



TATTLER[®]

BEAUTY & COSMETIC
SURGERY GUIDE 2019

GOOD CLINIC GUIDE



Clockwise from below, Dr Darren McKeown; Dawood & Tanner; D Thomas Clinic; Cadogan Clinic



CADOGAN CLINIC

The charming Dr Susan Mayou still presides over the clinic that she set up with her plastic surgeon husband, Bryan Mayou, 10 years ago. It's expanded since, to a 40-strong team of consultants, such as Maryam Zamani (renowned for her precise blepharoplasties), Tunc Tiryaki (currently pioneering the use of stem-cell-assisted facelifts) and Mayou herself, who is a whizz with a Dermamelan depigmenting peel. Thankfully, it's large enough to accommodate all this talent, with two operating theatres, multiple consulting rooms – plus, of course, two secret entrances...

At 120 Sloane Street, SW1 (0808 250 2636; cadoganclinic.com).

COSMESURGE

The new kid on Harley Street is Cosmesurge: a boutique clinic with a private operating theatre and a lengthy roster of treatments. Dermatology, gynaecology and cosmetic surgery are all on the menu, but so too is genetic testing, bio-identical hormones

and nutrition. Heading to the Middle East? You'll also find them in Dubai, Abu Dhabi and Oman. *At 51 Harley Street, W1 (020 7436 1300; cosmesurge.com).*

COSMETIC SKIN CLINIC

Dr Tracy Mountford heads up an all-female team at her gleaming Devonshire Place practice – and there's nowhere better for first-timers. That's because therapists (like Magda Szczukiewicz, who is a CoolSculpting pro; and maxillofacial surgeon Dr Joanna Christou, who excels at thread lifts) are not only technically skilled, but excellent hand-holders. Plus, there's the Stoke Poges flagship, which is as cosy as an old house and discreet – after all, it's moments from Pinewood Studios.

At 8 Devonshire Place, W1 (020 3319 3637; cosmeticskinclinic.com).

D THOMAS CLINIC

Laser expert Debbie Thomas opened her standalone space on

Walton Street last year to much trumpeting. It's achingly of-the-moment: all potted plants and pale pink velvet armchairs for lounging in while you wait for your turn under the lights. You book in for an allocated time, instead of a specific treatment, so the hour that follows is entirely bespoke. If it's injectables you're after, Dr Sarah Tonks is on hand with all the usual Botox and fillers, but her new favourite is Prohilo, a form of hyaluronic acid that spreads beneath the skin to boost hydration and make it look peachy.

At 25 Walton Street, SW3 (020 7118 9000; dthomas.com).

DAWOOD & TANNER

This Wimpole Street dental clinic is the chicest we've come across. Each room is a new surprise, with statement furniture (like the giant lip sofa in Susan Tanner's consulting room), frescoed ceilings (a welcome distraction from full-mouth reconstructions) and some enormous ficus trees in the waiting room. Style aside, they're hot on innovation (Andrew Dawood works alongside dental brands to develop much of the technology used in dentistry today) with an underground lab where implants can be constructed speedily – so there's less time spent in the chair. *At 45 Wimpole Street, W1 (020 7935 0080; dawoodandtanner.co.uk).*

DR DARREN MCKEOWN

Scotland's busiest cosmetic doctor (McKeown is rumoured to be the biggest buyer of Botox in the country) recently unveiled his new-look clinic: and it is suitably stylish (think Manhattan loft apartment, with burnt orange upholstery and metal lattice-work across the ceilings). Expect skin-refining laser, collagen-stimulating radiofrequency and his Volumetric Facelift (small amounts of filler are placed strategically, for example, beneath the angle of the jaw to give the illusion of a youthful bone structure) – but best is Darren himself, who is possibly the nicest man to wield a needle.

At 202 West George Street, Glasgow G2 2PQ (0141 370 0509; drdarrenmckeown.com).

From the top

Meet the very best in the business: 40 of the UK's finest surgeons and cosmetic doctors to have on speed dial

By FRANCESCA WHITE

Faces

Rajiv Grover

Charming, warm and wonderfully down to earth, the 'Facemeister' of surgeons has a blue-chip CV: a former BAAPS President trained at Harvard and in London, Grover is still the only surgeon to have been invited to lecture at the Louvre. (His specialist subject? The interaction of art and surgery.) And his facelifts are similarly masterful, blending innate artistry with technical excellence and unrivalled experience. Yes, he is currently performing the most facelifts of any surgeon in the UK, but another reason his patients feel safe in his hands is down to the way he watches over them: from that initial consultation to the final removal of their stitches. 'I've never been a good delegator,' he admits. 'I like to do everything myself.' But while his skill with a scalpel restores youth and elegance to the face (this is the man who, in conversation with the late Alexander McQueen, developed the concept of 'artistry of the silhouette'), it also promotes a swift recovery (his patients go home on little more than paracetamol). Making a facelift feel like a non-surgical procedure? Now that takes a true artist. *Consultation, £300; facelift, from £13,500, including hospital and anaesthetist fees (rajivgrover.co.uk).*

Norman Waterhouse

Thirty years a consultant, and Waterhouse is still as sharp as a tack. The high-flying face-lifter might be ensconced firmly back in Harley Street (following a sojourn in South Kensington), but when he's not operating from The London Clinic, you'll find him performing live surgery in Lake Garda, or heading up CCR (he's one of the founding fathers of the UK's largest surgical and non-surgical conference). 'We've seen a revolution in facelifting in recent years,' says the surgeon, who continues to champion a stitching technique that 'quilts' the tissues, thus

reducing bleeding and swelling. The stitches are removed two days later, leaving behind tiny pin marks, which swiftly disappear – it works beautifully on jowls and heavy-set necks. 'We're no longer pulling the skin, so we avoid that "wind tunnel" look, which is a huge anxiety for patients.' Maintenance comes in the form of filler, which he does from his non-surgical clinic, Waterhouse Young (daughter Suki is occasionally spotted slinking out, post-facial). 'But just tiny bits – after all, science shows that we don't lose volume in the face as we age; it simply drops.' *Consultation, £250; facelift, from £13,500, including hospital and anaesthetist fees (theaestheticsurgeons.com).*

Tunç Tiryaki (new entry)

'If we want to make a patient look younger, we have to do two things,' says Turkish-born Tiryaki. 'Put the bones back into the correct place, and then simply elevate the skin.' But when it comes to his face work, there's little in the way of heavy lifting – instead, he uses fat. Unwanted stores are taken from areas such as the inner thighs or abdomen, then broken down (Tiryaki helped to invent the innovative Lipocube tool, which resizes fat to a super-fine consistency while preserving the all-important stem cells) before being injected on to areas of bone loss – such as the temples, cheekbones and tip of the nose. 'Placing the fat straight on to the bone stops the face from looking heavy,' he explains. 'So it gives a more natural result.' Next, the skin is picked up at the jawline, and suspended by means of two lengths of thread, which loop around the ear before being anchored in place for a scarless finish. Finally, the stem cells: a supercharged solution, which is injected into the dermis or epidermis (its rejuvenating effects can last for years). 'It's a beautiful procedure,' says Tiryaki. His patients wholeheartedly agree. *Consultation, £150; microlift with stem cell-enriched fat transfer, from £8,000 (tunctiryaki.co.uk).* ▷