

Contributing beauty editor Olivia Falcon meets the trailblazing clinicians pioneering exciting new cosmetic treatments. Read on, book in and get ready to feel amazing

The who's who of your best You

BEST FOR blemish-free SKIN

DR STEFANIE WILLIAMS LONDON

If you'd really rather not be a blushing bride and would prefer perfect, blemish- and blotch-free skin instead, get to possibly the coolest dermatology clinic in London. A subterranean lair with plant-covered walls, a tea lounge and luxurious treatment rooms stacked with the latest gadgets (such as Visia face-scanning machines), Eudelo is the beauty world's equivalent of the Batcave. Dr Williams focuses on medical problems such as clearing acne, rosacea and suspect moles, as well as cosmetic concerns, including radiance-boosting, dermatology-grade facials that protect skin from London pollution. 'I'm all about getting you to look like the best version of yourself, rather than artificially younger,' she says. If you've overcooked yourself in the sun, ask about MelaOut anti-pigment peels to undo the damage, and for a lunchtime pick-me-up she offers pain-free 4D laser facials, which regenerate skin without redness or downtime. **THE LOWDOWN** Dermatology-grade facials, from £190; 4D laser facial, from £445; MelaOut peel, £1,500 (020 7118 9500; eudelo.com).

DR JEAN-LOUIS SEBAGH LONDON

There's an embroidered cushion in Dr Sebagh's office that reads 'Jean-Louis – doctor, sculpture, magician, genie' and, for his army of fans, he is indeed the man with the Midas touch. As one of the first doctors to pioneer cosmetic injectable treatments in the UK back in the early 1990s, he is still at the top of his game offering bespoke solutions for everything from frown lines to double chins. Taking a slightly archeological approach, he assesses the face in layers – looking first at the skin, then the underlying fat layer and the muscle beneath, to find weaknesses. 'The rebuild' involves a combination of treatments, maybe some artfully placed injectables and brightening peels for surface lines and blotches, followed by a hit from the Ultralift – a machine that uses radio frequency to put the ping back into slack jowls. 'With a lot of women getting

married later in life, I have more 50-year-old brides than I do 20-year-olds,' he reports. But whatever your age, this kind of magic takes time: 'Treatments take from three weeks to a few months to settle down properly, so you need to give me three months minimum for perfection.' **THE LOWDOWN** Botox, from £500; fillers, from £500; the Ultralift, from £700; skin peels, from £200 (020 7637 0548; drsebagh.com/clinic).

MISS SHERINA BALARATNAM BUCKINGHAMSHIRE

Miss Balaratnam's super-discreet S-Thetics Clinic is the perfect place to sneak for a pre-wedding spruce. Based in a 200-year-old coach house just off Beaconsfield's high street, it's not signposted, it doesn't look clinic-y and there's free parking outside for a quick dash-in-dash-out. Indeed, high-profile people from London who don't want to get spotted on Harley Street make the easy 35-minute drive to come for high-tech body treatments and skin programmes. With an extensive background in plastic surgery, Miss Balaratnam is famed for her seamless Botox and filler work. A stickler for detail, she wants to know what kind of skincare you've been using, how much sleep you've had and exactly where and when you're going to say your 'I do's (be it in a bright garden or dimly lit church, lighting is apparently a major consideration). Like your fiancé, she also wants commitment, as best results take time – she recommends a minimum of four monthly visits for her signature Collagen Wave Fire & Ice facials, which

use iS Clinical's potent botanical products, combined with skin-tightening EndyMed radio frequency for knockout results. **THE LOWDOWN** Collagen Wave Fire & Ice facial treatment, from £325; fillers, from £350; Botox, from £230 (01494 670990; sthetics.co.uk).

DR NATALIE BLAKELY SURREY

As the name suggests, Dr Blakely's Light Touch Clinic in Weybridge is a place for conservative tweaks. Her Botox and fillers are carefully curated to make you feel prettier, happier and less stressed. And, despite a busy waiting room, she never scrimps on time, so you feel truly looked after. The clinic also has an in-house nutritionist who can help boost your immune system with gut-balancing diets, detoxes and probiotic programmes. Dr Blakely has a special interest in hormones and offers very thorough testing and rebalancing programmes to tackle issues such as unexpected weight gain, thinning hair, breakouts and mood swings. **THE LOWDOWN** Botox, from £370; hormone consult, from £300; nutritionist consult, from £250 (01932 849552; lighttouchclinic.co.uk).

