

TATLER

BEAUTY & COSMETIC SURGERY

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NEW TRICKS

Turkeys have their necks and pandas their eyes... but you really, REALLY don't want either. Francesca White discovers the latest hi-tech solutions to some age-old dilemmas



BEST FOR EXCESS BAGGAGE AQUALYX

The lowdown Perhaps you've dieted; maybe you've already blown thousands on swanky gym memberships. So why is it that your bottom refuses to morph into the neat peach you yearn for; that your waist snubs all attempts to make it slimmer and shapelier? Is there nothing to be done, bar liposuction, when your knees remain resolutely chunky? (How does one lose flab from the knees, anyway?) Thankfully, there is. Because the latest body-contouring treatment to wage war on localised fat deposits is Aqualyx – and we're excited about it. How it works is this: problem area identified, the Aqualyx (a naturally occurring fat-digesting enzyme) is injected into fleshy bits via flexible cannulae (the amount used depends on the surface area to be treated, but two incision points – for an area the size of your palm – is the norm). Here, it gets to work breaking down fat cells – liquefying them, if you like. The body will dispel the stored lipids naturally, through the liver. And that's it. Simple.

Pain factor Far from comfortable. There's anaesthetic in the solution, which makes it sting, though topical numbing cream can be applied half an hour beforehand. On the plus side, the treatment is over swiftly – 10 minutes, max.

Downtime Nothing that'll stop you going about your daily routine, but there is significant swelling, bruising and redness. Keep treated areas under wraps for the following week or so, until everything looks as it should.

Results Two to four sessions, six weeks apart, are recommended. But, course complete, blubbery bits are undeniably diminished. And they'll stay that way: as long as you stick to a healthy diet and exercise, mind you.

Who to see Angelica Kavouni at Kosmosis, 129 Harley Street W1 (cosmetic-solutions.co.uk; 020 7486 9040). From £450. ▷



pass. For skin to reach the right temperature, you need to be hydrated, so drink a lot of water in the hours leading up to treatment – and skip that glass of Malbec the night before.

Downtime None at all. No redness, no swelling, no bruising. Carry on as you were.

Results Nothing to write home about straight away, but four to six weekly sessions will result in a definite improvement. Skin looks smoother; cellulite is less visible. For very loose skin, Thermage radiofrequency is recommended alongside PelleFirm.

Who to see Dr Rita Rakus at 34 Hans Road, SW3 (drirarakus.com; 020 7460 7324). From £600



In your 30s, evidence of your wayward 20s begins to show on your face. All those late nights and early starts (not to mention excessive sun worshipping) can have a detrimental effect on your complexion.

But it's not too late to take action and give your skin the attention it deserves – put yourself in the hands of an expert. Ms Angelica Kavouni is one of the UK's most experienced female cosmetic surgeons. She is a fully fledged plastic surgeon, specialising in cosmetic surgery, with over 10 years of private practice under her belt. Ms Kavouni believes in addressing skin issues early, rejuvenating and revitalising the face to reveal an inner radiance. Her secret weapon against ageing? The three-step techno-facelift, designed to reduce lines, boost collagen and freshen the appearance. Time to give your skin regime that little bit extra...

'If you take care of your skin in your 30's, you will reap the benefit in later years – slowing the ageing process has never been easier'



WAY TO GLOW

Ms Angelica Kavouni has developed a three-step techno-facelift for women in their 30s. Designed to combat ageing, it reveals a bright and radiant complexion

STEP 1: IOVERA

Iovera is a very clever little device that utilises cold therapy to break repetitive muscle movements. This helps stop lines and wrinkles in their tracks. In a 40-minute session, iovera targets the main culprits of line production by relaxing specific nerves and leaving others entirely functional. No frozen faces here – you will retain expression and movement! Even better, only one session is required to give you a smooth forehead for up to three months.

STEP 2: THERMAGE CPT

Over time, the elasticity of the face weakens and contours slacken and sag. Not a good look. Luckily there's Thermage CPT – a radiofrequency treatment designed to lift and tone the face and stop early drooping. Thermage works by heating the layers of the skin which in turn boosts collagen (the Holy Grail of skincare). Ms Kavouni uses this to correct nose-to-mouth lines, crow's feet and firm up jawlines. The comfort pulse technology makes this treatment gentle and comfortable. Only one session is required and results last for up to three years.

STEP 3: FRAXEL DUAL LASER

This laser resurfacing treatment is the pièce de résistance of anti-ageing therapies. Working below the skin's surface from the top down, the Fraxel addresses imperfections at each layer of the dermis. Skin tone is balanced, fine lines are reduced and collagen production is stimulated to keep skin firm and glowing. You may look slightly flushed for one or two days after treatment, but then you're blemish free for up to 18 months. The three-step facelift brings definition and vitality back to the face, recapturing natural beauty. It's nothing short of perfection!

Ms Kavouni is offering Tatler readers a complimentary consultation worth £150. To book, call 020 7486 9040 and quote 'Tatler'

129 Harley Street, London W1G 6BA. For more information, please visit cosmetic-solutions.co.uk