

The swimwear issue

# es mazine

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**THE  
SUBTLE  
KNIFE**  
COSMETIC  
SURGERY  
2009

**PARADISE  
LOST**  
SEX AND  
CORRUPTION  
IN THE TURKS  
AND CAICOS

## BODY HEAT

Smouldering looks for summer

IN THE  
POOL WITH  
GILES DEACON

A SWIMSUIT  
LAWSUIT

THE BIKINI  
DIARIES

**Wet and wild**  
Britain's secret beaches

# the cutting edge

Knives are out, needles are in, and knees are the new noses. **Helen Kirwan-Taylor** charts the changing face of aesthetic science

**W**here once a strange kudos was attached to what was considered really good 'work' (think of Sharon Osbourne), today the aim is for completely non-discernable procedures. Looking amazing for your age is what most doctors suggest, which, in the real world, means everyone over a certain age wants to look 35. This is more complicated and expensive than the old-fashioned face-like-a-plumped-up-peach approach. People still have lifts but they are more subtle and less pulled. The best surgeons aim to leave a couple of light wrinkles and a hint of pigmentation to make the look natural. I know one woman who spent four hours with her surgeon selecting the two

favourite freckles she wanted saved from the laser. As we can now erase visible signs of age almost completely with Botox (sales have gone up 700 per cent in the UK in five years), lasers and peels, the shift is from 'young' to 'soft'. 'More and more patients want a few imperfections,' says Dr Richard Sibthorpe, a GP with a special interest in cosmetic practices, especially Botox. 'It takes a lot of skill not to look like a rabbit caught in headlights.'

Of course, there are still a few antediluvians who want a 'pillow face' (all round and smooth), but they tend to be Americans, for whom the trend is for a totally wrinkle-free face rather than the growing-old-gracefully approach of well-maintained Europeans.

## *The latest techniques*

**The most important development is the decreasing popularity of the scalpel in favour of Botox and fillers. Rejuvenation and prevention are the new watchwords, which means starting the work younger.**

**'S3 Therapy' (Stimulated Self Serum Therapy)** involves taking the patient's blood and centrifuging it for five minutes to promote cell growth. The blood is then stimulated with amino acids and reinjected into the face, hands and décolleté to create brightness, hydration and regeneration. The technique is spearheaded by Dr Daniel Sister, a maverick Frenchman who likes to experiment and has Notting Hill's model set in his waiting room. S3 Therapy

sessions, which are not yet approved by the FDA, cost £500 and top-ups may be needed after four to six months.

**Derma-roller (Collagen Induction Therapy)** is Dr Elizabeth Dancy's alternative to Fraxel laser treatment. A roller with lots of small needles makes hundreds of tiny puncture points that heal in minutes and leave the skin a little red for 24 hours. 'There are no complications,' insists Dancy from her premises on Ebury Street. 'Each little hole induces the release of collagen-stimulating growth factors that replace ageing collagen.' It promises younger-looking skin at a fraction of the cost of laser work. Clients need one to three treatments at £300 a session.

**'Dream sculpture'** is the latest offering from Botox king Dr Sebagh. During Deep Remodelling Elevation and Mass, the face is resculpted with injections of Restylane Sub Q (an alternative to fat transfer, whereby fat from the buttocks is injected into the face), thus correcting 'fat atrophy' (more ageing than wrinkles). It takes half an hour and costs £800. There's a waiting list.

**Liposonix** is the alternative to liposuction. It is a fat-and-cellulite-reduction machine that targets saddlebags by breaking them down into fatty acids and flushing them out of the system. It does not require general anaesthetic, hospital or recovery. It's being done at the Cadogan Clinic, takes 45 minutes and costs £2,500.

## London's top surgeons

**Young and charming with a great bedside manner, Rajiv Grover** works mostly in facial rejuvenation - face-lifts, neck-lifts and eyelid surgery. His research has found that the face ages not as a result of gravity but by losing volume. Grover also does facial reconstruction for skin-cancer victims. He is known to talk patients out of having too much done and always strives for natural-looking results with undetectable scars.

**For post-baby makeovers, Laurence Kirwan is the man.** A Liverpoolian who specialises in restoring tautness to tummies and plumpness to bosoms, he lists Ulrika Jonsson among his celebrity clients. He splits his time between busy clinics in New York and London and charges £9,000 for a face-lift.

**Basim Matti is the 'nose man' (he's done 1,500 of them during his career).** A sculptor in his spare time, Iraqi-born Matti is a protégé of one of the best UK surgeons of all time, Freddie Nicolle, who was the society lady's nipper 'n' tucker of choice until he retired 15 years ago. Matti is very down-to-earth and has a huge following in the Middle East. One of his coveted nose jobs costs between £4,000 and £6,500, not including anaesthetic or hospital stay.