DR SAIRA VASDEV LONDON

Picking up slack, tightening wobble and perking up pasty complexions, Dr Vasdev is a bit like a personal trainer for your skin. She's one of the first doctors in the UK to offer Profilllo: new hyaluronic-acid injections that put the peachiness back into parched skin, which is perfect for those not quite ready for fillers. Injections are scattered around →

BEST FOR neat NOSES

DR TAPAN PATEL LONDON

With a mantelpiece cluttered with Aesthetics awards (the beauty world's equivalent of the Oscars), Dr Patel's gleaming white Phi clinic on Harley Street is still the benchmark for all-round excellence. You might also want to check out his new outpost, The Wellness Clinic at Harrods, which specialises in treatments that require little to no downtime, such as the latest

laser facials. Rather than just chasing lines and wrinkles, Dr Patel wants to improve the message your face projects to the world. He talks about making you look less sad, less angry, less tired, more feminine or even slimmer. He is also the person to go to for minor adjustments to your nose: he can get some great outcomes smoothing little bumps and humps, building up flat noses and even straightening out kinks with a discreet amount of filler. 'This is not a substitute for surgery, but for smaller issues, or to bring more symmetry to a face, it works a treat,' he says. **THE LOWDOWN** Botox, from £195; filler, from £500 (020 7034 5999; phiclinic.com).

Experts

the face to stimulate collagen and elastin – softening lines and shadowy areas, and hydrating far deeper than any moisturiser ever could. Trained as an anaesthetist, Dr Vasdev used to work in intensive care, which may explain her eagle-eyed accuracy and delicate touch. She's one to trust for the trickier tweaks, such as super-precise tear-trough fillers that work to significantly brighten the under-eye area and mini lip enhancements, where she uses half syringes of filler to restore the ideal pout ratio (one third top lip, two thirds bottom lip).

THE LOWDOWN Profhilo, from £487; fillers, from £300; mini lip enhancement from £300 (020 7486 3849; waterhouseyoung.com).

DR ALEXIS GRANITE LONDON

Based at London's smartest new super-clinic, Mallucci London, Dr Granite is an American Board-certified consultant dermatologist who offers comprehensive pre-wedding game plans. Think acne and eczema therapies, Botox and mole mapping, plus last-minute tweaks such as SOS cortisone spot injections and brightening LED light therapy treatments. She works alongside a crack team of experts, including leading breast surgeon Patrick Mallucci and hair-transplant specialist Dr Thomy Kouremada-Zioga, so this is a one-stop shop for top-to-toe transformations.

THE LOWDOWN Botox, from £295; mole mapping, from £250 (020 7901 8502; mallucci-london.com).

BEST FOR ageless SKIN

DR TRACY MOUNTFORD, LONDON AND BUCKINGHAMSHIRE

Glossy, glamorous and a great hand holder, Dr Mountford is everything you want in a cosmetic doctor – and she was a pioneer of the natural look when others were inflating and over-filling faces. See her at her new London clinic, where she seemingly airbrushes skin and balances facial features with carefully placed injections. Her trick? She goes light on Botox, leaving large sections of the face clear – most notably around the eyebrows to prevent 'Spocking' (as in Dr Spock brows) – but treating others, so you look youthful and fresh. Younger



people come to be 'beautified', with little injections of filler round the temples and cheekbones to lift and open up eyes, and microscopic droplets of hyaluronic acid in the lips to give a dewy look. For older folks, she places fillers on the temples, the bone in front of the ears and across the jawline, under-pinning the face to restore contours to where they once were. She can also sex up your body with a spot of CoolSculpting – her clinic is the No1 place in Europe for this fat-freezing treatment and her experienced staff have completed more than 8,000 treatments. Ask to see Magda in the London clinic or Ria in Stoke Poges.

THE LOWDOWN Filler, from £450; CoolSculpting, from £560; Botox, from £320 (01753 646660; cosmeticskinclinic.com).

