

Experts



Doctor WHO?

Olivia Falcon meets the country's top cosmetic clinicians and dermatologists, whose specialist skills make bridal beauty wishes come true. No knives required

BEST FOR ageless SKIN

DR TRACY MOUNTFORD

Head to Dr Mountford's award-winning clinics in London or Stoke Poges for some prettifying procedures that even your mum won't be able to detect. Grey-looking skin, tired eyes, that annoying, angry-looking line between your eyebrows – this doctor has got it covered. Her facial assessments are legendary. She'll ask you to grimace, smile and even cry so she can see how to flatter rather than freeze your expressions. Known for her Botox 'sprinkles', she scatters injections at strategic spots in the hairline to soften the brow so you look serene, not surprised. Using hyaluronic acid-based fillers (a substance naturally found in skin, which attracts water to the surface for a plump effect), she can gently correct signs of tiredness (smoothing 'tear troughs') or ageing (lifting jowls and saggy cheeks). The crack team of nurses also work wonders at slimming and shaping bodies with CoolSculpting (Dr Mountford is currently Europe's No.1 practitioner), a technique that freezes and shatters fat cells so they can be flushed out of the body. **THE LOWDOWN:** Botox, from £280; fillers, from £350, and CoolSculpting, from £800 (01753 646660; cosmeticskinclinic.com)

DR TAPAN PATEL

Working from the gleaming white PHI Clinic (Harley Street's smartest address), Dr Patel's the guy who teaches other doctors how to inject faces with the most advanced Botox and filler techniques – his attention to detail is outstanding. At the moment, he's championing The MD Codes, a new mathematical way of assessing the face by dividing it into units to create perfect symmetry for the most natural-looking results. Always ahead of the curve, his latest toys include SculpSure, a fat-zapping laser treatment, and Ultraformer, a high-intensity procedure that unfurrows deep frown lines, lifts and tightens skin, working wonders on the neck and décolletage area. **THE LOWDOWN:** Botox, from £150; laser treatments, from £150, and Ultraformer, from £1,500 (020 7034 5999; phiclinic.com)

DR JEAN-LOUIS SEBAGH

A master craftsman, Dr Sebagh's hallmark is a light touch. 'Marriage can be cause for excess,' he warns, but as the art installation in his office proclaims, 'Less is more'. His

trick is to use a clever combination of treatments (Botox, fillers and ultrasound lifting) that work dynamically on all layers of the skin. If you've noticed fine lines and pigmentation spots, you might want to consider Platelet-Rich Plasma therapy, known as the Vampire Facial, a technique championed by Kim Kardashian where growth factors, extracted from your own blood, are blended with antioxidants and hyaluronic acid, and injected back into the face for a superstar glow.

THE LOWDOWN: Botox, from £500; fillers, from £500, and PRP, from £600 (020 7637 0548; drsebagh.com/clinic)

MISS SHERINA BALARATNAM

A handy hop from some of Berkshire's most stunning wedding venues (Stoke Park, Cliveden), Miss Balaratnam's clinic specialises in treatments that work in tune with the skin's natural cycles. Procedures are usually spaced about six weeks apart (the time skin cells need to regenerate), but Miss Balaratnam suggests brides leave four-and-a-half months (three cycles) to see a difference. She uses the Visia system, a computer that photographs what's going on under your skin, and clients are asked to bring their own skincare so she can assess what's working and what's not. The most popular treatment is the Fire & Ice Collagen Wave Facial, a medley of iS Clinical's potent botanical masks (fiery sugar cane and cinnamon followed by aloe and green tea antioxidants) combined with EndyMed radio frequency for tightening. Dull skin dazzles and brides who've been hiding behind heavy camouflage make-up have the confidence to leave barefaced. **THE LOWDOWN:** Fire & Ice Collagen Wave Facial, from £325, and fillers, from £350 (01494 670990; sthetics.co.uk)

DR PREEMA VIG

Known for her excellent listening skills, Dr Vig finds out how you see yourself and will advise you on what's going to work on your face and what's not. As medical director of both Harvey Nichols's Beyond MediSpa and her own clinic in London, she uses a softly, softly approach to smooth away imperfections. That annoying '11' that's been hanging between your eyebrows can be wiped away with some Botox or

