

THE EDITOR'S LIST
LITTLE BLACK BOOK

ISSUE 2023



12th March 2023,

Spring is in the air and with the scent of summer on the horizon many of us are curious to discover new ways to look and feel our very best. I hope you had a chance to do just that with a front row seat to explore the latest, rejuvenating treatments.

A very warm welcome to the Editor's List Live, hosted in association with The Teresa Tarmey Clinic, with two locations in Notting Hill and the Cotswold these clinics are the place to come to upgrade your skin health and find that elusive glow.

As a beauty editor with nearly 20 years' experience in interviewing clinicians, reviewing clinics and guinea-pigging all manner of cosmetic procedures, I'm excited to introduce you to some of my favourite cosmetic doctors, surgeons and health and beauty experts, all of whom I've hand picked to advise on the most effective treatments, whatever your concern. From hair loss to hormones, stubborn fat to sagging skin, no niggles will go unaddressed.

I hope you enjoyed your session. I'd like to offer a huge thanks to the brilliant brands, doctors and beauty experts who have made this possible, read on for some invaluable contacts.

For the latest beauty updates throughout the year, follow Olivia on Instagram @[theeditorslist](#)

Olivia Falcon
Founder, The Editor's List



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PCCA's vision is to improve patients' lives by bringing innovative approaches to solving health challenges.

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The Daily Telegraph



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*CUTEST 2019 Independent Double-blind Placebo-controlled Randomised Clinical Trial.

THE FEEL GOOD FACTOR

Dr. Nima is the co-founder of Remedi London, a leading aesthetics clinic and holistic wellness centre.

remedilondon.com



An expert in facial aesthetics, Dr Nima is an advanced injector with a wealth of knowledge and experience regarding the human psyche, which has led him to pioneer a unique concept for a total mind and body reset in London.

Dr Nima believes that to operate at an optimum, we need to apply a 360 degree holistic approach of physical, emotional, social, spiritual and intellectual aspects of the human form. Nurturing these different dimensions of wellness will ultimately help one live the most fulfilled life.

Qualified as a Reiki master, he provides a healing touch to all his aesthetic treatments with his

painless techniques and calm aura. At Remedi London, he heads the aesthetic department as well as being heavily involved in the biohacking lab, with a special interest in sound therapy and healing.

Remedi London promotes inner and outer wellbeing, offering mindfulness classes and sound therapy sessions. Alongside leading advanced aesthetics solutions ranging from skin and body treatments, the clinic has a cryotherapy chamber and a team of aestheticians, dentists, hypnotherapists and integrative health practitioners to help others not only look their best, but also feel fulfilled and content internally.

Dr Rachna Murthy

MBBS BSc (Hons) FRCO phth

Dr Jonathan Roos

MB BChir MA PhD(Cantab) FRCO phth FEBO



Face Restoration is a two-consultant delivered medical and surgical service specialising in facial aesthetics, eyelid surgery & diseases of the eyes.

Led by award-winning ophthalmic and oculoplastic surgeons Miss Rachna Murthy and Prof Jonathan Roos, our team mission is to enhance the patient experience and safety with advanced technical skill, innovative technology and ideas, education, and patient care that is second to none.

Listed in the Spear's 500 as top cosmetic surgeons, amongst the top 4 for eyelid surgery in the Tatler Cosmetic Surgery & Beauty guide 2022 & 2023, Aesthetics Awards Consultant Surgeon of the year 2022 and finalists for best surgical result & Consultant Surgeon 2023.

FaceRestoration is unique in that we work seamlessly as a diverse two consultant team, combining over three decades of NHS expertise and offering you diverse perspectives in every consultation and treatment. Having trained in Cambridge, Harvard, Imperial College & Moorfields eye hospital, we are now surgical and aesthetic trainers able to look after complex diseases and provide key opinions for aesthetic

complications. We specialise in blepharoplasty (surgery for hooded eyes & under-eye bags), facial aesthetics with new generation hybrid injectables and hyaluronic acid fillers, and dry eye disease.

We have published in leading medical journals, are both speakers for & members of the British, European & US Oculoplastic societies as well as faculty for global aesthetic conferences.

We lead with compassion, warmth, and care. We believe that having two clinicians is less intimidating than speaking to a single doctor and offers you greater opportunities to question, discuss different approaches and be heard.

Our mission - Listen, Care, Cure & Reassure.

Our Promise - Two experienced Consultant Surgeons working seamlessly together, to look after you as we would our family.