DR JONEY DE SOUZA LONDON

If doctors' offices give you the fear, you'll love Dr De Souza's new Marylebone practice, which – with its Diptyque candles and cashmere blankets – feels more like a luxury spa than a starchy clinic. It's also conveniently located a stone's throw from

the profusion of wedding dress shops on Chiltern Street. Having trained with legendary plastic surgeon Dr Mauricio de Maio in Brazil before setting up on his own, Dr De Souza now schools other doctors in advanced injection techniques. 'The Brazilian aesthetic is all about looking healthy,' he says. Indeed, he has built a solid reputation for his natural-looking lip fillers, which gently uncurl thin lips. And, for the face, his signature Brazilian lift brightens and lifts features with a combination of fillers and Botox, and mesotherapy (tiny injections of vitamins, minerals and hyaluronic acid) – the results will put a spring in your step.

THE LOWDOWN Botox, from £230; fillers, from £450; Brazilian lift, £1,200 (020 7043 0748; drjoneydesouza.com).

DR JULIA SEVI LEEDS

'People can be a bit impulsive before a wedding,' says Dr Sevi, who's on a mission to appease the panickers, reassure the first timers (Botox is about rebalancing, rather than paralysing muscles) and gently talk bridezillas down from unrealistic expectations and demands. Praised by →

colleagues and patients alike, she’s one of the best injectors in the country and can work out a plan to suit all budgets. One of her secret weapons is Carboxy therapy: minute injections of carbon dioxide gas that are placed under the skin to help regenerate collagen production, boost circulation and even out skin texture – to the extent that make-up sits better. Grooms also rave about Laser Genesis – a laser that reduces redness and broken veins, and smooths and tightens skin. **THE LOWDOWN** Carboxy therapy, from £100; Laser Genesis, from £240 (0113 269 7274; aesthetichealth.co.uk).

DR MAURICE DRAY LONDON

As one of Paris’s top dermatologists, Dr Dray is the king of mesotherapy (quick-fire and fairly painless injections that imbue tired, grey skin with a golden glow). Head to his new Kensington clinic for his famous Mesolift Deluxe: tiny

injections that contain a potent mix of vitamins and minerals, plus plasma extracted from your blood. It’s nicknamed the ‘vampire facial’ on account of its slightly gory delivery, but the upside is that clinical data has proved it does actually keep skin looking dewy for weeks rather than days. If you’re planning on showing your wedding guests a kiss to remember, sign up for his Lip Refresh, too. A far more subtle take on lip filler, it’s less about plumping, more about hydrating. He mixes a light hyaluronic acid gel with vitamin E (to moisturise) and glycerol, which works to open up blood vessels to give lips a slighter deeper red colour. **THE LOWDOWN** Mesotherapy, from £200; Mesolift Deluxe, £600; Lip Refresh £400 (020 7937 1031; drdray.co.uk).

DR KULDEEP MINOCHA LONDON

‘Brides are usually super critical of themselves, and so by the time they get to me there’s a list of things they don’t want to see in photos,’ says Dr Minocha, who lists fine lines round the eyes as a top concern, as well as a heavy, square jaw, which can be easily beautified by injecting Botox to shrink the masseter muscles (used for chewing) and create a more heart-shaped face. ‘I can also highlight the cheekbones by injecting the “sweet spot” on the apple of the cheek, which gives

a great light reflection for photos,’ he says. An expert on genetic aging, Dr Minocha is in the third year of a study with Restylane fillers, which have been tested on four sets of identical twins (treating one but not the other). ‘The beautiful thing is that we can clearly see how Restylane has pressed the pause button on facial ageing – the treated twin looks about five years younger than her sister.’ **THE LOWDOWN** Botox, from £235; Restylane skin boosters, from £350 (020 3757 7172; absoluteaesthetics.co.uk).

MR KAMBIZ GOLCHIN DUBLIN

At his clinic at the Beacon Face & Dermatology centre in Dublin, Mr Golchin champions ‘emotional Botox’ – a technique where he softens expression lines, instead of ironing them out, so you can grin during your vows in a pretty, not plastic way. Mr Golchin also has a large following at Dr Rita Rakus’s London clinic, where he jets in every week to see mothers of the bride for his Knightsbridge Lift, a combo of Botox, fillers and radio-frequency skin tightening. ‘With facial rejuvenation, I think too much emphasis is often put on the centre of the face as doctors focus just on filling cheeks and lips, and everyone comes out looking the same,’ says Mr Golchin. He says the Knightsbridge Lift addresses neglected

areas – like the sides of the face – and places filler at key points, such as the front of the ear, to gently lift the jawline. **THE LOWDOWN** Botox, from £350; Knightsbridge Lift, from £2,500 (0121 36220; beaconfaceanddermatology.ie).

