

THE EDITOR'S LIST
LITTLE BLACK BOOK

ISSUE 2024



21st January 2024,

It was wonderful to see so many of you enjoying The Editor's List Live last week, hosted in association with The Teresa Tarmey Clinic. The energy in the room was palpable and I hope the experts you met have left you feeling excited and inspired about what is possible in the wonderful world of wellness and aesthetics.

To make life easier please find the details of all those who attended listed here in my Little Black Book of invaluable contacts.

We will be repeating and building on the success of this year's event with an event towards the end of the year and I have a series of smaller gatherings planned, so if you'd like to join my newsletter please **click here** to be kept in the loop.

Finally, I'd like to offer heartfelt thanks to the brilliant brands, doctors and beauty experts who have made this event possible. Stay tuned and read on for a directory of the best in the business.

All the best,

Olivia Falcon

Founder, The Editor's List

*For the latest beauty updates throughout the year, follow Olivia on Instagram **@theeditorslist***

PROPHILO®



LOOK FOR THE HOLOGRAM LABEL TO
ENSURE YOUR TREATMENT IS AUTHENTIC

Beyond the Glow

In an era when 'skin is in', it's easy to be sidetracked by the legendary Profhilo® 'glow' or mislabel the product as a mere skin booster. The original disruptor, Profhilo® has been leading the way in dermo aesthetic injectables for nearly a decade, establishing an entire category and inspiring a multitude of imitators along the way.

Launched in 2015, Profhilo® offered a paradigm shift in skin rejuvenation and revitalisation from inception, and its bio-remodelling technology remains unparalleled today. Years of scientific development and ingredient innovation from multinational pharmaceutical company, IBSA, mean that Profhilo® delivers more than just a fleeting radiance.

Profhilo® goes 'beyond the glow' to stimulate collagen and elastin production, visibly improving the skin's firmness, elasticity, and quality. This bio-remodelling effect visibly lifts and smooths, whilst locking in slow-release hydration for the ultimate dewy, fresh complexion.

The (Pure) Science Bit...

Profhilo® embodies IBSA's commitment to beauty from within. Using one of nature's most potent molecules, hyaluronic acid, patented NAHYCO® technology therapeutically stimulates endogenous collagen, elastin, and adipocyte stem cells in synergy. This means that Profhilo® naturally prompts cells to regain their inherent physiological, youthful, behaviour, facilitating a process of 100% natural rejuvenation.

As 'staying ahead of ageing' becomes the new norm and patients aspire to undetectable injectables, Profhilo® and Profhilo® Body appeal to those seeking a natural, therapeutic programme of skin health. Profhilo® is suitable for all ages and can be used in conjunction with other aesthetic treatments and topical skincare.

Take care to look for a 'Profhilo® Preferred Practitioner' who will be using genuine products from approved suppliers, or head to the 'find a clinic' tool at www.prophilo.co.uk to find a trusted practitioner.

prophilo.co.uk

Altrient™

Altrient® are the world's first and leading liposomal health & beauty supplement brand, using a revolutionary gel delivery system to maximise the absorption of vitamins, nutrients and bioactive compounds. Every product spends at least 2 years in research and development, adhering to the highest quality and safety standards in the industry. Altrient™'s patented process uses only the finest ingredients to produce, what we believe to be, the most pure and perfect liposomal supplements in the world.

Altrient™'s cutting-edge Liposomal Encapsulation Technology (LET) shields nutrients from stomach acid, securing a safe path to the small intestine where they are absorbed into the bloodstream. Thanks to their precise composition Altrient™'s liposomes are able to overcome cellular absorption barriers to deliver nutrients directly into the cells, where they are needed most. LET has been used successfully for many years in the pharmaceutical industry as a means of delivering drugs or other therapeutic agents to specific tissues and Altrient® are the first to harness this revolutionary method in health supplements.



