

A close-up photograph of a woman's eye, looking slightly down and to the right. The eye is heavily made up with vibrant green and yellow eyeshadow. The green is applied to the upper eyelid, while the yellow is on the lower eyelid. Her eyelashes are long and dark. The background is a soft, out-of-focus light blue.

TATTLER[®]

BEAUTY
& COSMETIC
SURGERY
GUIDE 2008

Model wears gold lamé swimsuit, £21, by **American Apparel**. Rouge Allure Lipstick in Vertige, £18, by **Chanel**. Liquid Eyeliner in White Gold, £28, by **Laura Mercier**. Le 2 Mascara in Noir, £21, by **Guerlain**. Nail Varnish in Revlon Red, £6, by **Revlon**. Pearl series French classic pool lounger, £17, at poolandpatio.co.uk

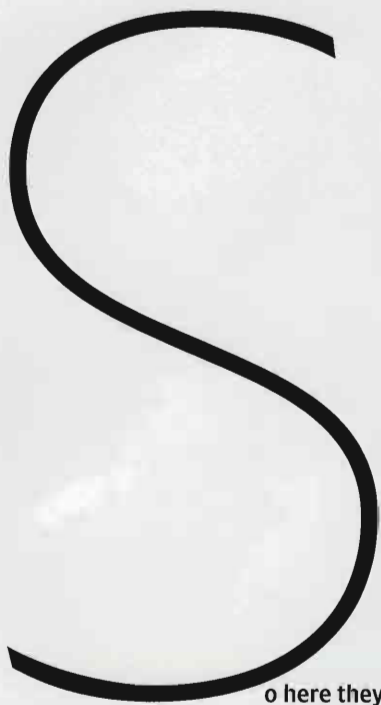


PHOTOGRAPHED BY WOLFGANG LUDES
STYLED BY OLIVIA FALCON

A woman is lying on her side on a blue patterned surface, wearing a gold bikini. Her hands are clasped near her face. The lighting is bright, highlighting the metallic sheen of the bikini and the texture of the surface.

Carry on... doctor

The world's top cosmetic surgeons all have that magic Midas touch. Their body of work speaks for itself. Wendy Lewis gives us the lowdown...



Here they are – the A-list of cosmetic surgeons. This is our global guide to the doctors who are at the top of their game. Whether you want a perfect nose, gravity-defying breasts or just a slight freshening up, these are the experts you must see. They're so good that no one should know you've had anything done. And their innovations are shaping the art of cosmetic surgery around the world...

Minimal lifts

There's no longer any need for the taut, wind-tunnel look – facelifts are now subtle and less invasive. Pick the right surgeon and you'll have everyone wondering where you've been on holiday, not what you've had done.

Bryan Forley, New York

Forley's discreet Upper East Side clinic is perfect for women and men in search of minimally invasive natural-looking surgery. He was trained in France and the UK and has a straightforward, gentle, less-is-more approach. He uses the intimidating-sounding MACS-lift (Minimal Access Cranial Suspension), which is an ingenious short-scar method. A small incision is placed just above where the ear meets the hairline and the cheeks and jowls are gently pulled up. He makes sure the skin is in great shape by using the Fraxel laser for resurfacing and combines it with expertly placed fillers like Sculptra to maximise his results. He also does Juvéderm, Botox and Restylane at the Elizabeth Arden Red Door Salon and Spa on Fifth Avenue. He has been on missions to Asia and Africa, where he has devoted his skills to treat children with facial deformities. 5 East 82nd Street, New York, USA (tel: 001 212 861 3757; drforley.com).

Nikolaos Metaxotos, Athens

This Greek plastic surgeon trained in his home country and the UK and has built an advanced centre of excellence that offers the best of cosmetic surgery, dermatology, weight management, nutrition, dentistry, laser and skincare treatments and advanced aesthetic services. Canadian cosmetic surgeon Alex Karidis, who also works in London, has recently joined his group, which attracts patients from all over the world. Metaxotos specialises in minimally invasive facial surgery like the MACS-lift, as well as eyelid procedures.

Symmetria, 66, Ethnikis Antistaseos Street, Halandri, Athens, Greece (tel: 00 30 21067 45555; symmetria.gr).

