



Los Angeles: liposuction

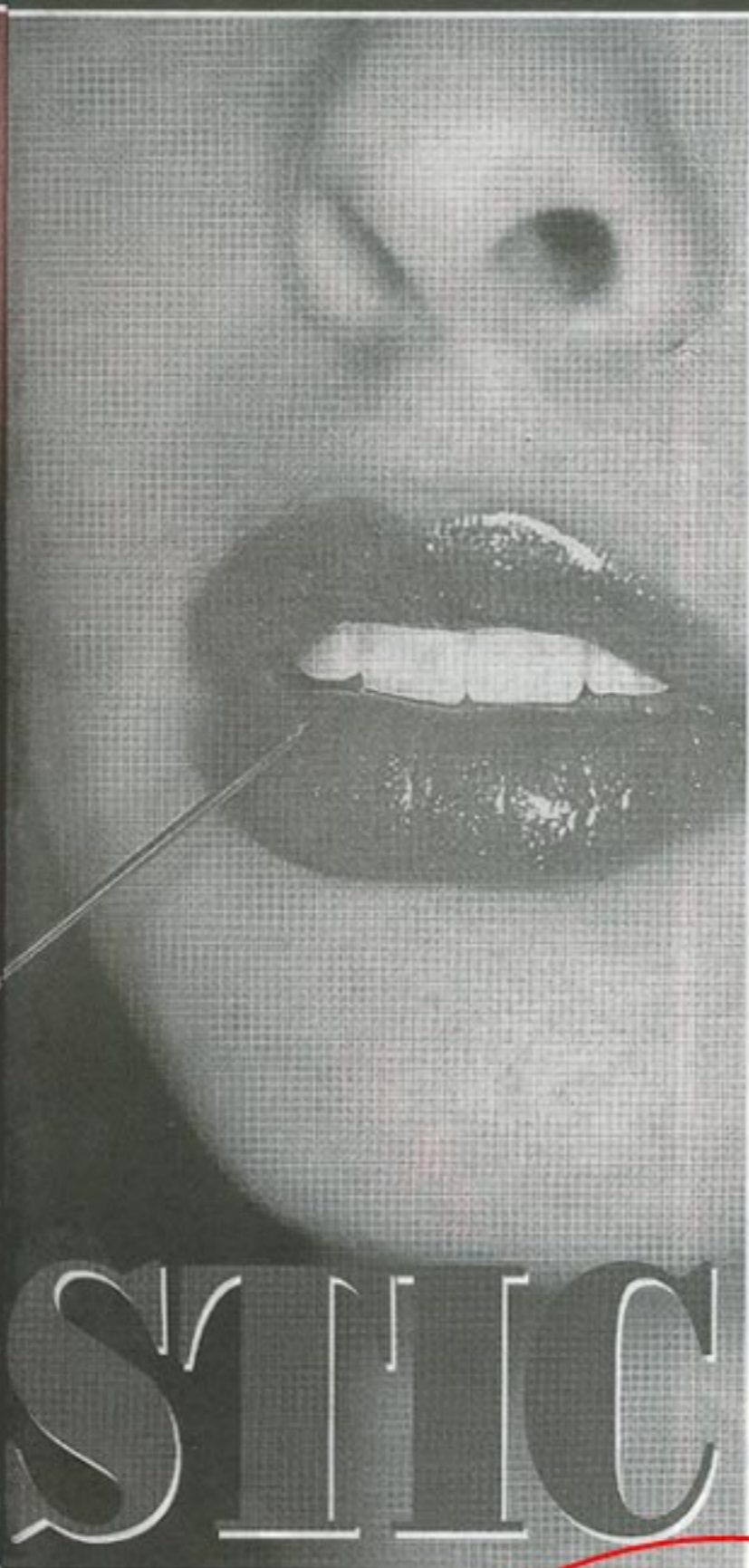


Who: Dr Leslie Stevens.
Where: Beverly Hills.
Celebrity following: Liz Taylor, Cher, Jane Fonda, Dolly Parton and Joan Rivers — name three famous people and at least one of them has been to him, he claims.

Why: Dr Stevens specialises in liposuction, treating all areas of the body including knees, chin, cheeks and neck, as well as the usual problem zones — hips, thighs and buttocks. Using a relatively new process called a 'tumescent technique', he injects a solution of saline and painkillers into the area before surgery to loosen the fat, making removal both easier and less painful. Performed Sharon Osbourne's tummy tuck 18 months ago, and talked about it on her chat show. Now he's been dubbed the 'King of Nip and Tuck' by his Beverly Hills clientele. He has performed upwards of 2,000 abdominoplasty operations, from post-pregnancy lifts to skin removal associated with extreme weight loss after stomach stapling and gastric bypassing.
Cost: Initial consultation £100. Liposuction from £1,900 plus £1,000 for anaesthesia.
● Lasky Clinic, 201 South Lasky Drive, Beverly Hills, California 90212. Tel: 001 (310) 556 1003.

The latest fad is to jet away for a spot of sun, sea... and surgery. Here, from lipo in L.A. to a new bottom in Brazil, Lily Hunter reveals the most sought after doctors in the world

Planet PLASTIC



Brazil: bottom lifts



Who: Dr Ivo Pitanguy, dubbed 'The king of plastic surgery' by Time Magazine.

Where: Rio De Janeiro.