Created in 2004 by liposomal pioneers LivOn labs, Altrient® C is a multi-award-winning, gold-standard liposomal food supplement. Vitamin C is a potent antioxidant that helps fight against free-radical damage and provides great support to our immune system. Altrient™'s LET allows Altrient® C to deliver a high dose (1000mg) of vitamin C in a highly absorbable format. High dose vitamin C has been studied for decades by doctors, with particular interest from cardiologists for the potential benefits surrounding heart health and longevity, but more recently it has become popular in the medical aesthetics industry for its ability to impact on skin collagen levels and prevention of premature aging.

An independent double-blind, placebo controlled study carried out by Princeton Consumer Research Centre in 2014 demonstrated a staggering 61.4% increase in skin firmness and elasticity and a reduction in the appearance of fine lines and wrinkles on both the face and body. Those given placebo treatment showed no change at all. These incredible results were achieved by taking just 3 sachets of Altrient® C a day over a 16 week period. At week 8 elasticity had increased by 40%, by week 12 it had reached 60.8% and by week 16 it had risen to 61.4%. Discover for yourself why Altrient® C is a celebrity favourite.

Learn more at www.altrient.com



Discover the international luxury destination for progressive wellness

The Galen Clinic,
9 Queen Anne Street,
London, W1G 9HW

The Galen Clinic is a 6-star clinic located on Queen Anne Street, W1, where your biological potential meets our unrivalled expertise in youthful ageing and holistic health solutions, housed in a state-of-the-art London clinic. Founded by Dr. Andreas Androulakis MD Consultant Plastic Surgeon, Cosmetic and Reconstructive and Popi Makri, Clinic Creative Director, together they have created a new benchmark in progressive wellbeing with the aim to preserve vitality, age-proof the skin, body and mind, to elevate health and happiness.

This multi-disciplinary clinic has been built on the ancient Galenic philosophy of balance within the body's systems, using comprehensive diagnostic approaches. Under the direction of specialist doctors in their respective fields, they offer individualised treatment plans that include lifestyle changes and integrating various therapeutic modalities to treat the whole person rather than just the disease or the aesthetic concern.

After an extensive three-year restoration, the clinic offers an ultra-luxurious environment combined with medical and scientific excellence, with the most nuanced services, treatments, and procedures. Set in a grade II listed Georgian building within London's Harley Street area, it has comprehensive specialised treatment rooms and a dedicated skincare floor, as well as a state-of-the-art operating theatre occupies the lower ground floor.

From surgical and aesthetic treatments to functional medicine and diagnostics along with orthopaedic and sport medicine, there's much on offer at Galen. Safety and accomplished results are paramount at Galen, clients travel from far and wide for best-in-class treatments and procedures, so it is set to become the number one UK wellness destination for those who only demand the highest of quality - it truly is the jewel in Queen Anne Street's crown.

Perricone MD

For more than two decades, Perricone MD has been a holistic, three-tier skincare and wellness system. This consists of a healthy diet, essential dietary supplements and potent topical skincare solutions backed by powerful ingredients, cutting-edge research and extensive clinical and consumer studies.



Perricone MD was created by Dr. Nicholas Perricone, world-renowned author of New York Times best seller, *The Wrinkle Cure*. Dr. Perricone's seminal work challenged the prevailing norms of the skincare industry with its visionary approach to anti-ageing and introduction to the advantages of a healthy lifestyle.

Perricone MD is driven by the pursuit of fearless innovation and a stubbornly uncompromising spirit of excellence. Good enough has never been good enough—a belief that drives our commitment to consistently deliver targeted results. We continuously seek the truth in unlocking the powerful science behind healthy-looking skin, from the inside-out and outside-in.

LOVED BY YOU

Explore our most-loved products to replenish your current favourites or treat yourself to something new. Whether you're looking for ultra-nourishment, supercharged brightening or intensive firming, there's something for everyone.

 @PERRICONEMD_UK

PERRICONEMD.CO.UK

About Croma

Croma-Pharma® is a global player in the minimally invasive aesthetics market and a leading European manufacturer of premium quality hyaluronic acid syringes. The company offers a comprehensive and innovative aesthetics portfolio including fillers, lifting threads and biostimulators complemented by its own skincare brand which utilises their HA heritage, knowledge and understanding to deliver effective results between professional aesthetic treatments.

