

◁ function, and an authentic aesthetic: ‘There are notable differences between Mediterranean, African and Scandinavian noses. A patient’s feeling of where they are from and where they belong is hugely important,’ he says. ‘After all, there are many types of noses – none of us is identical.’

Consultation, £300; rhinoplasty, from £4,000. (harleyent.com; 020 7935 8442)

NEW ENTRY

LYDIA BADIA

Smiley, Spanish-born Badia is a breath of fresh air in the male-dominated world of rhinoplasty, and so are her nose-shaping techniques. More than 40 per cent of her practice is non-surgical, and she uses filler artistically – not just to smooth a depression or balance asymmetry, but to contour and to highlight. ‘Filler is similar to makeup,’ says the surgeon. ‘It is about creating shadow and light. By adjusting the way that light hits the brows, the bridge and the tip, we can create the illusion of a smaller nose.’ Her way with a cannula not only sharpens the profile but leaves patients feeling confident for longer: ‘The nose moves less than other facial features, so the filler breaks down less rapidly.’ When it comes to heftier reconstructions, she works hand-in-hand with her surgeon husband, Charles East, combining advanced techniques (for example, covering the tissues with a layer of fat – it helps to regenerate them) and technologies (such as sonic tools that can sculpt even the most fragile bone structures). ‘It is a renaissance in rhinoplasty,’ she says. We suspect that Mike Tindall agrees.

Consultation, £275; filler, from £375; rhinoplasty, from £8,000. (rhinoplastylondon.co.uk; 020 3196 0130)

breasts

PAUL HARRIS

It’s been an eventful year for the new BAAPS president, but Paul Harris, the man who rose to prom-



inence on Channel 5’s *Botched Up Bodies*, still finds time to perform some first-class, rather forward-thinking surgeries. He champions a more aesthetic approach to breast reductions. ‘In the past, this was very much a functional operation,’ says Harris. ‘However, tweaking the order of the procedure gives a better aesthetic outcome. For example, addressing the outer fullness of the breast before the central portion can result in a much nicer-shaped bust.’ ‘Mummy makeovers’ are still big business (his combined breast augmentations and tummy tucks bring lost definition back to abdomens while restoring breasts to former fullness). But what really tickles him is innovation. ‘Implant technology is the next big thing. We have greater awareness of how contamination occurs and this will start to have an impact on clinical practice. Soon, surgeons won’t simply say goodbye to those in their care but will schedule annual check-ups, while also monitoring the integrity of the implants every three to four years via a scan. The most important thing is to keep patients safe.’

Consultation, £250; breast augmentation, from £7,000; breast reduction, from £8,000; combined mastopexy and abdominoplasty, from £10,500. (paulharrisplasticsurgeon.co.uk; 020 7927 6520)

DOUGLAS MCGEORGE, CHESTER

The twinkly-eyed McGeorge is renowned for delivering a marvellous pair of breasts, but he’s also recognised for his charitable work (he recently scooped an MBE for services to The Prince’s Trust). In fact, he’s a local hero up in Chester, with a string of boutique hotels under his belt and friends in high places (he’s a regular on the Grosvenor Estate shoots). Augmentations account for half of his practice – he operates swiftly and with confidence (and always to a soundtrack of classic rock). ‘The final outcome, as far as shape is concerned, is determined by the tissue you have and the style of implant used,’ he says. (So for a natural-looking bust, an implant that mimics the breasts in their

natural state is preferable.) Shape aside, he’s rigorous about bathing implants in Betadine before inserting them: ‘I have yet to see a patient with an infection.’ Breasts might be his bread and butter, ‘but if you’re allowed one operation in life, get your eyes done,’ he advises. ‘Because when people meet you, they meet your eyes.’

Consultation, £185; breast augmentation, from £5,500. (douglas-mcgeorge.com; 07973 130058)

JACQUELINE LEWIS

Fizzing with energy and quick to laugh, Lewis is consistently perky. The same could be said for the boobs that she produces. The cosmetic and reconstructive surgeon is the first port of call for women looking for a surgeon who can empathise with, and relate to, the issues that they’re facing: perhaps breast-feeding has left them feeling flat, or a sizeable bosom has become an emotional as well as a physical burden. But Lewis’ real passion is fat. In fact, she loves nothing more than discovering secret stores on inner thighs and tummies with her liposuction cannula, before using it carefully, delicately, to boost a deflated cleavage (it’s excellent for post-cancer patients and rebuilds the breasts naturally, while also restoring confidence). The excess can be preserved in a fat bank until you want to use it next, which might not be long – she’s currently studying the use of liquefied fat in facial rejuvenation. ‘Though I’ll try this on myself first,’ she insists. ‘I always do.’

Consultation, £220; breast augmentation, from £6,000; fat transfer, from £5,000. (bupacromwellhospital.com/find-a-doctor/find-a-consultant/jacqueline-lewis; 01245 234 415)

PATRICK MALLUCCI

Mallucci made waves following his research into what constituted the ‘perfect’ breast. The results were revealing: 86 per cent of Europeans claimed to prefer a breast with 45 per cent of its volume in the upper portion, and 55 per cent in ▷