Celebrity following: Royalty, Hollywood greats — the pioneering surgeon refuses to reveal names but is said to have enhanced the features of King Hassan of Morocco, the Duchess of Windsor and Zsa Zsa Gabor.

Why: Credited with inventing the 'bottom lift', which he calls the Pitanguy Lift, he was also one of the first to perform multiple surgeries — for example, a breast reduction with a tummy tuck and a facelift. This is something many surgeons shy away from because patients need to be anaesthetised for longer. Brazilian surgeons also perform 'minimal incision surgery' especially when it comes to facial procedures. They advocate smaller, more frequent procedures, starting at an earlier age rather than waiting until something radical is needed.

Cost: Prices upon application
● Ivo Pitanguy Clinic, Rua Dona Mariana, 65, Botafogo, Rio de Janeiro Tel: 0055 212266 9500, or www.pitanguy.com.br

New York: facelift



Who: Dr Alan Matarasso.
Where: Manhattan.
Celebrity following: According to New York Metro, Julie Christie is a fan.

Why: Dr Matarasso has been a plastic surgeon in Manhattan for 30 years, and is renowned for his subtle, face-rejuvenating surgery. An advocate of short scar facelifts, which use half the number of incisions normally

associated with this kind of treatment, patients are guaranteed a rapid recovery. He also favours a holistic approach to cosmetic surgery, with a comprehensive pre- and post-treatment regime using vitamins and homeopathic remedies to reduce inflammation and bruising.

Cost: Initial consultation £135. Face lift from £6,500.
● 1009 Park Avenue, New York. Tel: 001 212 249-7500.

Spain: reconstructive surgery



Who: Dr Javier de Benito.

Where: Barcelona.

Celebrity following: King Fahd of Saudi Arabia is rumoured to have gone to him to have the bags under his eyes removed.

Why: Dr Benito's speciality is actually reconstructive surgery — tackling both signs of ageing and rebuilding the face as a result of disease or injury. He has spent years developing and designing implants to add volume to the face, putting fullness back into sunken cheeks and redefining the chin. His latest surgical development is a subtle neck

and face lift, using Gore-Tex (flexible stitches) to create a 'supportive bra', pulling slack muscles back into shape for a firmer, more defined profile.

Cost: Initial consultation, £84. Endoscopic face and neck lift: £4,050 and £6,080.

● Instituto Dr Javier de Benito, Marquesa de Vilallonga, Barcelona. Tel: 00 34 932 530 282 or www.institutodibenito.com
■ **SEARCHING for a surgeon?** For independent advice on cosmetic surgery, contact consultant Wendy Lewis, who is also the author of eight best-selling books, including *Beauty Secrets*, £9.99, Quadrille. Tel: 00 1 212 861 6148 or e-mail her at wibeauty@aol.com

France: Botox

Who: Dr Nelly Gauthier.
Where: Paris.

Celebrity following: Well-kept secret.

Why: Working with fillers and injectables including Botox, Gauthier is known by the international ladies-who-lunch set as the queen of 'lunchtime' procedures, with clients in and out in less than two hours. Unlike many of her contemporaries Dr Gauthier is not a fan of creating a completely smooth forehead. She says: 'I always stress it's about maximising a person's look, and that's not always achieved by eliminating every single line. Less is more' 'My clients know when they come to me, they'll leave knowing they've had



something done, but the results are so natural no one else would guess.' Perhaps more importantly, while many Botox doctors use Most fillers that need re-injecting after six to eight months, Gauthier uses longer-lasting formulas that last up to five years before being naturally absorbed into the body.

Cost: Initial consultation £70. Botox from £200.
● 9 Rue de Marignan, 75008 Paris. Tel: 00 33 1 53 75 04 60.

Sweden: Breast augmentation

Who: Dr Carl Troilius.
Where: Malmo.

Celebrity following: Admits to performing surgery on celebrities, but remains tightlipped. 'That's why they come to me, because they know their secret is safe.'

Why: Sweden is emerging as the latest surgical hot-spot for breast augmentation as celebrities choose the privacy of Stockholm over London, LA or New York. Leading the way is Dr Troilius, Director of the International Society of Aesthetic Plastic Surgery, who uses state-of-the-art, cohesive gel implants (still not widely available in the U.S.) designed to last a lifetime and proven not to leak. Making an incision high in the armpit, scarring

Greece: eyelid surgery



is also negligible — on average 3cm — and patients can return to work after just one day.
Cost: Initial consultation £70, breast augmentation from around £4,000.
● Plastikkirurgicentrum, Regementsgatan 35, S-21753 Malmo. Tel: 00 46 40 263000.

France: Botox

Who: Dr Nick Metaxatos.
Where: Athens.

Celebrity following: Far too discreet to let it be common knowledge.

Why: British-trained and registered with the United Kingdom General Medical Council, Dr Metaxatos offers up-to-the-minute 'procedures' at a fraction of the price charged by U.S. and British surgeons. His forte is blepharoplasty (eyelid surgery to remove sagging skin). Using a new technique, I excise less fat



and tissue from the eyelid, he explains. This guarantees a more flattering finish — ironically removing too much of the lid ages rather than rejuvenates the face.'

He also offers comprehensive holistic healthcare packages including surgery, five-star accommodation and aftercare, with lymph drainage massage to speed recovery.
Cost: Initial consultation fee £70. Blepharoplasty from £700.
● 5-7 Skoufa Street, 10673 Athens.

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