



FALLER®

*Beauty & Cosmetic Surgery
Guide 2021*

In fine form

Discover the UK's premier collagen stimulation and body contouring clinic, River Aesthetics

WE ONLY GET ONE CHANCE TO MAKE a first impression with our appearance, and at River Aesthetics they know it. Led by its two medical directors, Dr Victoria Manning and Dr Charlotte Woodward, River Aesthetics has become the UK's premier collagen stimulation and body contouring clinic – it is a finalist in the Aesthetic Awards for Best Clinic in the South of England. This dynamic duo has patients travelling from far and wide to experience what has become not only the international gold standard in thread lifts, but also *the* destination for body contouring.

Following success in London and Hampshire, Drs Manning and Woodward have moved their flagship clinic to Bournemouth. The moment you walk through the door, you can sense the exclusivity. Everything from the warm greeting to the calming fragrance is geared towards the patient experience. It's clear this isn't a clinic you just wander into for a quick facial tweak. This is a place that guides you to achieving the best version of yourself.

Dr Manning and Dr Woodward put it this way: when you imagine beauty, what do you think of? Self-confidence and inner strength, of course, along with total independence, intelligent thinking and a sense of adventure. Collagen and confidence ebb with age, but the Cagney and Lacey of the thread revolution empower people to age well and feel great.

This is what led the pair to pioneer The RiverLIFT: the ultimate non-surgical aesthetic procedure to lift and tighten the face and neck. Combining innovative thread technologies with next-generation dermal filler techniques, The RiverLIFT addresses signs of ageing in a way that's as beautiful as it is natural, stimulating the body to create fresh, flexible collagen.



This dynamic duo of doctors has patients travelling from far and wide to experience what has become not only the international gold standard in flawless thread lifts, but also the destination clinic for body contouring



IT TAKES TWO
River Aesthetics is expertly led by Drs Victoria Manning (left) and Charlotte Woodward

It's achieved with a series of feather-light threads inserted under the skin to weave a supportive 'scaffold', redefining contours while encouraging collagen production. Then come the fillers, replacing hyaluronic acid – the body's plumping molecule, which decreases with age – to revitalise and lift the skin.

Bespoke to each patient, The RiverLIFT can be used to redefine the jawline, reduce the jowls, erase nose-to-mouth lines, increase volume in the mid-face, contour the cheeks, rejuvenate the neck and/or lift the brow. The treatment harnesses the body's own collagen, so results are nuanced and naturalistic.

Taking barely 60 minutes yet lasting up to 18 months, The RiverLIFT is renowned for its subtle yet stunning results. Satisfied patients include A-list actresses and make-up artists.

Drs Manning and Woodward are so skilled at this multi-layered approach that they lecture on the subject and even train other doctors in the combination of skills needed to achieve the results. This standard of expertise is a product of more than 45 years of combined medical and aesthetic experience.

The Bournemouth clinic includes one of the country's leading body contouring suites, employing state-of-the-art technologies for fat removal, body tightening, muscle toning and cellulite reduction. River Aesthetics is also the first in the country to introduce two Cutera technologies – ID for fat removal, and Flex for body tightening. It's also the number one clinic for CoolSculpting in the South of England.

Together, this means that every patient can achieve an impressive, sustainable transformation at River Aesthetics, putting clear blue water between the old and the new you.

Reader offer

Tatler readers will receive a complimentary HydraFacial with every RiverLIFT at River Aesthetics' Bournemouth clinic.

River Aesthetics has clinics in London (Wimpole Street), Lymington and Bournemouth. Please visit riveraesthetics.com or call 01202 024060

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Threads

DR JEAN-LOUIS SEBAGH

Sebagh is known for two things: his thick French accent and a wildly futuristic approach to the face. Threads are his forte, and the former surgeon does something that no other doctor does. 'I lift the muscle,' he explains, 'just like you would in a surgical neck lift.' His trick is to delve deep, picking up the platysma (the rope-like muscle, either side of the neck, that drags the lower face down) with a pre-threaded needle, enabling him to reposition it, reducing jowls and sharpening the jawline. It takes about two weeks for the face to settle (lymphatic drainage, courtesy of his Korean Ultralift machine, helps to take down any swelling). 'If you keep a steady weight then the effect will last for three years, maybe even four,' says Sebagh, who inserts his threads in a ring formation to firm and lift the derrière. But he's also fascinated by nano-fat: 'We harvest your fat, break it down, make a "soup" out of it, and then inject it into the face,' he enthuses about the technique, which transforms a sun-damaged dermis into baby-soft skin. A fresher face awaits. *Consultation, complimentary; deep-plane thread lift, from £2,500 (drsebagh.com).*

DR CHARLOTTE WOODWARD, DORSET (NEW ENTRY)

