

# WANT A YOUNGER YOU?

COSMETIC TREATMENT HAS COME A LONG WAY - THREE TOP LONDON-BASED SPECIALISTS EXPLAIN HOW



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## DR MOHAMMAD JAWAD

THE HUMANITARIAN  
PLASTIC SURGEON

**C**osmetic medicine has moved forward from the stretched faces and odd grimaces of yesteryear. Everybody thinks they know the look of cosmetic surgery, fillers or even a face that has had a chemical peel but we're here to tell you to look again.

There is another side to cosmetic medicine, a side that you don't know about, because you aren't supposed to know about it. Gone are the days of fixed expressions and overly stretched skin. Modern techniques mean that modern cosmetic medicine is something you won't recognise, precisely because it is so well done that you can't notice it.

The new generation of cosmetic doctors have learnt from the mistakes of the past and have moved towards a more natural and less invasive attitude to aesthetics. The patients themselves are savvier and this demand has bred a whole host of new techniques that are specifically targeted at making you look your absolute best, in the most natural way possible.

From breast surgery, botox and peels to the hot new 'vampire facial' (as made famous by celebrities like Kim Kardashian) here's all the information from the doctors in the know.

### THE HUMANITARIAN PLASTIC SURGEON

Dr Mohammad Jawad is a world-renowned plastic surgeon whose work in the field of facial acid burns reconstruction won Pakistan's first Oscar through the documentary *Saving Face*. He started working privately in 2009 when he opened his NipnTuck surgery in Harley Street, London. Dr Jawad is currently working on a new project in Karachi, an Advanced Aesthetic and Wellbeing Boutique clinic in Clifton. ([www.nipntuck.co.uk](http://www.nipntuck.co.uk))

### Please describe your background and the nature of your work?

I was born in Pakistan and I graduated from Dow Medical College in 1984. After general surgical training, I started training in plastic surgery in Belfast in 1993. I trained as a plastic, reconstructive, cosmetic and burns surgeon with specialised training and fellowships in cosmetic/aesthetics and hand surgery. I have been a surgery consultant since 2001. I left the NHS in 2009 and now fully commit to my private work which allows me plenty of time to focus on my other passion, humanitarian work.

My current practise is mostly based on cosmetic plastic surgery, burns reconstruction and regenerative medicine. In London,



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**'Patients tell me that it helps them express their selves better, they feel like a new person and their interpersonal relationships with their husbands and partners improve as do relationships with children and friends'**

Karachi and Dubai, our team provides a full range of aesthetic and reconstructive surgical and non-surgical treatments including cutting edge and innovative evidence-based therapies for restorative, regenerative and rejuvenation treatments for both men and women.

**Your work has gained international recognition (including an Oscar). How do you feel this has influenced the status of plastic surgery in Pakistan?**

It has helped get my speciality the respect it deserves globally. Since the Oscars, I have been invited to become a visiting professor at Dow University Health Sciences and at Nishtar medical college in Multan. I have also been made visiting professor at Stanford and Brown Universities in the USA. Plastic surgeons help restore destroyed bodies and faces both cosmetically and functionally and hence we help transform people's lives. In reconstructive surgery, we help people to regain their human dignity to some extent. The Channel 4 documentary *My Beautiful Face* with Katie Piper helped to bring greater awareness to the West of the acid violence in Pakistan and our struggle to restore the damages done by such crimes against women. The fight for women to restore their dignity and respect has made Katie Piper a household name.

**Why did you choose to open the NipnTuck surgery in London?**

Opening the surgery seemed like the natural progression of my career. I have been in the UK for twenty five years and have lived in London with my family for the past 15; both my wife and I have worked in the NHS in London. Choosing London for the clinic was a natural and simple decision because of the global position of Harley Street within medicine.

**What would you say are your most popular cosmetic procedures?**

In surgical terms, procedures like breast augmentation, lipo-sculpture, tummy tucks and the

mini face or soft-face lifts are popular in the West. Our non-surgical procedures like botox, fillers and the vampire facelift are also popular.

**What are women having done with regards to breast augmentation?**

The trends vary according to age and personal preference. In our practise we have seen women from the younger age group, say 20-35 years old and interestingly also those over 50 years of age, requesting breast implants for bigger breasts. Then there are the large subset of groups, perhaps 30% of these women, who want to have both bigger breasts and reshaping/uplifting. We also see a lot of ladies in their 40s seeking help for breast reduction after multiple pregnancies.