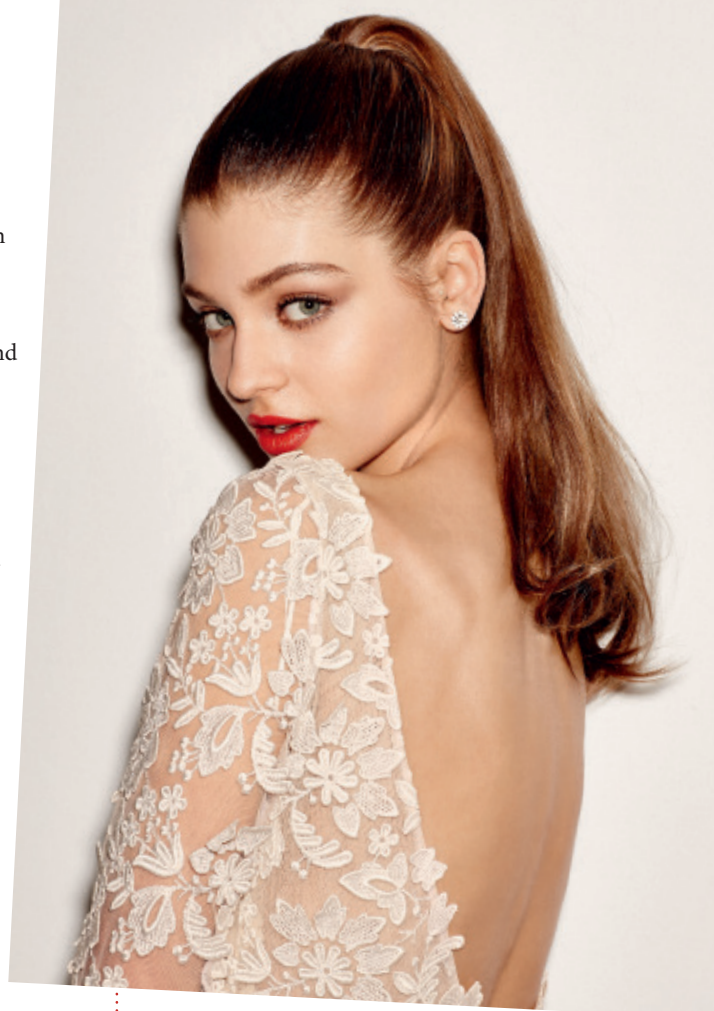
maybe you need the tiniest drop of filler in your lips for a fuller, younger pout. Dr Vig was also one of the first doctors to offer Laser Genesis, a new rejuvenating laser that uses infrared waves (which feel like warm sunshine) to energise cells and stimulate collagen deep in the skin with zero downtime. Unlike other laser treatments, this can be used on people with darker or tanned skintones, too.

WHO TO SEE: Botox, from £200; fillers, from £200, and Laser Genesis, from £190 (020 7221 0043; drpreema.com)

DR MICHAEL PRAGER

Meet Britain's Botox guru – he's the biggest practitioner of it in the UK. While other doctors concentrate on using it around the brows and eyes, Dr Prager likes to focus on the lower half of the face, using crafty needlework to subtly turn up the angle of the mouth or rebalance the chin to strengthen the jawline. 'The chin is the most overlooked feature on the face,' he says. 'I use fillers like injectable make-up to highlight key areas and give the illusion of a lift.' His new Knightsbridge clinic in central London is going to have a longer queue than The Ivy Chelsea Garden.

THE LOWDOWN: Filler, from £495, and Botox, from £495 (020 7323 3660; drmichaelparger.com) →





DR VICTORIA MANNING & DR CHARLOTTE WOODWARD

Why have one doctor when you can have two? This dynamic duo work as a team at their clinics in the New Forest and Harley Street, providing hands-on treatments (there's not a machine in sight here) from acne-busting Botox, delivered in diluted doses to reduce sebum and clear pores, to peels that give skin a pearl-like shimmer. If you're looking for miracles, ask about their seamless thread lifts that tackle skin laxity and rejuvenate the face, neck and even breasts (the duo were the first to introduce this to the UK). While Dr Woodward works with the slightly thicker PDO threads for lifting heavier areas (bulldog folds around the mouth and those ageing nasolabial lines), Dr Manning steps in with lighter Silhouette Soft polylactic acid threads, which work well on more delicate neck and eye areas. 'We do everything ourselves and don't work with nurses, so we're able to build really strong relationships with our patients,' explains Dr Manning.

