

TATLER



Beauty & Cosmetic Surgery Guide 2010

'Post-surgery couture mask'
by Philip Treacy for *Tatler*

Beauty & Cosmetic Surgery Guide 2010

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There is nothing like a new decade to make one feel slightly older, but read on and you can have your own Dorian Gray moment, as we bring you the latest cutting-edge science promising to keep us all looking perennially perky. Over the past few months our team of testers have been busy swotting up on the latest cures and we've dispatched surgery expert Wendy Lewis to chart the world's top anti-ageing hotspots. Back home, I've been snooping around the offices of the UK's top surgeons, dermatologists and cosmetic doctors to bring you the names you can trust. The golden rule is to make sure your surgeon is registered with the British Association of Aesthetic Plastic Surgeons, BAAPS (tel: 020 7430 1840; baaps.org.uk). If you are still sitting on the fence about how to tackle ageing, Nicola Formby and Trinny Woodall may help you decide, as they go head to head with two very different philosophies. If you are planning to take the plunge, check out Philip Treacy's whimsical 'Post-surgery couture mask' crafted especially for *Tatler* – Lady Gaga was so impressed she wore it to the Brit Awards.

Olivia Falcon

Olivia Falcon, health and beauty director



Philip Treacy 'Post-surgery couture mask', using Valentino lace, POA. Ring 020 7730 3992

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Postcards from

From Hollywood's A-list facelifts to Brazil's brilliant body work, Wendy Lewis uncovers



NEW YORK

When it comes to looking polished and groomed, Manhattanites are the world's professionals. Botox and fillers are viewed as necessities – and a skilful surgeon's phone number is a hot commodity rather than a secret. Jet in for quick, slick services that require minimum downtime.

STAR SURGEONS

Dr Sam Rizk (tel: 001 212 452 3362; drsamrizk.com) is the director of Manhattan Facial Plastic Surgery, a state-of-the-art practice on Park Avenue. It has a covert, Bond-like feel, with its own super discreet operating theatre and multilingual staff. Rizk's methods are light years ahead of his peers – he specialises in rapid-recovery facelifts with undetectable scars. 'I redistribute fat from the jowls back up to where it belongs on the cheekbones,' he says. He pioneered the use of a high-definition, 3D-telescope system, with which he looks at face and neck muscles through small hairline and ear incisions. He uses a special tissue glue (a medical sealant) instead of stitches to

close his incisions, so there is much less bruising and swelling. Neck- and facelifts cost from £9,681.

Dr Z Paul Lorenc (tel: 001 212 472 2900; lorenc.com) is a body-contouring expert with an almost supernatural power to change your shape. He employs a two-pronged attack for fighting fat: he preps the skin with Eterne SmoothShapes, a laser treatment that breaks down cellulite, before following with SmoothLipo, another laser that contours curves by breaking down fat (from £1,936). Lorenc is also leading clinical trials in Europe for Nuvance, a mesh device that is inserted under the skin to gently lift cheeks and jowls.

SKIN SPECIALISTS

Dr Lisa Arian (tel: 001 212 400 0999; drlisaarian.com) is as well known for her wardrobe (she regularly tops the city's best-dressed lists) as she is for her expertly administered facial fillers (from £581). She keeps the fashion crowd looking perky and

her waiting room resembles the front row. 'The filler approach in New York is to help restore patients to an earlier version of themselves,' she says. 'My British clients seem to be more conservative, but once we have a consultation they understand what we're trying to achieve.' The aesthetic is healthy-looking, cherubic cheeks and juicy rosebud lips.

Dermatologist **Dr Anne Chapas** (tel: 001 212 686 7306; annechapasmd.com) is one to watch. Manhattan's socialites are smitten with her down-to-earth and detailed approach to skincare. She is one of the few doctors to give

painkilling Toradol injections before laser resurfacing treatments. Chapas believes that the time to start an anti-ageing regime is in your 20s, as it lays the foundation for how you'll age. Among her arsenal of power tools are carbon-dioxide lasers to vaporise wrinkles and acne scars, and the newest cold laser for fat reduction, Zeltiq. Full face



HIDEOUTS

For complete anonymity, check into one of the newly renovated suites at **The Surrey** (tel: 001 212 288 3700; thesurrey.com). Conveniently situated on the Upper East Side, the hotel prides itself on discreet service. It was once home to reclusive movie stars such as Bette Davis and Claudette Colbert, and it has a spanking new spa with Darphin treatments.

