

TATLER

BEAUTY & COSMETIC
SURGERY GUIDE 2014

If you're going to
do it, do it right

BEAUTY & COSMETIC SURGERY 2014

Time flies, but the trick is not to flap. To maintain swan-like serenity in the ageing game, simply read on – we've done all the frantic paddling for you. We report on the latest non-surgical treatments: wondrous skin-tightening machines, frown-freezing fixes, hair-growth injections and cellulite 'cures'. We've found a new pain-killing technique that's taking the boo out of Botox and we've been getting up-close-and-personal with the country's top surgeons, dermatologists and cosmetic doctors – to bring you the definitive list of the very best people to see in the UK and beyond. As always, we recommend you choose someone registered with BAAPS, the British Association of Aesthetic Plastic Surgeons (baaps.org.uk; 020 7430 1840) or the American or European equivalent. BAAPS has some big news too – it has teamed up with the Healing Foundation to launch the Government-endorsed National Institute of Aesthetic Research (NIAR), the first organisation of its kind to investigate the safety and efficacy of cosmetic surgery and cosmetic treatments. 'We are pleased that the Tatler guide has, for many years, provided the most up-to-date evidence in this field and become the bible for patients researching cosmetic treatments,' says Rajiv Grover, president of BAAPS and founder of NIAR. So, welcome to Tatler's 10th Cosmetic Surgery Guide: old and wise but never showing its age.

OLIVIA FALCON

COSMETIC SURGERY GUIDE EDITOR

ALL COSMETIC SURGERY PRICES IN THIS GUIDE INCLUDE HOSPITAL, STAY AND ANAESTHETIST



The National Institute of Aesthetic Research provides accessible data on cosmetic procedures

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TATLER'S FINEST Photographed by Toni Gudason. Styled by Olivia Falcon. Make-up by Lee Pycroft at My-Management, using Chanel Poudre Universelle Compacte in Preface 00, Crayon Sourcil in Brun Naturel, Le Lift Crème, Rouge Coco in Dedicate 09, Le Blush Crème de Chanel in Invention 01. Hair by Jenny Quintero at Josh Wood Atelier, using Chanel Le Vernis in Balerina. Hair by Diane Rothstein at Jed Root, using Shu Uemura Art of Hair Kaze Wave and Liquid Fabric. Model: Olivia Ganson at Next Model Management. Beauty Assistant: Kate Thomas. Production by Tomasha Lebus. Clockwork teeth, £2.99, by Mulberry Bush (mulberrybush.co.uk).
COVER PHOTOGRAPH Agneta

Photographed by **TORKIL GUDNASON**

TATLER'S FINEST

Whatever is on your wish-list – better boobs, smoother skin, perkier bottom – you can stop shopping around now, because the finest practitioners in the land are all to be found here

BY **OLIVIA FALCON**

BEST FOR FACELIFTS

RAJIV GROVER SURGEON

'Keep calm, Mr Grover is your surgeon,' proclaims the card that takes pride of place among hundreds of thank-you notes at Grover's Harley Street office. Like the man himself, Grover's work is studied, considered and exquisitely subtle. He continues to push the envelope with his skilful facial surgery and has refined a technique called selective SMASectomy, which slims down the lower face to give better definition to the cheeks and jaw. He is president of BAAPS (British Association of Aesthetic Plastic Surgeons) and is also director of the National Institute of Aesthetic Research – a new task team designed to separate fact from fiction within the cosmetic sector. NIAR will investigate topics such as the efficacy of stem-cell treatments and look at the psychology of what motivates people to have surgery – fascinating stuff. *Consultation, £180; facelifts, from £10,200 (rajivgrover.co.uk; 020 7486 4301).*

NORMAN WATERHOUSE SURGEON

When he's not being mobbed on the street with Hollywood hunk Bradley Cooper (the current beau of his model daughter Suki), Waterhouse can be found hunkered down in his discreet basement clinic on Harley Street. He reports no big change in facelifting techniques but is using fat transfer to add volume for about 80 per cent of his patients, and getting better results without too much downtime – two weeks out of your social calendar should do it. While most surgeons focus on gravity, he likes to take a more holistic approach and factor in skin quality too. With this in mind, he offers a whole programme of skin treatments at the excellent Waterhouse Young Clinic, around the corner from his surgical practice. His celebrity patients love radiofrequency skin-tightening treatment Endymed Pro, which gives instant results with no nasty side effects – so it's back to stage or screen the next day. *Consultation, £250; facelifts, from £11,000; Endymed, from £200 (norman-waterhouse.com; 020 7636 4073).*