THE LOWDOWN: Botox, from £195, and Thread Lifting, from £300 (01590 608480; riveraesthetics.com)

DR BARBARA KUBICKA

Operating from a smart London mews house so discreet that you'll probably walk right past it, Dr Kubicka is the Chelsea girls' go-to doctor. With a refreshingly holistic approach, she treats the patient, not the problem – and carefully considers your budget, lifestyle and how much downtime you're prepared to endure. For brides who want fast results with minimal sofa time, she might suggest meticulously crafted thread lifts to perk up your neck and eyebrows – plus, it will even correct asymmetrical noses. Dr Kubicka can shut down a greasy T-zone with minuscule droplets of Botox that work to tighten pores, and she champions the new of generation fillers, such as Neauvia, which, she claims, causes less swelling.

THE LOWDOWN: Botox, from £275; fillers from £400, and Dermastamp, from £375 (020 7125 0521; clinicbe.com)

DR DARREN McKEOWN

Based in one of the prettiest clinics in Glasgow (more boutique hotel than harsh lights) with another outpost in London's Harley Street, Dr McKeown proudly claims that 90% of his patients are word-of-mouth referrals. He's hot on everything from light chemical peels to wiping out the tell-tale signs of sun damage and undetectable lip fillers. 'I tailor all my Botox injections to a person's muscular structure – it's a bit like painting a picture. I'm a stickler for details and 2mm really can make all the difference between an overly arched, clown-like eyebrow, or a far more youthful lower, flatter brow,' says Dr McKeown. 'The best endorsement of my work is no one will know that you've been to me.'

THE LOWDOWN: Botox, from £250, and fillers, from £250 (0800 011 2729; drdarrenmckeown.com) →

The top 10 SUPER FACIALISTS

The best in the business for fabulous faces... whatever your needs

BEST FOR: A MOTHER AND DAUGHTER PAMPER

Teresa Tarmey at the Teresa Tarmey Clinic, London

Champagne corks pop on arrival at Teresa Tarmey's cosy, boutique-like base in West London. Here you can browse perfumes and vintage cocktail dresses, before heading downstairs where the magic really happens. Teresa is very thorough, going beyond the bounds of skin brightening to lasering off unwanted facial hair and even advising you on suncare for your honeymoon ('Try Neo Strata SPF Sheer Hydration – it leaves skin feeling hydrated, not greasy'). Teresa is adored for her precision laser work and gymnastic facial massage, which miraculously gets rid of any dark circles, plumps fine lines and wakes up skin, so even if you haven't slept properly for weeks, nobody will be able to tell.

THE LOWDOWN: TT Facials, from £220 (07932 227092; bookings@teresatarmey.com) Continues on page 10

BEST FOR supermodel BROWS

DR ASIM SHAHMALAK

Put your eyebrow envy aside. Dr Shahmalak, who has clinics in Manchester and London, is the brow tamer who can transform a neglected arch into a wider, fuller Delevingne power brow in four hours.

He uses a clever technique that skilfully transplants single hair follicles, extracted from the middle of the scalp (no shaving needed) to the brow bone to build your perfect shape (apparently the Duchess of Cambridge's brows are the most requested). Ideal for over-pluckers or those tired of semi-permanent make-up, this procedure lasts a lifetime. The only caveat is that you'll need to regularly trim new hairs, as they tend to grow back long and straight. He also offers the same technique for eyelash transplants, which reinstate a thicker flutter to lids.

THE LOWDOWN: Eyebrow transplants, £4,000, and eyelash transplant, £4,000 (0845 2100 300; crownclinic.co.uk)

DR RICHARD **SIBTHORPE**

If you're slightly terrified of needles or lasers, the warm, friendly and funny 'Dr Sib', as his regulars call him, is the best hand-holder in town. He offers all manner of treatments, from the lightest baby Botox, which gently makes you look less weary, angry or anxious, to Liquid Facelifts that lift sagging jowls and eye bags on the more mature bride. He's a master of micro-needling – a process which consists of tiny injections delivered with a high-speed electronic pen (it's painless, we promise), which he fills with customised serums such as hyaluronic acid for plumping, caffeine for tightening and genius growth factors, which clear up spots and correct acne scarring.

THE LOWDOWN: Botox, from £270, and micro-needling, from £400 (020 7052 0070; doctorsib.com)

DR DAVID **ECCLESTON**

Based at MediZen, an award-winning Midlands-based cosmetic clinic, Dr Eccleston is famed for his precision Botox techniques. Using highly concentrated solutions, which are injected to relax single muscles, he can make an eyebrow flare, arch or lie horizontally. He's also an expert at the Nefertiti Lift, which uses carefully placed doses of Botox in the lower face and neck to lift jowls, firm up double chins and tighten up necks. And if you're super stressed and prone to headaches, he can help that migraine with another specialised Botox technique that targets trigger points (such as the forehead and back of the neck).