The Lowell (tel: 001 212 838 1400; lowellhotel.com) is so private Madonna chose to stay here while she was having her house renovated. You need not move from under your cashmere blanket. Book through Cleveland Collection (tel: 0845 450 5732; clevelandcollection.co.uk).

SOUVENIRS

Head to Duane Reade (the American equivalent of Boots) for Mederma cream – it contains Cepalin, an ingredient extracted from onions that works to fade stretch marks. Also check out plastic surgeon Dr Gerald Imber's Youth Corridor range (youthcorridor.com). The star product is a serum that contains antioxidants, vitamins and melatonin and works to reverse collagen destruction. If you suffer from facial hair, get a prescription for Vaniqa (vaniqa.com), a cream that slows hair growth in women and works well between laser hair removal treatments.



the cutting edge

the world's top anti-ageing hotspots

LOS ANGELES

Hollywood has a habit of turning Ugly Bettys into silver-screen swans with bold treatments that push the boundaries. It's not about subtlety. This is the place to come for a top-to-toe reinvention with no questions asked.

STAR SURGEONS

Dr Leslie Stevens is low-key and discreet – unusual for a town where most of the plastic surgeons have their own TV shows. He works from the Lasik Clinic (tel: 001 310 556 1003; drlesliehstevens.com), a swanky Beverly Hills institution famed for nips 'n' tucks that defy close-ups. He has earned an A-list following that includes Sharon Osbourne and is well known for his innovative short-scar breastlifts. He reduces scarring by making incisions around the nipple and vertically down the breast, avoiding the long scar underneath the breasts. His High Vertical Suspension Face Lift (from £10,000) elevates sagging cheeks without the wind-tunnel

effect. 'In LA, you only notice the bad facelifts – the good ones go unnoticed,' says Stevens. His partner is facial plastic surgeon **Dr Andrew Frankel**, who is known for his subtle nose jobs (from £7,500).

SKIN SPECIALISTS

Dr Ava Shamban (tel: 001 310 828 2282; shamban-md.com) has more lasers in her clinics in Santa Monica and Beverly Hills than George Lucas has on his film sets. The latest addition to her anti-wrinkle weaponry is SilkPeel, a machine that exfoliates the skin while pumping in healing serums. She uses it in tandem with Thermage and the new dual wavelength Fraxel for collagen stimulation (from £1,000). 'It's innovative because we can treat all levels of the skin simultaneously and reduce brown spots, wrinkles and scars in one go,' she explains.

For the ultimate in facials, get in the queue behind Jessica Alba, Paris Hilton, Winona Ryder and Debra Messing for a session with the incredibly talented **Kate Somerville** (tel: 001 323 655 7546; katesomerville.com). The CytoCell Dermal Energizing Treatment is her newest solution for perking up mature skin – it encourages collagen production and tissue regeneration and costs from £62.



The Peninsula Hotel

HIDEOUTS

Hole up Howard Hughes style in one of the villa suites at **The Peninsula Hotel** in Beverly Hills (tel: 001 310 551 2888; peninsulahotels.com). It's far less sceney than a lot of the other LA hotspots and has a spa that proffers luxurious Elizabeth Taylor style treatments, using rubies, emeralds and diamonds. Book through Carrier (tel: 0161 491 7640; carrier.co.uk).

Alternatively, head to the **Jade Healing Retreat** at the Hotel Palomar (tel: 001 310 557 0500; jadehealingretreat.com), where overseas visitors can speed up their recovery with ice packs, organic soups and smoothies – there's also 24-hour nursing care.