Fiorella Donati, Milan

The striking, Prada-wearing Donati is the best-kept beauty secret of Milan's fashionista elite who want to discreetly maintain their youthful looks. Although Donati looks like a young Sophia Loren, she's a studious and serious surgeon who stays up-to-date with new techniques by travelling frequently to work with colleagues in New York, LA and London. Donati is a master of endoscopic surgery, which she uses for browlifts and upper facelifts. Her aesthetic eye, artistic nature and feminine touch mean her Botox is brilliant and she uses facial fillers creatively. *Via De Togni Aristide 18, Milan, Italy (tel: 00 39 02 86 45 03 13; fiorelladonati.it).*

Eyelifts

Scrutinise family photos and they'll show you whether you may be in the market for an eyelift. Drooping and puffy eyes are hereditary and, despite the Charlotte Rampling effect, hooded eyes can be extremely ageing. Nothing can make you look fresher faster than a quick eyelift – and these are the people to see.

Foad Nahai, Atlanta

Known as the 'CEO of cosmetic surgery' by the inner circle, this Persian-born surgeon has mentored many of the world's finest aesthetic cosmetic surgeons. Nahai is the president of both the American Society for

Aesthetic Plastic Surgery (ASAPS) and the International Society of Aesthetic Plastic Surgery (ISAPS). He and his partners have advanced the mid-facelift technique and specialise in beautifying eyelids and faces. His son, Farzad Nahai, has recently joined this group located near Atlanta's fashionable Buckhead neighbourhood which includes five of the top surgeons in the Southeast. Nahai operates in a multilevel clinic that includes private suites and 24/7 nursing care for visiting patients and all the Southern hospitality one would expect. Mint Julep, anyone?

Paces Plastic Surgery, 3200 Downwood Circle, Suite 640, Atlanta, Georgia, USA (tel: 001 404 351 0051; pacesplasticsurgery.com).

Bryan Mendelson, Melbourne

Mendelson is known for his pure genius with face, eyelid and brow surgery and is the past president of the International Society of Aesthetic Plastic Surgery. His private clinic in Toorak, Melbourne, offers patients a discreet place to go to get lifted in seclusion, with comprehensive care from his meticulous team. He frequently travels all over the world to lecture, and often meets up with his international clientele in London, New York and Paris. *109 Mathoura Road, Toorak, Melbourne, Victoria, Australia (tel: 00 61 39 826 0977; bmendelson.com.au).*

Jean Carruthers, Vancouver

The first lady of Botox, Jean is half of the famous doctors Carruthers and Carruthers, the team who pioneered the use of Botox for cosmetic procedures back in 1987. She is an oculoplastic surgeon whose techniques for eyelid and brow rejuvenation have won international acclaim. Her husband Alastair is a dermatologic surgeon par excellence and together they train doctors on the finer techniques of injections, lasers and other surgical enhancements.

Carruthers Dermatology Center, Suite 740-943 West Broadway, Vancouver, British Columbia, Canada (tel: 001 60 4730 6133; carruthers.net).

Necklifts

There's nothing more jarring than seeing a preternaturally young face sitting on top of a craggy neck. But getting necks to look just right is a specialised skill. It's not only gravity or sun damage that take their toll – the vertical muscle bands separate, causing that turkey-wattle look, and fatty pouches can sit under the jaw, making it sag.

Alan Matarasso, New York

One of the biggest telltale signs of a necklift is the scar just in front of the ear. No matter how skilled the surgeon, it's a dead giveaway and can have nosey hairdressers gossiping about who's ▷

Drooping and puffy eyes are hereditary

Model wears
leather bikini top,
to order, by La
Perla. Lycra bikini,
£120, by Melissa
Odabash. Shoes,
stylist's own.
Make-up, as before



Model wears Hypnôse
Onyx Mascara in Noir,
£18.50, by Lancôme
Pure Colour Lip Gloss
in Pink Glaze, £14;
Skin Caviar, £100, both
by La Prairie



◀ had what done. That's no longer the case thanks to Alan Matarasso, a favourite with New York socialites, who is known for his short-scar lifts and has introduced his Pony Tail Necklift. This involves tucking incisions neatly behind the ears so hair can be pulled back without visible signs of surgery. It's very handy for his celebrity clients, who have to endure close-ups most of us would cringe at.

1009 Park Avenue, New York, USA (tel: 001 212 249 7500).

Malcolm Paul, Newport Beach

Paul works in the heart of the OC – the land of leggy buxom blondes – where

only the best cosmetic surgeons flourish. He's perfected a three-dimensional technique for face and necklifts. He has meticulous attention to detail, and artfully elevates sagging skin to produce a swanlike neck and a refreshed face that has no hint of jowl. He's invented a new technique called the Quill Self-Retaining System, which allows him to leave the subtlest of scars in face- brow- and breastlifting and tummy tucks. Paul's surgery centre is modern and sleek and his fastidious aftercare gets high marks from patients. As a special service for his international clientele, he offers phone and email consultations too.

