

VITAL SIGNS

Early surgical intervention can reverse the visible effects of ageing

TUNC TIRYAKI

Istanbul-born Tiriyaki is the da Vinci of facelifts. A specialist in regenerative medicine, his skill lies not simply in repositioning the face's skin and muscles but in restoring its framework, delivering the most authentic reset. His secret? Your fat, which he places in areas where the facial skeleton has started to subside – perhaps at the temples or along the jawline – and this, says the surgeon, 'returns definition to the bone'. What's more: 'Unlike filler, once these cells have been transferred, they remain in place.' For a more youthful patient, this might be all that's needed (though he's also fond of injecting stem cells taken from the patient's own fat into the epidermis, for an absurdly healthy sheen). If, however, skin laxity is an issue, he might suggest a deep SMAS facelift, which sees him reposition the muscles for reinforcement. After the procedure, his patients look younger and healthier, with elegant jawlines and necks; but they can always return a few decades on, for a refresh. 'Our patients continue to look good because we intervened at an early stage,' says Tiriyaki. 'Doing so can effectively reverse the ageing process.' Consultation, £300; facelift with fat transfer, £6,000 to £25,000 (cadoganclinic.com). ▷

Patient wears top, £725, **DOLCE & GABBANA** Skirt, POA, **ASHI** COUTURE Shoes, £595, **CHRISTIAN LOUBOUTIN** Earrings, £225, **SUSAN CAPLAN** Doctor wears suit, £825; shirt, £70, both **OLIVER BROWN** Tie and cufflinks, stylist's own

Medical maestros

Consult the ultimate list of the aesthetic industry's most sought-after specialist surgeons and cosmetic doctors

*By Francesca Ogiermann-White
Photographs by Luc Braquet Styling by Lydie Harrison*

**MISS SHERINA BALARATNAM,
BEACONSFIELD**

Patients from the furthest corners of Britain are to be found in Balaratnam's Bucks clinic; not just because it's wonderfully homely – a listed building boasting exposed beams – but because she delivers the goods. 'Injectables are my passion,' says the former surgeon. 'I love the immediacy of the results.' Her treatment-blending approach addresses every layer of the anatomy. First, she deploys EMFace, which channels High Intensity Focused Electrical Stimulation (HIFES) to tighten muscles; next, some filler, 'to refine, restructure and recontour'. But the icing on her cake is PRP, which produces unprecedented radiance. 'It's fantastic for the peri-orbital area,' says Balaratnam. She also champions holistic treatments, such as light therapy. (There's no more soothing a finale than 15 minutes beneath her Celluma LEDs.) And right now, her patients' longevity is her big mission: 'Stabilising the core, securing the joints and protecting our posture is key,' says the doctor, who is seeing great results with her EMSculpt EDGE. 'Let's not forget that movement is medicine.' *EMFace from £2,950 for a programme of four treatments; filler from £450; PRP from £695; EMSculpt EDGE from £2,450 for a programme of four treatments (sthetics.co.uk).*

**MISS JONQUILLE CHANTREY,
ALDERLEY EDGE**

'Recently, I've started looking at my patients with a fresh pair of eyes,' says Chantrey. 'My consultations are more in-depth than ever, and the conversations go deeper.' But soul-searching is just one of the former surgeon's areas of expertise. Her approach enables her to target patients' concerns with infinitesimal precision, while her delicate needlework brings life back to the canvases before her. 'You can transform the face with very, very small amounts of filler,' says Chantrey. 'It's about the correct placement of product, not the quantity.' Still, it's not just technique that informs her artistry; constructs of beauty, mathematics and a view of multicultural societal ideals are all woven into her practice. And then, there's her empathy: 'Understanding what the patient wants from their face and their body is critical,' says the doctor, who is seeing excellent results with her CoolSculpting procedure (it uses controlled cooling to eliminate stubborn fat). 'With every treatment, I'm asking myself: "How can I make this person look their absolute best?"' *Filler from £450; CoolSculpting from £450 (aestheticsstudio.com).*