River Aesthetics' glamorous co-founder is one of the UK's leading thread lifters – but so is her business partner Dr Victoria Manning, and together the pair have created a gleaming clinic that has put the South West firmly on the map. Woodward's approach is twofold: to elevate a fallen face (her Silhouette Soft threads are a reliable option) and to enhance skin quality. River Aesthetics was one of the first clinics to use the recently relaunched Aptos thread, which stimulates the formation of collagen while hydrating the tissues. 'It's like a tightly wound spring,' explains Woodward. 'Once inserted, we massage the area and it expands, bringing volumisation.' (It smooths nose-to-mouth lines superbly, and can also be used to plump up the labia.) She also uses collagen-spurring Ellansé – perhaps to rebuild the temples or strengthen the jaw. Post-procedure, patients are dispatched with ice packs, chocolate and a supportive pillow. 'Many women who come for a thread lift have never had anything done before – so this is a big thing for them,' says Woodward. 'Looking after them, and their emotional state, is critical.' *Consultation, £50, redeemable against treatment; Silhouette Soft, from £2,500; Aptos face, from £2,500; Ellansé, from £400 (riveraesthetics.com).*

Hormones

DR MARTIN GALY

Galy is refreshingly straight-talking when it comes to bioidentical hormones. His prescription patches, gels or creams reinstate a sense of balance – and not just for women. 'Andropause imitates menopause a lot more than people realise,' says the doctor, who sees some high-profile figures pass through his Chelsea clinic. 'But men don't recognise sweating and irritability as symptoms. Loss of libido is what brings them to my door.' He reports a rise in numbers of younger patients too, such as PCOS sufferers, those with poor insulin resistance and postpartum mothers ('Most women don't link postnatal depression to their hormones, but by supporting progesterone and testosterone, we can get them through their baby blues'). His passion, though, is to help patients at any age rediscover their joie de vivre: 'If you have a middle-aged person, with change in mood and no history of mood disorder, you need to think about hormones – not antidepressants.' *Consultation, £380; hormone testing, from £80 (23md.co.uk).*

Sebagh is known for two things: his thick French accent and a futuristic approach to the face

DR STEPHANIE GOODWIN (NEW ENTRY)

Goodwin is intuitive and inquisitive, but it's her empathy for those who sit in her Marylebone practice that makes her an ideal accomplice for patients in the first flushes of menopause. She is a GP and women's health specialist, and her work runs the gamut from ovarian insufficiency to psychosexual trauma – 'Though I always look at the bigger picture,' she says. 'Sometimes it's also good to check someone's cardiovascular risk, as well as other factors that start to present in mid-life.' Goodwin prescribes body-identical hormones ('that are structured identically to those the body makes'), determined by a patient's symptoms: not just irregular periods, anxiety and hot flushes, but also vaginal dryness and urinary problems. 'Oestrogen deficiency also affects the urethra, so many women experience recurrent infections,' she explains. Though she's mindful to introduce one hormone at a time, then tweak. 'If you add three at once, it's more difficult to work out what's going on,' she says. 'You have to join the dots.' *Consultation, with advice and prescription, from £300 (drstephaniegoodwin.co.uk).*

Dermatology

DR ARIEL HAUS

'It's been a challenging year for patients,' says Haus. 'The past months have manifested in all sorts of skin complaints, from inflammatory acne and rosacea to significant issues such as melanoma.' The Harley Street dermatologist has an arsenal of corrective devices, from photodynamic therapy ('We apply a topical solution to the skin, which is activated by light and destroys damaged cells in minutes, so it's good for some skin cancers') to complexion-perfecting lasers. His newest trick deploys a laser to create micro-channels in the skin, enabling active ingredients to be delivered directly to the dermis. 'It's completely bespoke,' he says, 'and it works to improve the appearance of acne scarring very well.' As a beach-loving Brazilian, bodies are his speciality, whether he's mapping moles or addressing post-pregnancy stretch marks ('Laser, in combination with mandelic acid, helps to improve their colour and texture'). Still, he's a stickler for sun cream, warning that 'The tan of today is the wrinkle of tomorrow!' His 'Doctor's Facelift' – a combination of his 7D laser, active skincare and muscle-tightening Ultherapy – is a post-holiday must-have. *Consultation, fee on enquiry; photodynamic therapy for skin cancer treatment, from £1,750; Doctor's Facelift, £2,100 (drhausdermatology.com).*

DR ANJALI MAHTO

Whip-smart and utterly authoritative, Mahto makes skin management simple. She's big news on social media, where her advice is straight-up and spot-on – otherwise check out her book, *The Skincare Bible*, for fluff-free ways to get to grips with topical ingredients and treatments. 'Often patients are misdiagnosing,' she says. 'They're using powerful ingredients that are totally unsuitable for their skin and are instead causing low-level inflammation and sensitivity.' Her solution? To strip back the actives, adopt a gentler regime and use a prescription-based cream to get things back on track. You'll find her at the Cadogan Clinic but also on Harley Street – though she's mastered the art of online consultations ('Patients love the efficiency, and for conditions like acne, rosacea and pigmentation it works really well'). She flies the flag for mental health too, and is outspoken on the importance of addressing concerns such as persistent breakouts before they impact on the patient's self-esteem. 'Acne can be treated,' she says emphatically. 'Nobody should have to feel miserable in their skin because of it.' *Consultation, £375 (skin55.co.uk).*