THE LOWDOWN: Botox, from £235, and Nefertiti Lift, from £500 (0121 667 5703; medizen.co.uk)

DR FRANCES **PRENNA JONES**

'There are two types of brides; the planners who come in the day after they get engaged, wanting top-to-toe mega programmes – and the panickers who arrive with just weeks to spare and want miracles,' says Dr Prenna Jones. She can do both. For the face, her radio frequency skin-tightening facials and mesotherapy (micro-injections to hydrate skin from within) are her forte. Body-wise, if you're planning a Pippa Middleton-style, derrière-focused dress, Dr Prenna Jones will CoolSculpt thighs to freeze away excess fat cells and smooth cellulite with VelaShape (a machine that uses radio frequency, infrared light and a vacuum to smooth out orange-peel skin). Then, for added wow factor, she'll call you

back the day before your big day for Accent RadioFrequency, which has immediate skin-tightening, bum-lifting results.

THE LOWDOWN: RF Facial, from £190; mesotherapy, from £300, and Accent RadioFrequency, from £195 (020 7499 3848; drfrancesprennajones.com)

DR BEATRIZ **MOLINA**

The fairy godmother of the South West, Dr Molina works her magic from two clinics in Bristol and Somerset. She wields the thinnest of needles to visibly relax anxious-looking skin, with the lightest sprinkling of Botox to smooth frown lines (often followed with a mild chemical peel to tighten pores). For mothers-of-the-bride, she can take years off a face with carefully placed Restylane Full Face Rejuvenation; she layers the filler using only three points on the face for less bruising. And for those on a budget, she'll often suggest the tightening benefits of her

E2 radio frequency machines as a much cheaper alternative to injectables.

THE LOWDOWN: Radio frequency skin-tightening, from £250; Botox, from £175, and Restylane fillers, from £300 (01179 736661; medikas.co.uk)

DR NEETU **NIRDOSH**

From royals to the Primrose Hill set, Dr Nirdosh expertly tweaks the faces of the most photographed women in the world with super-targeted Botox and filler injections. 'The clients I see are very picky and particular – for example, I've been asked to make one lady's lips curl to show a couple of extra teeth when she smiled,' she says. 'My mantra is "little and often", so people come every three weeks for little touches and subtle changes that make all the difference. I aim to get picture-perfect results.'

THE LOWDOWN: Botox, from £450, and fillers, from £450 (020 7467 1524; drnirdosh.com) →



BEST FOR bright EYES

DR SARAH TONKS

With degrees in dentistry and medicine, plus experience of maxillofacial surgery, Dr Tonks knows what's going on under skin. Her menu of 'tweakments' ranges from Botox to peels; most impressive is her TLC Eye Bright Treatment, which uses Teosyal (a smooth filler that also contains skin-boosting vitamins and minerals) on the orbital rim to lift the eye, and banish hollowness and dark circles. She's also one of the first to have UltraCel, a skin-tightening system that uses gentle radio current on the eyelids to boost collagen, reduce puffiness and tighten skin, and it can reduce the hooded-eye look. Three sessions a month apart are recommended.

THE LOWDOWN: TLC Eye Bright Treatment, from £350 (020 3695 5400; thelovelyclinic.co.uk)

MRS SABRINA SHAH-DESAI

Did you know that as we age our eye sockets become more rectangular-shaped and the eye area starts to hollow out? Mrs Shah-Desai helps put that right with

treatments that are super-refined and undetectable. She has developed the Restylane Eye Boost, a treatment where multiple, tiny dots of Restylane Vital Light (a hyaluronic acid filler) are injected under the eye to subtly plump out hollowness, banish dark circles and make you look fresh-faced. An expert at fixing previous inferior 'work', she can also flatten tell-tale 'speed bumps' of lumpy filler under the eye and is a stickler for good skin health.

THE LOWDOWN: Restylane Eye Boost, from £750 (07952 028397; perfecteyesltd.com)

DR COSTAS PAPAGEORGIOU

London's Doc Hollywood, Dr Papageorgiou trained at UCLA and ran a celebrity-packed practice in Beverly Hills before setting up clinics at the KX luxury spa and health club in Chelsea and on Harley Street. He's a master of tiny tweaks, rather than dramatic transformations, and is hot at spotting facial asymmetry. Particularly strong in the eye area, his most popular procedure is Hyalu-Blepharoplasty, the daintiest method that uses hyaluronic acid filler to smooth contours on the lower and upper eyelids.

