



Eyeing a new skin venture

Already renowned for her peri-orbital expertise at Perfect Eyes, Dr Sabrina Shah-Desai continues to push boundaries with Perfect Skin Studio, providing signature bespoke treatments to enhance aesthetic outcomes and slow down skin ageing

You've been established for so long as London's leading cosmetic eye surgeon, with your pioneering techniques in treating the delicate peri-orbital area bringing you international recognition. How do you keep moving forward?

Honestly, it's easy because I love my work. I love being one of the few eye plastic surgeons in the UK to specialise in treating different ethnicities. I'm also fascinated by combining the micro-precision of eye surgery with the aesthetic concepts of facial plastic surgery and the technological innovations of non-surgical procedures. With my Perfect Eyes clinic, I wanted to create a place where innovative evidence-based treatments achieve outstanding natural results, all within a luxury experience.

It can safely be said you've achieved that! Now you're breaking new ground again with your Perfect Skin Studio.

Yes, this is a sister clinic to Perfect Eyes. At Perfect Skin Studio it's very much about providing signature bespoke treatments to enhance aesthetic outcomes. Skin health is personalised by using genetic testing specific to skin ageing and integrating this knowledge with bioregenerative and wellness treatment approaches. We'll be offering what you need to slow down your skin ageing process and to optimise skin health.

When you say 'we'?

I'm thrilled that my team has now expanded. Like me, their passion is about offering the next frontier of aesthetic medicine while being mindful of patient safety. We will be the first and only clinic in the UK to offer autologous (your own) exosomes for face and hair injections. This is combined with PRF for safe under-eye rejuvenation and a variety of bioregenerative treatments, from PRP to biostimulators such as Ellansé and Sculptra. These will offer patients modern alternatives to traditional dermal fillers, achieving anti-ageing results.

So Perfect Skin Studio perfectly encapsulates your long-held specialist interest in aesthetic restoration of the eyes, face and neck?

Absolutely. My signature treatment is a 360-degree approach combining minimally invasive surgical and non-surgical procedures to the upper lid and lower lid of the eye, to deliver subtle, natural-looking results. My skincare brand includes Perfect 360 Eye Illuminate to treat fine lines and wrinkles, even out skin tone and de-puff the eyes. It has a



Dr Sabrina Shah-Desai

Dr Sabrina Shah-Desai is an award-winning UK authority in both surgical and technologically advanced cosmetic facial treatments. Industry peers recognise her skills in naturally restoring the delicate peri-orbital area through her surgical, dermatological and aesthetic expertise.

Personalised skin health is promoted by using genetic testing, alongside the integration of regenerative lifestyle and wellness approaches

patent-pending formula that makes eyelid skin more luminous, plump, hydrated, firm and smooth. Meanwhile, this spring I will be launching a unique Eye Regenerate LED Mask, which combines medical-grade hydrocolloid patches with the transformative benefits of LED technology, marking a ground-breaking leap in peri-orbital skincare excellence.

What are the problems involved with lasers and skin of colour?

The more heat that is applied to a darker skin tone during energy-based treatments, the higher the risk of PIH – that's post-inflammatory hyperpigmentation – which can compromise the final result. In the past, the high pigment content in skin of colour meant it wasn't possible to treat it with an ablative laser due to the greater risk of PIH.

But UltraClear changes that?

Yes. The UltraClear laser puts less heat in



the skin, minimising complications and risks associated with other resurfacing lasers. This also means it hurts less and heals faster.

What are polynucleotides and what benefits do they offer to patients?

Polynucleotides promote hydration of the skin while scavenging damaging free radicals to build an optimal environment for the growth of fibroblasts – the cells that produce collagen. They stimulate the body's own cell regeneration by promoting the production of new collagen and elastin fibres. At Perfect Skin Studio, Croma PhilArt is an injectable gel consisting of long-chain polynucleotides, based on natural ingredients. PhilArt offers four injectables suitable for all skin types and age groups.