**What are the different types of breast enhancements you offer?**

We offer several different options. There are the simple breast augmentations with breast implants, which are fairly safe; breast enhancements with uplifts are also very popular. Then there are newer techniques like micro-fat grafting. This is a very safe and popular option for smaller breast enhancements; say one or two cup sizes. It has excellent results, a natural feel and offers no problems such as those that can be associated with breast implants. This procedure needs to be repeated or done in two to three stages and it works very well in the majority of cases. Micro-fat grafting is great, as it has no associated problems with the weight of the implant; the quality of the breast improves, it becomes younger and healthier.

**What are the specifics of the procedures?**

For breast augmentation, the procedure takes about an hour under general anaesthetic and is mostly done a day a case, with the patient able to go home on the same day after a few hours. The breast enhancements with micro-fat grafting take about two hours. The harvesting, preparation and careful placement of the fat are keys to the success of this procedure.

**What do you think is the reason that breast enhancement is so popular?**

There are several reasons. It offers a tremendous boost in confidence and with this come many collateral personal and professional benefits. Patients tell me that it helps them express their selves better, they feel like a new person and their interpersonal relationships with their husbands and partners improve as do relationships with children and friends. They generally feel better about themselves and are content, they smile more and clothing fits better.

**Has the recent PIP scandal affected the work that you have done and your recent work?**

In our practice, we have never used PIP implants and nor did I use these implants during my work in the NHS. The PIP implant did bring lots of damage to our profession and brought up questions of professionalism and industry. It will take many years to repair the trust that was lost. Personally, I always stayed away from these implants in my practise.

**Are there any other procedures that you would like to talk about?**

My favourite procedure for 2013-14 is a combined non-surgical procedure with the use of PRP (Platelet Rich Plasma) and the powerful rejuvenation device LPG Endermolgy. It offers facial regeneration of the first order, since the face shows early signs of ageing. This offers a safe way to reverse aging without surgery and in most cases in ten weeks the whole face is changed and glowing. It involves no foreign material, only your own blood products carefully injected on the face and around the eyes, forehead and lips. There is also the soft face lift with the addition of a little nip and tuck – with botox, filler and micro-fat. Hair restoration is also a popular procedure for men and women alike, it stops hair falling and restores the volume and quality of hair follicles.

# DR INGRID ARION

## THE AESTHETICS DOCTOR WITH A BESPOKE TOUCH



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**D**r Ingrid Arion is a French cosmetic doctor. She comes from a family of internationally renowned doctors in the field of cosmetics. She specialises in non-invasive, biodegradable cosmetic medicine that is specifically tailored to each of her elite clients. Her whole philosophy is based around elegance and haute couture. ([www.dr-ingridarion.co.uk](http://www.dr-ingridarion.co.uk))

**Please describe your background and the nature of your work.**

My father, Dr Henri Arion, was a famous plastic surgeon who pioneered many key inventions in medical fields relating to reconstructive and cosmetic surgery - such as the saline and hydrogel breast implants and surgical threads for the treatment of facial paralysis. I was raised in the world of beauty and cosmetic medicine and this had an influence on me, from my childhood. I would hear my father speaking about his work and so I always had an awareness of aesthetics. I qualified as a medical doctor in Paris and have specialized in non-invasive facial treatments for 25 years. I was a pioneer in this specialty and I have developed an international profile.

**How would you describe your personal ethos to cosmetic enhancement?**

For me, cosmetic medicine is all about refinement. I create 'haute couture' treatments for each individual client who comes to me in order to make them look like the most stylishly beautiful version of their selves. It is my belief that when we touch appearance, we have the possibility to touch something deeper. My work is incredibly interesting because changing just a little bit of your appearance can enhance both external and internal beauty. Self-esteem is a key point of my job, striving for beauty to look younger is fine, but the most important thing is to feel confident with your self-esteem and your identity.

The second point for me is artistic work. If you are Pakistani then you have an identity that is culturally different to the French or Americans and part of my work is respecting my patient's identity and culture. I believe that true beauty lies in preserving the identity of each person, so in my work I create a bespoke approach for each individual. Everyone cannot have the same cheekbones, the same nose. I strive for sophistication and beauty in my work which necessitates maintaining identity.

