

# TATLER

**THE TOP 40:  
DOCTORS WHO  
CAN TAKE  
YEARS OFF YOU**

**NEW LIFTS  
SO SUBTLE  
NO ONE  
WILL KNOW**

**HOW TO  
CHANGE YOUR  
LOOKS IN  
A LUNCHTIME**

**THE CELLULITE  
TREATMENT  
THAT DELIVERS  
RESULTS**

# Beauty & Cosmetic Surgery Guide 2007



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# Beauty & Cosmetic Surgery Guide 2007



Putting together the *Tatler Beauty and Cosmetic Surgery Guide* has again been fascinating. Science moves at such a pace that in just one year there have been an astonishing number of new procedures, creams and other applications to report on.

We tell you what to use, when and how. There are brilliant new techniques that slim down arms and perk up bottoms; Botox not only to smooth lines but to lift noses, and permanent lip implants and organic fillers.

We have also researched the most skilled aesthetic surgeons and doctors in both the UK and abroad. For those who don't want to go under the knife there are plenty of alternatives – from amazing new lasers to creams so scientific you practically need a PhD to use them. Plus there's a hot new trend, the anti-ageing doctor: gurus focused on making you younger internally as well as externally.

As always, it is essential before undergoing surgery to do some legwork. Check your surgeon is registered with the British Association of Aesthetic Plastic Surgeons, BAAPS (tel: 020 7405 2234), or the International Society of Aesthetic Plastic Surgeons, ISAPS (tel: 001 603 643 2325). Make sure they perform cosmetic surgery all the time; this may sound obvious, but for some it's just a sideline and practice makes perfect. Talk to your friends and get referrals; these will be the most candid opinions you can hear. Book a proper half-hour consultation with your potential surgeon and ask to see their pictures, which can speak louder than words.

Above all, we want the *Tatler Beauty and Cosmetic Surgery Guide* to empower you and give you all the options you need in what can be an overwhelming arena. Read on and learn how to feel and look your best.

Antonia Whyatt, health and beauty director



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## Contents

### 6 Venus rising

Has she or hasn't she?  
Surgery you can't  
see, by Wendy Lewis

### 20 Poetry in lotion

Wonder creams, by  
Vanessa Howard

### 26 We have the technology

The future's bright  
doctors. Antonia Whyatt  
on the breakthroughs

### 34 61 things you need to know about anti-ageing

By Laura Bond

### 42 I'll have what she's having

Lunchtime treats to  
make you look younger,  
by Olivia Falcon

### 52 Crisis? What crisis?

Thirty/fortysomething  
beauty niggles,  
like cellulite, sorted