

**COSMETIC**  
Surgery & *Aesthetics*  
Magazine

The UK's top  
Practitioners  
by Region

# New Year New You...

**15**  
Real Life  
Transformations

## FEATURES

- **Your 2010 Beauty Planner**  
If you're planning on some pampering this year, follow our guide to looking beautiful
- **Instant Inch Loss**  
Looking to shift some of those extra Christmas pounds?
- **Pucker Up**  
Perfect that pout with Teosyal KISS dermal filler



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Advice from the UK's Top Cosmetic Surgeons, Doctors and Dentists

# Your 2010 Beauty Planner

If you're planning on some pampering this year, we've come up with your 2010 beauty diary to let you know when to kick-start your beauty regime to stay stunning for all seasons

JANUARY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					New Year's Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	Mardi Gras King's Day	19	20	21	22	23
24 31	25	26	27	28	29	30

## January: Zap that Belly Fat

If you're looking for a quick-fix to shed some of those post-Christmas pounds, this is the perfect time to plan a non-invasive slimming treatment. Cosmetic plastic surgeon Angelica Kavouni recommends the new non-surgical LipoSonic system to get your body bikini-ready: "Great for muffin tops and small pot bellies, this high intensity ultrasound device is a great no-knife fat fixer," she says. "While you can have the

if you're considering a breast augmentation, it's best to book your consultation now in order to be bikini-ready by summer. "We see an increasing number of women seeking breast enhancement surgery as the winter months come to a close," says cosmetic plastic surgeon Dr. Dirk Kramer. "It takes a minimum of six weeks for a breast augmentation or breast uplift to heal enough to go on holiday." As such, book in by March to be safe while looking sexy in the sunshine.

Once you're slimmed and toned, now is also the optimum time to try out some tanning treatments. As the weather is warming up, you can wave goodbye to your party palor and introduce a golden glow in time for tanning some flesh this summer. Depending on your budget, experiment with at-home products or indulge in a professional spray tan. One word of warning: be careful not to overdo it – you want to look like a bronzed goddess, not a San Tropez addict.

**If you're looking for a quick-fix to shed some of those post-Christmas pounds, this is the perfect time to plan a non-invasive slimming treatment**

treatment in your lunch hour, it does take around three months to see the full results, so get sculpting in January to enjoy smoother contours by spring."

## February: Get Fuzz Free

If you don't want to be bothered by your bikini line or underarm hair on the beach this summer, IPL offers a more permanent solution to hair removal. "Laser hair removal is the best, most effective way to permanently remove unwanted hair," advises aesthetic nurse Hannah Finkle. "However, IPL usually takes around six monthly sessions to see results." So it's best to get cracking in the winter to ensure you're stubble-free for the beach.

## March: Boost your Cleavage

## April: Slim those Saddlebags

If you're thinking of having surgical assistance to shed some excess fat for summer, now is a good time to have a liposuction procedure. While treatment may only involve a day in hospital, it can take up to six weeks to fully recover, so you need to factor in some downtime before you'll be beach-ready. Alternatively, Thermage is a non-invasive body tightening treatment that lifts bums, tones tums and slims thighs. Hannah Finkle of 111 Harley Street says, "Only one session of this intensive radiofrequency treatment is needed but results gradually improve over a six-month period, so best to book your appointment in the spring."

## May: Tanning Treatments

## June: Last-Minute Breast Boost

If you're less-than-blessed in the chest department, Dr. Yannis Alexandrides recommends a non-invasive breast boost to subtly increase your cup size. "Small breasts can have an instant bikini fix with Macrolane," he says. "This is the latest safe breast enhancing treatment that lifts the breasts, adds cleavage and increases breasts up to one cup size. With very little downtime it can be performed just two to four weeks before your holiday."

## July: Permanent Make-Up

As summer usually means a week or two spent getting sweaty on the beach and melting on public transport, the chances are your usual make-up products won't withstand the heat.

As such, the summer is the perfect time for a semi-permanent make-up treatment. Semi-permanent make-up, also known as micropigmentation, is a form of temporary cosmetic tattooing used for long-lasting enhancement of the eyebrows, eyelids, lips and cheeks.

If that all sounds a little too permanent, opt for a simple



## Subtle Enhancements

Hannah Flindie RN is a fully qualified NHS trained Registered Nurse. She made the transition into aesthetic medicine six years ago and has worked with some of the world's top cosmetic and reconstructive surgeons.

