

# LONDON

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Y SECRETS

## Beauty & the best

LET LONDON'S MEDISPAS  
SMOOTH EVERY WRINKLE  
AND PAMPER EVERY PART

+ TLM'S JANUARY 2011  
SCHOOLS SPECIAL

ME

# Personal

# Best

## BE YOUR MOST BEAUTIFUL SELF WITH TLM'S INSIDER'S GUIDE TO LONDON'S TOP 25 MEDISPAS

Attitudes to beauty are changing, subtly, all the time. Anti-ageing used to be all about wrinkles; now it is as much about creating a flawless complexion. Facials used to be an experience in pampering; now they are designed to revive and rejuvenate the skin and often involve lasers, needles or chemical skin-peels. And as the boundary between beauty treatments and cosmetic surgery continues to blur, into the gap between beauty salons and spas on the one hand and clinics and hospitals on the other has stepped the medispa.

We've had medispas in London for a while, but until recently, they seemed outlandish and futuristic, designed for the highest of high maintenance Manhattan refugees, not for common sense Londoners. Now, though, they're everywhere, and we've rather got used to them. Many of the more medical-style clinics have softened themselves up with the odd feel-good treatment, while plenty of salons have upgraded themselves and called in the skin doctors to offer that little bit extra to their clients. Some are swish, some are basic, but their aims for their clients are much the same. It's not necessarily about looking younger, but it's definitely about looking good for your age.

The trends in treatments are altering, too. Most clinics are now keen to help you with top-to-toe beauty – and some of them will tackle everything from your mental wellbeing to your hormone profile. Find one with a lead practitioner you like and trust, and they could just change your life, as well as your looks. *By Alice Hart-Davies*

**BEST FOR TREATING YOU INSIDE AND OUT**  
Slick and beautifully designed, these clinics offer the latest treatments for all-round health as well as outer beauty

### Beyond Medispa



From indulgent therapies like deep heat 'lava shells' massage, via Botox, peels and face fillers, to the 'CoolSculpting' fat-busting technique (see box on page 19) and teeth-whitening, it's all here. Ground-breaking when it launched (Botox? While you're shopping?). Beyond Medispa has now been revamped by director Joanne Such (above) to offer everything the adventurous lady-who-lunches might be persuaded to try.  
■ Harvey Nichols, SW1, (020) 7201 8595.  
beyondmedispa.co.uk

### Urban Retreat



As well as the hair salon, Shavata's superb eyebrow-shaping and the slew of luxury facials, slimming treatments, eyelash extensions and its own nail bar, UR now offers an array of 'aesthetic interventions' such as lip-enhancement at its UR Medispa, along with non-surgical solutions from wellbeing guru and doctor of Chinese medicine John Tsagaris and the legendary five-element acupuncture practitioner Gerard Kite (above). How's that for holistic?  
■ 5th Floor, Harrods, SW1, (020) 7893 8333.  
urbanretreat.co.uk

### HB Health



Very thorough in their approach to anti-ageing. As well as the external (wrinkle-softening, face sculpting, semipermanent make-up), the clinic specialises in 'internal' anti-ageing, via nutrition and bio-identical hormone therapy, and can even do preventative gene testing. Their medical director is the knowledgeable Maria Somers (above), who runs London's annual anti-ageing conference.  
■ 12 Beauchamp Place, SW3, (020) 7838 0765, hbhealth.com

## Court House Clinics



Set up by Dr Pa (pictured), who co-founded the British Association of Cosmetic Doctors (cosmeticdoctors.co.uk), the Court House follows his ethos of always ensuring it employs doctors who are well-trained in the safer and better-known nonsurgical procedures. Guaranteed to provide reliable results, and give the more nervous among you peace of mind.

■ 30b Wimpole Street, W1, 0845 555 5050.  
courthouseclinics.com

## Renew Medica



In the Knightsbridge branch, the newly revamped flagship of the RenewMedica chain, you'll find the blonde bombshell that is Dr Toni Phillips (pictured here). Originally a dentist, she has switched careers to become a leading aesthetic doctor, and is particularly good at (and fearless in) using Botox in the lower face and neck. So you can kiss your turkey-neck goodbye.