DR NESTOR DEMOSTHENOUS EDINBURGH

‘I’ve lost count of the number of brides (and their mums) seeking full cosmetic makeovers the week before the wedding,’ says Dr Demosthenous, ‘so I’ve set about educating whole wedding parties on how to get selfie-stick-ready.’ If you’re based up north, book into his annual ‘get wedding ready’ event (usually held in June at the Balmoral Hotel). Not only is he on hand to talk skin, but he’s also enlisted personal trainers, hairstylists and a full-on wedding-themed fashion show to get you inspired. Back at the clinic, people queue up for his ninja-like needle skills: he can reshape your eyebrows with Botox and is a pro at Silhouette Soft thread lifts. For grooms, his aim is to preserve manly, rugged features with a focus on making things look less harsh – softening scowls and forehead lines rather than ironing them away altogether. **THE LOWDOWN** Botox, from £320; fillers, from £350; thread lifting, from £1,900 (07545768390; drnestor.co.uk).

DR PREEMA VIG LONDON

Champagne corks have been popping at Dr Vig’s Devonshire Place clinic, as she has been busy planning her own wedding this year – a three-day extravaganza in Thailand. ‘I fully appreciate how difficult it is to make time for yourself when you are working and wedding planning,’ she says, and she specialises in quick lunchtime treatments with no downtime. Her top recommendation? ‘My iS Clinical Fire & Ice facials work so well to keep skin glowing, even when you are run off your feet. And for the body, CoolSculpting is the answer to flatten the tummy and cinch in the waist when you want to feel good in your dress. I often finish it off with Venus Legacy radio frequency to smooth and tighten skin. I have also been experimenting with the Venus machine on my mum and found it excellent for tightening her jawline and lifting cheeks.’ **THE LOWDOWN** Venus Legacy, from £150; CoolSculpting, from £800; iS Clinical Fire & Ice Facial, £120 (020 7221 0043; drpreema.com). →

BEST FOR a winning SMILE

DR UCHENNA OKOYE LONDON

With an international following thanks to a stint as the resident dentist on the TV show *10 Years Younger*, Dr Okoye specialises in bespoke dental solutions and has many ways to straighten out a crooked smile. There’s Invisalign (transparent braces that are far more subtle than metal railway tracks) and also the New York Smile, a removable three-month brace system (great for brides with a deadline), which uses an Inman aligner that can be taken out so you can beam away undaunted in your wedding photos. Bring your mum for a Smile Lift, which can involve bonding teeth to thicken up the enamel (this has the added bonus of subtly plumping lips) or lingual braces that work to reposition teeth that have naturally moved inwards with age, thus widening the cheeks and opening up the face. ‘Older women are finally getting the message that teeth hold the key to anti-ageing as they are the ‘scaffolding’ of the face,’ says Dr Okoye. ‘If you are considering having fillers before the wedding, see me first, as straightening your teeth can take years off your face and you might not need anything else.’ **THE LOWDOWN** Invisalign, from £3,500; New York Smile, from £2,200; bonding, from £400 per tooth; lingual braces, from £11,000 top to bottom (0844 824 8166; londonsmiling.com).

DR SAUL KONVISER LONDON

As lead dentist at Dawood & Tanner’s new general practice just off Baker Street, Dr Konviser has plenty of affordable ways to perfect your smile. These range from replacing silver fillings with undetectable white resin ones and repairing chips and cracks with porcelain crowns and veneers, to the in-house Zoom! teeth-whitening treatments that come with take-home trays and gels for subtle brightening – because, according to Dr Konviser, ‘Glow-in-the-dark teeth are really not a good look.’ The in-house hygienist, Fiona, focuses on stain removal; a few blasts from her jet polish and you’ll be able to convince your other half you’re not a coffee addict. More complicated cases will be fast-tracked to the specialist sister clinic on Wimpole Street, which offers everything from adult braces to gum remodelling and implants. The best way to avoid a trip to the dentist? ‘Beware of the pre-wedding juice cleanses,’ says Dr Konviser, ‘as acids in fruits are terrible for the teeth, making them more brittle and susceptible to cracks.’ **THE LOWDOWN** Consults, from £68; teeth whitening, from £499; white bonded fillings, from £155; veneers and crowns, from £940 (020 7935 3016; dawoodandtanner.co.uk)