THE LOWDOWN: Hyalu-Blepharoplasty, from £600 (020 7224 1005; facialplasticslondon.com)

BEST FOR: PROBLEM SKIN

Debbie Thomas

When it comes to skin, wedding bells often trigger alarm bells: increased sensitivity, weird dry patches, flaky lips and stress breakouts. OMG! Don't panic; just hotfoot it to the Chelsea Private Clinic, a discreet sanctuary off the King's Road, where Debbie sorts out all these issues and more with an arsenal of high-tech lasers. There's a dual yellow laser to reduce oil secretions and nuke acne, the Nd:YAG laser to zap broken veins and the Alexandrite laser to break down melanin cells that cause muddy brown spots. It may sound hardcore but no one walks away with a red face. Book for a course of treatments six months before your big day for the best results.

THE LOWDOWN: DNA skin treatment, from £185 (020 7118 9000; dthomas.com)

BEST FOR: A BRIGHTENING BOOST

Seeta Vekaria at Hari's Salon

Those red patches and that desert-like dehydration (the curse, Seeta says, of diet-crazy brides who lose not only too much weight, but also essential skin-plumping water supplies) are meticulously pointed out and snapped on your iPhone to document the transformation that's about to ensue. The process begins with a double cleanse using Elethea, a skincare range with ingredients all sourced from the Great Rift Valley in Kenya. Algae and tamarind seed, used for centuries by African tribes for healing, are then worked into the skin with facial cupping, which gently lifts cheekbones, de-puffs eyes and feels remarkably good. Not as comfortable is the Coolifting gun, a revolver-shaped device that shoots freezing CO₂ on skin while spraying the face with hyaluronic acid. The thermal shock causes skin to gulp rather than sip the acid, taking it deep into the dermis. The pictures say it all – skin looks lit from within.

THE LOWDOWN: ArcticLift facial, from £175 (020 7581 5211; harissalon.com) →

SUPER FACIALISTS...

BEST FOR: TOP-TO-TOE REJUVENATION

Joanne Evans at Bodyism

For a head-turning complexion, Joanne's bespoke treatments, which mix high-tech gadgetry with magical massage moves, are hard to beat. Using the Nordlys laser, which has multiple settings to correct rosacea, remove spider veins, and even verrucas and nail fungus, Joanne prettifies feet while you soak up the delights of an Environ alginate face mask that's charged with a galvanic current to drive ingredients deep into the skin. If you're planning a winter wedding, she has flu-fighting tricks to keep germs at bay. Facial steams are stepped up with ginger and there are energy-boosting B12 vitamin shots on offer. Book into her new wellness centre at Bodyism in London's Notting Hill, where the treatment rooms are pumped with pure oxygen and you can knock back green power shakes with the likes of Rosie Huntington-Whiteley at the Clean And Lean café upstairs.

THE LOWDOWN: Skin Matters facial, £400, and B12 shots, from £70 (07710 381438; skin-matters.co.uk)

BEST FOR: A QUICK FIX

Sarah Chapman at Skinesis Clinic

Just a couple of clicks of a Christian Louboutin heel from John Lewis's bridal registry, you'll find Sarah's super-chic clinic, which offers everything from military-planned monthly programmes, which rev up skin with low-level lactic acid peels (brightening without the burn) to drop-in sessions in LED skin glow light pods. These sci-fi-looking capsules bathe skin in a rejuvenating array of healing light – the colour red for rejuvenation; blue for calming breakouts. Her superpowers as a skin whisperer are reflected with a fairly hefty waiting list (currently three months long) so if you're in a rush to get to the altar, ask for Chloe or Lisa who have both been schooled in the ways of the master.

THE LOWDOWN: Skinesis Facial from £225, and light pods, £40 (020 7589 9585; sarahchapman.net)

BEST FOR A dazzling DÉCOLLETAGE

Those in the know head to his cosy Kensington clinic for a Mesolift; quick fire injections that bring bling to skin in a way no cream ever can. The procedure involves shooting a cocktail of anti-ageing nutrients, including amino acids, copper, zinc, vitamins and hyaluronic acids, into the skin with a micro-injection gun (don't worry – it's only about a 3/10 on the pain scale) to encourage collagen production for a stellar glow that radiantly develops over the course of a week. If you are in a rush to say your 'I dos', then raise your game (and your cleavage) with the 10-Minute Facelift, which injects a solution of Tricalcium Phosphate (microspheres of calcium) into the skin. It works in the opposite way to fillers, contracting collagen for instant lifting.

