

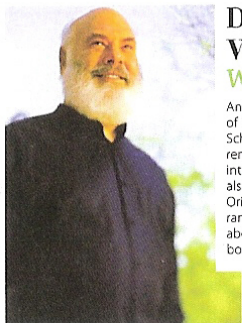
Expert panel

Meet our launch team of specialist contributors!



Huong Nguyen
Style

Huong is a professional image consultant, personal stylist and founder of Inspired Image. She puts her expertise into action in our total makeover feature on page 100.



Dr Andrew Weil
Wellbeing

Andrew Weil is a graduate of Harvard Medical School as well as a world-renowned authority on integrative health. He is also the brains behind Origins Mega Mushroom range. You can find out about his latest wellbeing book on page 113.



Sue Ruston
Style

Sue is an image consultant whose unique approach enables people to make an impact with their image. She works with both individuals and companies and is a member of the Federation of Image Consultation.

Dr Tracey Bell
Face

Tracey is the founder and CEO of Age Perfecting Treatments and is also a highly experienced cosmetic dentist and specialises in aesthetic medicine. Tracey is our face expert on page 37.



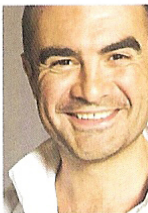
Dr Raj Parkash
Smile

One of the first surgeons to gain the diploma in dental implantology from the Royal College of Surgeons of England, Raj is an expert in implant dentistry at The Harley Dental Implant and Cosmetic Centre. Raj is our smile expert – see page 91.



Angelica Kavouni
Body

Angelica heads a busy private practice, providing a range of cosmetic surgical interventions. Her passion lies in breast enhancement and facial surgery.



Andrew Barton
Style

As the creative director of Saks, Andrew is the ultimate expert when it comes to hair. For his top tips on grey hair turn to page 97. He is also our hair stylist for the £10,000 makeover competition.

Body Arms

To remove the excess skin and fat from the upper arms, crescent-shaped incisions are made and segments of tissue are removed from the upper arm. The remaining skin and tissue are lifted and re-sown to achieve a tighter and smoother effect.

As well as the lengthy recovery time, the long scars from armpit to elbow are a major drawback after this surgery. However, in a surgeon's skilled hands, the results from this operation can dramatically improve the appearance of droopy skin in the upper arm area.

According to statistics from the American Society for Aesthetic Plastic Surgery (ASAPS), the procedure is gaining in popularity with nearly 16,000 upper arm lifts performed in 2005 in the US, where the procedure is more widely available.

Price: £3,000-£4,500 for a private brachioplasty operation.

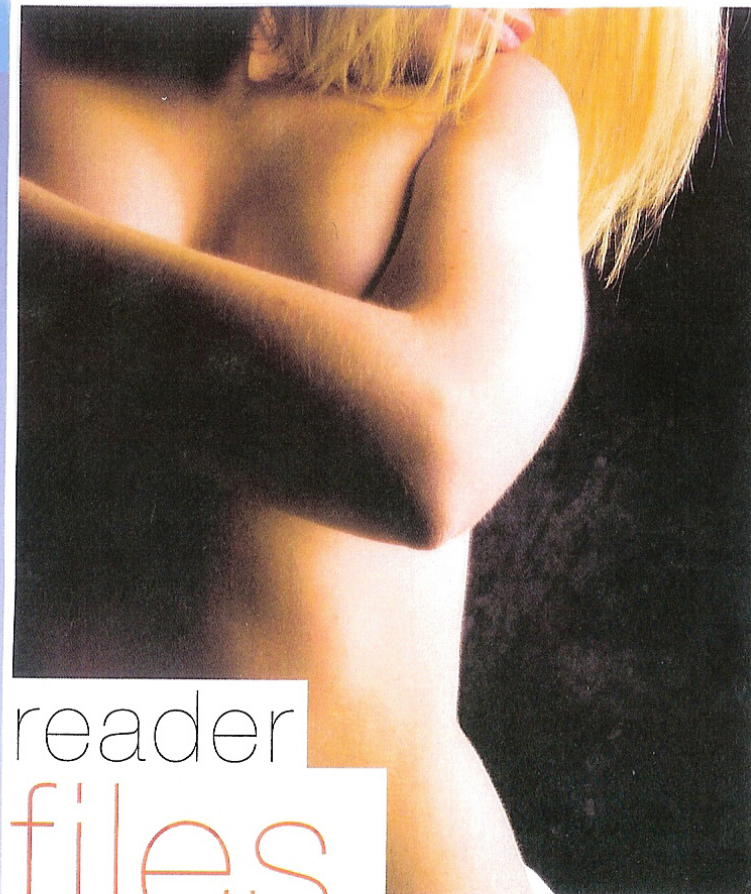
Time: An upper arm lift will usually take around two hours, depending on the extent of work required, and whether any other procedures, such as liposuction are also involved. You should be allowed to go home from hospital after a day or so and recovery generally takes one to two weeks, after which you can go back to work.

Results: Excess skin and fatty tissue are removed in this operation, with the remaining skin lifted to achieve a tighter and smoother effect.

Contacts: Angelica Kavouni: 0207 486 9040; www.cosmetic-solutions.co.uk

cosmetic surgery – arm lift

An upper arm lift or brachioplasty procedure can remove visible saggy skin around the upper arm area. Liposuction can be performed alongside an upper arm lift to improve the final result.



reader files

Name: Katie **Age:** 39

Occupation: Student and part-time administrator and receptionist

Treatment: Arm lift procedure to remove saggy skin on the upper arms

After losing a lot of weight, I had a lot of unsightly saggy skin on my upper arms. No matter how much I dieted, exercised and worked my arms in my job as a hairdresser, my arms simply wouldn't tone up. I was embarrassed to wear short-sleeved tops and felt I had to cover up all the time, so I had a consultation with a plastic surgeon to see what could be done.

I saw Angelica Kavouni who suggested an

arm lift, where the excess skin between the elbow and armpit is cut away and the skin is sewn up to look tauter. Afterwards, my arms were very sore and the scars ran along the underside of my arm. I needed around three weeks of work and had to keep my arms propped up on pillows for the first week.

One year on, the scars have faded a lot and within six months they should be totally healed. Because of where the scars are placed, it is also very unlikely that anyone would see them without me pointing them out!

It is a very new procedure but I would definitely recommend it to anyone who cannot shift the excess skin on their arms. I used to think my saggy arms were so ageing; now I feel much younger and more confident. It has definitely opened up my wardrobe a lot more and provided just the boost to my self-esteem that I needed.*