BEST FOR dazzling DECOLETTÉ

DR VICTORIA MANNING & DR CHARLOTTE WOODWARD HAMPSHIRE

The ultimate power couple, this friendly doctor duo are riding high with an ever-expanding empire of clinics in London, the New Forest and Canford Cliffs near Bournemouth. Working as a team, they offer a blinding array of skin-brightening solutions, from acne-busting Botox – delivered in tiny doses to clear sebum and shrink pores – to Thermavein, a zappy machine that blitzes rogue capillaries and clears ruddiness. They are also, most notably, two of the country’s leading experts in face and body threading, a highly skilled technique in which light Silhouette Soft threads and/or slightly thicker PDO threads (made from the same material as dissolvable stitches) are strategically inserted under the skin, creating a supportive ‘scaffold’ to lift jowly necks, fallen faces, tweak eyebrows and even (subtly) raise a droopy cleavage. **THE LOWDOWN** Botox, from £195, fillers, from £425, and thread lifting, from £300 (01590 608480; riueraesthetics.com).



DR FRANCES PRENNA JONES LONDON

A Prada-wearing powerhouse, Dr Prenna Jones grades your skin when you arrive at her clinic. Sun worshippers and smokers shouldn't expect more than a C+ but follow her advice and after a few months you could be a straight-A student thanks to an intriguing treatment. One of the highlights is the black laser peel, in which charcoal paste is painted onto the face then activated with a laser that bounces off the skin, lifting with it the top layer of dead skin



BEST FOR LIPS

DR RITA RAKUS LONDON

All brides like to be spoilt, but London's Lip Queen is taking things to the next level with George Telford (Princess Anne's former butler), who is the new front-of-house coordinator at her Knightsbridge Clinic:

cells, sebum and blackheads. There are also IV drips infused with magnolia extract to balance your appetite and calm nerves (handy for pre-wedding jitters). She's a pro at dealing with pain – or the fear of it – and her office is decked out with diversions, including multi-coloured stress-ball teddies, ice rollers to take down bruising and a selfie station, where you can capture the new, improved you on the way out.

THE LOWDOWN Black laser peel, £205; Botox, from £255; fillers, from £450 (020 7499 3848; drfrancesprennajones.com).

DR BERNARD HAYOT LONDON

Fresh off the train from Paris, Dr Hayot works out of the new Epilium & Skin Clinic in Marylebone, bringing with him 20 years of experience and an eye for detail (he wears binocular-style glasses round his neck that magnify the skin five times), so be ready to be scrutinised. A stealth operator, his aim is to make the most of your natural assets without leaving any tell-tale trace. For example, his Gloss Effect lip treatment gives dry lips a kissable shine with superficial injections of Volbella – a new, lighter filler that doesn't pump up the volume too much. For wedding-day wow factor, see his excellent nurse, Bibi Lignan, for deep dermatological cleansing. Far more efficient than a normal facial, it involves a light glycolic peel to remove dull surface skin, blackheads and even small cysts, followed by a warm thermal mask that opens pores

on hand to polish your engagement ring, post your wedding invites and serve you tea on a silver tray while you work your way through the transformative menu of treatments. Dr Rakus is known for her immaculate lip work, and most people queue up for her signature Princess Lip, which she injects while you're sitting up, in front of a mirror. She uses a very soft filler to gently lift the corners of the mouth and unpucker smoker's lines, or a slightly thicker gel to rebalance heavier top or bottom lips and lift bulldog folds. Dr Rakus also has a network of top doctors around the world who often guest consult at her clinic – the most recent being Dr Raj Kanodia, who is rumoured to have treated some top Hollywood stars. **THE LOWDOWN** Lip augmentation, from £490; filler, from £490; Botox, from £265 (020 7460 7324; drritarakus.com).

and helps the skin absorb hydrating creams. **THE LOWDOWN** Botox, from £400; Gloss Effect lip treatment, from £400; deep cleansing, £200 (020 7486 5134; epilium.co.uk).

DR USMAN GOHEER GLASGOW

Dr Goheer's Westerwood clinic is one of the busiest practices north of the border, with a well-priced menu of treatments that covers everything from Red Carpet face peels, which you can have a few days before the wedding, to more intensive things, such as Dermapen skin rejuvenation – a micro-needling wand that can be used all over to help tone down the appearance of scars and pigmentation. If you feel slightly fretful about taking the plunge and having Botox for the first time, Dr Goheer goes all out to reassure patients, diluting it to make it less stingy and using the thinnest insulin needles. He's also a big fan of Restylane skin boosters: light injections of hyaluronic acid that are scattered across the cheeks to improve firmness and moisture.