■ 26 Beauchamp Place, SW3, 0844 576 8303. renewmedica.com

## Skin



'What we are really trying to do with clients is make them look better for longer,' says Jane Lewis (left), clinical development director of Skin clinics, which has branches all over London. That's something we can all appreciate, and it means assessing the whole face, lifting the contours, taking away the

## Dr Rita Rakus



Long hailed as the London Lip Queen, Dr Rita (left) is now best known for her work with the face-smoothing Thermage (since Amanda Holden 'fessed up to this, she has been run off her feet, not that it's ever been easy to cadge an appointment with her). Thermage - which tightens collagen and hence slack skin - also works a treat on the body, so it's good for saggy tummies, too.

■ 34 Hans Road, SW1, (020) 7460 7324.  
dritarakus.com

## Dr Nick Milojevic



Dr Nick (left) is adept at de-ageing the face with a combination of Botox, fillers and volumising treatments such as Sculptra. His fans praise his sense of the 'architecture' of the face, his light hands and his bedside manner - mainly jokes, to distract them from what he's doing with the needles. He's particularly good on filling up the delicate 'tear-trough' hollow beneath the eyes without giving patients an over-stuffed, 'pillow-face' effect.

■ 121 Harley Street, W1, (020) 7100 1234.  
miloclinic.com

## Dr Jean-Louis Sebah



Probably the best-known Botoxer in London, Dr Sebah (left) is the chap to whom his starry client list of models, actors and personalities feel it safe to entrust their features for wrinkle-relaxing, 'meso-glow' mesotherapy injections, and volumising fillers.

■ The French Cosmetic Medical Company,  
25 Wimpole Street, W1, (020) 7637 0548

THE COSMETIC CLINICS  
MAINLY MEDICAL

## Medicetics



Run by husband-and-wife team Dr Geoff Mullan and Dr Vicky Dondos (left), the focus here is on reviving faces and refreshing the skin with techniques ranging from Botox to Portrait (see right). A surprising percentage of the clientele is male - reassured by Dr Geoff's straightforward manner and pro-active treatments. They've discovered how to counteract the curse of City-office skin.

■ 37 Connaught Street, W2, (020) 7402 2033. medicetics.com

regenerate. Collagen-boosting treatments, conducted by highly trained in-house skincare specialists, are conducted in three state-of-the-art rooms at the flagship shop.  
■ 43 Cadogan Gardens, SW3, (020) 7730 8090.  
qmscosmetics.com

BEST FOR  
BOTOX, FILLERS AND  
ALL THAT

## Dr Frances Prenna Jones



'When people say to my clients, "You look great, why is that?", it's the biggest compliment I can get,' says Dr Frances (above). Personalised attention is her watchword and like her clinic, which is tucked away in Shepherd Market, she is ultra-discreet. So is her work; she treats the face as a whole - with microdermabrasion, needles, lasers, peels, whatever is needed - but applies them all in such well-judged doses that it's never obvious that a client has had anything 'done'.

■ 33 Shepherd Street, W1, (020) 7499 3848.  
drfrancesprennajones.com

## Latest treatments and procedures

● **Zeltiq CoolSculpting** A way of getting rid of hard-to-budge fat, by freezing it beneath the skin, so that it dies off, and is then slowly disposed of by the body. Sounds bizarre and feels it, too, says a friend who has tried it, since it's like having a numbed block inside her muffin-top. Said to be good for stomachs and love handles, but can't be used on the bottom.

● **BodyTite** Body-sculpting and skin-tightening all in one, which is achieved using a U-shaped device. While one end of this burrows beneath the skin, liquefying and then sucking out fat, the other end of the probe delivers collagen-shrinking radiofrequency to the outside of the skin.

● **Portrait** Ultra-sophisticated machine that uses 'plasma energy' to regenerate the lower layers of the skin, to improve collagen production and thus reduce wrinkles and sagging in the face.

● **Stem-cell-enhanced fat transfer** Using a patient's own fat to pad out other areas of their body, usually face or breasts. The fat is extracted from stomach or thighs, then purified. The stem cells, in which this area of fat is rich, are extracted from half of it, then mixed in with the remaining half to concentrate them, before it is re-injected where it's needed. Enriching the fat with stem cells enhances its chances of survival in its new location, which gives a better end result.