Founded in 1976 by a pharmacist couple, Croma-Pharma GmbH is a family company headquartered in Austria/Europe where it also operates its manufacturing plant. With 550 employees, 13 subsidiaries in Europe and Brazil, two joint-ventures and 60 exclusive export partners it distributes its products in 70 markets globally, including the US/Canada, China and Australia/New Zealand. It also operates as contract manufacturer in orthopaedics and ophthalmology.



Croma Masks

Discover our skincare mask portfolio



In recent years, minimally invasive treatments have seen a significant increase worldwide, and there are good reasons for this such as less pain, shorter downtime and with visible results. Restoring the radiance and youthfulness of the skin is the way to taking care of our outer beauty. When we feel beautiful, we radiate positivity into the world, Croma believe that this feeling should be shared by all.

Treatments

Croma-Pharma are continuously improving their portfolio to match their medical aesthetic practitioners' expectations to offer a full face and body approach that offers safe and efficacious treatments for the best patient outcomes with skin treatments not only for the face but also the scalp, delicate eye contour, décolletage, neck, hands and beyond. Croma's extensive portfolio includes Saypha© - a complete range of HA fillers and PhilArt injectable polynucleotides to bring the next era in medical aesthetics and rejuvenation of face, body and hair.

For more information, please visit
cromapharma.com

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

THE EDITOR'S **EXPERTS**

BEST FOR ADVANCED FACELIFTS



Mr George Orfaniotis

Orfaniotis Plastic Surgery Ltd, Montrose Clinic, 1
9 West Eaton Place, London SW1X 8LT
020 7177 8118 – orfaniotis.co.uk

This BAAPS-registered plastic surgeon is one of a handful of experts to offer advanced facial rejuvenation techniques including the Extended Deep Plane Facelift, Deep Neck Lift and Isolated Neck Lift. He often combines fat transfer for the most seamless natural results and to improve the quality of the skin. A stickler for details, Orfaniotis is also an expert at the surgical Lip Lift, a procedure that aims to reduce the distance between the base of the nose and the top of the lip. Georgios has a flair for 'ear architecture' which involves inconspicuous facelift scars and refining the shape and size of earlobes which get larger as we age. His extensive facelift recovery programmes include diet and supplement advice, hyperbaric oxygen therapy and a 24-hour hotline for post-operative care.

COSTS

Consultaion		£300
Deep Plane Facelift	from	£17,500
Deep Neck Lift	from	£17,000
Combination Extended Deep Plane Face and Neck Lift	from	£29,000
Lip Lift	from	£5,000



Mr Andreas Androulakis

GALEN CLINIC, 9 Queen Anne Street, London W1G 9HW
07976 306 726 – thegalenclinic.com

"Dr A" as he is affectionally known, is a world recognised consultant plastic surgeon who specialises in facial aesthetics, breast augmentation and tummy tucks. With over 30 years of specialist experience, he has performed thousands of successful operations and garnered exceptional patient ratings. Having established highly sought-after medical practices across Europe, in 2014, Dr A was appointed Director of the Medical Aesthetic Department at the world-renowned Palace Merano Medical spa. This year, he opens the doors to The Galen Clinic in London, a longevity centre which combines luxury and comfort with medical excellence, all delivered by a crack team of the world's top surgeons and doctors, who will offer both surgical and non-invasive procedures under one roof.

COSTS

Consultaion		£600
<i>Redeemable against surgical treatment</i>		
Botox	from	£250
Fillers	from	£600
Face and Neck Lift	from	£21,000

THE EDITOR'S EXPERTS

BEST FOR REJUVENATING SKIN


Dr David Jack

96 Harley Street, London, W1G 7HY – 59 Ebury Street, London, SW1W 0NZ
 19 Howe Street, Edinburgh EH3 6TE (*opening in Spring 2024*)

020 7589 6309 – drdavidjack.com

If you are nervous about tweekments, Dr Jack's clinics are a good place to start: the beautiful interiors make them feel more like plush private members' clubs than starchy medical establishments. Moreover, 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. Those in the North will also be able to access his services soon as a new Edinburgh Clinic opens imminently.