Top treatments

SOFWAVE

Sofwave is a skin-firming strategy using non-invasive, high-intensity ultrasound to boost collagen production to lift the eyebrow, submental (under the chin) and neck areas while reducing fine lines. Results continue to improve over the course of 12 months.

ULTRACLEAR

UltraClear is the world's only cold ablative laser. It offers a range of skin rejuvenation, from zero-downtime 'lunchtime' treatments to advanced collagen remodelling.

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Regenerative aesthetics

DR ANNA MARIE OLSEN

There are few fashion designers who don't rely on this Athens-born doctor; and Olsen is as familiar with the front row as she is with backstage, where she perfects the skin of supermodels before they head onto the catwalk. But she's also an academic: in demand at conferences worldwide, she's currently spearheading the module she created for University College London. Otherwise the longevity-focused doctor can be found jetting between clinics in London, New York and Gstaad, where she tends to the aesthetic and health-enhancing needs of her high-flying clientele. Those who commit to her care undergo a battery of assessments: their DNA and lifespan-predicting telomeres are checked, while full bloods and urine samples are taken, to detect cortisol levels. Olson talks about 'enriching the vocabulary of the human body, to enable it to communicate better', and reports excellent results with a polynucleotide-exosome hybrid. Whether she's using bespoke cocktails of peptides and targeted IV infusions or energy-based devices and next-generation injectables, her approach is both multi-dimensional and carefully curated to achieve maximum results. *Consultation and treatments, POA (drolsenclinic.com).*

DR JULIA SEVVI, LEEDS

'Treating the underlying causes of things has always been my approach to medicine. It's what I live and breathe!' says Sevv. Born in London but with a 'Northern soul', the Leeds-based doctor is a natural nurturer, trained in both Western and Chinese disciplines. (It's been 30 years since she founded her first clinic, The Good Health Centre, and she still refers clients for physiotherapy, osteopathy and acupuncture.) She uses stealthy injections to deliver instant gratification but also employs such tailor-made technologies as Ultherapy to tighten collagen-rich areas and reinstate support. These Ultherapy 'soundbites' – so called because they require shorter, more targeted sessions rather than one long stint in the chair – Sevv explains, 'can focus on really lifting the lateral part of the eye; we can reduce the under-eye groove, shape the lip and sculpt the nasal-labial fat, thereby enhancing the heart shape of the face.' Bio-stimulators also come into play; perhaps to strengthen tissues ahead of energy-based devices, or to energise the skin. But face-finessing aside, 'I like to spend time exploring the needs of patients, physically, emotionally and spiritually,' she says. 'After all, it's their bodies that have to do the work.' *Biostimulator from £570; Ultherapy from £400 (aesthetichealth.co.uk).*

DR ULIANA GOUT

Gout is a dichotomy. Yes, she's brilliantly chatty, bubbly and never not wearing Roksanda, but she's also wildly academic, with an encyclopaedic brain and numerous medical publications to her name. Her protocols, too, are at the sharp end of science, and she loves nothing more than cocktailing hi-tech treatments, topicals and tricks of the trade. (Every patient leaves with a thick slick of pout-plumping ceramides.) New is her LAM Ultimate 360 Cellular Activation Facial, which utilises seven cutting-edge modalities for superior rejuvenation. 'We all know that when we stimulate regeneration in the skin's different layers, we get a cumulative benefit,' she says. 'The secret, of course, is knowing how to combine and in what order.' And talking of inside info: try advance-booking one of Gout's slots at the Dorchester's glossy spa, where she also offers such hyper-personalised cosmetic treatments as the Luxe Celebrity, which blends sculpting radiofrequency with an exosome infusion and LED. (Performed atop a heated bed, it makes for a hypnotic hour.) That's not to say technique takes a back seat. Her approach unites focus and finesse: whether she's going nuclear on breakouts – painting layers of exfoliating acids onto offending spots to calm inflammation – or strategically contouring. Of the latter, she says, 'It's about respecting the topography of the face; after all, there are fat pads that we want to tighten and lift, and others that we want to leave untouched.' When she's not charging around her Harley Street clinic, you'll find her walking her dogs Bubble and Mable around Marylebone. 'They're local celebrities,' she says. *LAM Ultimate 360 Cellular from £1,200 (london-aesthetic-medicine.com).*

