



◁ it's safe to resume Botox, or she might send you to the in-house lymphatic-drainage therapist, Shirley (her fluttering fingertips will dispel puffiness and make things glow). Otherwise she'll inject deeply but sparingly, using your face shape, the slant of your eyes, and the position of your brow as a guide – *et voilà!* The result is startlingly effective but restrained. 'A good job, for me, must be totally invisible,' she says. *Consultation, free; Botox, from £500; mesotherapy, £350* (*drsebagh.com; 020 7637 0548*)

## Fillers

### DR TRACY MOUNTFORD

Impeccably groomed Dr Mountford (you'll never see her without a blowdry) has that rare ability of being able to put absolutely anybody at ease. She identifies. She sympathises. And she has some rather clever tricks up her sleeve to help her clients understand what filler does and, crucially, doesn't do. 'I show them pictures of women before and after treatment, but don't say which is which,' she says. 'I'm aiming for people to look at the latter and say, "She looks better," but not be able to pinpoint exactly why.' Dr Mountford uses filler (though she prefers the term 'supporter') to fortify the structure of the face, but she also uses it rather niftily in other ways – perhaps deep at the base of the nose to lift the lip line. 'It's about using the facial features to create shape and definition.' But the magic really happens when she combines filler with fat reduction (perhaps a bit of CoolMini on double chins) and skin tightening (her Ultherapy works a treat on the mid-section of the face). The end result is still natural, still you, but more defined and rested. 'I love the mixture of technology and injectables,' she says. 'If you pitch it correctly, you can get really fabulous results.' *Consultation, £200; filler, from £495; CoolMini, from £800; Ultherapy, from £1,200* (*cosmeticskinclinic.com; 01753 646660*).

### DR MAURICE DRAY

Dr Dray's Kensington clinic is jostling with beautiful people – and not just the flocks of Parisians who swear by his way with filler, but his whole team, from the charming Dr Kauffholz (his mesotherapy makes skin supple and sexy) to Dr Calmon (excellent at thread lifts). In fact, it's a fabulously sociable place, and Dr Dray is always at the epicentre, air-kissing regulars and popping in to say a quick 'Bonjour!' while you're waiting for the numbing cream to kick in. There are questions before he gets to work – how is the family, how is life in general, are you happy? – because he genuinely cares. Then the filler (only a little bit, enough to keep you looking fresh), perhaps fanned from the outer corner of the eyebrow to just above the brow (it opens up the eye area and gives a wide-awake look), or a few drops deep on the forehead, to give support. 'People are concerned that filler will make them appear swollen, distorted and not like themselves. What's important is not to add new volume, but simply to put it back where it has been lost.' *Consultation, free; filler, from £350; mesotherapy, from £200; thread lift, from £800* (*drdray.co.uk; 020 7937 1031*).

### DR KULDEEP MINOCHA

He might be the cheerleader for Restylane Skinboosters (he conducted a widely publicised study into the mixture of hyaluronic acid and vitamins, which is said to whack up the skin's hydration levels and make it shine), and he might have shared a stage with Sharon Stone (the face of the product). But Dr Minocha is wonderfully down to earth (and chatty – the former GP's consultations rarely last less than an hour). A counsellor of sorts, he's all about encouraging positivity ('Your thoughts change your reality,' he says. 'If you look in the mirror and your internal dialogue is negative, it will change the way you see yourself'), but when he discusses filler, he deals in anatomical facts. He'll describe how the fat pads in your face deflate over time and explain how light bounces off the face (and add a baby drop of filler, just beneath the eyes, to eliminate shadows). He won't throw his (expert) ▷