SOUVENIRS

Dr Shamban's Ava MD Extreme Specialist skin cream works wonders on stressed skin, so it's not surprising it sells out pre-Oscar season. There's also a lot of buzz around new anti-ageing range CellCeuticals (celleceuticalskincare.com). The products contain retinol lipo-peptides and antioxidants, which encourage old cells to behave like young ones. Also pick up a packet of cherry Cold-Eeze; they contain zinc gluconate glycine, a powerful antioxidant that's fantastic for the skin too.





MILAN

The Italians celebrate high cheekbones and siren-like curves, and the surgeons work with an artistic eye. They study patients like paintings, aiming to enhance their natural charms rather than completely remodel their looks.

STAR SURGEONS

Italian women are known for their magnificent bosoms – just think of Monica Bellucci, right, or Sophia Loren spilling out of their red-carpet ballgowns. If you long

to be similarly well endowed, book in with **Dr Maurizio Nava** (tel: 00 39 02 9737 8925; maurizionava.it). He is the director of the plastic surgery unit at the National Institute for Cancer in Milan and is known as 'the surgeon's surgeon'. His colleagues say that if their wives, sisters or girlfriends needed breast work done, they would send them to Nava. His signature technique is called auto-augmentation (from £7,920, including aftercare), a breastlift without using an implant. He uses your own breast tissue to create added volume and shape with only a small vertical or T-shaped scar. He is also researching the potential uses

of stem cells for breast reconstruction.

Dr Daniel Cassuto (tel: 00 39 02 5411 4910) is professor of plastic surgery at the University of Catania and a master of skin-resurfacing: he is on a mission to help patients suffering after complications from fillers or Leslie Ash-like disasters. He uses a special intralesional laser treatment (C220), which breaks up the lumps that can form after botched permanent facial fillers. He perfects the results of his facelift procedures with a device called Airtight, which blasts hyaluronic acid molecules into the skin using pneumatic technology – air pressure instead of needles. For Botox and fillers, he is one of a handful of



Bulgari Milano

HIDEOUTS

Bulgari Milano (tel: 00 39 0 28 05 8051; bulgarihotels.com) is the smartest sanctuary in Milan. Stay in the enormous top-floor Bulgari Suite – it has a stunning view over old Milan, as well as its own entrance straight from the lift, so there'll be no lingering in the lobby.

The Park Hyatt (tel: 00 39 0 28 82 11 234; milan.park.hyatt.com) is right in the heart of the city. You can slip out to the Galleria for a spot of shopping or to the Duomo to pray for speedy healing, but the hotel itself is a calm and beautiful retreat from the hubbub, and the bathrooms are almost as big as the bedrooms. Book through Bellini Travel (tel: 020 7602 7602; bellinitravel.com).

surgeons in the world who have an Anteis electronic injection pen, which fires off swifter, less painful injections that are controlled by foot pedal (a bit like a sewing machine).

SKIN SPECIALISTS

Dermatologist **Dr Pier Luca Bencini** works from the Istituto di Chirurgia e Laser-chirurgia in Dermatologia in Milan (tel: 00 39 0 27 60 20 308; laserforum.it), a specialist laser centre. Drop in after a bowl of pasta to have wrinkles, tattoos, sun damage and scars blasted away. He also does the Happy Lift (from £1,320), a minimally invasive necklift with dissolvable sutures which hold the tissues up, so you can ditch the polo necks.

Professor Antonino Di Pietro (tel: 00 39 0 22 95 23 762; antoninodipietro.it) can give you skin as smooth as Carrara marble. He uses a combination of rejuvenating treatments such as soft peeling with acids, facial fillers, Q-switched laser (from £440) for brown spots and pigmentation, and vascular lasers for redness and flushing.

SOUVENIRS

Italian pharmacies are an Aladdin's cave of anti-ageing remedies. Top buys include: Contractubex, an amazing post-surgery healing gel; vials of Bioarginine, a liquid laced with amino acids to help stimulate growth factors in the body; and Angeliq, an HRT therapy that has sophisticated bio-identical hormones. Retin-A creams are also readily available without prescription for around €15. They work wonders on wrinkles, sun damage and even acne.



