

TATTLER



**BEAUTY & COSMETIC
SURGERY GUIDE 2025**

RISING STARS

With superior specialist expertise and innovative artistic edge, these medics of the moment are taking the aesthetics scene by storm

By FRANCESCA OGIERMANN-WHITE

KOREAN DERMATOLOGY

Dr Jinah Yoo

Yoo is the Korean consultant disrupting the world of dermatology. She is the founder of the Maylin clinic in London and there are a further nine franchises in her homeland, to which she frequently travels for further training on aesthetics and lasers. And while she may be pioneering some cutting-edge devices over here – she has more than 20 in her Marylebone space – she is also mindful of what differing subcultures and ethnicities consider beautiful. Her Sciton BBL laser is excellent for banishing pigmentation. For brighter, tighter skin with minimal downtime, her signature Laser Toning, which is a Korean technique combining a Q-Switched Nd:YAG laser on a very gentle setting with a redness-reducing Genesis laser, does the trick. At the same time, she's a campaigner for increased longevity, so she'll soon be introducing therapies that employ hyperbaric oxygen, EBO2 ozone, autologous (your own) exosomes and – after extensive liposuction training in Beverly Hills – nano-fat. Her second London clinic is due to open in Mayfair any day now. maylinjyd.com

INTIMATE HEALTH

Smita Sinha

Women's health expert Sinha has an obs and gynae background. She's seen it all down below and makes a perfect counsel when things are starting to change. What's more, the founder of the Serenity Women's Clinic in Somerset brings her background in vulval health up to speed with a keen awareness of the latest technology, such as the pelvic floor-toning Emsella and Emfemme, which channel radiofrequency to lessen sexual dysfunction and laxity. She has a proactive approach: one that aims to strengthen the female anatomy in anticipation of change rather than repair damage or deal with disruption when patients are in the throes of it. And though dryness, pain and a reduced ability to orgasm or enjoy intercourse all bring women to her door, she consults them in all chapters of their lives. Right now, she's seeing a dramatic improvement in vulval skin quality thanks to polynucleotides. serenitywomensclinic.co.uk

THREAD LIFTS

Dr Leah Totton

Bubbly, Irish-born Totton is a breath of fresh air. As well as being caring and wonderfully down-to-earth, she's also super-smart. (After her appearance on *The Apprentice* in 2013, she secured investment from Lord Sugar to open the chain of aesthetic clinics she has just sold.) She has a specialist interest in face- and neck-related sagging – cue some artful thread lifts (about 300 a year) that refine the appearance of jowls and sleeken the neck. True, she says, such collagen-boosting treatments as Ultherapy, Morpheus8, Dermapen and even LED can boost collagen and elastin levels by up to 30 per cent above baseline in the years leading to menopause, and they will smooth the transition into this new phase. But so will her way with threads, for which she chooses the brand according to the treatment area: say, Silhouette Soft for the face; Aptos for the brow; and MINT for the neck. She advises first-timers to see a facial plastic surgeon before signing up for her treatments, so they know what their options are (plenty of patients come to her eight to 10 years after they've had facelifts, to ensure everything stays in the right place). drleah.co.uk

FACE FINESSING

Monica Fawzy

Fascinated by faces, and with nearly a decade of experience, Fawzy is certainly one to watch. She cut her teeth in the NHS treating patients with palsy, and now pursues her own facelifting practice at The Private Clinic. She says psychology informs her work, with the key drivers for surgery being both loss of identity and confidence. Her in-depth consultations unpick what her patients are trying to restore, be it physical or emotional (she reviews old photos to establish which changes bother them most). Long, thin faces that have experienced volume loss do well when she lifts the Superficial Muscular Aponeurotic System (SMAS). Heavier types are best suited to her deep-plane technique, along with some micro-lipo. And she might also suspend the cheeks' buccal fat-pockets to give the illusion of a lighter, more triangular face. She reports that, though many of those she treats

are at the top of their game professionally, they are beginning to feel overlooked at work. But her stealthy surgeries soon set that straight. thepivateclinic.co.uk

CELLULAR REBOOTING

Dr Nima Mahmoodi

Mahmoodi is not your average doctor. When he's not seeing patients, you'll find him exploring a whole new dimension of health at such events as the wellness festival Love Fest. And the passion of this self-confessed 'spiritual alchemist', who is also a qualified reiki master and quantum healer, lies in bridging the gap between science-backed aesthetics and the more esoteric side of human wellness. All of which means that the therapies administered at his gallery-esque Remedi clinic in Nine Elms don't just finesse the face and body; they also strengthen the immune system – try a pre-treatment blast of cryotherapy – and calm anxiety. Seeking a streamlined physique? A spell in his infrared sauna, along with some ATP-enhancing Emerald Laser, promotes healthier fat cells and a ramped-up metabolism. And do ask about his new Neuro-Glow Facial. This elevates dopamine levels by means of cold therapy and time in his Rebalance Pod, while the skin is illuminated by a combination of Cutera's Erbium Glass Laser, a deep-cleaning HydraFacial and Dermalux Tri-Wave MD LED lights. Spellbinding. drnimalondon.com

HAIR RESTORATION

Dr Greg Williams

When he's not presenting his follicular musings at world congresses, burns surgeon Williams is the only practitioner on the British Association of Aesthetic Plastic Surgeons' register who performs hair transplants full-time. And it shows. The lead surgeon at the esteemed Farjo Hair Institute has twin obsessions: the power of a well-done procedure, and ensuring his patients know the facts about managing hair loss. So he'll tell them straight that, before they consider a transplant, they need to stabilise the existing follicles – in his eyes, topical Minoxidil is a no-brainer and, while oral Finasteride works well, there are associated risks. His skill lies not just in the maturity of his practice but also in his