

DR JULES NABET
COSMETIC DOCTOR

A French doctor with a twinkle in his eye and clinics in London, Paris and Moscow. As well as standard injections to get rid of crow's feet and frown lines, Nabet can lift your jawline with a few well-placed jabs of Botox, and correct gummy smiles with injections in the lips. He's also got a new technique that will remove those dreaded bags faster than the security staff at Heathrow, injecting Juvéderm Hydrate (a thin hyaluronic-acid plumper) to test the under-eye skin first before treating the area a few days later with the thicker Teosyal filler. Don't leave the surgery without getting your hands on his excellent skincare products – the star is Zen Attitude, a cream containing soya and yam to mimic the hormones that naturally decrease in our skin as we grow old. It wards off age spots, dry skin and even keeps hairy chins at bay.

Consultation, free; Botox, from £250 (julesnabet.com or 020 7938 2195).

Best for skin-resurfacing



DR NISITH SHETH
DERMATOLOGIST

In his blinding arsenal of anti-ageing weapons, Sheth has

CO₂ fractional lasers for resurfacing skin and correcting blemishes, bumps and acne scars, intense pulsed light (IPL) for taking out redness, an Nd:YAG laser for freckle and tattoo removals, and a new dual-yellow laser that zaps birthmarks and thread veins. Phew! He's also a mole expert and is researching new imaging technology for lesions and skin cancers that looks through the top layer of skin and decodes patterns to give much more accurate results. If you are spottier than a Dalmatian, take heart – Sheth reports there is new medical evidence to suggest that the more moles you have, the slower you age.

Consultation, £250; CO₂ laser treatment, from £750 (cadoganclinic.com or 020 7901 8500).

Best for fillers



DR TRACY MOUNTFORD
COSMETIC DOCTOR

Fillers are Mountford's forte – she uses Juvéderm to give softer results and Restylane to lift older faces with slacker skin. She favours a multi-puncture technique (which means lots of small jabs) that provokes a wound/heal response, stimulating more collagen. Her newest offering is Restylane Lip Refresh, an injection that gives thinner

lips some subtle oomph while hydrating them in a way that no lipbalm ever could. The clientele at her discreet Buckinghamshire practice includes London A-listers who don't want to be papped in town and the odd Eton mother making a furtive detour on the way home from the school run.

Consultation, £120; Restylane Lip Refresh, from £250 (cosmeticskinclinic.com or 01753 646660).

DR MICHAEL PRAGER
COSMETIC DOCTOR

A cutting-edge cosmetic doctor who's always got a new trick up his sleeve, Prager is currently most proud of his 'traceless treatments', super-thin Belotero filler injections that he delicately layers in the face and neck. It's an ongoing process, like having your hair done every six weeks, but the results are extremely good. You can assure your friends that you haven't had anything done – and they'll believe you. In order to administer with laser-like precision, he uses a 3D camera to take 'before' pictures so that he can see all the minute dips and dents in the skin – and this also helps prevent over-injecting. His clients can use the images as a benchmark of how they are ageing. Simon Cowell is apparently a huge fan.

Consultation, £200; Belotero, from £440 (drmichaelprager.com or 020 7323 3660).

DR MAURICE DRAY
COSMETIC DOCTOR

This top Parisian doctor hops off the Eurostar every week to treat a legion of London ladies addicted to his injectables. Dray is most famous for mesotherapy, which includes a cocktail of vitamins and minerals to plump up and revive withered skin. Ask for his magical tricalcium phosphate (a substance found in bones), which he delicately injects into the skin to stimulate collagen and retract tissue for an immediate lifting effect. He's also one of the few doctors in the UK offering Emervel, a pioneering filler that he administers strategically from temple to temple and around the jawline to keep gravity at bay.

Consultation, free; Emervel, from £350; mesotherapy, from £200 (clinicaldray.com or 020 7937 1031).

Best for lips

DR RITA RAKUS
COSMETIC DOCTOR

Rakus holds on to her crown as London's lip queen, subtly transforming thin, tired-looking lips to more pulchritudinous pouts. Her latest trick is Lip Ironing & Gloss, a tag-on treatment to fillers that irons out lines on the mouth, which can cause bleeding and creasing of lipstick. The clinic has a clubby, friendly feel and is

YOU CAN ASSURE YOUR FRIENDS THAT YOU HAVEN'T HAD ANYTHING DONE – AND THEY'LL BELIEVE YOU





A swipe of Chanel's Rouge Allure Extrait de Gloss in Insouciance, £25, is all our model wears in bed

conveniently located just opposite Harrods (which is handy to scuttle into if you get caught on the street post-procedure). Rakus also offers a range of anti-ageing treatments for the whole body and is often the first to have the latest machines. She's a big proponent of Fraxel and Thermage and uses them to conquer crinkly décolletage and tone up thighs and tummies.

Consultation, free; Lip Ironing & Gloss, from £475 (drritarakus.com or 020 7460 7324).

Best for sun damage



DR JOHN CURRAN
COSMETIC DOCTOR

Offshore accounts aside, the Channel Islands' best-kept secret is probably Curran. A former president of the Cosmetic Doctors Association, he is a genius at correcting sun damage, which is handy in this part of the world – he has an outdoorsy clientele who are constantly jumping on and off their yachts. He is a big fan of Obagi skincare and peels, which nuke dark spots quicker than a Scud missile. He is also very up on the latest technologies, which he rigorously researches, and only cherry-picks machines that are proven to work. His latest toy is Intracel, a Korean import that uses radiofrequency, fractionalised laser treatment and needling to tighten and retexture the skin. See our review of Intracel on page 38.

Consultation, £55; Intracel, from £675 (askinclinic.co.uk or 01481 736699).

DR STEFANIE WILLIAMS
DERMATOLOGIST

This is the woman you need to see to undo the sins of the summer holidays. She uses a plethora of prescriptive creams with hardcore ingredients like tretinoin (a vitamin A derivative) and hydroquinone, which work wonders on mottled pigmentation, and a gel-needling treatment to tackle loss of elasticity. Williams also freezes off telltale sun spots on the hands with a special cryo pen (they look red for about four weeks before miraculously disappearing) and she's an expert at spotting pre-cancerous lesions. Her top tip for mild sunburn? Smother skin with Quark, a dairy product that looks like yoghurt and can be found in most supermarkets around the world. Apparently it's unbeatable for calming down redness.

Consultation, £195; gel needling, from £530 (eudelo.com or 020 7467 8500).

DR NICK LOWE
DERMATOLOGIST

As well as being a reassuringly distinguished dermatologist, Lowe is a pivot around which society girls flit – his waiting room is as ▷