Suite 810, 1401 Avocado Avenue, Newport Beach, California, USA (tel: 001 949 760 5047; mpaulmd.net).

Alain Fogli, Marseille

Fogli's clinic is a grand and charming mansion in the sunny South of France – it seems more like a beautiful villa than a surgery centre. The views are superb too – while you're in recovery you can look over the sparkling Mediterranean. Fogli attracts a well-heeled European clientele who want both his elegant surgical results and a bit of brilliant sunshine. He is renowned for facial rejuvenation and aesthetic treatments, which include lifts and fillers. His facelifting ▶

◁ methods and lectures mean his reputation is rock solid among his colleagues.

Clinique Alain Fogli, 281 Corniche Kennedy, Marseille, France (tel: 00 33 4 91 59 14 89; alainfogli.com).

Nose jobs

Gone are the days of the ski-jump, button or pinched nose. Now people just want an idealised version of their own nose, whether that's the 'Gisele' or the 'Nicole', and these surgeons meet your demands.

Samieh Rizk, New York

This young and charming Egyptian-born facial cosmetic surgeon has built his own designer clinic and surgical suite on New York's Upper East Side, where his attentive staff will serve you espresso as you wait in privacy to have your face analysed. Rizk's approach is quality not quantity and he works his magic on women and men in search of high-quality facial work and natural-looking noses. His expertise lies in restoring noses that have been previously operated on and, thanks to his success (reconstructing noses is one of the trickiest surgeries to do), he has a large clientele from the States, Europe and the Middle East.

Manhattan Facial Plastic Surgery, 1040 Park Avenue, New York, USA (tel: 001 212 452 3362; drsamrizk.com).

Raj Kanodia, Los Angeles

Kanodia is one of Hollywood's surgeons to the stars (he appeared on *Doctor 90210*) – and the queue to see him is even longer since it became widely renowned that he did Jennifer Aniston's nose (he is also rumoured to have seen many pop stars in recent years). He is a facial cosmetic surgeon who does a natural-looking rhinoplasty along with face and eyelid tweaking – at prices that cost a small fortune.

414 North Camden Drive, Beverly Hills, California, USA (tel: 001 310 276 3106; drkanodia.com).

3-D body contouring

Here are the latest ways to slim down the problem areas of thighs, bottoms and tummies, and these are the experts.

John Millard, Denver

Millard is the creator of what he calls 'high definition liposculpture'. He's perfected an amazing technique where he can use your own fat to reshape your body. Now, with his futuristic-sounding Vaser Liposelection, which was developed with Colombian cosmetic surgeon Dr Alfredo Hoyos, Millard can reshape the body to near-supermodel status. It's based on the concept of superficial liposuction, which means he works close to the surface of the skin to artfully sculpt the torso rather than simply sucking out excess fat. It works equally well for women

and men, and makes six-pack abs or a cinched waist a dream come true.

Millard Plastic Surgery, 9218 Kimmer Drive, Suite 107, Lone Tree, Colorado, USA (tel: 001 303 792 5665; millardplasticsurgery.com).

Peter Fodor, Los Angeles

There is nowhere more body-obsessed than Los Angeles. The scrutiny to which many of LA's residents are subjected, combined with American perfectionism, has meant that to be considered the best at body contouring here is like being regarded the best surfer in Hawaii. There's no higher accolade and Fodor is one of the original masters. He offers his patients the best in Power-Assisted Lipoplasty to finely contour body areas with gentle precision using a vibrating canula. He is also in demand to correct liposuction gone wrong, which can result in ugly dimples and dents. Fodor is involved in finding ways to use ultrasonic energy to dissolve fat – much less painful and invasive.

Century Aesthetics, 2080 Century Park East, Suite 710, Los Angeles, California, USA (tel: 001 866 370 9042; centurycitycosmetic surgery.com).

Luiz Toledo, Dubai

Toledo is formerly of São Paulo, Brazil – another country obsessed with the body beautiful. He joined Dubai's International Modern Hospital as the head of the aesthetic cosmetic surgery department. He is best known for his work with liposculpture, body contouring and fat-transfer techniques. He trained with the legendary Ivo Pitanguy, one of the fathers of aesthetic cosmetic surgery. *International Modern Hospital, Dubai, UAE (tel: 00 97 14 269 9717; luiztoledo.com).*

Boob jobs

We all long for those upward-tilted, full, perky breasts of our youth before children and gravity got to work on them. There are some surgeons who can create beautifully natural-looking breasts without nasty scars and grapefruit-sized cleavage.