Monica Bellucci

SÃO PAULO

From barely there bikini waxes to Gisele, Brazilians are the most body-conscious people in the world and masters of the best gravity-defying procedures.

STAR SURGEONS

The savviest girls on the Brazilian beaches are filling their string bikinis with perfectly enhanced breasts compliments of surgeon **Dr João Carlos Sampaio Góes** (tel: 00 55 11 31 67 2200; sampaiogoes.com). His coveted mesh breastlift technique (from €6,000) involves placing a sheet of reabsorbable mesh internally to act as a bra-like device and reshape breast tissues. 'I use the mesh for support and better projection and I make my incisions around the nipples, as Brazilian

girls are perfectionists and want the smallest scars possible,' he says. Lipofilling (fat transfer) to reshape the breasts is another of his favourite techniques. He combines it with liposuction (fat removal) in one session, so there is a double benefit.

Cosmetic surgeon **Mauricio de Maio** (tel: 00 55 11 5535 9286; mauriciodemai.com.br) is one of the kings of Brazilian body contouring. Fluent in six languages, de Maio runs a renowned clinic in the centre of the city. 'In Brazil, it is much more common to do invasive procedures,' he says. 'What is an acceptable body shape in Europe is unacceptable in Brazil. If women have something extra, they are always willing to remove it, even if it is only a slight droop or bulge.' He does mega liposuction sessions from the neck to the ankles, removing

fat with the Vibro Lipo system, which uses vibrating instruments to break up fat cells. This method helps avoid skin irregularities and dents and also encourages skin contraction. De Maio can remove up to five to seven per cent of your body weight safely in about five hours under general anaesthetic. Full-body lipo, with a two-day stay in the Albert Einstein hospital, costs from €8,000.

SKIN SPECIALISTS

Dermatologist **Dr Doris Hexsel** has clinics in Rio and Porto Alegre, which is about two hours south of São Paulo (tel: 00 55 51 3343 4333; hexsel.com.br). She has an informative, no-nonsense approach to treating cellulite and is a big fan of the subcision technique for reducing severe dimples (€786). 'Cellulite occurs when fat cells bulge around fibrous connective tissue. We can surgically break up that connective tissue by using a sharp instrument to release the fibrous bands that cause depressions on thighs and tummies. This allows a more even distribution of fat and can be done as an outpatient procedure,' she says.

Issa designer **Daniella Helayel** recommends a visit to dermatologist **Adriana Vilarinho** (tel: 00 55 11 3884 7768; avdermatologia.com.br) for lymphatic-drainage massages (€42) and skin-smoothing injections that can air-lift bottoms. Her clinic is full of lithe Brazilian girls who claim she can help them lose up to three kilos in one week.



The Emiliano

HIDEOUTS

After they've checked out of hospital, many of Dr Góes's patients convalesce at the charming **Villa Vicina**, a bijou guesthouse (tel: 00 55 51 3726 5513; villavicina.com.br) in the area with round-the-clock nursing care.

The Emiliano (tel: 00 55 11 3068 4399; emiliano.com.br) has a helipad on the roof if you want to avoid coming and going by the front door. The spa has two Japanese ofuro soaking baths to splash about in and amazing views of the city. Book through Dehouche (tel: 0871 284 7770; dehouche.com).



Gisele Bündchen

SOUVENIRS

Guarana energy drinks are sold at every corner shop – the Brazilians gulp them down before they work out. They also swear by yerba maté, a strong, tea-like drink that potently detoxes and cleanses the system post-liposuction. Try to get a prescription for lombina cream, made from the bark of a tree. It is used for slimming and for calming swelling. You might also want to stock up on Bonito & Companhia compression garments (at bonitocintas.com.br), which carefully hold everything in place without making you feel like you are being constricted by an anacarda and significantly reduce bruising after body contouring.





PARIS & NICE

The French lead the way in graceful ageing. They believe less is more and celebrate individualism rather than Stepford-style makeovers. Here, it's all about tweaks and the surgeon's craftsmanship. Facelifts are fashioned with the same care and attention to detail as couture clothes.

