

TATLER®

A woman with her hair in a ponytail, wearing a white one-piece swimsuit, is sitting on a sandy beach. She is looking out towards the ocean. The background shows the blue water of the sea meeting the shore.

**THE TOP 40:
DOCTORS WHO
CAN TAKE
YEARS OFF YOU**

**NEW LIFTS
SO SUBTLE
NO ONE
WILL KNOW**

**HOW TO
CHANGE YOUR
LOOKS IN
A LUNCHTIME**

**THE CELLULITE
TREATMENT
THAT DELIVERS
RESULTS**

Beauty
& Cosmetic
Surgery
Guide 2007

◁ **Pain level** A breastlift doesn't usually give too much pain but expect soreness and swelling for the first few days. Implants are likely to be more uncomfortable for longer.

Time out One to two weeks.

TOP DOCS

UK Martin Kelly, W1 (tel: 0870 780 9771; lpsa.co.uk); Dai Davies, W6 (tel: 020 8735 6060; cosmeticsurgeryuk.com); Lisa Sacks, Bristol (tel: 0117 907 0086; lisasacks.co.uk).

Abroad G. Patrick Maxwell, Nashville, USA (tel: 001 615 284 8200; npsurg.com); Javier de Benito, Barcelona, Spain (tel: 00 34 93 253 0282; institutodebenito.com).

The op The armlift

If you find yourself snorting derisively at the idea of wearing anything sleeveless and have perfected the royal wave in order to hide upper-arm jiggles, there's finally an answer for all that loose skin. Renowned New York plastic surgeon Lawrence Reed has perfected a technique that gets rid of bingo wings without leaving a long unsightly scar. He goes in through the armpit and carefully cuts away excess flesh, then liposuctions and sculpts the rest, leaving you with complete range of motion as well as a discreet scar.

Who should have it Women whose upper arms have a mind of their own. Liposuction is a better option for heavy arms.

Price £4,000–£6,000.

Pain level Moderate discomfort and stiffness is likely to persist for a few weeks.

Time out At least three weeks before you can lift a toddler or heavy bags comfortably.

TOP DOCS

UK Patrick Mallucci, W1 (tel: 0870 780 9771; lpsa.co.uk).

Abroad Lawrence Reed, New York, USA (tel: 001 212 772 8300; thereedcenter.com); Marco Gasparotti, Rome, Italy (tel: 00 39 06 887 0041).

The op The bodylift

For unsightly sagging round the tummy, hips and buttocks, bodylifts literally pull up your excess skin folds, much like a tailor takes in a coat and trousers. This technique tightens, firms and reshapes everything from your waist down to your knees. The results are truly transforming and can give you a taut little body that can wriggle into skinny jeans with ease. The op is usually carried out in stages: everything from the tummy down may be lifted in one go, while everything from the waist up may be reserved for a second or third round. The downside is the scars that criss-cross the waist like a belt, but they fade over six months to a year and are easy to hide.

Who should have it Women who have had a few babies or who have lost several stone.

Price £9,000–£11,000.

Pain level Long incisions, so relatively high.

Time out Allow at least three to four weeks.

TOP DOCS

UK Adam Searle, W1 (tel: 020 7927 6515; theconsultingsuite.co.uk); Bryan Mayou, SW1 (020 7824 5555; bryanmayou.com).

Abroad Jean-François Pascal, Lyons, France (tel: 00 33 4 78 24 59 27); Alan Matarasso, New York, USA (tel: 001 212 249 7500).

The op Brazilian butt-lift

We may all have wished for a smaller rear at some point but, unfortunately, one of the negative side-effects of weight loss can be a less-than-perky backside. Thanks to the Brazilian obsession with 'bunda' ('booty'), there's plenty you can do to get shape back. Lifting the buttock involves reshaping and restoring a nice contour to the region; it can also smooth out the lower body and remove loose skin. Tightening skin above the upper part of the buttocks will bring them higher and they can also be lifted with implants or fat injections which give more projection, volume and prominence. Macrolane, a filler from the Restylane family, is used to augment buttocks with hyaluronic acid, which acts like a sponge and holds more than 1,000 times its weight in water. As the name suggests, the Brazilians have this the most to look good in a thong on their 3,000 miles of beaches.

Who should have it Best for drooping or flattened bottoms, or after major weight loss.

Price £3,000–£5,000.

Pain level Uncomfortable to sit and move about, but manageable with painkillers.

Time out Two to three weeks.

TOP DOCS

UK Chris Inglefield, SE1 (tel: 0845 009 2775; cjinglefield-plasticsurg.com).

Abroad Peter Fodor, LA, USA (tel: 001 310 203 9818; centurycitycosmeticsurgery.com). João Sampaio Góes, São Paulo, Brazil (tel: 00 55 11 3167 2200; sampaio Goes.com).

An expert
nose job
can turn a
plain girl
into a raving
beauty in
45 minutes

The op Vaginal rejuvenation

Want to be a 40-year-old virgin? With the latest techniques for vaginal rejuvenation, your private parts can be significantly enhanced, tightened and strengthened, not to mention reshaped. Reconstruction can take the form of vaginal rejuvenation and tightening, or labiaplasty (labia reduction and enhancement). Cosmetic labiaplasty involves surgically reshaping the labia, or improving the appearance of asymmetrical or deflated labia. A laser can also be used for labiaplasty and vaginoplasty surgery to enhance vaginal muscle tone, decrease the vaginal diameter and strengthen the opening otherwise known as the birth canal. Fillers can plump up flattened structures, and a few neat stitches can transform you, bringing you back to a pre-childbirth state.

Who should have it Those who have been through childbirth, or when Kegel exercises just don't cut it any more.

Price £3,000–£7,000.

Pain level This is a sensitive area, so the first few days are generally pretty unpleasant.

Time out Take it very easy for about a week.

TOP DOCS

UK Edward Jacobson, W1 and Connecticut, USA (tel: 001 203 869 8360; lvrdoc.co.uk).

Abroad David Matlock, LA, USA (tel: 001 310 859 9052; www.drmatlock.com); Mauro Cervigni, Rome, Italy (tel: 00 39 06 3970 6394).

The op Cosmetic foot surgery

If your heart skips a beat every time you spy a pair of drop-dead-gorgeous strappy sandals but you know that, sadly, your feet aren't up to the exposure, don't despair. All those years of abusing your feet in the name of fashion can often result in hammertoes, nasty-looking bunions, and corns and calluses that a bog-standard pedicure won't fix. But there are some surgical solutions: bunionectomies will straighten the bony bump on the outside edge of your big toe, and toe surgery straightens crooked toes or shortens excessively long ones.

Who should have it Any woman who looks down in horror at her distorted, twisted feet.

Price £1,500–£4,000.

Pain level You'll need serious painkillers for the first few days; ice packs to follow.

Time out No high heels for two to four weeks.

TOP DOCS

UK Emma Supple, Enfield, Middlesex (tel: 020 8367 9292; supplefeet.com).

Abroad Suzanne Levine, New York, USA (tel: 001 212 535 0229; institutebeaute.com). □

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