

TATTLER[®]

A close-up photograph of a woman with long, wavy brown hair, blue eyes, and red lipstick. She is holding a white, featureless mask to her face with her right hand, which has red-painted nails. The background is dark.

*Beauty & Cosmetic Surgery
Guide 2020*

Injectables

Kambiz Golchin

Golchin might be engaging company, with lilting Irish vowels and a knack for making his patients feel at ease – but when it comes to injectables, he's refreshingly outspoken. 'The concept of "filling" is going from one trend to another,' he reports. 'We're seeing this "large volume volumisation", with eight to 12 syringes, which I'm completely against.' The consultant ENT and facial plastic surgeon prefers a subtler approach, whereby precise doses of filler are placed around the periphery of the face (as well as centrally) to replace the structural volume lost with time. 'I call it "The Edge",' he quips. But he's also a trusted pair of hands when treatment has gone wrong elsewhere. When he's not injecting, Golchin is trailblazing new innovations in the world of regenerative medicine, such as pure intravenous stem cells. 'The data available suggests that stem cells, when given through an IV, are hugely anti-inflammatory: aches and pains disappear, orthopaedic and cardiology issues lessen, even eyesight can dramatically improve.' The future, it seems, is vivid. *Consultation, £350; filler, from £750 (kambizgolchin.com).*

Dr Uliana Gout

Gout operates at a speed of knots. When she's not lecturing at conferences around the world (Saudi, Monaco, Beijing), the Scientific Director for FACE (Facial Aesthetic Conference and Exhibition) also finds time to sit on the board for BCAM (British College of Aesthetic Medicine). 'My job is to start a dialogue between doctors and consumers,' she says. 'There still aren't enough conversations about these treatments.' But, first and foremost, she's an educator, with an authoritative presence and a methodical approach to facial ageing. This means diagnosing how each layer of the face ages. 'The secret is to identify any underlying weaknesses, and correct them,' she says (treatment may involve strengthening the bone with a high-density filler or prescribing retinoids to thicken up papery skin). She's also a spokesperson for early prevention – but only ever to correct an imbalance or prevent early-onset tissue damage and ageing due to predisposition. 'There's a gap when it comes to treating young people,' she says. 'But instead of focusing on isolated areas such as the lips or the cheeks, we should be diagnosing a significant tissue weakness. At the end of the day, it's about being diagnostic.' *Consultation, £150; filler, from £350 (london-aesthetic-medicine.com).*



Dr Sophie Shotter, Kent (new entry)

Shotter is a bright new star in the aesthetics galaxy – with the gleaming skin to match. Wise beyond her years, she flits between Kent and London, administering some beautifully soft injectables, but what sets her apart is her thirst for innovation. Take, for example, her Ultimate Glow + Hydrate: a combination of skin boosters, Volite and Profillio and an IV (saline, vitamins and amino acids) to turbocharge moisture levels. However, the reason patients feel reassured in Shotter's presence isn't just because she's a stickler for safety (she's lobbying her local MP for tighter regulation of injectables), or because of her extensive training (she's a Key Opinion Leader for Allergan), but because she takes ownership of your journey. She also uses miniscule, 32-gauge needles to administer Botox and changes them after every three injections: 'It makes it more comfortable,' she says. 'These things needn't be torture.' *Consultation, £150; Botox, from £350; Ultimate Glow + Hydrate, £2,400 (illuminateskinclinic.co.uk).*

Dr Benji Dhillon, Beaconsfield (new entry)

With his boy-band good looks and easy-going charm, Dhillon is one of the nicest men injecting right now. (No surprise then, that his decision to swap London for Buckinghamshire caused panic.) You'll still find him on Harley Street one day per week – but those who have followed him to his gleaming Beaconsfield clinic are smitten. Not because they can tackle every issue under one roof (Dhillon co-founded Define with cosmetic dentist, Dr Mark Hughes), but because things happen slowly. 'In the country, patients embark on a "treatment relationship", which means we can build a plan that works for them over time,' says Dhillon. His SkinPen microneedling maintains a luminous canvas, while filler restores a brighter visage. 'We place filler where we normally use Botox to relax lower-face tension and to stop the muscles pulling down the corners of the mouth.' One more thing to smile about. *Consultation, £150; SkinPen, from £249; filler, from £550 (drbenjidhillon.com).*

PHOTOGRAPH FOR ILLUSTRATIVE PURPOSES ONLY. TRUNK ARCHIVE



When he's not injecting, Kambiz Golchin is trailblazing new innovations in regenerative medicine

Dr Anjali Mahto

Slight, straight-talking and super passionate about skin, Mahto is a breath of fresh air in the world of dermatology. Her own well-documented struggle with acne might account for her clientele (50 per cent of whom present with breakouts and subsequent scarring), but it also means she's quick to recognise the effect that poor skin can have on self-esteem. Teenagers, new mothers and women going through perimenopause find their way to her Harley Street door, before a quick once-over confirms the action to be taken. 'If the acne is affecting multiple body sites (on the face, chest and back), skincare alone won't treat it,' she says. 'And if it's leading to indented scarring, then we need to look at medication.' Topical recommendations roll off her tongue and she speaks with conviction about skin confidence, transparency of ingredients, but also mental health. 'Patients need to feel in control of their skin – not feel that their skin is controlling them. My job is to flag that it's an issue because people don't always open up. But when they do, we can help.'

Consultation, £250 (skin55.co.uk). □

Dr Neetu Nirdosh (new entry)

Nirdosh has an enviable rolodex – from big-name models to Middle Eastern royals. But the reason her ladies remain loyal isn't just because she's a brilliant conversationalist, or because she injects five days a week, 10 hours per day – it's also because she identifies with them: '85 per cent of the women I see are over 40,' says the eccentric mother-of-four. 'The first thing I tell them is: "I'm your age, so I know what you're going through."' Her way with filler works to rejuvenate the face holistically – 'I don't believe in just doing sections' – and she uses product creatively (such as combining Meso and Volite to subtly enhance the lip area – 'It's like having an artist's palette: I need every shade and tone'). But she also taps into a patient's psyche, unpicking their motivations for coming to her. 'I want to fix the area that worries them most when they wake up,' she says. 'While preserving individuality. There's beauty in imperfection.' Consultation, from £150; filler, from £450 (drnirdosh.com).

Dermatology

Dr Susan Mayou

Mayou is the doyenne of dermatologists; a consultant of 30 years and bastion of Sloane Square's smartest clinic. She's still the most meticulous mole-inspector in town (suspicious activity is monitored with her whizzy mole mapping camera). When the women who see her feel comfortable enough to strip down to their smalls for a once-over, it opens the door to other issues, like skin quality. 'Profilo is flying right now,' she reports. 'It addresses crinkled skin wonderfully in those over 50.' And boundaries continue to be broken, thanks to the Cadogan Clinic's recent regenerative meeting, which televised a live fat-transfer procedure to educate doctors globally. 'Fat-derived stem cells have huge untapped potential,' she says. 'From facial rejuvenation and scar management to prosthetic-related pain.' Consultation, £290; mole mapping, from £175; Profilo, from £600 (cadoganclinic.com).

Check it out

The (other) numbers to have to hand

When considering a procedure, make sure that your surgeon is on the General Medical Council (GMC) Specialist Register. They should also be a member of their specialist association, such as the British Association of Aesthetic Plastic Surgeons (BAAPS).

General Medical Council (GMC)

0161 923 6602, gmc-org.uk

British Association of Aesthetic Plastic Surgeons (BAAPS)

020 7430 1840, baaps.org.uk

British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS)

020 7831 5161, bapras.org.uk