

TATLER[®]

A close-up, profile view of a woman's face. Her face is partially covered by a delicate, light-colored lace mask with intricate floral and leaf patterns. The mask covers her forehead, nose, and cheek, leaving her eyes, mouth, and chin visible. She has dark hair and is looking slightly upwards and to the right. The background is a soft, out-of-focus grey.

Beauty & Cosmetic Surgery Guide 2010

'Post-surgery couture mask'
by Philip Treacy for *Tatler*



Postcards from

From Hollywood's A-list facelifts to Brazil's brilliant body work, Wendy Lewis uncovers



NEW YORK

When it comes to looking polished and groomed, Manhattanites are the world's professionals. Botox and fillers are viewed as necessities – and a skilful surgeon's phone number is a hot commodity rather than a secret. Jet in for quick, slick services that require minimum downtime.

STAR SURGEONS

Dr Sam Rizk (tel: 001 212 452 3362; drsamrizk.com) is the director of Manhattan Facial Plastic Surgery, a state-of-the-art practice on Park Avenue. It has a covert, Bond-like feel, with its own super-discreet operating theatre and multilingual staff. Rizk's methods are light years ahead of his peers' – he specialises in rapid-recovery facelifts with undetectable scars. 'I redistribute fat from the jowls back up to where it belongs on the cheekbones,' he says. He pioneered the use of a high-definition, 3D-telescope system, with which he looks at face and neck muscles through small hairline and ear incisions. He uses a special tissue glue (a medical sealant) instead of stitches to

close his incisions, so there is much less bruising and swelling. Neck- and facelifts cost from £9,681.

Dr Z Paul Lorenc (tel: 001 212 472 2900; lorenc.com) is a body-contouring expert with an almost supernatural power to change your shape. He employs a two-pronged attack for fighting fat: he preps the skin with Eleme SmoothShapes, a laser treatment that breaks down cellulite, before following with SmoothLipo, another laser that contours curves by breaking down fat (from £1,936). Lorenc is also leading clinical trials in Europe for Nuvance, a mesh device that is inserted under the skin to gently lift cheeks and jowls.

SKIN SPECIALISTS

Dr Lisa Airan (tel: 001 212 400 0999; drlisaairan.com) is as well known for her wardrobe (she regularly tops the city's best-dressed lists) as she is for her expertly administered facial fillers (from £581). She keeps the fashion crowd looking perky and

her waiting room resembles the front row. 'The filler approach in New York is to help restore patients to an earlier version of themselves,' she says. 'My British clients seem to be more conservative, but once we have a consultation they understand what we're trying to achieve.' The aesthetic is healthy-looking, cherubic cheeks and juicy rosebud lips.

Dermatologist **Dr Anne Chapas** (tel: 001 212 686 7306; annechapasmd.com) is one to watch. Manhattan's socialites are smitten with her down-to-earth and detailed approach to skincare. She is one of the few doctors to give

painkilling Toradol injections before laser resurfacing treatments. Chapas believes that the time to start an anti-ageing regime is in your 20s, as it lays the foundation for how you'll age. Among her arsenal of power tools are carbon-dioxide lasers to vaporise wrinkles and acne scars, and the newest cold laser for fat reduction, Zeltiq. Full face



HIDEOUTS

For complete anonymity, check into one of the newly renovated suites at **The Surrey** (tel: 001 212 288 3700; thesurrey.com). Conveniently situated on the Upper East Side, the hotel prides itself on discreet service. It was once home to reclusive movie stars such as Bette Davis and Claudette Colbert, and it has a spanking-new spa with Darphin treatments.

The Lowell (tel: 001 212 838 1400; lowellhotel.com) is so private Madonna chose to stay here while she was having her house renovated. You need not move from under your cashmere blanket. Book through Cleveland Collection (tel: 0845 450 5732; clevelandcollection.co.uk).

SOUVENIRS

Head to Duane Reade (the American equivalent of Boots) for Mederma cream – it contains Cepalin, an ingredient extracted from onions that works to fade stretch marks. Also check out plastic surgeon Dr Gerald Imber's Youth Corridor range (youthcorridor.com). The star product is a serum that contains antioxidants, vitamins and melatonin and works to reverse collagen destruction. If you suffer from facial hair, get a prescription for Vaniqa (vaniqa.com), a cream that slows hair growth in women and works well between laser hair-removal treatments.



STILL-LIFES: SUDHIR PITHWA. RESEARCH PICTURE: ESTHER HAASE

the cutting edge

the world's top anti-ageing hotspots

LOS ANGELES

Hollywood has a habit of turning Ugly Bettys into silver-screen swans with bold treatments that push the boundaries. It's not about subtlety. This is the place to come for a top-to-toe reinvention with no questions asked.

STAR SURGEONS

Dr Leslie Stevens is low-key and discreet – unusual for a town where most of the plastic surgeons have their own TV shows. He works from the Lasky Clinic (tel: 001 310 556 1003; drlesliehstevens.com), a swanky Beverly Hills institution famed for nips 'n' tucks that defy close-ups. He has earned an A-list following that includes Sharon Osbourne and is well known for his innovative short-scar breastlifts. He reduces scarring by making incisions around the nipple and vertically down the breast, avoiding the long scar underneath the breasts. His High Vertical Suspension Face Lift (from £10,000) elevates sagging cheeks without the wind-tunnel



effect. 'In LA, you only notice the bad facelifts – the good ones go unnoticed,' says Stevens. His partner is facial plastic surgeon **Dr Andrew Frankel**, who is known for his subtle nose jobs (from £7,500).

SKIN SPECIALISTS

Dr Ava Shamban (tel: 001 310 828 2282; shamban-md.com) has more lasers in her clinics in Santa Monica and Beverly Hills than George Lucas has on his film sets. The latest addition to her anti-wrinkle weaponry is SilkPeel, a machine that exfoliates the skin while pumping in healing serums. She uses it in tandem with Thermage and the new dual wavelength Fraxel for collagen stimulation (from £1,000). 'It's innovative because we can treat all levels of the skin simultaneously and reduce brown spots, wrinkles and scars in one go,' she explains.

For the ultimate in facials, get in the queue behind Jessica Alba, Paris Hilton Winona Ryder and Debra Messing for a session with the incredibly talented **Kate Somerville** (tel: 001 323 655 7546; katesomerville.com). The CytoCell Dermal Energizing Treatment is her newest solution for perking up mature skin – it encourages collagen production and tissue regeneration and costs from £62.

SOUVENIRS

Dr Shamban's Ava MD Extreme Specialist skin cream works wonders on stressed skin, so it's not surprising it sells out pre-Oscar season. There's also a lot of buzz around new anti-ageing range CellCeuticals (cellceuticalskincare.com). The products contain retinol lipo-peptides and antioxidants, which encourage old cells to behave like young ones. Also pick up a packet of cherry Cold-Eeze; they contain zinc gluconate glycine, a powerful antioxidant that's fantastic for the skin too.



The Peninsula Hotel

HIDEOUTS

Hole up Howard Hughes style in one of the villa suites at **The Peninsula Hotel** in Beverly Hills (tel: 001 310 551 2888; peninsulahotels.com). It's far less sceney than a lot of the other LA hotspots and has a spa that proffers luxurious Elizabeth Taylor-style treatments, using rubies, emeralds and diamonds. Book through Carrier (tel: 0161 491 7640; carrier.co.uk).

Alternatively, head to the **Jade Healing Retreat** at the Hotel Palomar (tel: 001 310 557 0500; jadehealingretreat.com), where overseas visitors can speed up their recovery with ice packs, organic soups and smoothies – there's also 24-hour nursing care.