THE LOWDOWN: Mesolift, £200, and 10-Minute Facelift, £400 (020 7937 1031; drdray.co.uk)

BEST FOR blemish-free SKIN

DR JJ MASANI

Skin-clearing solutions abound at Dr Masani's Mayfair clinic. He's one of a handful of doctors who offer Radiowave Mole Removal, which uses an electrically charged fine platinum wire, as thin as human hair, that's lightly brushed over the skin to remove birthmarks or moles with minimal marking. Book in as far ahead as possible (at least six months plus) as the treatment area scabs over and then turns pink before fading to match surrounding skin. For toning down any pigmentation spots and freckles on the face, he's also got the Dermamelan Pigmentation Mask; a mustard-coloured solution that he paints on the face to lighten dark patches.

THE LOWDOWN: Mole removal, from £500, and Dermamelan Mask, from £700 (020 7408 1164; mayfairpractice.co.uk)

DR STEFANIE WILLIAMS

What is it about weddings? Your skin is clear, then... boom! If this is the case, leave the picking to the professionals. As one of the country's leading dermatologists, Dr Williams's solutions include prescriptive antibiotic creams, dermatologic-grade acne facials with manual and machine-based extractions (done with the lightest touch for minimal marking), and, in severe cases, low-dose Roaccutane antibiotic programmes that shut those suckers down for good.

THE LOWDOWN: Dermatology grade facials, from £150 (020 7118 9500; eudelo.com)

DR MAURICE DRAY

Hopping on and off the Eurostar to freshen up skin on both sides of the channel, Dr Dray has long been the secret weapon of the chicest Parisians.

DR MARKO LENS

Dr Lens has an encyclopedic knowledge of skin, so once he's done assessing your face (he's great at Botox and fillers), he'll get to work removing cysts, warts and skin tags with scar-free lasers or cauterising pens. If you're headed for a honeymoon in the heat, try his range of customised peels. The Super Defence Ultrasonic Peel brightens dull complexions and prepares the skin for the sun with a cocktail of antioxidant enzymes and mild AHA acids (rather than glycolic acids, which are known to react with sunlight). These are driven into skin with an ultrasonic wand.

THE LOWDOWN: Ultrasonic peels, from £250 (020 7631 3212; markolens.com)

BEST FOR A neat NOSE

DR RAJ ACQUILLA

You won't have to hide behind your bouquet if you know about Dr Acquilla's clinics (in Mayfair and Cheshire) where he uses some of the world's most advanced injectable techniques to geometrically balance features, most frequently noses. With no need for knives or stitches, he can make the most dominant noses look smaller by placing dermal fillers at the base to bring flared nostrils down. He smooths any bumps by running his needle across the nasal bridge to create a light reflection that makes it look narrower. And if you think that's clever, he can even lift the tip of the nose by injecting the corners to rotate it upwards.

THE LOWDOWN: Fillers, from £395 (01606 882115; rajacquilla.com)



BEST FOR A perfect POUT

fillers, the softest injectable gel yet, which gently unfurl thin lips to perfect rosebud proportions – and all with minimal swelling or downtime. ‘I advise my clients to book in six months before the wedding, so they have plenty of time to consider what they want and make adjustments if necessary,’ says Dr Rakus. Needle-phobes should try her Hollywood Hydra Facial that not only brightens skin, but has a new lip tip that exfoliates flakiness while pushing brightening peony extract, skin-softening aloe and peppermint oil to stimulate circulation for the juiciest smile.

THE LOWDOWN: Lip augmentation, from £485; Ultherapy, from £1,990, and Hydrafacial, from £220 (020 7460 7324; drritarakus.com)

DR RITA RAKUS

If you’re planning to seal it with a kiss, head to the Knightsbridge clinic of London’s lip queen, whose skills range from reshaping the mouth to smoothing out any telltale smoker’s lines. Right now Dr Rakus is excited about her new line of Princess lip

BEST FOR: VALUE FOR MONEY

Theresa Fleetwood at
Andresa Aesthetics

This lady is a *serious* find. She may be based in Berkshire but we’re talking medical enzyme treatments that detox the face and enough machines to rival the firepower of a top London clinic. Set in the prettiest oak-beamed barn on the Wasing Estate, near Newbury, the clinic is very discreet – so only the wildlife will know what you’re up to. There are programmes to suit every budget. Bring your mum for the ClearLift 4D Laser Facelift, which tightens jowls and crêpey chests or try a nourishing DermaQuest Stem Cell Facial that penetrates deep under skin for baby-faced radiance. She works to get long-term effects that last way past the honeymoon.