THE LOWDOWN Red Carpet face peels, from £60; Botox, from £68; Restylane skin boosters, from £300; fillers, from £99 (0141 204 3400; westerwoodhealth.co.uk).

DR BEATRIZ MOLINA BRISTOL AND GLASTONBURY

Having started out as a surgeon, Dr Molina developed a special interest in skin after she got melasma (which causes brown pigmentation marks across the face) and went on a quest to rectify the damage. Her knowledge has now been translated into a stellar selection of skin peels and facials and her own brand of MK mineral make-up, which works to restore the skin's luminosity. A leading practitioner of Restylane skin boosters, she treats crêpey skin on chests, necks and the backs of hands to subtly plump and smooth it. She's always ahead of the curve with the latest anti-ageing gadgets, and one of her newest acquisitions is Plexr: a device that looks a bit like an electric toothbrush with a pin on the end and fires bolts of ionized gas to contract skin, lifting and firming droopy eyelids. (There is significant redness and downtime with this treatment, so she advises that you have it at least six months before the wedding.)

THE LOWDOWN Pro-facial, £75; Plexr, from £500; Restylane skin boosters, from £250; fillers, from £350 (0117 973 6661; medikas.co.uk).



BEST FOR bright EYES

DR MARYAM ZAMANI LONDON

Although you might visit to talk about your face, it's hard not to hit up Dr Zamani for fashion tips, too, as there's often a fabulous Emilia Wickstead dress peeking out from under her white

coat. An oculoplastic surgeon (which means she specialises in the eye area), Dr Zamani likes to tailor treatments, and prescribes natural-looking 'tweaks' to make you look like a better version of yourself. She is famed for her Triple Boost Hydrabright – a cure for tired eyes and suitable for anyone over 25, it uses a multi-pronged approach that includes mesotherapy, PRP (Platelet Rich Plasma therapy) and hyaluronic acid filler to blitz dark circles. Factor in an extra five minutes for her

brilliant lifestyle advice, as she has tips on everything from must-read books (such as Dr Mark Hyman's *Eat Fat Get Thin*) to the right supplements to take: 'Solgar Calcium is amazing, as people who have a deficit of calcium age much faster,' she says. **THE LOWDOWN** Triple Boost Hydrabright, £1,700; (020 7901 8500; drmaryamzamani.com).

SABRINA SHAH-DESAI LONDON

Mrs Shah-Desai's waiting room is packed with devoted patients who praise not only her on-point eye procedures but also her ability to lift your spirits as well as your delicate eyelid skin. A champion of the Restylane range of fillers, she uses it to gently arch eyebrows without making you look frozen, and also to fill gaunt-looking temples: 'This is a key area for brides, especially if they have been on a diet,' she says. 'The cost of losing weight is that you also lose facial fat. I call them the "temples of doom", as gauntness in this area pulls your brows down.' She is also a master at correcting eye bags with her own Eye-Boost treatment, which uses Restylane Vital Light, a watery product, to gently plump hollows before strategically placing a thicker filler on the bone at the cheek junction for a natural-looking result. **THE LOWDOWN** Consults, £200; Eye-Boost, £750; fillers, from £400 (07952 028397; perfecteyesltd.com).

DR MARKO LENS LONDON

To his roster of high-profile clients, Dr Lens is the skin whisperer. Pop princesses and Hollywood royalty swear by his signature Oxy Detox Peel, which puts the colour back into grey skin with enzymes that munch their way through dead cells and hydrogen peroxide, a molecule that stimulates oxygen production for that coveted glow. Always on call for emergency situations, he offers SOS spot injections of cortisone to take down major eruptions the day before you say 'I do'. He's also added high-performance make-up to his popular Zelens skincare range to give the perfect finish for an epic wedding-day look. **THE LOWDOWN** Oxy detox peel, from £250; SOS spot injections, from £100; mole removal, from £175 (020 76313212; markolens.com). →



BEST FOR a HOT honeymoon BODY

DR DAVID JACK LONDON

If you want a Kardashian-esque posterior, head to Dr Jack's cosy wood-panelled treatment rooms – home to the Inmode Body FX. This shape-shifting machine uses radio frequency, deep-tissue heating and suction, coupled with electrical pulses, to lift bum cheeks, smooth cellulite and tone thighs. Dr Jack trained as a surgeon but prefers a far less invasive approach, so instead of going for liposuction, ask him about CarboMix, a new device that treats multiple skin issues including cellulite and skin laxity. Heated carbon dioxide is injected deep into the skin using a tiny needle, which increases blood flow to the area, causing new collagen networks to form, and selective fat cells to die, for smoother-looking limbs. About eight 10-minute sessions are needed for rear-of-the-year-worthy results.

