

TATLER®



BEAUTY
& COSMETIC
SURGERY

GUIDE 2013

BEST FOR SKIN TIGHTENING

DR RITA RAKUS
COSMETIC DOCTOR

Rakus's clinic is evolving – London's Lip Queen now has a new string to her (Cupid's) bow: skin tightening. Rakus is championing Ulthera (which uses ultrasound to tighten skin) and has seen great results on the jawline, the brow area and even saggy décolletés. She's also the first in the UK to offer Protégé – already a firm favourite on the Upper East Side, it's a new, more affordable (cheer!) and virtually painless (even bigger cheer!) radiofrequency machine for tightening the face and neck.

Consultation, free; Protégé, from £600; Ulthera, from £1,900 (driritarakus.com or 020 7460 7324).

DR JOHN CURRAN
COSMETIC DOCTOR

Curran's empire (he has clinics in Guernsey, Jersey and Belfast) is a mecca for those who want to try the very latest technology without traipsing all the way to London. As well as offering Botox and fillers, he sniffs out the most promising anti-ageing machines that really deliver results. Right now he's raving about INTRAcél – a potent combination of radiofrequency and needling that not only tightens slackness but changes the quality of skin by refining pores, obliterating smokers' lines around lips and miraculously smoothing that dreadful cobblestone-like appearance on the chin area that comes with age (think Gordon Ramsay). For proof of his excellent handiwork, look no further than his glamorous wife, Christine.

Consultation, £65; INTRAcél, from £675 (askinclinic.co.uk or 01481 736699).

BEST FOR CONTOURING

DR NICK LOWE
DERMATOLOGIST

The authority on ageing and how to do it gracefully, Lowe has a laser or machine to fix just about any cosmetic complaint. Sun damage, stretch marks or a pesky caesarean scar that just won't fade? He's got INTRAcél, which works to stimulate new collagen and elastin under the skin. Bingo wings or a baggy bottom? He'll wheel in Zeltiq, a fat-freezing treatment that will give you the chance to put your personal trainer on ice as it contours the body without the sweat. Double chin? Lowe's pioneering the (approval-pending) fat-dissolving injection Kythera – the results are

said to last about five years. He's also a whizz with skincare – check out his new Rejuvenation range for sensitive skin.

Consultation, £350; INTRAcél, from £500; Zeltiq, from £800 (drnicklowe.com or 020 7499 3223).

SMILE GURUS

DR NEIL COUNIHAN
ORTHODONTIST

The Pied Piper of Parsons Green. Kids (and their parents) are entranced by Dr Counihan, who makes straightening teeth seem more *Mary Poppins* than *Marathon Man*. He makes having adult braces less of a drag, more of an investment. After all, who wouldn't want a million-dollar smile? Always ahead of the curve, Counihan has recently started offering Precious Cells – a revolutionary way of collecting and storing potentially lifesaving dental pulp stem cells from the discarded tissue extracted from baby teeth (only done if your child requires them to be removed as part of their orthodontic service). Brace treatment can be speeded up by as much as 50 per cent with AcceleDent, a machine worn in the mouth that creates micro-vibrations to help teeth move into place faster.

Consultation, £125 for adults, free for children; Precious Cells, from £1,300; lingual braces, £3,000 (metamorphosisorthodontics.com or 020 7731 1077).

DR UCHENNA OKOYE
COSMETIC DENTIST

If going to the dentist has never felt fun or glamorous, then you've probably not met Uchenna, who is both. In a world of antiseptic sprays, she is a breath of fresh air. Her trick is to cast new light on dull dental work, transforming it into must-have beauty treatments. Right now she's hot on Colour Palate Smiles, matching veneers to your skintone. She uses Emax, a new generation of veneers that are very strong but wafer-thin and slightly transparent, so you don't get that blinding block of whiteness.

Consultation, £150; bonding, from £200; veneers from £1,200 (londonsmiling.com or 020 7636 7616).

THE AUTHORITY ON AGEING, AND HOW TO DO IT GRACEFULLY, LOWE HAS A MACHINE TO FIX JUST ABOUT ANY COSMETIC COMPLAINT

NEW ENTRY

DR SUSAN TANNER
SPECIALIST DENTIST

No red room of pain here. The Dawood & Tanner clinic is spectacular. Sumptuous, even. Marshmallow-soft chairs, outrageous Timorous Beasties wallpaper and a ballroom ceiling to ogle while lying on your back. And Dr Tanner is a tour de force. She reconstructs people's faces by carefully correcting the shape and position of the teeth and gums. She can make your lips fuller and even rebuild a profile worn down by teeth grinding with crowns and dental implants. There are also specialists on site who work a bit like the A-Team, using the latest technology such as 3D photography and computer scanning to perfect your smile. Consultation, £125; implants, from £3,000 (dawoodandtanner.co.uk or 020 7935 0080).

BEST FOR LEGS

NEW ENTRY

JOHN SCURR
VASCULAR/GENERAL SURGEON

A-listers and television presenters have Scurr on speed dial, as the advent of HD TV now puts every little flaw on show. Getting rid of unsightly leg, hand and neck veins are his speciality. 'After all, what's the point of having a fabulous facelift, if the back of your hands or a scrawny neck give you away?' he reasons. Scurr has a tried-and-tested approach and prefers to employ proven techniques that have been around for two years or more. He uses laser probes, foam sclerotherapy or a special gluing technique to close off the blood supply in veins effectively and safely.

Consultation, £300; sclerotherapy treatments, from £300 (jscurr.com or 020 7730 9563).

NEW ENTRY

DR PAUL BASKERVILLE
VASCULAR SURGEON

Leg it to Baskerville's clinic to perfect your pins. It's all go, go, go with his microsclerotherapy, which injects small thread veins without damaging the surrounding skin. For varicose veins, Baskerville uses ultrasound a bit like a metal detector to trace the route of the problem, before nuking the veins with radiofrequency to destroy them from within. This is much more targeted and a whole lot more civilised than techniques requiring general anaesthetic and surgery. He can also work wonders on veiny hands and cleavages, so fiftysomethings can go ahead and take the plunge with low-cut dresses.

Consultation, £180; endovenous treatment, from £750 (vascularandveinunit.co.uk or 020 7436 1931). □