THE LOWDOWN: Facials, from £55 (01635 800183; andresa.co.uk)

BEST FOR: A POST-HEN PURGE

Zoe Myers

Based at the MediZen clinic near Birmingham, Zoe is one of the country’s leading practitioners of HydraFacial, a multi-functional machine that deep cleans, buffs and plumps skin to peachy perfection, giving brides the most perfect base for applying make-up. Although she offers quick half-hour express treatments, try the super-deluxe hour-long version with a session under the Dermalux light, which has colour settings for specific concerns (antibacterial blue light for acne-prone skin and infrared for plumping and collagen stimulation). While this is a frill-free, machine-lead facial (don’t expect any kind of hands-on massage), Zoe is also a whizz with laser hair removal and is one of the first to offer the Collagen PIN, a pen-like device with needles that rapidly dart in and out of skin hundreds of times a minute for an impressive glow. For best results, a course of three treatments at six-week intervals is recommended.

THE LOWDOWN: HydraFacial, from £70, and collagen PIN, from £225 (0121 667 5703; medizen.co.uk) →

SUPER FACIALISTS...

BEST FOR: BRINGING THE BRIDESMAIDS

Lisa Mann

With clinics in Gloucestershire, Somerset, Devon and Hampshire, Lisa is an experienced pair of hands. Lisa's methods combine A-grade products (she's a fan of Thalgo and Dermalogica) with the most cutting-edge of techniques. Her ultrasonic exfoliation is gentle enough for the most sensitive of skins; even those prone to eczema and psoriasis can benefit. Everyone undergoing treatment gets a burst of LED light therapy to promote collagen, cell renewal and tone down redness – the key is to be a radiant, rather than blushing bride. She also offers IPL hair removal, semi permanent make-up, Sienna X tans and body wraps that fight fat.

THE LOWDOWN: Pre-wedding facial, from £75, and pre-wedding package from £200 (07581 047822; lisamann.co.uk)

BEST FOR: THE X FACTOR

Nathalie Eleni

Much in demand, Nathalie's travelled everywhere from Sicily to Scotland to prep brides for →



BEST FOR A. show-stopping SMILE

DR UCHENNA OKOYE

With three practices across London, Dr Okoye is the queen of oral hygiene and makes a trip to the dentist... fun! During treatment, patients are offered special DVD goggles so you can catch up with a box set while you have a range of in-house tooth whitening. If it's a ta-dah type of change you crave, you might benefit from Lingual braces – aka, adult invisible braces – which are usually worn for around a year, and which are attached to the inside of teeth so you can walk down the aisle without guests knowing. For those in a rush, check out her 6 Month Smile; the bullet train of braces

that straighten teeth in record time using special train tracks that have slightly stronger fixtures and wires to move teeth faster (they work most effectively on front teeth). If you're getting a little long in the tooth (quite literally), Dr Okoye can correct gum recession with a Contouring Tooth Treatment – the dental equivalent of a make-up contouring trick – where she bonds tiny custom-cut pieces of enamel to slightly alter the shape of the tooth so that the light falls differently, totally adjusting their appearance.

THE LOWDOWN: High Gloss Diamond Polish, from £200; 6 Month Smile, from £2,500, and Lingual braces, from £4,500 (0844 8248166; londonsmiling.com)

DR NEIL COUNIHAN

Crooked smiles, buck teeth or just yellow Starbucks stains are all in a day's work for Dr Counihan. His new Metamorphosis clinic in Parsons Green, West London, looks more like a New York art gallery than dentist's office. Using an intra oral scanner (a blue wand that is waved in your mouth), he can conjure up 3D images of your teeth and jaws on screen, without messy moulds. Most people come for the latest bespoke Invisalign invisible braces that are fitted on the inside of the teeth and it's possible to be brace-free in just six months (yay!).

THE LOWDOWN: Invisalign braces, from £3,500 (020 3828 7116; metamorphosisorthodontics.com)



BEST FOR A honeymoon-perfect BODY

DR LUCA RUSSO

As the first to bring CoolSculpting to the UK, Dr Russo is one of the country's most experienced practitioners. A plastic surgeon by training, he knows better than anybody how fat stores are laid down and performs all treatments himself with an expert eye and the newest, most comfortable hand pieces. For bigger bulges on the tummy he uses a suction cup that grips flesh with cool plates on three sides for deeper, more effective penetration. He's also got the nippy CoolMini applicator that skillfully tackles smaller areas around knees, armpits and even chins. To protect your investment, Russo often prescribes sessions with his in-house hypnotherapist to reinforce healthy eating habits so you won't pile the weight back on. He can also improve skin texture with his collection of Fraxel lasers that reduce the appearance of scars and stretchmarks by up to 80%.