COSTS

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



Dr Preema Vig

Avenfield House, 118-127 Park Lane, Mayfair, London, W1K 7AF

020 7221 0043 – drpreema.com

A former GP, Dr Preema is an advanced aesthetic doctor with over 20 years' experience specialising in non-surgical facial rejuvenation. Her high standards effortlessly flow through her elegant Park Lane clinic. You'll find multiple treatment rooms overlooking Hyde Park and an impressive body suite where she works to tighten and tone muscle, tissue and skin using the latest techniques, such as Secret RF and truSculpt Flex. Her most requested procedure, however, is Profhilo, a bio-stimulating treatment in which hyaluronic acid is precisely injected into the skin to encourage collagen and elastin production, improving hydration and giving the sort of glow that no face cream ever could achieve. She also offers Profhilo Body, which smoothes out crepiness on the tummy, knees, thighs and upper arms to keep her patients looking peachy.

COSTS

Consultaion		£50
<i>Redeemable against treatment.</i>		
Profhilo	from	£690
Profhilo Body	from	£850
Secret RF	from	£900
truSculpt fles plus	from	£550

BEST FOR REJUVENATING SKIN



Dr Anita Sturnham

NURISS, 8 Upper Wimpole St, London W1G 6LH

0203 971 9031 – nuriss.co.uk

COSTS

Consultaion		£200
<i>Redeemable against treatment.</i>		
Morpheus8	from	£550
Laser Facial	from	£350
Botox	from	£230

A GP specialising in dermatology and women's health, Dr Sturnham trained at Bristol Medical School. She holds a post-graduate degree in dermatology and anatomy, and is the founder of the Nuriss Clinic on Wimpole Street. Combining NHS and private practice, Sturnham has 18 years' experience working with patients whom she treats holistically. Focusing on naturally rejuvenating procedures, she combines energy-based devices with injectables and skincare to get the best results. At the Nuriss, her holistic approach also looks closely at the link between gut health, skin health and hormones, and the clinic is known for its bespoke approach and gentle, natural results.



Dr Kaywaan Khan

Hannah London, 39 Harley Street, London W1G 8QH

The Lanesborough Spa, 2 Lanesborough Place, London SW1X 7TA

07955 492 785 – HannahLondon.com

COSTS

Consultaion <i>Harley Street</i>		£50
Consultaion <i>Lanesborough Pl.</i>		£200
Polynucleotides	from	£390

A rising star in the industry, Dr Khan studied at Imperial College London and gained his Bachelor of Medicine and Bachelor of Surgery (MBBS) degree with distinction, in addition to holding a first-class degree in Pharmacology. He has busy private aesthetics clinics in North London and on Harley Street, which he balances with work in the NHS, and his specialist area of interest is injectable treatments. He is championing the use of polynucleotides – which boost collagen and elastin production in the skin and are particularly good at revitalising the eye area – and he favours products by Vitaran. He also offers advanced filler treatments to enhance lips, cheeks and the chin and jawline.

KLIRA

Made-to-order, bespoke
prescription skincare



WHY

Every day in her Harley Street Clinic Dr Emma Craythorne prescribes beautiful, bespoke prescription treatment for her patients – the 1%. Until now providing access to this level of formulation at scale was impossible.

HOW

The first online epigenetic skin typing test. 51 questions created to emulate the true in-clinic dermatology experience and decode your skin. This is a paradigm shift from 3 traditional skin types to 12 scientifically-backed SkinSizes™.