25 HARLEY STREET,
LONDON, W1G 9QW

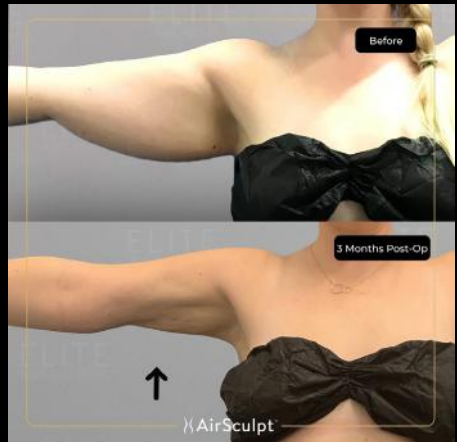
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For more information please email
london@elitebodysculpture.com

uk.elitebodysculpture.com



THE WHO'S WHO FOR ACHIEVING YOUR VERY BEST YOU...

THE EDITOR'S EXPERTS

BEST FOR REJUVENATING SKIN



Dr David Jack

96 Harley Street, London, W1G 7HY & 59 Ebury Street, London, SW1W 0NZ
020 7589 6309 - drdavidjack.com

If you are nervous about tweakments, Dr Jack's clinics are a good place to start as the beautiful interiors feel more like plush private members' clubs than starchy medical establishments. You can rest easy, as even though Jack is a surgeon by training, he prefers a far less invasive approach to refreshing patients' skin from head-to-toe.

As well as lasers to correct sun damage and body treatments with Endolift for fat reduction and skin tightening, he's very proficient with Profhilo, an injectable treatment he uses to smooth crepey skin on the abdomen and backs of the arms, as well as the neck and face.

The Ebury Street clinic also has a drop-in facial bar with a menu of express treatments. Ask for the Korean Glass Skin Facial with Golki sculpting massage, that lifts and sharpens cheekbones and jawlines.

COSTS

Consultaion	from	£150
<i>redeemable against treatment on the same date.</i>		
Profhilo	from	£450
Express facials	from	£250
Morpheus8	from	£550

THE EDITOR'S EXPERTS

BEST FOR REJUVENATING SKIN



Dr Sophie Shotter

ILLUMINATE SKIN CLINIC - 10 Harley Street, London W1G 9PF
0330 133 1272 - illuminateskinclinic.co.uk

Likeable and highly engaging, Dr Shotter is not only a great practitioner with an eye for detail, but she'll also give you friendly advice and the lowdown on the latest skincare trends and treatments.

A champion of ultrasound skin lifting, she was one of the first in the UK to offer Sofwave, a new Israeli technology that precisely heats tissue without damaging skin to lift jowls, cheeks and eyebrows. Studies have also revealed Sofwave can also help with the appearance of cellulite.

COSTS

Consultaion	£250
Sofwave	from £1,600
Botox	from £400
Fillers	from £650



Dr Suha Kersh

23MD, 23 Elystan Street, London SW3 3NT
020 7078 0302 - 23md.co.uk

If you're worried about looking tired, grumpy or sad, Kersh takes the edge off ageing with subtle injectable treatments that soften sagging, open up tired eyes and rebalance features.

One of her most trusted tools to maintain a fresh look is Profhilo, the hydrating injectable that delicately works to boost collagen and elastin, smoothing crepey skin on the face and now, in its newest incarnation, the body too.

Replenishing scrawny necks, bingo wings or saggy knees, Profhilo helps smooth away the telltale signs of ageing.

COSTS

Consultaion	£250
<i>redeemable against treatment.</i>	
Profhilo	from £700
Fillers	from £650

BEST FOR REJUVENATING SKIN



Dr Penelope Tympanidis

DERMAPERFECT, 137 Harley Street, London W1G 6BG

020 7370 1090 - dermaperfect.co.uk

COSTS

Consultaion		£220
<i>redeemable against treatment.</i>		
Skin peels	from	£200
dermal subcision	from	£350

A good dermatologist is hard to find, but Tympanidis delivers, with an empathetic bedside manner to boot, making her a must for your speed dial. She's an expert at sorting out belligerent adult acne, helping to take the fire and redness out of rosacea, and flattening unsightly scars.

In fact Tympanidis is one of the few specialists in the UK offering dermal subcision, a technique that uses a small needle with a blade attachment to diminish scar tissue, boosting collagen and elastin to smooth puckering and indentations. Interestingly, this technique is also being studied to improve wrinkling and fine lines.