Currently she works closely with the lead surgeon Mr Yannis Alexandrides at the prestigious 111 Harley Street Clinic, specialising in non-surgical treatments such as anti-wrinkle injections, dermal fillers, Sculptra, Thermage RF skin tightening and Fraxel laser skin resurfacing, amongst others.

Her specialist techniques focus on creating natural, subtle enhancements. Hannah's approach is open and gentle with a good eye for aesthetic balance and enhancement.

**“I strive to give my clients exceptional care. Whether it's anti-ageing or scar refinement, my ambition is to achieve a result that is natural, soft and still very 'you'”**

**Q** What is the most important thing you've learned from your patients?

**A** Listen, listen, listen. An aesthetic nurse or doctor should never assume they know what their client wants. Every face is different and every treatment is unique to the person receiving it.

**Q** What is your best anti-ageing advice?

**A** Don't try to fight your age; think Michelle Pfeiffer or Helen Mirren. Look to treat your minor imperfections and enhance your best features, creating a refreshed and brighter appearance...and no sunbathing of course!

**Q** What is the favourite part of your job?

**A** Making a positive impact on my clients' lives. Watching them glow in confidence and enjoying the results we can achieve together as a client/specialist team.

Full member of the RCN (Royal College of Nursing) and NMC (Nursing and Midwifery Council)

**Qualification**  
Registered Nurse (RN)

**Speciality Qualification Areas**  
Thermage RF skin tightening – full body, Fraxel laser skin resurfacing, advanced techniques in anti-wrinkle injections, dermal fillers and Sculptra administration

**Location**  
The 111 Harley Street Clinic, London

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Tel: 0845 222 5 111  
Email: hannah@111harleystreet.com  
Web: www.111harleystreet.com



eyebrow shape and eyelash tint to make your peepers pop without the danger of incurring panda eyes.

mineral-rich clay solution.

Once wrapped, you simply relax for 45 minutes and let the bandages sculpt and tone your

**“ Summer means a week or two spent getting sweaty on the beach, so the chances are your make-up won't withstand the heat ”**

### August: Smile Makeover

Teeth whitening is one of the most popular summer procedures, especially among brides-to-be. Quick and easy to perform, teeth whitening can totally transform your smile and make you look years younger – perfect for those all-important portrait shots! Opt for professional teeth whitening to penetrate the enamel and bleach deep-set stains, or pick an over-the-counter at-home system to tackle surface stains for a more subtle result.

Teeth can emerge up to ten shades whiter after just one professional teeth whitening session, while DIY kits create a gradual result, so a combine the two to maximise results.

### September: Contour Wrap

If you haven't had quite enough salad during the summer months, you may be feeling in need of a post-holiday and pre-Christmas detox. As such, a Universal Contour Wrap is the perfect solution.

This celebrity favourite that guarantees fantastic results is a simple spa treatment that works by wrapping you in 25 to 28 elasticated bandages that have been pre-soaked in a warm,

body while the minerals are absorbed into your skin and the clay draws out toxins to leave you feeling slim, radiant and bursting with energy.

### October: Reveal Radiant Skin

After all that summer sun, now is a good time to shed those dead skin cells with a chemical peel. Whether a superficial peel

to remove surface cells, or a deeper peel to tackle uneven pigmentation and wrinkles, a chemical peel will combat dull skin and leave you looking radiant.

“Chemical peels should definitely be performed in the winter months as they leave the skin vulnerable to sunlight damage,” advises Angelica Kavouni. You will require up to ten days of downtime but after one treatment skin is left lighter and more even in tone.

### November: Blast those

### Eye Bags

“Use this month to have your under eye bags removed so you can party with confidence,” recommends Angelica Kavouni. “Non-surgical mesotherapy injections involve a tiny injectable treatment each week for four weeks to smooth eye bags, or you can opt for a surgical under eye blepharoplasty which will require a couple of weeks of downtime to let the swelling and bruising go down.”

Another non-invasive eye booster is Botox injections, which can tackle crows' feet in one simple injection to have you looking radiant for the Christmas party (and disguise the after-effects of too many late nights!).

### December: Defrizz

The hair on your head also needs some love and attention in the colder months. After a summer of being frizzed and a winter sitting in heated offices,

**“ Use this month to have your under eye bags removed so you can party with confidence ”**

your hair will be beyond the help of a simple blow-dry. Instead, indulge in a deep hair conditioning treatment for your hair to tame frizz and watch your limp, lifeless locks become shiny and bouncy. A perfect pick-me-up for the festive festivities.

### CS&AM

**Available from:**  
111 Harley Street Cosmetic Centre  
www.111harleystreet.com

Cosmetic Solutions  
www.cosmetic-solutions.co.uk