

THE LITTLE BLACK BOOK OF SIGNATURE TREATMENTS

If you prefer a tweak to a tuck, you're not alone. More and more of us are choosing less invasive treatments over surgical procedures with weeks of downtime. Sam Lewis delves into her little black book for her top 10 surgeons around the globe and reveals their signature cosmetic treatments

1 Dr Tapan Patel, London, UK
T: 020 7034 5999
8 Point Lift

Dr Patel hands me a mirror so I can point out the things that bother me most about my face. How long has he got, I quip, as I wave it away, explaining there's no need for a reminder.

I reel off my bugbears: if I'm not smiling, I look sad or serious; my brow is always furrowed; I've laughter lines around my eyes; and, post-40, everything is drifting south as my collagen and elastin supplies deplete like a post-party balloon.

Dr Patel explains he's not trying to depress me, but decide if I'm suitable for the 8 Point Lift, an application of filler and Botox to eight points on my face. Reassured I'm not hankering after a new nose or to look like a celebrity, he stresses this isn't a facelift or substitute for one, and as a non-surgical option, the treatment may not be suitable for some older people.

Dr Patel explains the 8 Point Lift — invented by Brazilian Mauricio de Maio — was designed to prevent people's faces being 'filled' in random places. "If you inject filler to the mouth, you'll affect the shape of the chin," he says, like a passionate artist talking about a canvas. The formula is simple: he'll use Botox and filler to blunt or soften my lines, prevent wrinkles getting deeper and lift points in my face that have



been slowly moving over the years like tectonic plates. The good news is I'm an ideal candidate, plus it only takes around 45 minutes and, as the needle is tiny, there's minimal pain and downtime.

Like an actor in a silent film, I look happy, cross and sad on request as Dr Patel uses a felt-tip pen to pinpoint where I need help the most. Next he injects, then massages the product into shape. The injections are like pinpricks and my face feels slightly numb (there's anaesthetic in the filler), but although it's a bit uncomfortable around my chin, I don't flinch. For someone who can't look at a needle (yes, I had my eyes closed), this is a nice surprise.

Post-puncturing, vitamin K and arnica are applied and the next day I only have one slight bruise on my chin. Immediately, I notice a difference, but the effects are best after the Botox kicks in a week later. Friends and family can't quite put their finger on it, but say I look refreshed — and happy. The price initially made me raise my eyebrows — yes, really, I still can — but I'm pleased with the results: still have expression, only it's no longer a permanent frown.

Details: £995-£1,600 (depending on the amount of product used). **Duration:** 15-18 months. [phiclinic.com](#)



4 Dr Luiz Toledo, Dubai, UAE
T: +971 557022780
Brazilian buttock augmentation

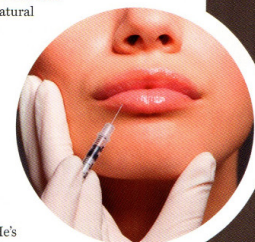
If you think bigger is better and no amount of squats will give you a rounded bottom like Kim Kardashian or Jennifer Lopez, steer clear of silicone implants, says this plastic surgeon who can give you a derriere using something far less unnatural: your fat. Now living in Dubai after 30 years of teaching and working in Brazil, Toledo reports rising demand for rounder buttocks by Europeans and Americans who want to look more athletic. Those who want a complete lift will have to undergo fairly extensive surgery requiring the removal of skin, but for something less invasive he'll take the fat from certain areas of your body under local anaesthetic and redistribute it exactly where you want it. As fat is a natural substance, rejection is incredibly low and results are typically long-lasting. The process takes around 90 minutes, with one week's downtime.

Details: From US10,000 (£6,617). [luiztoledo.com](#)

5 Dr Asim Shahmalak, London, Dublin, Manchester T: 0845 2 100 300 Eyebrow transplant

This world-renowned hair-transplant surgeon, who performed the UK's first eyelash transplant back in 2009, knows how to get to the root of the problem. He's treated a number of high-profile figures and celebrities, including the medical broadcaster Dr Christian Jessen, best known for Channel 4's *Embarrassing Bodies*. While many men now have follicular-unit extraction or transplantation from the back of the head to the front hairline, Shahmalak reports rising demand from women who want eyebrow transplants to emulate the fuller ones seen on models such as Cara Delevingne. The process typically involves numbing an area of the back of the head with a local anaesthetic to remove a strip, which is then separated into single hair follicular grafts and implanted into the brow one by one. Expect 400 grafts transplanted into each brow, taking approximately 3-4 hours.

Details: From £4,000. [crownclinic.co.uk](#)



6 Dr Dirk Kremer, London, UK
T: 0845 5197232
Turn Back Time (TBT) eyelid lift

Heavy-lidded or hooded eyelids can make you look tired and affect your vision, yet can often be fixed in just 45 minutes, according to this surgeon. Dr Dirk Kremer expertly cuts skin from the central part of both eyelids and uses a running stitch along the membrane to pull back the fat, rather than remove it.

Details: From £3,500. [harleystreetaesthetics.com](#)

7 Professor Mark Whiteley, London, Bristol, Guildford and Birmingham, UK T: 020 3757 7180
Varicose veins endovenous laser therapy

If your legs look like a road map, head to Professor Mark Whiteley who won't strip unsightly veins, but instead will use a laser to kill and seal them from the inside. The 30-90-minute, walk-in, walk-out treatment is performed under local anaesthetic, and you'll need to wear compression tights for a week or two after — a small price to pay for perfect pins.

Details: £879. [thexhiteleyclinic.co.uk](#)

8 Dr Rod Rohrich, Dallas, Texas, USA
T: + 214 645 3119
Fat jab - Kybella

Featured on *The Oprah Winfrey Show* and *Good Morning America*, this plastic surgeon is often in the news, most recently championing a new FDA-approved injection designed to melt away double chins. Kybella destroys the fat cell membrane, with patients receiving up to 50 injections in a single treatment, with up to six administered no less than one month apart.

Details: From around \$2,000 (£1,324). [drrohrich.com](#)

9 Dr Olivier de Frahan, Paris, London
T: 020 7730 7928
Lipoaspiration

Best known for his natural-looking facelifts and eye surgery, this French plastic surgeon also offers lipoaspiration under local anaesthetic for those who want to reshape the body and shift stubborn lumps of fat. Whether it's your buttocks, legs, tummy, neck or chin, the procedure takes around 30-90 minutes via a small incision. Only one session is required.

Details: From £3,500 for one area. [olivierdefrahan.com](#)

10 Dr Grant Stevens, California
T: + 877 298 9915
Cellfina cellulite smoothing

Forgot firming lotion or invasive surgery to banish the orange peel effect on buttocks and thighs. This surgeon recently appeared on *Good Morning America* to promote the minimally invasive new procedure, Cellfina, now FDA-approved. It involves making tiny cuts into the tissue bands, with no bleeding and minimal bruising, to iron out dimpling for up to two years — in just 45 minutes.

Details: From around US\$4,000 (£2,647). [marinoplasticsurgery.com](#)