WHAT

A **made-to-measure prescription** formula with peak-potency actives that create cellular change for your skin. These aren't ordinary medical creams, Klira brings together a tailored mix of the best evidenced ingredients into one formula for **bigger results, with less irritation**. It is applied once every evening and it **replaces all other treatments** in your routine. **Formulated freshly** in our London-lab and delivered to you within 48 hours.

www.klira.skin



THE EDITOR'S EXPERTS

BEST FOR REJUVENATING SKIN



Professor Syed Haq

10 Harley St, London, W1G 9PF

07799 146 975 - amclinic.no.10@gmail.com

COSTS

Consultaion		£150
<i>Redeemable against treatment.</i>		
PhilArt	from	£300
Botox	from	£200
Threads	from	£750

Internationally renowned for his research into aesthetics and the science of ageing, Professor Haq studied at Guy's Hospital and Imperial College in London, and at Harvard Medical School & Massachusetts General Hospital, and Tufts New England Medical Center in the USA. He is a consultant physician, a multi-award-winning scientist, an advocate of regenerative medicine, and runs his own facial aesthetics clinics in London, Belfast and Dublin, treating thousands of patients every year. Haq has been an early adopter of PhilArt – a new type of skin-booster that contains polynucleotides, which are bio-stimulators that nudge collagen and elastin production into a higher gear. The polynucleotides also help to rebuild skin cells and fight free radicals (the damaging molecules generated by pollution and stress) that age skin. The product, which is delivered with multiple injections across the face, also activates new collagen networks and is particularly effective in rejuvenating crepey eyes and necks. Be prepared for a few days of downtime, however, as temporary blisters and mild swelling may occur, while bruising is very likely, especially around the eyes. Patients usually need two treatments, four-to-six weeks apart, and the results take a couple of months to kick in but the results last around a year.



Lisa Franklin

Clinic Privé, 251 Brompton Road, London SW3 2EP

020 7752 0217 - lisafranklin.london

COSTS

Morpheus8		£950
Face + Neck Treatment		
Define Evoke Chinn and Cheek		£550
Repair Recover		
Renew Facial	from	£148

The ultimate fixer, Franklin is an award-winning skincare expert, product developer and nutritionist. At Clinic Privé, Lisa has created a space for ageless beauty, a place where whatever your skin condition may be, you can achieve your cosmetic goals and restore and maintain skin health and vitality for healthy ageing. Lisa's top tip for looking your best in the New Year?

"I absolutely love Define by Inmode. It is a comprehensive treatment platform which effectively targets all facial concerns, including sagging skin, fat reduction, acne scars, wrinkles, fine lines and uneven texture. It's a real game-changer."

vitaran

polynucleotides

VITARAN is a polynucleotide bio-revitalising injectable with regenerative properties to stimulate skin at a cellular level. Polynucleotides are derived from fragments of salmon DNA, which closely resemble human DNA. The purpose of the minimally invasive treatment is to produce the elements we lose as we age, namely collagen and elastin, by stimulating fibroblasts, giving cells the tools they need to regenerate and repair the skin's natural barrier. Resulting in improved tissue regeneration and restoring skin tone and elasticity.

"Polynucleotides are the most talked about tweakment right now - with minimal downtime and results such as healthier and more youthful skin. They are a great anti-aging treatment for those wanting their skin to 'act' younger, or to help reduce the appearance of skin conditions such as rosacea."

Explains leading Aesthetics Doctor,
Dr Kaywaan.

VITARAN can be injected into the face, periorbital area, neck, hands and décolletage, as well as into stretch marks and scars to reduce their appearance. Research has also shown it can also be effective in stimulating hair growth.

VITARAN's advanced formula with patented PDRN purification technology, is specially designed to combat inflammation, ideal for individuals with skin conditions such as rosacea and acne, as its potent anti-inflammatory properties. It further works to normalise the way our cells behave, including melanocytes, working to treat hyperpigmentation and prevent excess pigmentation.

Two to three treatments of **VITARAN** are advised to achieve the desired results, three to four weeks apart. Annual maintenance top ups are then required. It can take up to 2 weeks to see optimal results.

For more information about **VITARAN** please visit the exclusive UK distributors:

foxpharma.co.uk



THE EDITOR'S EXPERTS

BEST FOR WOMEN'S HEALTH



Dr Zunaid Alli

Hill Tan Beauty and Aesthetics, 46 White Horse Hill, Chislehurst, BR7 6DL

020 8617 1649 – hilltanbeauty.com

COSTS

Complimentary Consultaion

EmpowerRF from **£250**

Dr Alli is an aesthetics practitioner with experience in gynaecology and obstetrics, primary care psychiatry and chronic care medicine. His specialist interests include clinical pharmacology, medical research and dermatology, and he has a special interest in cosmetic dermatology and aesthetic medicine. He is a champion of female wellness and an advocate for the Inmode EmpowerRF, a multifunctional platform that uses fractional energy, heat and muscle stimulation, delivering life changing women's wellness therapies to treat a broad range of conditions including weak pelvic floor muscles, chronic pelvic pain and urinary incontinence.