**Who is your main clientele?**

My clients range through all ages, starting around 25. I work with many VIP celebrities and with their image, because they don't want their appearance to change drastically. My job is to enhance their looks, without it being obvious. My treatments must



**'I create 'haute couture' treatments for each individual client who comes to me in order to make them look like the most stylishly beautiful version of their selves'**

be graceful so they must also be imperceptible. I do not use the same approach for the young as for the old but I perform a variety of treatments with the same objective – be better, be elegant, be natural.

I have clients from Pakistan and the most important thing in my work is to enhance beauty in respect to details and proportion. The style and beauty of Pakistan is individual so I must work in respect to personal and cultural identity, in a subtle way.

**What are the treatments that you find most effective?**

I use a wide range of treatments for my clients. I use Platelet-Rich-Plasma, threading, mesoglow and injectables like Bocouture and hyaluronic acid fillers to sculpt the face and enhance beauty. Bocouture is a European Botulinium toxin.

The truth is that my work is not about specific treatments, it is about putting together the best combination of treatments for each individual client. My client base spans every continent and my specialty is creating tailor-made treatments for each person. My vision is towards sophisticated and glamorous results.

**Could you tell me a little more about Platelet-Rich-Plasma?**

In the past, this treatment was used for burns, as it helps the skin regenerate and heal faster. I take a small sample of blood from which we extract specific healing components. There are then different ways to inject this; under the skin or through mesotherapy – which is when I mix the plasma with vitamins and minerals. If I were to only use plasma it would work well but the outcome would not be as effective as when I tailor the treatment differently for each person depending on the quality of their skin. In order to be one of the best cosmetic doctors, I have built my reputation

on adapting new techniques with experience in order to perfect these revolutionary new treatments.

**Could you tell me about your other treatment, threading?**

Threading is one of many procedures that I combine for my patients to enhance their natural beauty. This treatment is very popular when used in combination with my other procedures, it gives a beautiful glow. A few years ago a new biodegradable thread appeared. There are several types of threads: one for stimulating collagen and enhancing glow, another to lift. I decide on which one depending on a client's age and requirement.

**Are there any other procedures you would recommend?**

I use the very latest technique for the skin entitled, Ultherapy™. It's a non-Invasive procedure using ultrasound energy. This treatment stimulates the growth of new collagen and elastin. Through skin lifting and toning, the ultrasound therapy creates a youthful shape and gives a brighter glow. I have had excellent results treating slackening skin; I treat the whole face, neck and the chest. The technique can lift the brow, face and neck. My patients see an immediate natural result and love it. The effects continue for up to six months and last more than a year. The hand and skill of a specialist is essential to obtain the best results with this equipment. I take all precautions when practicing this treatment, and like to think that my many years of practice as a cosmetic doctor give me a fine balance with my hands.

**How safe are your procedures?**

The treatments I offer and the procedures I use are as safe as possible. I avoid extreme, invasive treatments because I don't like to take high risks or offer non-reversible procedures. All my treatments

last about one year and the objective is not to look fake, since my clients come to me for a more seductive and fresh look whilst taking minimal risk. My priority is always safety.

**How important is prevention in your area of cosmetics?**

Medicine is now all about regenerative and preventative treatments. In cosmetics, I believe in prevention and I have a lot of young patients who agree. Even though we cannot stop the aging process, we can make sure that we move forward through life with grace and beauty. I make sure to advise my patients on preventative skincare and supplement the bespoke treatments I offer with cosmetics. Every cream is not the same and different skin types and colours cannot use the same cosmetics. We have seen a huge evolution within the cosmetic field, thanks to the advancement in stem cell research. Facial beauty is a question of uniformity of the skin's complexion and harmony of facial proportions. The preservation of aesthetic harmony is the most important thing and it is my aim. Prevention is one of the keys to this.

**Are there any treatments you recommend?**

It is very hard for me to recommend only one, because my treatments are tailored to each client and I use a variety of procedures on each person according to their individual needs. One of my favourite aspects of aesthetics is when I work with lips as part of a wider treatment. I love to sculpt lips, they can be very glamorous but unfortunately we see many bad examples in the press. When lips are sculpted properly it is magic. They give glamour and style but within a person's identity. A lot of my patients come for the lower face, including the lips. The treatments that I suggest allow them to win a few years back in one hour, without using a scalpel!