BEST FOR ADVANCED FACIALS



Teresa Tarmey

206-208 KENSINGTON PARK ROAD, LONDON W11 1NR

020 3983 4100 - teresatarmey.com

COSTS

Signature facial		£135
Advanced facials	from	£289
EMFace	from	£875

With nearly 50,000 hours of hands-on experience (which works out at about 25 years of facials), Tarmey is one of the world's most sought-after skincare and laser aestheticians, heralded by Vogue as "The Super Facialist".

With clients such as Victoria Beckham and Sienna Miller, Tarmey is also the global skincare expert and ambassador for Dior. Her treatments are results orientated and deliver nourished skin with a rejuvenated glow.

PROFILO®

A league of its own

THE GAME-CHANGING TREATMENT

PRACTITIONERS CAN'T STOP

TALKING ABOUT



Quickly becoming one of the most requested treatments since launching, it's little wonder Profilo® been heralded as the biggest innovation in the skin category of the last decade. Containing the highest available concentration of stabilised ultra-pure hyaluronic acid, thanks to IBSA's patented NAHYCO® technology, this unique HA composition has a prolonged action able to counteract skin ageing on cellular level. The award winning, injectable regenerative bioremodelling treatment, acts against dullness and poor skin quality while stimulating collagen and elastin.



Profilo® is a great 'first step' treatment as it acts directly on skin laxity and can also improve the appearance of uneven skin tone, pores and pigmented skin. Driven by demand from existing patients, Profilo® extended its expertise to treat the body as well as the face with new addition Profilo® Body, the first and only HA injectable treatment specifically formulated with proven clinical efficacy to address body skin laxity.

Profilo® can be used by patients of all ages with its anti-ageing properties making it an ideal preventative treatment as well as corrective. It is proven to be particularly effective at treating areas prone to laxity, including the face, neck, décolletage, hands, arms, abdomen and knees, and can be used on numerous areas on its own or in combination with other aesthetic treatments. Two Profilo® treatments are recommended, spaced four weeks apart followed by regular maintenance.

profilo.co.uk

THE EDITOR'S EXPERTS

BEST FOR LIPS


Dr Steven Harris

THE HARRIS CLINIC, Crouch Hall Road Surgery,
48 Crouch Hall Road, London N8 8HJ

0333 335 0518 – harrisclinic.co.uk

COSTS

Complimentary consultation

Fillers from **£400**

Botox from **£200**

Straight talking Dr Harris is a hit with patients and colleagues alike, who covet his Nonsurgical Lip Lift – aka the NLL – a technique which works by injecting the tubercles (the small, fleshy pillows at the centre of the top and bottom lips), to make lips look fuller without any sign of trout pout.

He also has a very busy lip-dissolving clinic and offers ultrasound face scans to detect migrated filler. Be sure to book early as his waiting list currently runs at about a year.



Dr Rita Rakus

DR RITA RAKUS CLINIC, 34 Hans Road, London SW3 1RW

020 7460 7324 – drritarakus.co.uk

COSTS

Complimentary consultation

Sofwave from **£2,600**

ADVATx from **£1,200**

Fillers from **£545**

Botox from **£295**

With a stellar 30-year career and clinics in Dubai, Cannes, Los Angeles and a flagship HQ just opposite Harrods in London, no one delivers red-carpet polish better than the original London lip queen.

Always on the lookout for innovative new ways to make her patients smile, Rakus was an early adopter of Sofwave, a non invasive device that picks up skin sag, firming up jawlines or subtly raising eyebrows by up to 4mm. Rakus also rates ADVATx Laser, that uses dual wavelengths to improve skin tone and brightness, reducing fine lines and wrinkles without pain or downtime.



The gift of a lift

Minimal fuss, maximum results for safe, clinically proven brow, chin and neck lifting – not to mention fine-line and wrinkle reduction and cellulite – with no downtime.

Sofwave™, is the latest technology to revitalise the skin by stimulating the production of new collagen. Utilising controlled delivery of ultrasound technology energy, while also protecting the skin with an integrated cooling mechanism, this innovative treatment achieves beautiful results without interrupting your daily routine. Ultrasound energy precisely passes through the skin's surface, heating the mid-dermal tissue at just the right depth and temperature to rejuvenate collagen fibres.

Treatment takes just 30 to 40 minutes and is suitable for all skin types, including darker skin tones, which are more susceptible to burns from some light-based therapies. Thanks to integrated cooling Sofcool™, there won't be any damage to the epidermis or to the underlying structures. One Sofwave study revealed that most patients showed improvement 12 weeks after a single treatment. It's also FDA-cleared for lifting the eyebrows and lifting lax submental (beneath the chin), neck tissue and cellulite.



