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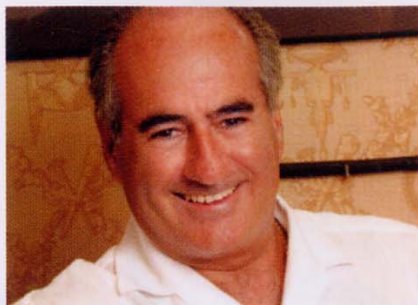
60-page
beauty special

Tatler's Anti-Ageing & Cosmetic Surgery Guide



Perfect 10

They're the A-team of cosmetic surgeons, the men so good with their hands no woman can refuse them. And as for their techniques – there's short-scar surgery, silicone-free boob jobs, lower-bodylifts... Some of them even have a five-star hotel round the corner for recovery. After all, that bedside manner is so important, and you can't beat this lot for debonairness. Wendy Lewis meets the maestros



BARCELONA

Javier de Benito

The charming de Benito is a master at breast enhancements and lifts, among other body parts. He works with four cosmetic surgeons at his renowned state of the art clinic, the Instituto Javier de Benito, where 1,200 patients are treated every year. The Institute is a famous teaching facility – surgeons from around the world learn new techniques there. In de Benito's cutting-edge anti-ageing programme, patients' bodily fluids are sent to an Austrian laboratory to be genetically tested for some 30 diseases, including cancer, Alzheimer's and diabetes. His team is working on cell-cloning so that patients can be injected with their own fibroblasts (connective tissues that degenerate with age), which rejuvenate skin tone and texture. Gina Lollobrigida, actor Ben Gazzara and Miguel Bosé, a regular in Pedro Almodóvar's films, are said to be some of his famous patients. *Calle de Marquesa de Villalonga 12, Barcelona, Spain (tel: 00 34 93 253 0282; institutodebenito.com).*



LONDON

Barry M Jones

A former president of the British Association of Aesthetic Plastic Surgeons, the dapper Barry Jones (he sports a proper bow tie) has a background in craniofacial surgery, which has given him an extensive knowledge of facial structures. He is said to do the most facelifts in the country – his patients are rumoured to include a quiz-show host. He has developed a 'volumetric' lifting procedure that improves the contours of the face (which gets squarer as it ages) and highlights the cheekbones by repositioning fat. He is also a fan of endoscopic or keyhole techniques for droopy brows. Another area of expertise is the lower-bodylift, which is like a facelift for the body. Not just for the morbidly obese, it can address sagging skin and contour problems which result from pregnancy, weight fluctuations or a general aversion to treadmills. Jones performs surgery at King Edward VII St Agnes, one of Britain's best private hospitals. *14a Upper Wimpole Street, W1 (tel: 020 7935 1938; barrymjones.co.uk).*

BEFORE YOU DECIDE...

Considering cosmetic surgery? Here are a few basic guidelines:

- Get independent advice and recommendations from your GP.
- Do your research – go into your consultation armed with the facts. Visit consultingroom.com for impartial online advice on surgical and non-surgical procedures.
- Make sure you're comfortable with your surgeon and that you are both clear about what you want.
- Don't be talked into extra surgery that you've never even contemplated before.
- Take time to recover from the operation and follow your surgeon's advice.



LONDON

Basim Matti

Matti did his cosmetic surgery fellowship with the all-time top-ranked British plastic surgeon Freddie Nicolle, who handpicked him as his partner and heir apparent (Matti took over his practice when he retired in 1996). Born in Iraq, Matti trained in the UK and has lived in London for more than three decades. He is best known for his surgery on the face, nose and breasts, as well as for his willingness to tackle difficult repairs and his keen eye when it comes to Botox and Restylane, a natural gel based on hyaluronic acid that is injected into the skin to remove wrinkles and fill lines. He believes in preserving fat rather than removing it and often tops off his surgical results with peels to combat lines. His practice is popular with Arab princesses who want a little work done in private. He is secretary for the International Society of Aesthetic Plastic Surgery and attends meetings around the world to stay on top of new developments. *Suite 2, 30 Harley Street, W1 (tel: 020 7637 9595; bmplasticsurgery.com).*



LOS ANGELES

Peter B Fodor

LA is a city where the skill of a cosmetic surgeon is routinely examined in minute detail on a 40ft screen. So, to be considered brilliant, he or she must be exceptional. Fodor is the president of the American Society for Aesthetic Plastic Surgery – arguably the most prestigious cosmetic-surgery organisation in the world – and a former president of the Lipoplasty Society. His melodic Hungarian accent makes him seem gentle and laidback but he is a multifaceted surgeon with a talent for discovering such innovative technologies as ultrasonic body-slimming, power-assisted lipoplasty and endoscopic facelifting. Next to Fodor's suite of luxurious offices in Century City is his hi-tech skin spa, Century Cosmetics, where your skin can be toned, buffed, plumped and polished with Endermologie (a treatment for removing cellulite), the latest fillers and microdermabrasion. Treatments are performed pre- and post-surgery. *2080 Century Park East, Suite 710, Los Angeles, USA (tel: 001 310 203 9818; theplasticsurgeon.net).*



