

Patients still come in with misconceptions and preconceptions of how filler will make them look. But if I can take five to 10 minutes – without boring the life out of them – to explain how it works, they get it.’ She works slowly, strategically, restoring structure to the face over two to three treatments – to address signs of ageing but also to improve facial dynamics in patients with Bell’s Palsy. ‘Filler calms the nerve activity, so the muscles can’t contract. A lot of what we do dramatically rejuvenates a patient. Working in this way genuinely does change people’s lives.’ *Consultation, £350; filler, from £550 (cosmeticskinclinic.com; 020 3319 3637).*

DR MAURICE DRAY

Parisian, perennially jovial Dr Dray has moved into his new clinic, in a discreet Kensington mews, and – ooh la la! – it’s smart. Housed in a former stable, the space is chic and rather sizeable, which is excellent as it means the Dray team (including Dr Benjamin, famed for his skin-brightening mesotherapy, and Dr Anthony, a whizz at thread lifts and hair transplants) will still be in situ. And Dray, of course, who is busier than ever, and one of the all-time greats when it comes to filler. He’s old-school in the way he administers it: to the top of the forehead, to support the brows; or at the temples, to soften angularity. But, because he’s a reliable hand, he’s also the person you would trust to correct something. In fact, you trust him when it comes to many important things in life, like where to rent a villa this summer, where to book for dinner and what wine to order when you get there... *Consultation, free; filler, from £400 (drdray.co.uk; 020 7937 1031).*

DR SUHA KERSH

You’ll find Dr Kersh in a Chanel two-piece suit, which means her Chelsea regulars feel instantly at ease. In fact, every woman who sits in her spotless white consulting room feels the same. She remembers birthdays, holidays, children’s names; and though you might not notice, she’s peering over her gold spectacles as you’re in conversation. Which means she’ll clock that your temples are looking a bit hollow, or that your tear troughs are more prominent than when you last sat in front of her. She’ll instinctively know when might be the time to raise the subject of filler. As you lie back on the couch and she talks you through what’s she doing – what the cannula is going to feel like, exactly where she’s fanning the filler and why – you trust her. ‘There’s a grace and a beauty to every age,’ she says. ‘My role is to wipe away the exhaustion and make you look like *you* again.’ And when she shows you what she’s achieved – features brought back into focus, skin peachier, a sense of everything being in the right place – you get it. *Consultation, £250; filler, from £650 (23md.co.uk; 020 7078 0302).*

DR KULDEEP MINOCHA

With his down-to-earth demeanour, Dr Minocha is a voice of reason in a chaotic world. ‘Often, the women who come to see me are a little uncertain,’ he says. ‘Their hormones are fluctuating, their kids are grown up, they’re becoming more independent – but at the same time they’re looking in the mirror and their face is falling apart.’ Fortunately, his way with filler can help that; and his methods (perhaps placing a bit of volume to lift the mid-face and cheeks) make the women who sit in front of him feel in control again. The former GP is an excellent counsellor. He talks of ‘possibilities’ when it comes to treatments – from SkinBoosters (micro doses of hyaluronic acid, which give a dewy complexion) to thread lifts (‘It’s a straightforward procedure, though you have to select the correct candidate. If a patient is too jowly, or too thin, it won’t work so well’). Either way, the faces of his patients remain intact; not frozen, but elegantly preserved. ‘After all, it’s not a sprint, it’s a marathon.’ *Consultation, £60; filler, from £225; thread lift, from £1,600 (minochahealth.co.uk; 07710 348507).*

DR JULIA SEVI (LEEDS)

Dr Sevi is passionate about what fillers can do for the face: whether you’re a mother or a daughter (she sees both, and often together – ‘It enables me to anticipate where the face will come under pressure, and prevent it’). Both groups benefit from her ‘Flexi-fill’ technique, where tiny threads of filler are woven, three-dimensionally, through the tissues. ‘It makes the filler pliable, whilst lending support. It also stimulates collagen. Not collagen type three, which is scar tissue, but type one, which is softer.’ Some muscle-tightening Ultherapy, three to six months later, and she insists the results are off the scale. ‘It gives a quality to the tissues that I’ve never seen. Patients look like themselves again.’ She also keeps an eye on your health (her regulars book in for a six-monthly check-up; nutrition and HRT are both on offer). ‘You can never anticipate what will happen as a result of a patient’s wellbeing. A doctor wouldn’t wait until someone has a heart attack to give them cholesterol medicine, so I wouldn’t wait until a patient’s face has fallen to do filler.’ *Consultation, £250; filler, from £350; Ultherapy, from £1,000 (aesthetichealth.co.uk; 0113 269 7274).*

KAMBIZ GOLCHIN

Mr Golchin is the latest recruit to Dr Rakus’s cutting-edge clinic – and he has advanced techniques up his sleeve. He’s the man to whom many doctors entrust their complications (he wrote the Allergan manual on filler difficulties) and an inventor of sorts. A champion of PRP (Platelet-Rich Plasma), he has succeeded in creating a special gel from the substance, which he uses to rebuild damaged tissue after filler-related problems. Most impressive is that he’s found a way of restoring volume without the need for filler at all. His ‘Ultimate Angel Lift’ uses the latest formula of stem-cell technology for the treatment of skin rejuvenation. ‘A patient might choose to have top-ups. Still, you must be conservative and use only a moderate amount.’ According to Golchin, we’re more intrigued than ever by the idea of using our own ‘resources’ to look younger. ‘It’s like the organic section in the supermarket. There’s a lot more out there than there was 15 years ago.’ *Consultation, £300; Ultimate Angel Lift, £9,990 (drritarakus.com; 020 7460 7324).*

Dermatology

DR SUSAN MAYOU

Sloane Street-based Dr Mayou is in pole position for her split of patients: mothers on their way to collect the kids from Francis Holland, and children on their way home. The Cadogan Clinic co-founder (her husband and co-founder, surgeon Bryan Mayou, has recently retired) is wonderful with small ones. In fact, she runs a specialist paediatric dermatology clinic at the Cromwell (‘It has bouncy castles, movies and a play specialist, a lady who distracts the children during treatments, which is terribly helpful,’ she says), where she inspects eczema, birthmarks and warts. Teenage acne too: ‘It’s still very common, but we’re far less prepared to put up with it today.’ She’ll start with creams, but if those prove ineffective, she’ll move to antibiotics. A short, sharp course of Roaccutane is the next step, which always works. But there’s fun to be had too: like mole-mapping (a hi-tech camera snaps you from all angles before alerting you to anything suspicious – excision is swift), her Icon laser (good for pigmentation, with little downtime – ‘Nobody can cope with 10 days off – one sort of wonders why we’re bothering!’) and personalised skincare, which prescribes products based on your DNA. Most exciting are the two secret doors, which enable high-profile types to slip in and out of the clinic undetected. *Consultation, £285; mole-mapping, from £175; Icon laser, from £390 (cadoganclinic.com; 0808 278 4773).*