STAR SURGEONS

Dr Bernard Cornette de Saint Cyr (tel: 00 33 14 704 2502; cornettedesaintcyr.com) is a blue-blooded surgeon (he is a count) who is on par with Galliano and Lagerfeld when it comes to his skill with stitches (and at around £13,000, his facelifts cost nearly as much as a couture dress). His consulting rooms are ambassadorial, with exquisite flower arrangements, antique furniture and very expensive-looking art. He performs surgery at La Clinique Esthétique de Paris Spontini, a plush private hospital across the road that has four operating theatres, salons for post-operative lymphatic drainage and suites for patients and their families. The look Cornette loves is 'le naturel avant tout' – natural above all – and he requests that new patients bring photographs of their

face at different ages to the consultation. Trained by Dr Javier de Benito, of the Instituto Javier de Benito in Barcelona, Cornette has adopted the Silhouette Lift technique, a minimally invasive procedure that uses fine sutures attached to microscopic cones placed deep in facial tissues. The cones open and act like tiny anchors to hold structures in place and are absorbed in a matter of months for a subtle and soft lifting effect for cheeks, jowls and neck.

Down on the Riviera, celebrities jet in pre-Cannes to visit **Dr Hervé Raspaldo** (tel: 00 33 49 298 6530; herveraspaldo.com) at his stunning clinic in the Palais Armonville. He operates in the Hôpital Privé Cannes (10 minutes away) and is building Medispa, to open later this year, which will offer cellulite and anti-ageing treatments and carboxytherapy, a carbon dioxide gas delivered under the skin to increase circulation and reduce dark

circles under the eyes. Raspaldo rejuvenates the face in a three-dimensional way, first prepping the skin with Botox and fillers to create a muscular balance. 'When you look at young faces, they have round, high cheekbones,' he says. 'We inject Juvéderm Voluma under the eyes and around cheekbones to recreate this heart-shaped face.' He is also famed for his nose jobs (from £3,522) and has a steady stream of dancers from the Parisian cabarets queuing up to lie down on his operating table.

SKIN SPECIALISTS

Dr Nelly Gauthier (tel: 00 33 15 375 0460), a chic, Inès de la Fressange lookalike, is Paris's top anti-ageing doctor and one of the



The Dior spa at the Plaza Athénée

HIDEOUTS

The **Plaza Athénée** (tel: 00 33 15 367 6665; plaza-athenee-paris.com) is the perfect escape, with sumptuous bedrooms fit for Marie Antoinette. The underground Dior spa is a whiter-than-white ethereal retreat that offers the world's most pampering anti-ageing facials, helping to fluff up your face to its former youthful glory.

The **Four Seasons George V** (tel: 00 33 14 952 7000; fourseasons.com/paris) is grown-up and cossetting. The spa is classic and comforting, with four-poster daybeds and toile du jour walls. It's the most luxurious hotel spa in the city – what better place to convalesce? Book through Elegant Resorts (tel: 01244 897771; elegantresorts.co.uk)

supermodels' best-kept secrets. She combines her skill with the needle with light-based treatments and is a huge proponent of Ulthera, a skin-tightening system that uses ultrasound to lighten and lift the skin. She turns down many clients: 'If you want too much, I will send you away. I try to bring out the charm and light in every face. I don't believe in creating distortion,' she says. Her clientele come through personal referrals, and from some of the best cosmetic surgeons in Paris, who trust her unique aesthetic eye. Treatments à la Gauthier don't come cheap – a single Ulthera session costs from £4,410.

SOUVENIRS

The follically challenged should stock up on Priorin, a range of tablets and shampoos (at most French pharmacies) that are excellent for thickening up thinning hair. Also look for Talika Lipocils Expert (at cosmetics store Sephora); it's a mascara-like wand that conditions and tints lashes in one go. If you suffer from dry, pre-menopausal skin, pick up a pot of Uriage's Eau Thermale Isovale Riche, made with a patented complex of plant molecules to boost hormonal deficiencies. For an organic fix, try Aïny's Immortelle Beauté cream (at department store Le Printemps); it contains unguiraha oil from South America, which is said to have the highest concentration of omega 3.