MELBOURNE

Bryan Mendelson

Australia's most pre-eminent cosmetic surgeon, Mendelson trained at America's renowned Mayo Clinic and the New York University Medical Center. He specialises in face, nose and breast procedures, and is a big fan of working from photos of patients when they were younger, which he believes helps create a more natural look. Internationally renowned as a teacher of facial and eyelid anatomy, Mendelson is chairman of national secretaries of the International Society of Aesthetic Plastic Surgery (ISAPS). Located in the chic Melbourne suburb of Toorak, his practice has a private garden apartment beside his operating theatre where patients can recover in comfort after surgery. His skincare clinic is the biggest user of Restylane in the state of Victoria and offers a full selection of Intense Pulsed Light treatments and peels. *109 Mathoura Road, Melbourne, Australia (tel: 00 61 3 9826 0977; bmendelson.com.au).* ▷



MIAMI

James Stuzin

In the heart of Miami's fashionable Coconut Grove, Stuzin beautifies Palm Beach ladies-who-lunch and keeps South Beach Latinas looking *caliente*. These days he only does natural-looking face, neck, eye and brow rejuvenations, referring everything else to colleagues. He performs most operations in his own private theatre under intravenous sedation ('twilight' anaesthetic) rather than general anaesthetic. A perfectionist, he takes his time getting the best results possible and only uses the most skilled surgeons, such as Dr Steven Fagien, an upbeat eye surgeon based in nearby Boca Raton. Visiting patients stay in the discreet Ritz-Carlton Coconut Grove, where Stuzin's staff of registered nurses cater to their needs 24/7. 3225 Aviation Avenue, Suite 100, Coconut Grove, Florida, USA (tel: 001 305 854 8828).



MONTREUX

Michel Pfulg

After serving as consultant plastic surgeon at the renowned Clinique La Prairie (see 'Convalesce Is More'), Pfulg designed Laclinic as a one-stop shop for every cosmetic-surgery and rejuvenation need. He has a staff of aesthetic physicians, dentists, implant specialists and four surgeons. Pre- and post-operation treatments from the clinic's Centre Biologique Anti-Ageing encourage the healing process and optimise surgical results; classical spa therapies are offered at Espace Beauté. Pfulg's philosophy is that a facelift is best done around the age of 45. He pioneered 'soft-lifting', a short-scar facelift technique. One of the clinic's signature operations is using fat from the abdomen to enlarge and enhance the breasts, sans silicone. Laclinic has 13 beds; patients then stay at the Palace Hotel in Montreux, where they are taken by limousine after their initial recovery. In his autobiography, Dale Winton revealed that Pfulg was his facelift surgeon. 43 avenue de Collogne, Montreux Territet, Switzerland (tel: 00 41 21 966 70 00; laclinic.ch). ▷

PROFESSIONAL BODIES

- Make sure that your surgeon is registered with the **General Medical Council** (tel: 0845 357 3456; gmc-uk.org).
- For further information on cosmetic surgery, get in touch with the **British Association of Aesthetic Plastic Surgeons** (tel: 020 7405 2234; baaps.org.uk) or the **American Society for Aesthetic Plastic Surgery** (tel: 001 562 799 2356; surgery.org).



NEW YORK

Alan Matarasso

Matarasso is perhaps best known for his short-scar facelift, which halves the length of scars compared to traditional lifts. He neatly conceals the small incisions along the hairline at the temples and tucks them behind the earlobes, so women can wear an updo without revealing any untidy secrets. He has also perfected a temple tuck, with a short incision at the hairline to smooth furrows and lift droopy brows. His crowded Park Avenue practice is lined with Bergdorf Blondes and the Hamptons set getting numbed up for Restylane and Botox injections, or waiting for world-class tummy tucks and liposuction. Famous clients are said to include an iconic Sixties actress, several of *The Sopranos* babes and a well-known modelling agency's entire roster. In typical New York fashion, his office is conveniently equipped with a discreet private entrance for VIPs. *1009 Park Avenue, New York, USA (tel: 001 212 249 7500; surgery.org/dramatarasso).*



PARIS

Bernard Cornette de Saint Cyr

A founding member of the French Society of Aesthetic Plastic Surgeons (SOFCEP), the debonair Cornette de St Cyr is the most expensive cosmetic surgeon in Paris (£13,750 for a full facelift). His high-profile patients come from around Europe; there's also a steady stream of Middle Eastern royalty. He performs surgery at the plush state of the art Clinique Esthétique de Paris Spontini, which was the first place in the world to offer liposuction. It provides world-class aftercare in 25 stunning rooms with flatscreen TVs and marble baths. One private suite has been dubbed Les Trois Reines because three queens stayed there post-lifts, with their bodyguards in adjoining chambers. St Cyr prides himself on restoring beauty and youthful contours to the face, eyes and breasts. He has devised an updated technique for vertical facelifting. A devotee of what he calls 'efficient' surgery, he makes no scars unless they are essential. *15 rue Spontini, Paris, France (tel: 00 33 1 47 04 25 02; cornettedesaintcyr.com).*



STOCKHOLM

Per Hedén

The Akademikliniken, Hedén's brand-new surgical megafacility, occupies 43,000sq ft over three floors in the centre of Stockholm, only two hours from Heathrow. Hedén, his nine cosmetic surgeons and one dermatologist perform some 3,000 procedures a year. He claims to have done more breast augmentations with cohesive silicone-gel implants than anyone in the world. The first cosmetic surgeon in Sweden to perform liposuction, he has a huge following in his country. The favourable exchange rate (one pound equals 13 Swedish kroner) means that Brits get good value for money: a mid-facelift with necklift and eyelids, including a six-day stay and cars to and from the airport, costs around £8,000. Hedén also travels to London for consultations with patients. *Storängsvägen 10, Stockholm, Sweden (tel: 00 46 8 614 54 00 or 020 7580 9286 ; ak.se).* □