

eventually melt under the skin, to be replaced by scar tissue that helps to further hold the face's new position. 'For the past few years we have been restoring volume with fillers, but now we have a solution for sagging skin that looks incredibly elegant,' says Sebagh. 'I use a slim cannula to infiltrate the area, so patients rarely bruise, and I can lift the jawline and slack cheeks and get quite spectacular results on eyebrows and low-set foreheads that can't be lifted with Botox.' Fans of his eponymous products should look out for his soon-to-be-launched anti-pigmentation range, designed to brighten sun-damaged skin.

*Consultation, free; Silhouette Soft Lift, from £1,200; Botox, from £450 (drsebagh.com; 020 7637 0548).*

#### DR MICHAEL PRAGER COSMETIC DOCTOR

Dr Prager's star continues to shine... as does the skin of his patients. He is one of the country's top injectors and is pioneering the Liquid Forehead Lift. This new, highly specialised method uses a cannula to inject filler into the corners of the forehead (almost in the hairline), lifting the eyebrow area, smoothing frown lines and rejuvenating the upper face. He has also introduced STAD (Skin Topography Analysis Device), a smart machine that scans patients' skin pre- and post-treatment to prioritise what needs addressing – be it pore size, redness or brown spots. Prager is leading research into what makes a person more attractive and, so far, findings say skin tone and evenness are more important than lines and wrinkles. *Consultation, £200; Liquid Forehead Lift, from £180; STAD, free with consultation (drpragerclinic.com; 020 7323 3660).*

#### DR TAPAN PATEL COSMETIC DOCTOR

Shaking the stuffiness out of Harley Street, Dr Patel's magnificent new PHI Clinic is a one-stop shop for a complete overhaul – a place where there's potential to go

from knackered to knockout in a single visit. Fully kitted out with two operating theatres for the latest in liposuction and facelifting, it still manages to look and feel more like a boutique hotel than a clinic. As well as expertly administered Botox and fillers, Patel has the country's most comprehensive collection of lasers, which tackle everything from stretch marks to hair removal. He is also pioneering new treatments such as miraDry, which uses microwave technology to nuke sweat glands, and Aqualyx – the new flab jab that helps reduce double chins. His crack team includes big international surgeons such as Andrea Marando for breast procedures and Dominic Bray for facelifts, and experienced nurses are at your side through it all. There's also a skin academy that delivers seminars to re-educate doctors on how to refresh a patient's look rather than creating a whole new face.

*Consultation, £125; Botox, from £185; Aqualyx, from £300; Laser treatment, from £150 (phiclinic.com; 020 7034 5999).*

#### DR MAURICE DRAY COSMETIC DOCTOR

Injections that don't hurt a bit? Yes you read that right. Dr Dray, who is celebrated for his mesolift (a series of micro-injections that instantly refresh skin), has such a gentle touch that even the most needle-phobic patient won't flinch. His latest treatment is the PRP (Platelet Rich Plasma) mesolift, a mega-booster for tired-looking skin that tackles problems such as open pores, fine lines and dark circles. Dray mixes plasma from the patient's own blood with a cocktail of amino acids, vitamins and hyaluronic acid before injecting it back into the face for extra-dewy results. Find him at his chic Kensington clinic or at his new room in the Bulgari Hotel.

*Consultation, free; PRP, £600; Botox, £250 (drdray.co.uk; 020 7937 1031).*

**NEW ENTRY**  
**KAMBIZ GOLCHIN**  
**SURGEON**  
Sshhhh! Ireland's best-kept secret is out and he's headed to London for fortnightly sessions at Dr Rita Rakus's clinic in Knightsbridge. Based primarily at the Beacon Face and Dermatology Clinic in Dublin, Dr Golchin is a trained ENT surgeon but is rated for his impeccable

Botox and filler work. Patients love him for his softly-softly approach – there is no need for anaesthetic cream, we promise. He is to fillers what Jane Asher is to icing and says: 'The face is like a cake with many tiers – you've got to address different

levels with the right treatments.' He layers Juvederm Voluma and Volift to get just the right effect under the skin. He also offers fat grafting and the PRP Angel Lift, which uses a high concentration of platelet-rich plasma extracted from the patient's blood to rejuvenate the face.

*Consultation, £170; Laser skin resurfacing, from £2,500; PRP Angel Lift, from £3,000 (beaconfaceanddermatology.ie; 00 353 1 213 6220).*

#### DR NICK LOWE DERMATOLOGIST

A heavy hitter with a light touch, Lowe has recently been appointed the new medical director of the Urban Retreat MediSpa at Harrods. He also runs his own highly successful Cranley Clinic in W1 (there's a three-month waiting list). He's been researching Botulinum toxins for more than 25 years and is the man to see if you feel your Botox is wearing a little thin. He will measure your crow's feet with a computer pre- and post-injections to assess how effective treatment is, and might then prescribe type B toxins for patients who have built up a resistance to type A. These work on a different enzyme in the muscle cell to restore that magic muscle-freezing effect. Lowe is also championing a new approach to fillers, deploying them as a lifting tool as well as a filling agent. He uses the latest tower technique: injections of filler that build little pillars on top of the bone structure to define cheekbones and pull up the lower half of the face. Clever.

*Consultation, £350; fillers, from £450 (drnicklowe.com; 020 7499 3223).*

#### DR STEFANIE WILLIAMS DERMATOLOGIST

Princess Caroline of Monaco lookalike Dr Williams is a medical doctor, dermatologist and cosmetic scientist all rolled into one. Her approach is strictly no nonsense, but her bedside manner is warm and smiley. She specialises in non-surgical work – fillers, Botox, Dermaroller and skin revitalisation – with special emphasis on adult acne and skin pigmentation. Ask about her PRP treatment, in which she uses a special layered injection method that places the PRP not only into the superficial skin – to encourage collagen and elastin production – but also, as appropriate, in a deep layer directly onto the bone to try to slow down the bone loss that inevitably happens as we age. For more tips, check out *Future Proof Your Skin*, her latest book. *Consultation, £495; fillers, from £420; PRP, from £575 (eudelo.com; 020 7467 8500).* ▷

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