THE LOWDOWN CarboMix, from £130 per

session; Inmode Body FX, from £170 (020 7589 6309; drdavidjack.com).

DR GALYNA SELEZNEVA LONDON

'For me it's all about the wedding dress,' says Dr Selezneva, whose body-cinching treatments include CoolSculpting fat-freezing for tummies, the new flab-busting SculpSure laser for nipping in hips, and LipoCell, a machine that helps sculpt the thighs. 'I try to give a 360° overall reduction, rather than just doing spot treatment,' she says. 'I want my brides to feel confident, so if you're wearing strapless, I'll help tone your upper arms with a combination of CoolSculpting, to reduce the bulk of a bingo wing, and UltraCel – a machine that tightens flesh so you get a more athletic-looking arm.' Claiming to have personally road-tested every treatment, Dr Selezneva is honest about what's involved and when you'll need to grit your teeth. Patients love the fact that she really empathises, and she often makes it onto the wedding guest list.

THE LOWDOWN CoolSculpting, from £850; SculpSure, from £450 per applicator; UltraCel, from £1,500 (020 7460 7324; gsmedicalpractice.com).

DR JEAN-MARC CHARDONNEAU LONDON

Planning to go short on dress and long on legs? If so, Dr Chardonneau's probably your new best friend. A surgeon by training (specialising in varicose veins and liposuction), he also offers a menu of non-invasive routes to perfect pins. He tackles everything from snaky varicose veins (with foam sclerotherapy, a treatment that fills veins with a solution to shut down the blood supply) to niggly networks of spider veins (using phlebotherapy, acid injections that shrink the wall of the veins). He's pretty hot on needles and uses mesotherapy to target a range of problems, from slimming heavy legs to tightening up thighs. An expert on cellulite (yup, he has a mesotherapy mix for this, too), he hand-blends special anti-cellulite creams for some of the world's top models, so join the queue and walk up the aisle with some runway-style swagger.

THE LOWDOWN Mesotherapy for cellulite, from £300; phlebotherapy, from £250; laser treatment, from £120 (020 7486 5134; epilium.co.uk).

BEST FOR HAIR

IAIN SALLIS NATIONWIDE

If wedding stress has taken its toll on your hair or, worse still, has you shedding it, leading trichologist Iain Sallis, aka the Hair Medic, can help. Travelling between 11 clinics in the UK, Iain treats problems from itchy scalps to unexplained hair thinning. He seeks out the underlying issues, such as polycystic ovaries, vitamin deficiencies or thyroid problems, which he says account for about 80% of hair loss. He also gives hope to balding grooms, fast-tracking them to the country's leading hair surgeons; Bessam Farjo, who does state-of-the-art hair transplants, is his No1 pick. Iain also offers iGrow laser – a light therapy that's scientifically proven to speed up the production of hair cells, making hair grow faster and thicker – and his own brand of Hair Jelly protein supplements. 'Getting thick hair overnight is impossible, but upping your protein and iron intake will help,' he says.

THE LOWDOWN Consults, from £125; iGrow, from £500; supplement programmes, from £30 (0330 660 0648; hairmedic.co.uk). →

SKIN *saviours*

OUR TOP PICKS OF THE BRIGHTEST AND BEST FACIAL TREATMENTS

THE ONE... THE A-LISTERS WANT TO KEEP SECRET

INTRACEUTICALS FACIAL TREATMENT **NATIONWIDE**

This favourite red-carpet ritual delivers the kind of peachy glow that usually involves weeks of early nights and drinking gallons of water. Targeting dullness and dehydration, super-fine mists of hyaluronic acid, vitamins and antioxidants are layered and pumped into skin with a light-pressure oxygen spray. Supremely cooling and calming, the layering technique really locks in moisture and gives skin a pinchable, juicy quality.

THE LOWDOWN £100 (intraceuticals.com).