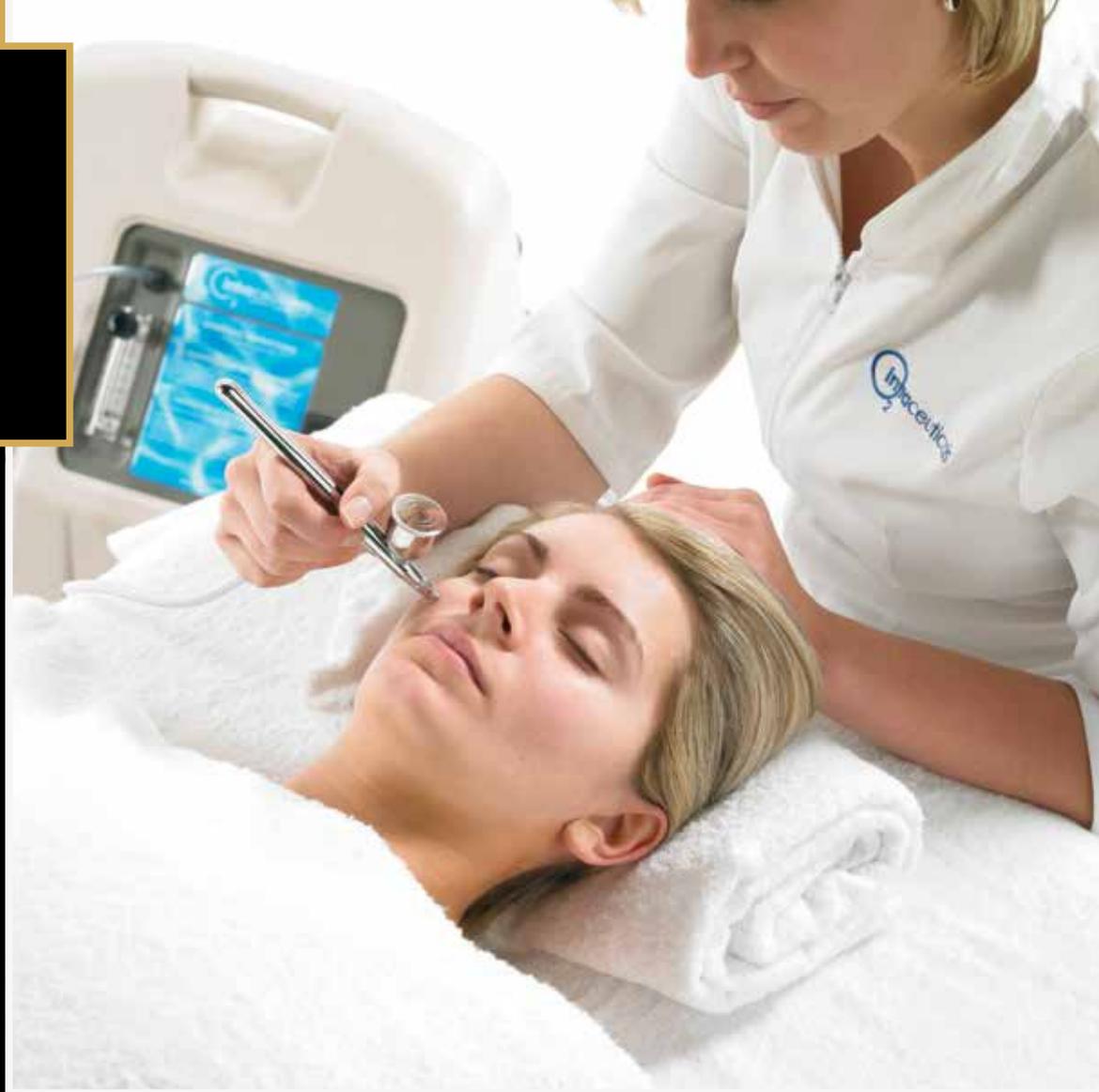


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# DR RABIA MALIK

## THE NON-INJECTABLE COSMETIC DOCTOR

**'The majority of my South Asian patients have difficulty with pigmentation and dark circles. Dullness is another issue for South Asian skin and for this I offer a range of medi-facials'**



**D**r Rabia Malik is a London-based cosmetic doctor of Pakistani descent. Her speciality is in non-injectable facial rejuvenation and she specifically works with her clients to tailor their facial skincare with her own cosmetic procedures. ([www.skinw1.com](http://www.skinw1.com))