CAROLINE MILLS SURGEON

If it's a woman's touch you're after, Mills is the hot ticket. Trained under star surgeon Jan Stanek, she is a top Masillofacial surgeon (which

means she has degrees in both medicine and dentistry) and focuses on addressing age-related changes in bone structure rather than just yanking up flesh. Her patients range from teenagers with out-of-proportion jaws and chins to older patients seeking cheekbone or orbital-rim implants. The latter are a good alternative to fat grafting – Mills uses a material called Medpor to get rid of that sunken-eye look. Highly approachable and wonderfully empathetic, she's a brilliant hand-holder and has practices in London and at the Princess Margaret hospital in Windsor. *Consultation, £200; orbital-rim implants, from £5,000; Botox, from £320; facelifts, from £6,500 (thefacesurgeon.co.uk; 08456 448337).*

CHIEN C KAT SURGEON

This lady, based in Birmingham, is one cool Kat. She is famed for her one-stitch facelift, which gives a subtle improvement rather than a dramatic result and is performed under local anaesthetic, so it takes only an hour. Incisions are placed under the hairline, near the temples, and a small slither of skin is excised before the face is lifted with a thread that has elastic properties and holds tissue in place for about two years. This procedure is very good at fixing the mid-face and restoring cheekbones, but it won't work for saggy jowls or a wrinkly neck. On the upside, you only need a long weekend to recover. Kat is also pioneering the Lock and Glue Tummy Tuck – a combination of liposuction, internal locking stitches and tissue glue. A local anaesthetic infusion pump negates the need for drains post-op, so recovery is quicker. Meow. *Consultation, £120; One Stitch Facelift, £1,500; Lock and Glue Tummy Tuck, £5,300 (cckat.com; 0845 373 1818).*

DR DIRK KREMER SURGEON

Desperate housewives have been swooning over hunky Dr Kremer's recent TV appearances on *The Alan Titchmarsh Show*, where he's been discussing issues related to cosmetic surgery. Originally from Munich, Kremer is GMC-registered and known for his Turn Back Time Facelift. This is performed with the patient in a semi-upright position, so that Kremer can see better how skin and tissue are hanging to reposition jowls and correct flat cheeks. He lifts tissue vertically rather than horizontally to avoid that strained, wind-tunnel look. Also ask him about E-lipo, an incredibly gentle take on liposuction that uses a salt solution containing numbing painkillers and an enzyme to liquefy fat so

SHE WILL GIVE YOU
A CHURCHILL-LIKE WAR
PLAN TO KEEP THOSE
WRINKLES AND ENEMY
LINES OUT OF SIGHT

that it can be suctioned out less aggressively, with minimal bruising. *Consultation, £75; Turn Back Time Facelift, £8,500; E-lipo, from £2,950 (harleystreetaesthetics.com; 0845 519 7232).*

BEST FOR BOTOX & FILLERS

DR TRACY MOUNTFORD COSMETIC DOCTOR

You're hired! Even Sir Alan Sugar takes advice from Dr Mountford, who appeared on the final of *The Apprentice* to help him choose his champion. Known for her flawless, understated filler work, she takes on ageing with military precision. Her consultations are epic and she will give you a Churchill-like war plan to keep those wrinkles and enemy lines out of sight. She uses a whole palette of fillers, from Emervel for younger faces to Juvederm for enhancing lips with minimum swelling and Restylane for deeper troughs and wrinkles. Her clinic in Stoke Poges is also the place to come for CoolSculpting – a fat-freezing treatment. She can reduce fatty pockets by 30 per cent and double-treating the same area of podge can double the results. *Consultation, £120; fillers, from £250; CoolSculpting, from £800 (cosmeticklinic.com; 01753 646660).*

DR JEAN-LOUIS SEBAGH COSMETIC DOCTOR

The king of cosmetic medicine, Dr Sebagh continues to hold court at packed clinics in Paris and London. Right now he's tickled pink about his latest gravity-defying treatment, Silhouette Soft Lift, which he believes is 'as big a breakthrough as Botox'. Staving off the need for a facelift, this technique uses super-fine, dissolvable threads to lift the face and the effects last about 18 months. The threads, which work like scaffolding to hold tissue in place, are made from polylactic acid (a tried-and-tested material used in Sculptra fillers). They >