Dr Sophie Shotter, aesthetic doctor and founder and medical director of Illuminate Skin Clinic says:

"Sofwave™ was a clear winner for me. The incredible results, FDA clearance and the fact that it is far more comfortable than older technologies on the market, meant the decision was not a hard one. I was also concerned about fat loss for my patients and that the leading competitor can cause this issue. Sofwave results can be seen straight away (I tell my team to always do one side of the face first so you can show patients the difference), with best results after 6 months. Having a comfortable technology that can lift the delicate eye area as well as the brow, is an industry first."

AMAZING RESULTS!



before

after

sofwave™

Courtesy of Dr. Jason Bloom



6 weeks to regaining
hair confidence

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PROFESSIONAL

CALECIM® is a revolutionary new patented technology that is being used for the first time to combat hair loss. In clinical studies it has been demonstrated to be a fast, safe and effective treatment for various kinds of hair loss with results seen in as little as 6 weeks.

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I’ve found CALECIM® Advanced
Hair System delivers excellent
results even in patients who were
unresponsive to Minoxidil.”**

Kelly Morell,
Founder of Scalp Confidential.

calecimprofessional.com

TERESA

TARMEY



With over 25 years experience, Vogue's "super-facialist" and global skin expert for Dior, Teresa Tarmey is widely known for her results-driven, clinically-backed treatments and less-is-more philosophy.

MICRONEEDLING
SKIN REJUVENATION
FRACTIONAL RADIO FREQUENCY
ADVANCED LASER FACIALS
FAT-REDUCING BODY TREATMENTS



[TERESATARMEY.COM](https://www.teresatarmey.com)

THE EDITOR'S EXPERTS

BEST FOR EYES



Professor Jonathan Roos & Miss Rachna Murthy

FACE RESTORATION, 25 Harley Street, London, W1G 9QW

020 3983 8330 – [facerestoration.com](https://www.facerestoration.com)

COSTS

1 hour consultation
with an eye exam
and skin analysis **£250**

Fillers from **£500**

Botox from **£475**

Upper-lid
blepharoplasty from **£5,500**

Lower-lid
blepharoplasty from **£7,500**

They say the eyes are windows to the soul, but they are also often the first giveaway of your age. Step forward dynamic duo Roos and Murthy, award-winning ophthalmic and oculoplastic surgeons who work together with a focus on facial aesthetics, specialising in blepharoplasty (surgery for hooded eyes & under-eye bags) and diseases of the eyes.

Listed in The Spear's 500 as top cosmetic surgeons, and named 'The Aesthetics Awards' Consultant Surgeons of the year 2022, they are on a mission to enhance patient experience with technical skill, innovative technology and excellent patient care. "We lead with compassion and warmth," says Murthy. "Our mission is to listen, care, cure and reassure. We pledge to look after you as we would our own families."

THE EDITOR'S EXPERTS

BEST FOR HORMONE HEALTH



Dr Martin Galy

23MD, 23 Elystan Street, London SW3 3NT
020 7078 0302 – 23md.co.uk

A specialist in both male and female hormones, Galy guides patients through this tricky topic with clarity and compassion, and is celebrated for his excellent diagnostic skills, thorough approach and warm bedside manner.

He champions bio-identical hormone programmes and treats patients of all ages, from teens and women in their twenties grappling with issues like polycystic ovarian syndrome and acne, through to mid-life cases of adrenal exhaustion and the menopause. His great sense of humour makes everyone feel at ease, and patients often describe consultations with him as being positively life changing.

COSTS

Initial consultaion	£380
Follow-up consultaion	£180 each
Blood profiles	from £80 to £690

BEST FOR HAIR LOSS



Dr Munir Somji

DR.MEDISPA, 59 Chiltern Street, London W1U 6NF
DR.MEDISPA, 18 Beauchamp Place, London SW3 1NQ
020 8418 0362 – drmedispa.com

He may be based in the UK – with two clinics in London and one in Loughton – but Somji is recognised internationally as an expert at resolving aesthetic complications, as well as a master of surgical and nonsurgical techniques. These include dermal filler treatments (such as his Contour Once facial mapping with a bespoke plan of filler injections to accentuate the features), radiofrequency skin tightening, and a range of hair transplant procedures. His top tip for people with thinning hair is the new Colecim Advanced Hair System, a stem-cell treatment that is derma-rolled into the scalp to reactivate dormant hair follicles, for a thicker, more youthful head of hair.