**Please describe your background and the nature of your work?**

My background is general practice, I am a GP and I went into aesthetics about three years ago. I have chosen quite a niche area to work in, in the sense that my practise is based on non-injectable cosmetics, so I don't use any Botox or fillers. My focus is on facial rejuvenation and my speciality is chemical peels. When I was looking to set up my own business I realised that there was no-one offering medical skin care and medical strength treatments that were a step up on what you would get from a beauty therapist but weren't as invasive as the injectables that nearly every other cosmetic doctor was offering. I fell into peels because I thought they were the most under-realised treatment modality we had. People have this idea of glycolic peels from the 80s that stripped the skin but nowadays the formulations have changed so much that there's some really sophisticated combination peels available now. These work incredibly well with relatively little downtime. I was very lucky last year to meet a doctor who created a brilliant range of peels in Los Angeles, her name is Dr Julia Hunter. I now exclusively offer her treatments in London and I have launched her peel range at Grace in Belgravia.

**Who is your main clientele?**

About a quarter of my clients are based abroad, they come from many different backgrounds but just under two thirds of my clients are of South Asian descent. The majority of my clients are between 35 – 55 years old, with about 15% younger than 35 and 15% older than 55. I have a lot of experience with pigmented skin.

**What would you say is your most popular procedure?**

The mesopeel I offer is probably the most popular procedure, it takes about an hour and a

half. I use micro-needles to create tiny micro-tunnels in the skin and apply a serum which I tailor to each individual person's skin. This level of sophistication is necessary at the level I work at. The micro-needles provide a much better effect from the peel as it gets deeper into the skin. I would recommend this procedure every three to six months for those over forty, and every six to twelve months for those younger. It has a downtime of about six hours after which the skin is normal and glowing.

**What treatments do you offer for dark circles?**

Eye peels are my most effective treatment for dark circles – they brighten the under-eye area and stimulate collagen which in turn improves dark circles. There is one product I highly recommend called the Results RX eye doctor, which is a physician only product. I think products are one of the most important aspects of cosmetic medicine, for example with dark circles you need a product with Vitamin A to stimulate collagen and brighten the skin.

**Could you tell me more about your treatments for pigmentation?**

Pigmentation is a challenging issue with some skin types. It is multi-factorial and has lots of potential causes such as genetics, hormones and sun damage. Pigmentation is a lifelong challenge that requires long-term maintenance and constant vigilance against sun damage. I tailor products to each of my clients and generally recommend a high quality moisturiser with SPF 50. I also offer a course of peels that I create according to each person's individual skin needs. The Skin Therapy range of peels is particularly good for this.

**Could you tell me more about your treatments for South Asian skin?**

The majority of my South Asian patients have difficulty with pigmentation and dark circles, as I have discussed. Dullness is another issue for South Asian skin and for this I offer a range of medi-facials. These generally work very well, depending on the quality of the skin and on age. I offer customised skin prescriptions to then put together a maintenance regime for each client. I suggest the

right products and regular maintenance mesopeels to my clients in order to keep their skin bright. I can fix problem areas but it is really all about maintenance and that is what I focus on.

**What are the risks involved with your treatments?**

With any treatment there are always small risks but it really depends on the treatment and on consultation. My treatments are all very low-risk compared to other similar peels, as they are specifically formulated to be safe and to offer a much lower chance of an adverse reaction. The products are formulated to self-neutralise so it is impossible to have an allergic reaction to them.

**What do you think is the reason that these treatments are so popular?**

All the treatments I offer are much less invasive than others on the market, they involve short downtime and are completely results-oriented. There was no one doing this kind of treatment until I started. I think the fact that I create a good skincare regime for every client is crucial. as this can prevent a lot of problems. I see a lot of my client's daughters coming in, seeking preventative treatments. The key to my work is promoting the basics and an understanding of skincare.

**Are these treatments as effective on Asian skin as on lighter skin tones?**

The treatments work on every skin type. I obviously have a lot of experience in South Asian skin but the principal is the same for all.

**What is the effect that you see on your patients?**

Skin is a reflection of internal health, so a healthy lifestyle and the right skincare can make a huge difference to self-esteem and confidence. It is incredible how much of a boost treatments can offer, particularly to clients concerned with acne and acne scarring, aging and pigmentation. I think that my treatments are particularly positive for those who don't want to go down the injectable, invasive route as I offer a way to look good without any invasive procedures.