BEST FOR PROBLEMATIC SKIN



Dr Derrick Phillips

Skin 55, 55 Harley Street, London, W1G 8QR

020 3307 9355 – drderrickphillips.com

COSTS

Consultation **£325**

Dr Derrick Phillips is an award-winning consultant dermatologist, specialising in medical, surgical and cosmetic dermatology. From rashes and the removal of skin tags to facial rejuvenation therapies, Dr Phillips' vast body of international clinical experience is the cornerstone of his success. Having graduated from University College London Medical School in 2011 with a double merit and First Class Honours in his Medical Physics and Bioengineering degree, he completed his general medical training at prestigious hospitals in London, Singapore and New South Wales, Australia, before embarking on specialist dermatology training in Liverpool. Dr Phillips worked in the National Health Service for 12 years and was a consultant at the world-renowned Imperial College NHS Healthcare Trust, where he was the clinical lead for psoriasis, overseeing the prestigious biologics clinic. He also held an honorary appointment as a clinical teacher at Imperial College London, and is widely published in scientific literature. He combines his extensive clinical knowledge with cutting-edge technology and treatments to provide bespoke solutions for rosacea, acne, hyperpigmentation, fine lines, wrinkles and many other medical and cosmetic skin concerns.

TERESA TARMEY



ADVANCED FACIALS

MICRONEEDLING

SKIN REJUVENATION

ADVANCED LASER FACIALS

ADVANCED SKIN RESURFACING

FRACTIONAL RADIO FREQUENCY

ULTRASOUND (HIFU)

LED LIGHT THERAPY

INJECTABLES

BODY TREATMENTS

NOTTING HILL

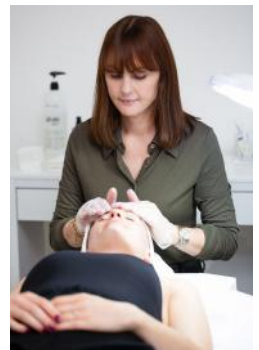
206 - 208 Kensington Park Rd,
London W11 1NR

BELGRAVIA

The Cadogan Hotel
75 Sloane Street,
London SW1X 9SG

020 3983 4100

bookings@teresatarmey.com



TERESA.TARMEY.COM

THE EDITOR'S EXPERTS

BEST FOR PROBLEMATIC SKIN



Dr Emma Craythorne

OneWelbeck, 1 Welbeck Street, London W1G 0AR

020 3653 2007 - dremmacraythorne.com

COSTS

Consultaion	£600
Klira Prescription Skincare Service	£50 a month
Laser Treatment	from £500

With 20 years' experience under her belt, Dr Craythorne is a leading skin cancer surgeon, consultant dermatologist and President of the British Cosmetic Dermatology Group. Her private practice (in partnership with Dr Andrew Markey) showcases her specialist interest in treating UV photo damage and she has a vast array of lasers to tackle even the most stubborn melasma. Loved for her down-to-earth approach and excellent communication skills, she is now bringing her expertise to a wider audience with the recent launch of Klira.skin, an online medical skincare service that offers prescriptive products delivered direct to your door, crafting bespoke treatments to target a range of conditions, from acne and rosacea to pigmentation and ageing skin concerns.