DR SOPHIE SHOTTER, KENT

Shotter is a whirlwind. When not whizzing around her shiny new clinic, she's jetting across Europe, educating her peers on the latest injectables to have come to market. Right now, it's all about the HArmonyCa bio-stimulating filler. 'It's great for those who have a little volume loss but also need an improvement in skin quality,' she says. 'Patients very often don't concentrate when you tell them what you're injecting but, with this product, they come back and say, "What was it you used? My skin feels incredible."' Placement, however, is key: 'More and more, I'm injecting filler back into the hairline, to support the brow; and it's a game-changer for crepey backs-of-hands.' She's also a lover of technology, from ultrasound-based Sofwave – which leaves faces looking tighter and brighter – to CoolMini, which 'debulks a heavy chin beautifully'. Making skin glow is what Shotter does best; and a strict topical regime, combined with a sprinkling of Volite, leaves her patients luminous – and loyal. As she says: 'The demand for a flawless complexion isn't going anywhere.' *Filler from £550; Volite from £550; Sofwave from £3,000; CoolMini from £500 (drsophieshotter.com).*

DR AGGIE ZATONSKA, SURREY

With her own gleaming complexion and calm bedside manner, Zatonka is the perfect wing-woman for an aesthetic procedure. 'Often, a patient sits on my sofa and tells me that they're tired, stressed and not sleeping. Then they ask me for some Botox,' says the Atelier Clinic founder. 'And of course, I can soften their lines and lift their brows – but they just told me things that, as a doctor, I can't ignore.' In the future she plans a new Lifestyle Medicine wing, offering hormonal services and nutrition. 'Both of these are key when we're trying to soften the effects of ageing,' Zatonka explains. 'They impact upon the skin and hair – but also our mood, our psychological wellbeing, and the longevity of our collagen-stimulating treatments.' In parallel, Zatonka will delicately administer injectables: toxin to treat the depressor muscles and lift the corners of the mouth; Prohilo to plump the dermis and impart luminosity; filler to replace the deep fat pads that start to slip with age. But these are slowly and strategically done. 'I'm constantly looking to tap into those areas that I know will become problematic in the years to come,' she says. 'Everything we do is about future-proofing.' *Consultation, £200; toxin from £250; filler from £400; Prohilo from £350 (atelier.clinic).*



THAT'S A WRAP
Layering treatments
sensitively can give
stunning end results

Dress, as before

DR ALEXIS GRANITE

US-trained, Granite's knowledge of skin runs deep – and many a beauty editor can testify to the power of her inflammation-calming prescriptions and topicals. 'Almost everyone who walks through my door will have some sort of dermatologic concern,' she says. 'Perhaps they're struggling with melasma, rosacea or acne. So before we get stuck into the injectables, we need to address what's going on below.' Her investigations, too, dive way beneath the surface, and ultrasound is frequently deployed: 'Not only can I see the depth at which I'm treating, but I can also assess the thickness and quality of the collagen.' And Granite is crazy about collagen – so much so that she's penning a paper on how to stimulate the stuff. ('Type 1 is what we're after. It helps to bulk up the skin and strengthen it.') Meanwhile, when she's not lifting the faces of the Chelsea social set – Ultherapy being her weapon of choice – she's a whizz at administering stealthy, glow-enhancing skin boosters: 'Belotero Revive is great for someone with underlying redness, Prohilo and Nucleofill in patients who are prone to jowls, and Volite for those with crinkly skin. I just look at a patient and know: it's like they have a booster vibe!' *Ultherapy from £600; Belotero Revive from £1,000; Prohilo from £500; Volite from £1,000 (dralexisgranite.com).*

DR NINA BAL (NEW ENTRY)

Italian-born Bal is in demand, and not just for her artful syringe work, performed at the gleaming Tempus Clinic in Belgravia. This dentist-turned-injector has now become the woman to see for disguising a problem bite: 'If the mandible, or jawbone, is not very developed, the chin can seem weak; and the upper teeth can appear to project forward,' she explains. 'However, this can be balanced by enhancing the chin and lower lip.' For this, she is a fan of Revanesse, which results in minimal swelling due to its smooth, spherical particles. But what's really exciting her is Endolift, a microscopic optical laser fibre, which slides beneath the skin to melt fat. 'There's no scarring, no cutting, no stitching,' says Bal. 'And it's fantastic on saggy necks, which are traditionally very tricky areas.' Used in combination with strategic dermal fillers and medical-grade skincare, the results are faces that look lighter and more lifted. 'When you layer treatments intelligently, everything just comes together,' she says. 'And that's when you get phenomenal results.' *Prohilo from £550; filler from £550; Endolift from £3,500 (facialsculpting.co.uk).* □