COSTS

Consultaion	£100
<i>redeemable against treatment.</i>	
Contour Once	from £1,500
Radiofrequency and ultrasound LED treatments	from £650
Colecim (4 treatments)	from £1,800



THE PURE PACKAGE



Eat Smart

The Pure Package specialises in healthy weight management through all stages of life. The award-winning team has been successfully helping individual clients for 20 years.

Results are incredible because you will be receiving all your perfectly balanced and portioned meals fresh each day.

You can expect a nutritionist to discuss your needs and then for them to instruct the chefs on exactly what to prepare and deliver to you. The Pure Package are the leading experts in helping you reach your health goal by delivering gourmet meals to you.



purepackage.com

THE EDITOR'S EXPERTS

BEST FOR HAIR LOSS


Kelly Morrell

SCALP CONFIDENTIAL, 374 Shooters Hill Road, London SE18 4LS

 07712 464860 – scalpconfidential.co.uk

COSTS

Consultation	£100
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Calecim Advanced Hair Regrowth System	from £1,900 to £3,500
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Scalp micro- pigmentation	from £1,200
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genetic hair test	£350
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A qualified aesthetic practitioner and an expert in scalp micro-pigmentation (which, in layman's terms, is a technique to tattoo the scalp), Morrell is the founder of Scalp Confidential, a genius service that offers a range of treatments to combat hair-thinning concerns. As well as achieving effective, realistic results by her own hand, she also collaborates with hair-transplant surgeons to deliver bespoke treatment programmes for the most follicly challenged.

She has several industry awards under her belt for outstanding customer service, and is a great proponent of Calecim's Advanced Hair System, a patented stem-cell solution that helps reactivate hair growth within six weeks.

BEST FOR A BODY BLITZ


Dr Galyna Selezneva

DR RITA RAKUS CLINIC, 34 Hans Road, London SW3 1RW

 020 7460 7324 – drritarakus.co.uk

COSTS

Complimentary consultation	
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Sofwave	from £2,400
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ProDeep laser	from £2,600
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Profilo Body	from £790
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Known for her meticulous body programmes, designed to regenerate skin, Selezneva may well boast London's most comprehensive arsenal of machines to lift, tuck and tone troublesome flabby areas.

Her favourite new discovery for summer? Sofwave, an ultrasonic device that effectively reduces the appearance of cellulite. She often uses this in clever combination treatments, finessing her results with other technologies, such as ProDeep Laser (a new generation of ablative laser that tightens skin with very little downtime) or Profilo body injections that smooth ageing skin.

BEST FOR WELLNESS



Dr Nima Mahmoodi

REMEDI LONDON, 1 Ace Way, Embassy Gardens, London SW11 7BF
020 7186 5121 - remedilondon.com

COSTS

Consultation	£50
Cryotherapy chamber	from £80 per session
Emerald Laser	£250 per session
Rebalance impulse	£50 per session
Botox	from £225
Fillers	from £264

An aesthetic doctor who cares as much about your soul as your skin, Mahmoodi's beautiful Remedi clinic is a nurturing cocooning space that offers the latest biohacking therapies, from a state-of-the-art cryotherapy chamber and infrared sauna, to rebalance impulse, a futuristic pod that uses light and sound energy to address stress, anxiety and depression by rebalancing the nervous system.

Also on the menu is a robust mix of injectable treatments, as well as the Emerald laser, a non-thermal laser that shrinks fat cells and boosts energy by releasing fatty acids into the system.

To really round off your visit, the Kundalini yoga session hosted weekly by Jayne Ellis is a must.

BEST FOR NUTRITIONAL ADVICE



Nichole Corbett

020 7186 5121 - purepackage.com

COSTS

Consultaion	£120
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redeemable against purchase of a Pure Package Programme.

Corbett holds a BSc in nutrition, which she combines with a burgeoning personal-training business. A healthy eating oracle, she provides support and guidance for hundreds of clients in her role as in-house nutritionist for online dietary delivery service, The Pure Package, dealing with a range of issues from weight management to immune support, menopause and IBS. Specialising in weight management, Corbett prides herself on sustainable strategies such as portion control and nutritional education. She makes healthy eating a joy not a chore.



THE EDITOR'S LIST

Discreet, expert advice on the world's top cosmetic procedures and practitioners by Olivia Falcon, one of the UK's top beauty editors.

This top-to-toe service covers everything from the latest facelift and body contouring techniques, laser and injectable treatments to SOS spot zapping services and bathroom shelf edits. With a focus on a warm and discreet service, The Editor's List takes the guesswork out of finding the safest hands and most skilled practitioners.

CONTACT

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