CAPE TOWN

While taking advantage of high-quality anti-ageing procedures at a fraction of London prices, you can soak up the sunshine (all that vitamin D is great for healing) and channel Cape Town's youthful surf culture.

THE STAR SURGEONS

A lot of women have a crush on Bryan Ferry lookalike **Dr Des Fernandes**, who is best known for his scarless facelifts, which cut into the hairline and reposition sagging tissue up onto the cheeks. Prices start from an accessible £1,172. Fernandes was also one of the first surgeons to pioneer the facial roller, a spiky instrument that stimulates the regeneration of growth factors in the skin, and is the creator of Environ, a best-selling anti-ageing skincare range.

He runs his empire from Renaissance Body Science Institute (tel: 00 27 21 424 4868; renaissancebsi.co.za), a state-of-the-art clinic that offers top-to-toe rejuvenation with a team of experts. He uses conscious sedation – a type of anaesthetic where, though not deeply sedated, you still don't feel anything – and everyone is treated as an outpatient. The attitude here is that the standard facelift is targeted at too old a person, so clients are encouraged to think in terms of prevention and begin their treatments younger, in their late 30s. There are three surgeons in practice; make sure you see **Dr Nerina Willkinson**, Cape Town's queen of Botox and fillers. She specialises in precision Botox – it's a more concentrated mix, so it doesn't spread across the face (from £105). She places it in delicate areas, such as around the eyelids to prevent crow's feet, and injects the lower half of the face to lift the corners of the mouth.

Anti-ageing doctor **Bruce Muir** is on call for women approaching the menopause, as

he specialises in treatments with natural hormones (£42). Then there's cosmetic dentist **Dr Nitus Van Tonder** (consultation, from £42), who can give you a movie-star smile and detox your mouth, weeding out the toxic metals used in dentistry in other parts of the world. Covering the more emotional and psychological side of surgery, there is a lifestyle coach for self-confidence building, and Fernandes has built a gym on the roof of the building and installed one of South Africa's top personal trainers, Steve Dunn, who works alongside a chef to prepare specifically weighed, measured meals for clients wanting to get in shape.

SKIN SPECIALISTS

Melanie Garthwaite is Cape Town's answer to Eve Lom. She offers brilliant anti-ageing facials from the Chelsea Aesthetic Centre (tel: 00 27 21 797 5001; chelseaspa.co.za) and a whole selection of slimming treatments, such as Pollogen, a radiofrequency therapy that combats cellulite. There are also two cosmetic doctors, one of whom specialises in Vaser, a body-sculpting treatment (from £837 – about a third of the price in London). Post-surgery, visit the Cape Town Medi-Spa (tel: 00 27 21 422 5140; medispaco.za) for healing treatments such as craniosacral therapy for headaches and hot stone massages for revitalising weary bodies. □

Wendy Lewis, the Knife Coach, is an international cosmetic surgery consultant in New York and London who conducts private consultations in person, by phone and by Skype all over the world (tel: 001 212 861 6148; knifecoach.com).



HIDEOUTS

The new **One&Only** hotel (tel: 00 27 21 431 5888; oneandonlyresorts.com) stands proudly on the V&A waterfront and has stunning views of Table Mountain. Starfish in the super-comfy beds and lick your wounds at the amazing spa, which is set on its own island overlooking the marina. Book through Africa Travel (tel: 0845 450 1520; africa-travel.co.uk).

For a cosier experience, check into the homely **Beaumont House** (tel: 00 27 21 761 5540; beaumont-house.co.za). It's a boutique guesthouse with just five pretty, sun-filled suites run by a friendly English couple who will spoil you rotten with healthy and delicious food.

SOUVENIRS

The Renaissance Body Science Institute has a skin clinic that sells hard-to-find anti-ageing ranges, such as Bioderma, NeoStrata and Heliocare, a sunscreen range that can be taken orally or topically and contains a Brazilian fern extract that mops up UV damage. Also stock up on Environ's range of vitamin supplements, especially the Vitamin A & D, which rejuvenates the skin from the inside out.

