

# the beauty memo

Dr Mark Rubin  
*Los Angeles*

In a town where subtlety is in short supply, Dr Rubin's discreet Lasky Skin Center is a pocket of integrity. Operating with a couturier's skill, he uses a wide range of different neurotoxins and fillers in small amounts at different depths in the skin to craft contours just so. It's a nuanced approach that stealthily flatters features in a way that not even the longest paparazzi lens can detect. An expert in retinoids and peels since the early 1990s, Rubin now prefers less abrasive light fractionated lasers to retexture aging skin. He says the secret of his success is that he treats everyone like a member of his own family. [laskyskincenter.com](http://laskyskincenter.com)

Dr Phillip Levy  
*Geneva*

Dr Levy's eye for detail is legendary. He is Europe's go-to doctor for people in the public eye who want to look sensational without speculation that they've had work. He is the inventor of the Nefertiti Botox Lift, a highly skilled technique that involves Botoxing the lower face to recontour

wobbly jawlines. Levy is so well regarded that high-flying clients swish off the slopes of Gstaad for quick Botox refresher treatments, in which he uses multiple micro-needles (10 to 40 per session) rather than just one syringe.

"It's precision delivery that hurts less and the scattered droplet approach softens lines rather

than embalming the face," he explains. The first to publish a study flagging up the importance of built-in anesthetic in hyaluronic acid fillers, Levy has made the filler experience not only more comfortable, but a whole lot more believable. His seamless work takes a subtle approach to balance features rather than puff and bloat. [drlevyswitzerland.com](http://drlevyswitzerland.com)

Dr Nerina Wilkinson  
*Cape Town*

The blazing African sun is no match for Dr Wilkinson's cunning skin-rejuvenation programs. Although she's a cosmetic surgeon by trade, it's her spot-on judgment

## GLOBAL A-LIST anti-aging doctors

In the right hands, injectables can make you look younger, fresher and more radiant. OLIVIA FALCON rounds up the surgical elite with the magic touch

with injectable and laser treatments that is the talk of the town. She perfects skin texture with micro-needling, which boosts collagen and releases growth factors to help thicken the dermis. Her custom regimes are usually Botox-light, as she prefers the use of fillers to gently lift the face; and for older, 50-plus patients, she might use a fractionated CO<sub>2</sub> laser to smooth excessively crepey skin. She excels at treating notoriously tricky areas such as tear troughs with filler to brighten tired-looking eyes, and she's able to expertly unfurl thinner lips with micro-drops of Botox, which gently work to coax them out into a more sensual curl. [plastic-surgery.co.za](http://plastic-surgery.co.za)

Dr Tracy Mountford  
*London*

Dr Mountford's own face is the perfect endorsement of her detailed, deft-handed style. Her clinic offers a wide range of treatments, but it's her dynamic needlework that has earned her a three-month waiting list. Believing that people often get it wrong by trying to "fix" a face in static repose, she encourages patients to smile, grimace and even cry, to assess how her work is going to look in all situations. Her hot tip for younger (late thirties) faces that want an instant boost is to avoid elevating eyebrows with Botox and instead opt for a technique she calls the "boy brow" – light doses of Botox over the forehead to mimic the softness of an adolescent brow. For older

clients she addresses postmenopausal issues such as bone density loss, receding gums and sliding facial fat pads by injecting hyaluronic acid filler on a deeper level (less bruising) at strategic points of the face: beneath the cheekbone or in front of the ear to create deep supporting scaffolding that delivers impressive, balanced-looking results. [cosmeticskinclinic.com](http://cosmeticskinclinic.com)

Dr Ivor J Lim  
*Singapore*

As one of the most respected cosmetic surgeons in Asia, Dr Lim's specialist interest in microsurgery for hands, a technically demanding practice, has set him in excellent stead for meticulous non-invasive facial procedures. The top choice for discerning ex-pats and Asians who fly in from every capital city from Seoul to Bangkok, Lim is not about chasing individual lines – he looks at the bigger picture of your face. His filling technique aims to restore skeletal structure. "If you place filler in the shallows around the eye area, where skin is at its thinnest, it can cause a refraction of light that gives skin an unflattering bluish-gray tinge, so my secret here is to inject under the muscle on top of the bone." As a big advocate of sun protection, he has his own suncare range and reports a decrease in facelift patients, as people are becoming far more sun aware. [ivorjlim.com](http://ivorjlim.com)

Dr Lisa Airan  
*New York*

Fêted for her light touch and impeccable style (there is often a Rodarte dress under that white coat), Dr Airan is Manhattan's hot ticket for prettifying procedures. She used to spend a lot of time talking patients down from inflated demands but says, "The pendulum is finally swinging back to a more natural aesthetic." Her customized treatment plans may feature the latest MiXto laser, which can tighten and lift tissue, combined with some platelet-rich plasma (PRP) injections that deliver growth factors and are spun from patients' own blood. "It's great for firming up the texture of the neck." No one leaves Airan's office without a detailed skincare plan; regular regimes are often turbo-charged with a potent mix of antioxidants and wrinkle-busting retinols. [drlisaairan.com](http://drlisaairan.com)

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