

TATLER

A close-up, profile view of a woman's face. Her face is partially covered in a delicate, cream-colored lace mask that features floral and leaf patterns. The lace covers her forehead, eyes, nose, and cheek. Her hair is pulled back, and she has a soft, neutral expression. The background is a plain, light-colored wall.

Beauty &
Cosmetic
Surgery
Guide 2010

'Post-surgery couture mask'
by Philip Treacy for *Tatler*

he cutting edge

world's top anti-ageing hotspots

LOS ANGELES

Hollywood has a habit of turning Ugly Bettys into silver-screen swans with bold treatments that push the boundaries. It's not about subtlety. This is the place to come for a top-to-toe reinvention with no questions asked.

STAR SURGEONS

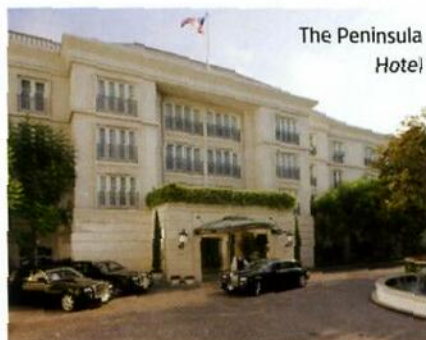
Dr Leslie Stevens is low-key and discreet – unusual for a town where most of the plastic surgeons have their own TV shows. He works from the Lasky Clinic (tel: 001 310 556 1003; driesliehstevens.com), a swanky Beverly Hills institution famed for nips 'n' tucks that defy close-ups. He has earned an A-list following that includes Sharon Osbourne and is well known for his innovative short-scar breastlifts. He reduces scarring by making incisions around the nipple and vertically down the breast, avoiding the long scar underneath the breasts. His High Vertical Suspension Face Lift (from £10,000) elevates sagging cheeks without the wind-tunnel

effect. 'In LA, you only notice the bad facelifts – the good ones go unnoticed,' says Stevens. His partner is facial plastic surgeon **Dr Andrew Frankel**, who is known for his subtle nose jobs (from £7,500).

SKIN SPECIALISTS

Dr Ava Shamban (tel: 001 310 828 2282; shamban-md.com) has more lasers in her clinics in Santa Monica and Beverly Hills than George Lucas has on his film sets. The latest addition to her anti-wrinkle weaponry is SilkPeel, a machine that exfoliates the skin while pumping in healing serums. She uses it in tandem with Thermage and the new dual wavelength Fraxel for collagen stimulation (from £1,000). 'It's innovative because we can treat all levels of the skin simultaneously and reduce brown spots, wrinkles and scars in one go,' she explains.

For the ultimate in facials, get in the queue behind Jessica Alba, Paris Hilton, Winona Ryder and Debra Messing for a session with the incredibly talented **Kate Somerville** (tel: 001 323 655 7546; katesomerville.com). The Cytocell Dermal Energizing Treatment is her newest solution for perking up mature skin – it encourages collagen production and tissue regeneration and costs from £62.



The Peninsula Hotel

HIDEOUTS

Hole up Howard Hughes style in one of the villa suites at **The Peninsula Hotel** in Beverly Hills (tel: 001 310 551 2888; peninsulahotels.com). It's far less sceney than a lot of the other LA hotspots and has a spa that proffers luxurious Elizabeth Taylor-style treatments, using rubies, emeralds and diamonds. Book through Carrier (tel: 0161 491 7640; carrier.co.uk).

Alternatively, head to the **Jade Healing Retreat** at the Hotel Palomar (tel: 001 310 557 0500; jadehealingretreat.com), where overseas visitors can speed up their recovery with ice packs, organic soups and smoothies – there's also 24-hour nursing care.

SOUVENIRS

Dr Shamban's Ava MD Extreme Specialist skin cream works wonders on stressed skin, so it's not surprising it sells out pre-Oscar season. There's also a lot of buzz around new anti-ageing range CellCeuticals (cellceuticalskincare.com). The products contain retinol lipo-peptides and antioxidants, which encourage old cells to behave like young ones. Also pick up a packet of cherry Cold-Eeze; they contain zinc gluconate glycine, a powerful antioxidant that's fantastic for the skin too.