BEST FOR EYES



Professor Daniel Ezra

The Ezra Clinic, 152 Harley Street, London, W1G 7LH

020 7127 8184 - danielezra.co.uk

COSTS

Consultaion	£275
Upper Blepharoplasty	£7,244
Lower Blepharoplasty	£10,844
Upper and Lower Blepharoplasty	£13,626
Tear Trough Filler	£720

Daniel Ezra is an award winning oculofacial plastic surgeon based in London. A graduate of Cambridge and London Universities, with degrees in Medicine and the History and Philosophy of Science, Professor Ezra began his career in neurology and neurosurgery, before undertaking higher surgical training at Moorfields Eye Hospital. Daniel's full portfolio of work includes medical and cosmetic procedures, however he is renowned for his unrivalled work in the field of blepharoplasty. He runs a busy private clinic on London's world-renowned Harley Street, which has a strong international referral base, welcoming patients from all over the world and providing the highest standards of surgical and non-surgical aesthetic treatment. He is also a consultant at Moorfields Eye Hospital. Specialising in all in all aspects of aesthetic facial surgery related to the eyes, particularly blepharoplasty and periocular filler treatments, Ezra is recognised as a leading authority in this field and has published widely on many aspects of aesthetic oculoplastic surgery.

THE EDITOR'S EXPERTS

BEST FOR HORMONES


Dr Sohere Roked

Omniya Clinic, 3A Montpelier Street, Knightsbridge, London, SW7 1EX
 020 7584 4777 – drsohereroked.co.uk

COSTS

Consultaion	£350
Follow-up Appointments	£220
BHRT	POA
Skin-Depth Hormone Review	£995

A GP and integrative health specialist, Dr Roked has studied hormone optimisation with some of the leading doctors in the USA and takes a 360° approach to patients' wellbeing, looking at everything from gut function to cortisol levels spiked by stress and sleep patterns. Most of her clients are women battling the menopause and her passion is bioidentical hormone replacement therapy (BHRT), which she prescribes alongside her Skin-Depth Hormone Review service, delivering an in-depth look at hormones and how they affect the ageing process, most notably in the skin. "My aim in everything I do is to help patients feel good as well as look good," she reveals.

BEST FOR TEETH


Dr Tom Crawford-Clarke

61 Wimpole Street, London, W1G 8AH
 020 7935 1491 – drtomcrawfordclarke.com

COSTS

Consultation	£150
Invisalign Braces	from £3,650
Composite Bonding	from £350 Per tooth
Teeth Whitening	from £400

Dr Tom is a full-mouth rehabilitation general and cosmetic dentist, trained on Harley Street, and is well known internationally for his skill and artistry in creating the most natural looking enhanced smile. Working with the best ceramists in the UK and beyond, he offers an array of top-quality treatments, including Invisalign, dental implants, porcelain veneers, composite bonding, crowns, bridges, teeth whitening, gum lasering and other general dentistry. Dr Tom is on the committee of the British Academy of Cosmetic Dentistry and won Best Young Dentist and Best Young Private Dentist at the 2019 Dentistry Awards. He also sits on the committee of the British Academy of Cosmetic Dentistry. His Wimpole Street Clinic has a friendly Soho House-style vibe as he believes the whole dental experience should be relaxing and enjoyable.



Discover your best *you* at Nuriss Clinic

8 Upper Wimpole Street
Marylebone
London W1G 6LH

enquiries@nuriss.co.uk

020 3971 9031

Realise the best version of yourself with Nuriss, a luxury skin and wellness clinic founded by Dr Anita Sturnham, a GP specialising in Dermatology for 20 years. You can depend on Dr Anita and her team of experts in medicine, dermatology, and nutrition, to help you look and feel the best you, taking the time to get to know you and achieve your desired outcome with an integrated plan, built around you.

The goal? To help you to achieve 'your perfect' with the best technology and practices; from the latest in Morpheus 8 3D to injectables, clinical grade peels to internal wellbeing, you will walk away confident in yourself and in us. With a subtle, refreshed approach we have exclusive protocols such as non-surgical facelifts and rhinoplasty as well as the latest in preventative treatments (and celebrity favourites) like Polynucleotides and Profilllo designed to boost your own collagen production.



Get in touch with our expert team to discuss a treatment plan that's right for you.



INMODE®

InMode is an aesthetic medical technology company founded in 2008 manufactures and develops innovative aesthetic platforms, combining radio frequency, light based energy and laser.