MISS SHERINA BALARATNAM, BEACONSFIELD

A former burns and reconstructive surgeon, Balaratnam switched her scalpel for a syringe some years back. Today, the Malaysian-born doctor continues to rebuild and restore the anatomy, but now using a blend of intelligent tech and holistic know-how. 'The human body is in a constant state of evolution,' she says. 'We're evolving in lifespan but also in lifestyle.' So no surprise that she's championing a raft of rehabilitative devices, such as BLT's EMSculpt NEO, as well as Exion, a multi-platform skin device offering AI-controlled, radiofrequency micro-needling, intimate health treatments and a blend of monopolar radiofrequency and targeted ultrasound. (She is the brand's first global Key Opinion Leader outside of the US.) 'I've been blown away by the technology,' says Balaratnam,

who was one of the first in the country to use Exion. 'It is literally waking up collagen production, and has been shown clinically to upregulate the body's own hyaluronic acid by 224 per cent.' Then there's her skill with injectables, gained under the mentorship of the aesthetic demi-god Dr Mauricio Di Maio. 'In many ways, filler is also regenerative,' she says. 'After all, over the years, we lose skeletal volume as well as facial volume. But what can we do beyond that?' Try her new EXO | E facial, which feeds the skin with reparative, plant-based exosomes, calming inflammation while delivering a never-before-seen gloss. (A system for the scalp is now available.) Afterwards, slip under her Celluma LED lights to recharge inside and out. *Exion from £450; filler from £450; EXO | E from £350 (sthetics.co.uk).*

DR AGGIE ZATONSKA, SURREY

With her porcelain skin and discreet, Fornasetti-papered clinic, Zatonka is the secret weapon of Surrey society; and her clientele, a healthy mix of Coworth Park and Wentworth Club members, appreciate the stealth of her manoeuvres. 'Everything we're doing now is about regeneration,' explains the former ENT surgeon. 'My patients are more interested in preventing and maintaining these days, and they certainly don't want anything that appears obvious.' That's why she deploys biostimulators like PhilArt polynucleotides, which contain no hyaluronic acid, so there's no risk of puffiness. And why she uses Korean nano-needles to smooth crêpey under-eyes or sharpen sagging jawlines: they reduce the risk of bruising. (Of her sharps, she says, 'When it comes to tightening the lower face, not everyone wants to go down the route of energy-based devices. Some people are sceptical, or they've had a treatment, years back, that just didn't deliver.') Complexion-perfecting, plant-derived exosomes have also taken root in her practice, and are followed-up with face-tightening SofWave, complexion-refining Morpheus8 or a deep-cleaning HydraFacial 'to drive them deeper into the dermis'. That's not to say more conventional jabs are completely *verboten*. Zatonka injects her filler and toxin with forensic precision: 'For example, to address crows' feet, I only touch the upper part of the orbicularis oris – the muscle that encircles the eye – because that's the part that elevates the lateral brow; and the aim is to control, not freeze.' In the works is a new wing at her clinic, featuring a longevity lounge packed with IV drips, bespoke supplementation and lifestyle medicine services. Needless to say, Surrey is smitten. *Polynucleotides from £400; exosomes from £500; toxin from £250 (atelier.clinic).* ▷

With a host of new treatments, a team of expert associate practitioners and an enviable string of awards, Dr Rakus is the go-to guru

enhancing results and maximising longevity. PhilArt by Croma is a new polynucleotide-based skin booster designed to enhance skin quality, increasing collagen and elastin production as well as regenerating damaged and ageing tissues. Meanwhile, exosomes – particles that are naturally released from cells – are an effective way to achieve tightening, brightening and a youthful beauty boost.