**Bowtie-wearing Barry Jones, on the other hand, is the man the A-listers choose.** Famous for his reconstructive craniofacial surgery to improve severe birth defects at Great Ormond Street Hospital, he is allegedly the man Anne Robinson turned to. Jones authored the first textbook on face-lifting in the UK, and lectures on his techniques all over the world. His face-lifts cost from £7,600.

**Consultant plastic surgeon Bryan Mayou is said to have brought liposuction and endoscopic plastic surgery - using a narrow tube with a camera attached - to the UK.** With his dermatologist wife, Dr Susan Mayou, he runs the Cadogan Clinic. It has 43 surgeons under its modern roof and was decorated by Nicky Haslam, so it makes a change from the Victorian décor of many Harley Street clinics. It has hi-tech laser rooms and state-of-the-art operating theatres, and is where Daniel Craig came for work on his fingertips.

**The king of them all, however, is Norman Waterhouse, who even has a face-lift technique named after him.** The karate-loving surgeon is the head of the craniofacial unit at Chelsea and Westminster Hospital, and his philosophy is that clients should look as if they've just been on a long relaxing holiday rather than in the operating theatre. Known for invisible stitching (no one can spot a Waterhouse lift, apparently), he spends his spare time shooting pheasants. His breast implants cost about £7,500.

## The new etiquette

**With the most fashionable Londoners claiming they haven't had any work done at all** (It's all down to genes and good diet, darling' is what the average, glowing forty-something will tell you), it is now perfectly acceptable to quiz your friends when they're looking a little too good for their age. The first test is the brow raise: ie, asking them to lift their eyebrows, a tricky feat for the Botox freak (although sophisticated needlework means a woman can retain the use of her forehead muscles). The next check is the neck: is it taut and smooth? Then check the hands for age-spots. If they are overly creamy and soft, check the knees. Only the most assiduous surgery addict will have made sure

her knees are not wrinkly and loose. Another sign is the excessive use of hat and gloves; even for the dash from front door to car. Fraxel is a sometimes painful laser treatment that removes lines, pigmentation and discoloration and leaves skin looking wonderfully dewy, but is reversed with just a bit of sunbathing. Sagging jowls are another giveaway. With so much emphasis on Botoxing the top half of the face, the bottom half often gets overlooked, resulting in a disturbingly uneven look. And although newfangled fillers now stimulate collagen production (Atlean volumiser, in particular) they are still pretty obvious to the naked eye (especially in yoga class while doing the crab).

## New York

**T**he no-wrinkle-left-untreated approach of the Americans results in a more extreme, less subtle look and requires thousands of dollars a month for basic upkeep. Last year, according to the American Society for Aesthetic Plastic Surgery, 1.8 million cosmetic operations were performed in the US. In addition, there were 6.4 million nonsurgical procedures, including skin resurfacing and Botox injections. Naturally, therefore, New York is home to some of the finest surgeons and practitioners in the world. NYLons flock to Dr Sam Rizk's private clinic on Park Avenue, where clients

are treated like stars. His signature technique is the Rapid Recovery Neck-lift (which costs about \$20,000) and nose restorations from surgery gone wrong are his forte. He has never seen a nose he could not improve. He uses the latest 3D high-definition technology. Dr Alan Matarasso is famous for his face-lifts, tummy tucks, and carefully tailored dermal fillers and Botox treatments that prolong the results of surgery. He exudes an air of polished confidence that is said to have beguiled such beauties as Julie Christie, one of *The Sopranos* stars, and more than a few familiar cover girls.

*In the near future, not looking young for your age will be seen as a sign of low self-esteem*

## The future

**Hormonal intervention and stem-cell technology are at the forefront of aesthetic science.** Stem-cell technology has been in the works for some time, and we may soon see the day when we harvest our cells and put them back into our bodies. Cytori Therapeutics Celution Technology is already used in Japan and allows doctors to extract adult stem cells from fat. They are processed and injected back into the body. (This is mostly used after breast cancer surgery and is not yet FDA approved.) Cenegenics, a cutting-edge medical institute, already offers hormonal optimisation injections intended to reverse the ageing process. For £1,000 a month, the patient apparently becomes bouncy and thin with a strong immune system and a healthy libido, even at 60.

Sander Gilman, a University of Illinois professor who has studied the history of plastic surgery, says, 'By 2020, no one will ask whether you've had aesthetic surgery; they'll ask why you didn't have aesthetic surgery.' Just as with Prozac (being depressed is now considered unacceptable in the US), not looking young for your age will be seen as a sign of low self-esteem.