Constantin Stan, Bacau

Stan does over 400 breast augmentations a year, which makes him one of the busiest

cosmetic surgeons in Eastern Europe.

His specialty is his expert analysis of the size and shape of the female breast, and he has developed a unique software program to help surgeons to select the best implants for each patient.

9 Mai Street, Number 32, Bacau, Romania (tel: 00 40 2345 71202; cms.ro/drstan.php).

G Patrick Maxwell, Nashville

Maxwell was one of the original developers of breast-implant technology and post-cancer reconstruction. He teaches the art of breast aesthetics around the world and his new book, *Breast Beauty*, was written to educate people on the nuances of breast-enhancement techniques from implants to lifts and short-scar reductions. In addition to his booming surgical suite and newly appointed ultra-luxe laser and medical spa in Nashville, Maxwell practises in a state-of-the-art centre in Bucks County, Pennsylvania, where women-in-the-know travel by limo from Manhattan to see him. *Maxwell Aesthetics, Suite 806, 2021 Church Street, Plaza 2, Nashville, Tennessee, USA (tel: 001 615 284 8200; maxwellaesthetics.com).*

Javier de Benito, Barcelona

De Benito was the founder of one of the most respected cosmetic surgery groups in Spain. He and his five colleagues offer anti-ageing medicine, nutrition and face and body rejuvenation in a setting that feels more like a slightly OTT private mansion than a hospital. De Benito is most renowned for his boob jobs. He does the majority of his larger procedures at Teknon, a sprawling modern multi-speciality medical centre that bears a closer resemblance to a fine art museum rather than a hi-tech hospital. *Instituto de Benito, Marquesa de Vilallonga 12, Barcelona, Spain (tel: 00 34 932 530282; institutodebenito.com).*

Bodylifts

After losing weight you often end up with loose skin, but there's no need to put up with unsightly sagging – these surgeons will have you taut and shapely again.

Jean-François Pascal, Lyon

Pascal has elevated the art of the bodylift to a new level. He's based in the birthplace of many techniques in obesity surgery – Lyon is notable for its haute cuisine, so it's not surprising that there is a weight problem. Pascal's splendid surgical results for reshaping arms, legs, tummies and hips have catapulted him into weight-reduction surgery's elite. *13 Quai du General Sarrail, Lyon, France (tel: 00 33 4 78 24 59 27; docteur-pascal.com).*

Rod Rohrich, Dallas

Rohrich is a world-class aesthetic plastic surgeon and researcher. He's a published author who's famous for his bodylifting and contouring procedures. He is at the ▷

We long for
the perky
bosoms of
our youth

Model wears leather stomach plate, to order, by **La Perla**. Lycra bikini, £120, by **Melissa Odabash**. Shoes, stylist's own. Make-up, as before. Hair by Tony Lucha, make-up by Davide Caldinai, manicure by Donna D, all at artistsbytimothypriano.com. Model, Daniela Urzi at One Model Management NYC. Shot at Casa Casuarina, Miami (tel: 001305 672 6604)



Ultrasonic energy is used in the new lipo

◀ forefront of new developments in techniques as chairman of the department of cosmetic surgery at the prestigious University of Texas Southwestern Medical Center. *Dallas Plastic Surgery Institute, 411 North Washington Street, Suite 6000, Lb13, Dallas, Texas, USA (tel: 001 214 821 9114; drrohrich.com).*

Michael Scheffan, Tel Aviv

Scheffan is the haute couturier of cosmetic surgery in his corner of the world and he operates in Israel's most advanced and private surgical centre. He is renowned for

beautifying the bathing beauties that line the Dead Sea's chic resorts. Scheffan's innovations include working with ultrasonic energy for new liposuction procedures and non-surgical fat-reduction devices, many of which have been developed by Israeli engineers.

Atidim Medical Center, 24 Habarzel Street, Tel Aviv, Israel (tel: 00 97 23 649 9133; medigroup.co.il). □

*Wendy Lewis's 10th book, **Plastic Makes Perfect: The Complete Cosmetic Beauty Guide** (Orion, £16.99), is available nationwide and at amazon.co.uk. Wendy's website is at wilbeauty.com.*