Alongside these exciting additions, Dr Rakus is also known for her unique selection of machines, as well as her sage approach of using multiple machines in combination with each other to achieve the ultimate face and body lift. A breakthrough in the realm of ultrasound technology is Sofwave, for which Dr Rakus is the International Key Opinion Leader. This FDA-cleared machine minimises fine lines, wrinkles and lifts the eyebrow, and lax submental and neck tissue. It's completely non-invasive and causes minimal discomfort, with visible results after a single session.

Another first for the UK is the ADVATx Laser. This new-generation laser treatment combines dual wavelengths to target a wide range of skin conditions without discomfort, and most patients can leave the clinic with no downtime or redness. As well as improving skin brightness and reducing fine lines and wrinkles, it can be used to minimise large pores, correct pigmentation issues, treat acne scarring and vascular conditions.

Dr Rakus is also the Global Ambassador for BTL, and hers is the only clinic to offer all of the BTL machines, including the new EXION. EMsculpt Neo is the only treatment that simultaneously builds muscle by up to 25 per cent, burns fat by up to 30 per cent and tightens skin using painless high-intensity electromagnetic pulses (HIFEM) and radio-frequency (RF). Meanwhile, the new EMface allows for this popular body treatment to enhance the contours of the face. Its sister device, EMSella, targets the pelvic floor and mimics 11,000 Kegel exercises. A new addition to the clinic is Deleo, used for body layering and cellulite treatments. Whatever the season, there's always a reason to visit this living legend.

rejuvenating the lip area with strategically placed filler. All this is combined in Dr Rakus's sought-after Lips for Life programme, which sees patients ranging from the age of 18 to 80 and delivers different treatments – from prevention to enhancement to anti-ageing – to suit and support patients at every stage of life. She also offers needle-free lip-enhancing alternatives, including Perk, the new ProDeep laser, Sofwave, Thermage FLX and various other machines that can boost the lips without the need for injectables. The latest polynucleotide skin boosters and new exosomes are also used to enhance and rejuvenate the lip area.

These can also be used as a highly effective add-on for many different treatments,

Dr Rakus's expert team



Dr Rita Rakus



Mr Kambiz Golchin



Dr Galyna Selezneva



Dr Marcus Mehta

Consultants



Dr Harry Arampatzis



Prof Philip Schoettle



Dr Bruno Ruggiero

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Close and personable

At Atelier Clinic, Dr Aggie Zatonska delivers 'beautiful regeneration' with finesse for her loyal patients

YOU MIGHT THINK THAT THE UK'S best aesthetic clinics are found on Harley Street or other London hotspots. However, just 30 minutes from the capital in the quiet town of Egham in Surrey, there's a haven of tranquillity, peace – and some of the most innovative and trusted non-invasive aesthetic procedures available. This is Dr Aggie Zatonska's award-winning Atelier Clinic, where sophisticated injectables have been elevated to an art form, alongside the new generation of holistic regenerative medicine approaches.

With more than 15 years of expertise under her belt, Dr Aggie – a former ENT surgeon – focuses on bringing the latest cutting-edge

developments in 'bio-hacking' into her effortlessly chic aesthetic practice. Dr Aggie notes that: 'where possible, my aim is to "future-proof" patients, addressing their immediate concerns, while building the foundations for beautiful skin health and maintaining a refreshed appearance for the future.' Her loyal clients return time and again for her masterful eye, understated approach and discretion. This boutique clinic delights in treating each patients' individual needs – with the highest levels of care and attention.

Signature treatments from Dr Aggie include holistic facial rejuvenation using a bespoke blend of injectables, boosted by the power of

regenerative medicine – including buzzword treatments like EXO|E plant-derived exosomes and Philart polynucleotides (derived from fish). Exosomes carry a host of active ingredients including growth factors, antioxidants and peptides, which help skin cells work more efficiently, dramatically boosting collagen and elastin for springy, healthy skin. Polynucleotides contain a potent cocktail of filtered and ultra-purified natural DNA fractions, which encourage the body's own cells to work more efficiently, boosting collagen and hyaluronic acid for a firmer, glowing visage.

Using a combination of injectables and the latest technologies (including Sofwave