

# Blemish busters

THE DOCTORS WHO CAN MAKE SPOTS VANISH. BY JENNIFER GEORGE

**A**S TEENAGERS, ALMOST ALL of us have to deal with the agony of spotty skin. Our hormones surge, and so do angry, red outbreaks. Luckily, for many (particularly men, whose hormones level out after the teenage years) that is the end of the torment. But for women, constant hormonal changes – monthly and within each decade – can mean acne can appear at any point, often bedding in for months.

Dr Martin Galy, a leading hormone expert whose clinic is based in Chelsea, west London, explains that throughout our lives, “hormonal imbalances can spill out into physical issues, from weight gain to excess hair growth to irregular periods”. But one symptom that can be seen at any stage, in varying forms, is problem skin, or adult acne. A simple blood test (or tests, if it is suspected the breakouts are linked to your menstrual cycle) can give Galy the information he needs to help to soothe the issue, whether that means drawing up a treatment plan that might involve BHRT (bioidentical hormone replacement therapy, delivered through creams or patches) to rebalance hormones, or identifying other blood markers such as intolerances or heightened stress. Alongside his diagnosis, he will likely send you upstairs to see his clinic co-founder (and wife), Dr Suha Kersh, who happens to be one of London’s most sought-after aesthetic doctors.

“Our USP,” Kersh says, “is to look at the inside and the outside – an internal look alongside an

external fix.” She will offer a curated mix of specialised facials, peels, laser treatments, LED (light emitting diode) sessions and mesotherapy.

Dr Alexis Granite, based at Sarah Chapman’s Skinesis Medical clinic, adopts a similar multipronged approach, optimising the patient’s skincare regimen, suggesting supplements and dietary modifications to support the skin and, for moderate to severe cases, prescribing medication or hormone treatment. Treating the root cause, she says, before moving on to treating the skin itself, is paramount, especially as acneic skin can be sensitive. Granite uses mild chemical peels (to help to remove dead skin that blocks pores), lasers like the Alma ClearSkin to reduce sebum production and boost cell renewal, or a healing LED session as part of the patient’s plan, all of which are gentle but effective at banishing blemishes.

If the irritation is only skin deep – an occasional flare-up or stress-induced irritation – LED alone could be the answer. The Light Salon’s blue-light therapy harnesses a wavelength that kills bacteria and calms skin, helping to clear pores and minimise redness. Non-invasive and lasting only 30 minutes per session, it also provides an excellent opportunity for a (stress-reducing) nap.

*An initial consultation with Dr Martin Galy is £380, 23md.co.uk; with Dr Alexis Granite at Skinesis Medical, £250, sarahchapman.com; Blue 415nm Light session at the Light Salon, £45, thelight-salon.com*

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### AN AESTHETICS ANGEL

When it comes to finding the best aesthetic surgeons, it's pretty obvious that you shouldn't use Google, Trustpilot or any other computer-generated service. But when a high percentage of people still won't admit to having had work done and the others want to keep their doctors to themselves, it's often pretty difficult to figure out who to trust. Which is why the former beauty editor and aesthetics super-nerd Olivia Falcon founded the Editor's List.

After she helped a good friend to get a facelift – from recommending a surgeon to arranging the consultation, fast-tracking the appointment and offering some hand-holding through the process – word of her encyclopaedic knowledge spread.

Today her services range from curating your skincare products to her Platinum Hand Holding Service, which includes recommending the best practitioners, fast-tracking the initial appointment, accompanying you to the consultation to help to explain the terminology and calm nerves, and a post-procedure home visit. No request is too weird, she says. Recently she has had quite a few people interested in rejuvenating their feet, and one US client wanting custom-made implants for his jaw – what she describes as “a highly specialised technique involving custom 3D-printed silicone”.

So go ahead, order your pizza online. But for something as complicated as facial implants, you may want the advice of someone who knows the doctors – and her stuff. From £100, [editorslist.co.uk](http://editorslist.co.uk)