grafts and elevating the mid-face, whereas with a Caucasian patient you're more likely to address the

lower face and neck.' Fittingly, he has a new technique for the latter, which involves stitching the skin to the underlying tissue: "The sutures only stay in for a couple of days, and when removed, they leave behind no marks." It slims a heavy neck, gives a beautiful lift to the brows – and because it locks the skin down into a tight position quickly, it means the result is more 'instant', with less swelling. Catch him if you can.

Consultation, £250; facelift, from £12,000. (theaestheticsurgeons.com; 020 7636 4073)

AWF QUABA, EDINBURGH

More than 30 years' practice has made Mr Quaba understandably pragmatic. "We know that a lot of people opt for the non-surgical options," he says. "They're very appealing. But the truth is that patients seek you out because their cosmetic doctor tells them, "We cannot address your expectations any more." The patients who find themselves at his Edinburgh clinic might be treated with kid gloves ('I explain everything, from A to Z: the procedure, complications and the expectations') – but they're also spoken to frankly. "Often it's the simplest surgical procedures that deliver." Take, for example, his direct brow lift, which excises an ellipse of skin above the eyebrow: it takes 45 minutes under local anaesthetic and hides the scar in the eyebrow hair. Otherwise, he might make tiny cuts in the hairline, insert some non-dissolving threads, and anchor them in the fatty tissue of the brow (it gives a lovely arch). Half of his patients combine this with a facelift; and when they return for their six-month follow-up they speak of feeling 'fresher', some say that they look 'younger' – and that even their hairdresser hasn't noticed their scars. Which is the greatest litmus test of all.

Consultation, £150; direct brow lift, from £2,150; implantable thread brow lift, from £3,500; facelift, from £7,550. (quaba.co.uk; 0131 346 0020)



FIRST CLASS

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By Francesca White

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'PATIENTS WANT TO LOOK AS IF THEY'VE TAKEN CARE OF THEMSELVES ALL THEIR LIVES'

DR DIRK KREMER

Gregarious, German-born Kremer is seriously good fun (his jokes will have you in stitches), but when it comes to surgery he's serious about delivering an anatomically correct result. "Patients want to look like themselves, but less weathered. And elegant, as if they've taken care of themselves all their lives." Many benefit from his Turn Back Time (TBT) facelift, which pulls slack tissues upwards, never to the side: "After all, gravity causes the face to drop vertically, not horizontally." It's all down to a tidy technique: he goes under the skin, grabs the fat and repositions it over the cheekbone, pulling the long suture thread tight, like a curtain – it shapes the lower face nicely and chisels the cheekbones. The same method can be applied to the neck, which loses angulation when the platysma (the stringy muscle that runs from the jawline to the clavicle) becomes loose. So he pulls the muscle up behind the earlobe, wrapping it securely around the neck like a scarf. There's less swelling and you'll be back to work a few days later. (The stitches are easily disguised with a good blow-dry.)

Consultation, £125; facelift, from £10,900; neck lift, from £8,000. (harleystreetaesthetics.com; 0845 519 7232)

eyes

NARESH JOSHI

Twenty-seven years of surgery has made the inimitable Joshi, a former president of the British Ophthalmic Plastic Surgical Society (BOPSS) – suitably sage. "My philosophy now is to make things as simple as possible," he says. "The more complex a procedure appears, the more likely some-

thing is to go wrong. It is similar to Japanese culture: functionality before anything else." (Unsurprisingly, he is a regular at the stylish Japan House restaurant, Akira, on Kensington High Street.) His approach yields impressive results: precise, super-clean blepharoplasties with little bleeding (he uses a tiny scalpel that cauterises as it cuts). An upper-lid job might remove between six to 12mm of skin (he has patients close their eyes tightly in the pre-op assessment – once relaxed, it helps to gauge the excess) but he often takes off the topmost layer of the orbicularis muscle, too, to give a nice smoothness. His lower-lid work is equally peerless: an incision is made along the lash line before the fat pads are located and carefully repositioned. A line of glue to the stitches – "It keeps the wound clean," he says, "sort of like a Steri-Strip" – and he's all done. On time, no mess, no fuss: a purist to the core.

Consultation, £280; upper-lid blepharoplasty, from £5,940; lower-lid blepharoplasty, from £7,690. (bupacromwellhospital.com/find-a-doctor/find-a-consultant/naresh-joshi; 020 7460 5739)

RICHARD CAESAR, GLOUCESTERSHIRE

Mr Caesar is undeniably rakish. But he's also confident, good-humoured and instinctive. "Many people arrive for a consultation and I can immediately advise, "It's not me that you need," he says. "Now I ask to see photos ahead of them coming in." Those whom he does not dispatch for tear-trough filler or perhaps skin-tightening laser might benefit from an upper-lid blepharoplasty, which excises a crescent-shaped piece of skin, then hides the scar in the crease. Or a lower-lid blepharoplasty: ▷