THE LOWDOWN: CoolSculpting, from £695, and Fraxel from £695 (0800 009 6596; therejuvenationclinic.co.uk)

DR KATERINA CHARAKIDA

A consultant dermatologist and cosmetic surgeon, Dr Charakida is EF Medispa's star body sculptor. Using the new PDO Thread Lift, a technique where dissolvable threads (similar to those used as absorbable surgical stitches) are inserted under the skin through super-fine cannulas, and twisted to lift and firm skin. Thighs can be slimmed, baggy knees can be lifted and cellulite smoothed as the threads create an internal mesh that pulls and tightens tissues, contouring curves and making skin look smoother. The threads are naturally reabsorbed by the body after eight months, but they leave behind a network of collagen to firm skin from within. With very little downtime (some experience a bit of swelling and bruising that's gone in a week) and long-term results (the effects last about 18 months), is this the future of firming?

THE LOWDOWN: Body thread lifting, from £800 (020 7937 5554; efmedispa.com)

DR ARIEL HAUS

If you're shopping for a Brazilian beach body, head to see Dr Haus, one of Rio's best-loved dermatologists who's currently practising on Harley Street. Offering the most high-tech array of body-contouring treatments, he's getting results with Ultra Shape Power, a fat-blasting ultrasound treatment that shoots sound waves deep into stubborn fat pockets, causing fat cell walls to rupture while leaving surrounding skin unaffected. Crash dieters left with pouchy loose skin should book in for a course of Velashape 111, which picks up the slack and improves cellulite with a combination of radio frequency energy, infrared light and strong vacuum massage.

THE LOWDOWN: Ultrashape Power, from £500, and Velashape 111, from £190 (020 7935 6358; drhausdermatology.com)

PROF MARK WHITELEY

Pinning your hopes on a knee-skimming dress or planning the ubiquitous leg selfie on that honeymoon sunlounger? Head to Prof Whiteley's clinics (locations include Guildford, Birmingham and London). Dealing with everything from surface spider veins to deep-routed snaky networks, all patients are assessed with an ultrasound scan as apparently nine out of ten people have underlying hidden varicose veins. Prof Whiteley's procedures are high tech and a lot less painful than vein stripping of old.

THE LOWDOWN: Venaseal, from £3,000 (01483 477180; thewhiteleyclinic.co.uk)

SUPER FACIALISTS...

far-flung weddings. Her facials are epic power-thons that mix the latest machines (everyone loves the buzzy ultra-sonic pen, which flushes impurities out of the pores) with loads of massage to lift and relax muscles to make you look much more rested. Insist on having her IS Clinical Fire & Ice Facial, which delivers skin-brightening effects, with two masks that heat and cool the skin to mimic the effects of a peel, but without the redness.

THE LOWDOWN: IS Clinical Fire & Ice Facial, from £350 (07908 910315; nathalieeleni.com)

BEST FOR: INSIDER SECRETS

Lisa Franklin

The ultimate fixer, Lisa coaxes brides' skin to step up a gear from her new Knightsbridge clinic with a mix of machines and carefully curated products. She usually kicks off with the Caci Machine, which uses an electrical current to tone up facial muscles. Next, she works like a mixologist to create a cocktail products to wake up your skin. She says: 'I don't believe one brand does everything, so I pick and mix between Yonka, Image and NuSkin; it's really what your skin is asking for on the day.' Her hands-on, muscle-lifting massage is glorious and she extends the shelf life of your glow by about three days with an infusion of oxygen pumped into pores with a special wand. Lisa is also full of insider beauty secrets perfect for brides-to-be: 'I don't believe in diets but I believe in Skinade – it's a skin supplement with the highest compound of collagen. I've seen some incredible results on my clients' skins: it's strengthened sensitive skins and cleared up eczema. A month in, people tell me they don't have their normal reactions.' And make sure you also manage to grab a bottle of her Pro-Effect Luminescent Base; it has anti-inflammatory powers to reduce redness, plus it contains diamond powders that give the perfect canvas for your make-up.

THE LOWDOWN: Lisa Franklin signature facial, £200 (020 7752 0217; lisafranklin.london) **B**