THE ONE... THAT'S NOT FOR WIMPS

MARTINE DE RICHEVILLE REMODELAGE FACIAL **AT GRACE BELGRAVIA, LONDON**

Let's get one thing straight, this facial is not relaxing, it's not pampering and you definitely won't nod off on the couch. But if you're looking for a wake-up call for limp and lifeless skin, this might just be the pick-me-up you need. Inspired by a fairly intense French body massage technique that reduces the appearance of cellulite, it uses the same rolling, flicking and pinching manoeuvres as the therapist nimbly works her fingers around the face to literally lift up the fascia (that's the fibrous tissue that holds skin in place).

THE LOWDOWN From £150 (020 7235 8900; gracebelgravia.com).

THE ONE... THAT LOOKS INTO THE FUTURE

KATE KERR FUTURESKIN DNA PROGRAMME & FACIAL **AT MONDRIAN HOTEL SPA, LONDON**

If you're a stickler for details, this one's for you. Pre-appointment, a DNA swab kit is dispatched to your house and sent off to scientists who analyse your genetic markers for skin ageing, zoning in on issues such as skin firmness, sensitivity and sun damage.

THE LOWDOWN FutureSkin DNA test and consultation, £250; DNA facial, from £250 (0191 495 8468; katekerrlondon.co.uk).



THE ONE... THAT WORKS IN ONE HOUR

THE ELEMENTS FACIAL **AT S-THETICS CLINIC, BUCKINGHAMSHIRE**

Taking you from drained to dewy in a matter of minutes, this power hour fuses the skin-brightening benefits of the HydraFacial machine (a new take on microdermabrasion, it Hoovers up dead skin cells while plumping your face with vitamins and serums) with potent iS Clinical products.

THE LOWDOWN £195 (01494 670990; sthetics.co.uk).

THE ONE... THAT RAISES CHEEKBONES AND SMILES

THE MAGIC MICRO-CURRENT GLOVES FACIAL **AT NEVILLE HAIR AND BEAUTY, LONDON**

For anyone who loves the benefits of Caci facials (electrical current stimulation to firm skin), this anti-gravity massage goes one better. After a cleanse, therapist Fere coats

the face with a serum loaded with vitamins, before donning micro-current-charged gloves to stimulate muscles, lift jowls, coax up the corners of the mouth and firm everything north of your cheekbones.

THE LOWDOWN From £150 (020 7235 3654; nevillehairandbeauty.net)

THE ONE... FOR A SUPERMODEL GLOW

THE BRAZILIAN FACIAL **AT THE DR JONEY DE SOUZA CLINIC, LONDON**

You don't have to travel to Rio for a beauty fix inspired by Gisele, Alessandra, Adriana and co. In London, Brazilian-born Dr Joney De Souza uses Amazonian ingredients – a papaya exfoliation peel to nix dead skin cells, antioxidant Brazil nut oil to resurrect dehydrated skin and an acai facial mask for a hydration hit – with high-tech gadgetry such as an IPL laser for stimulating collagen and LED lights to calm redness.

THE LOWDOWN £200 (020 7043 0748; drjoneydesouza.com).

THE ONE... WITH BELLS AND WHISTLES

NATURA BISSÉ DIAMOND LIFE INFUSION **NATIONWIDE**

This delivers rebooted energy and the kind of skin that'll have you double-taking in the mirror. First, the therapist realigns your body, unknotting shoulders and stretching limbs before applying a Diamond White cleanser. The fizzy Glyco 3 Peel that follows creates carbon dioxide on the skin, which stimulates circulation and brightens the face. The grand finale includes a good old-fashioned massage that lifts every muscle of your face, followed by an LED mask to stimulate collagen and kill bacteria.

THE LOWDOWN From £185 (at locations including theconistonhotel.com; headland hotel.co.uk; fairmont.com/savoy).

THE ONE... THAT LIFTS AND BRIGHTENS DULL SKIN

DR LEVY BESPOKE INTENSE STEM CELL REGENERATION TREATMENT **AT OMNIYA, LONDON**

Medi-facials aren't known for being relaxing – it's all results, results, results – but this does both. Inhalations of lavender oil and massages are woven between resurfacing mandelic acid peels and LED light therapy that reboots collagen. After one session, most people are hooked.

THE LOWDOWN £250 (020 7584 4777; omniya.co.uk). **B**