The advanced technology in all platforms enable practitioners to effectively perform facial and body contouring, radiofrequency assisted liposuction (RFAL), skin rejuvenation, hair removal and other in-demand aesthetic treatments, such as the Morpheus8 which has taken the industry by storm.

InMode offers a variety of revolutionary non-invasive, minimally invasive, and invasive options and recently launched, a non-invasive hands-free facial and body contouring platforms: EvolveX and Define, working with radio frequency and EMS.



DEFINE TRITON CONTOURA EMBRACE RF MORPHEUS8 VOTIVA BODYTITE OPTIMA EMPOWER RF



MORPHEUS8
by INMODE

CUSTOMIZABLE
FRACTIONAL TREATMENTS



THE EDITOR'S EXPERTS

BEST FOR BREAST & BODY PROCEDURES



Mr Theo Nanidis

GALEN CLINIC, 9 Queen Anne Street, London, W1G 9HW
 King Edward VII Medical Centre, 54 Beaumont Street, London W1G 6DW
 07548 863 781 – tnplasticsurgeon.co.uk

COSTS

Consultation	£300
Breast Augmentation	from £7,500
Tummy tucks	from £9,000

This leading breast and body surgeon works within the NHS at the Royal Marsden Hospital, specialising in the most complicated breast reconstruction cases. He also has a private practice at the newly opened Galen clinic, focusing on cosmetic breast and body enhancements, where his specialist interests in high-definition liposuction and tummy tucks have made him the go-to guy for 'mummy makeovers'. He also operates from King Edward VII Medical Centre and New Victoria Hospital in Kingston, and is often tasked with revision procedures, tidying up the botched work of more famous surgeons. Nanidis performs around 10 surgeries per week and offers amazing post-operative care – something he takes personal responsibility for himself, rather than delegating it to nurses.

BEST FOR WELLNESS



Dr Nathan Curran

GALEN CLINIC, 9 Queen Anne Street, London, W1G 9HW
 07976 306 726 – thegalenclinic.com

COSTS

Consultation	from £500
IV's	from £500
Full health check-up	from £2,500

As a GP and functional medicine practitioner at the Galen clinic, Dr Curran believes that everyone deserves a life full of vitality. With a degree in Human Genetics from Stellenbosch University in South Africa, he is a nutrigenomics specialist and spent two years gaining experience in emergency medicine and infectious diseases. Dr Curran empowers individuals to take back control of their health and wellbeing. Since moving to the UK in 2005, he has spent over a decade working alongside healthcare providers in the corporate health sector, which has given him a unique insight into the factors affecting the health of individuals working in this competitive and emotionally demanding environment. It was during this time that it became clear to him that the conventional, disease-focused medical approach was ill-equipped to effectively address factors such as stress, nutritional deficiencies, sedentary lifestyles and environmental toxicity, which are becoming increasingly prominent in modern society. More recently, Dr Curran has completed a postgraduate qualification in Nutritional Medicine and is affiliated with the Nutrition Society and the American College for Advancement in Medicine (ACAM).

THE EDITOR'S EXPERTS

BEST FOR ADVANCED FACIALS



Teresa Tarmey

Notting Hill: 106-108 Kensington Park Road, London W11 1NR
The Cadogan Hotel: The Cadogan Hotel, 75 Sloane Street, London SW1X 9SG
020 3983 4100 – teresatarmey.com

COSTS

Consultation		£190
Advanced Facials	from	£289
Fractional Radio Frequency		£480
HIFU	from	£600

With over 26 years' experience, Vogue's "super-facialist" and Dior's global skin expert from 2021 to 2023, Teresa Tarmey is widely known for her results-driven, clinically-backed treatments and less-is-more philosophy. Her innovative approach to skincare has achieved cult-like status, attracting a wealth of industry insiders and A-list clients alike. Based between Notting Hill and at The Cadogan Hotel in Belgravia, her clinics offer a variety of cutting-edge treatments, which Teresa and her team tailor-make to target your individual skin needs. Using her unparalleled knowledge, and the highest quality ingredients, Teresa has also created a range of highly effective skincare products designed to bring the unique experience of her clinics to thousands of homes across the world.



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.

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