

# NIP & TUCK

*Fancy a new nose? Better breasts? Smoother skin? Francesca White has the lowdown on LA's leading cosmetic doctors, surgeons and dermatologists – all devoted to sculpting the new, improved you*

## THE A-LISTER

**Dr Bernard Markowitz**

Markowitz is the man the Hollywood elite trust with their faces (Sharon Stone has been spotted slipping out of his offices). His objective is clear: 'To do good work, I take care of people and I make myself available.' The New York-born surgeon starts all consultations with the same question: 'Tell me what you see that's changing that you don't like?' And the answers are strikingly similar. 'Most women complain of looking tired when they're not, and they're increasingly bothered by their necks,' he says. His technique restores elegance to the silhouette: subtly repositioning the mid-face, contouring fat beneath the chin and simultaneously addressing hooded eyelids. 'My aim is to make people look youthful, not different,' Markowitz says. 'I take great pleasure in making people feel better about themselves.' [bmarkowitzmd.com](http://bmarkowitzmd.com)

## THE BREAST GURU

**Dr Steven Teitelbaum**

Patients and peers attest to Teitelbaum's brilliant breast work, but the Santa Monica-based surgeon avoids publicity. In fact, you're more likely to find him lecturing around the world on breast implant illness or reconstructions than hobnobbing with socialites – although he is affable, outgoing and seriously good fun. Teitelbaum is the first port of call when something goes wrong: an expert who not only makes breasts smaller, perkier or more symmetrical, but also rescues them after a botched job – in the least complicated way. 'Everything I do is about simplification,' he says, 'whether it's for the woman who wants a bit more than she has naturally, or the new mother who wants her breasts back where they once were.' His clinic is truly elegant – filled with art, photography and bronzes of his past augmentations. Little wonder a former patient calls him the 'Picasso of surgeons'. [drteitelbaum.com](http://drteitelbaum.com)

## THE NOSE KING

**Dr Raj Kanodia**

Many a nose in Hollywood is testament to Kanodia's skill with a scalpel. But despite his starry reputation, his 34,000 square foot Bel Air mansion and his gleaming clinic with its expansive views over the Hollywood Hills, Kanodia is actually rather down to earth. In fact, when he's not operating, the softly spoken surgeon is happiest at his local farmers' market. His success can be attributed to his instinctive understanding of what is right for the face in front of him – whether that means leaving a characteristic bump to preserve ethnicity or refining a bridge with expertly placed filler. 'The nose has a huge psychological impact,' he explains. 'I've seen a drastic change in confidence following surgery.' While you're there, factor in time to see Nurse Karla, a gadget whizz who achieves excellent results with her muscle-shaping EmSculpt (Kim Kardashian posted a video from the clinic while strapped into the device). And don't forget to pick up a supply of his Amla skin supplements on your way out – Cindy Crawford swears by them. [drkanodia.com](http://drkanodia.com)

## THE SKIN SAVIOUR

**Dr Mark Rubin**

Founder of the Lasky Skin Center (located discreetly behind the Peninsula hotel), Rubin flies under the radar – yet the distinguished dermatologist is responsible for many of the injectables used today. (He conducted the original trials for Restylane, the first hyaluronic-acid-based filler to launch to market, and also Kybella – a fat-dissolving solution for treating double chins, not yet licensed in the UK.) His skill lies not only in demystifying the products he uses for his patients ('There are three types of filler,' he explains. 'I liken them to boulders, pebbles or sand, depending on their density.') but also in his subtle application. 'I prefer to do the least possible to make the patient happy,' he says. 'After all, this treatment can become addictive'. [laskyskincenter.com](http://laskyskincenter.com)

## THE TIDY-UPPER

**Dr Gary Alter**

If you're considering renovating 'downstairs', Alter is your man. Not only does he educate on the latest innovations in genital surgery, he actually invented most of today's methods. Such as central wedge labiaplasty, which reduces labial size in about 90 minutes (scarring is imperceptible). Or clitoral hood reduction, which reduces excess tissue by pushing the clitoral hood closer to the pubic bone (enhancing life in the bedroom dramatically). Often he combines the two, while tightening the vaginal walls or injecting nanofat along the urethra (to lessen incontinence). As he's meticulous and an expert in his field, 40 per cent of his work is reconstructions. He's reassuring, too. 'Before I examine a patient, I give her a mirror and show her what I'm going to do, so there are no surprises,' he says. [altermd.com](http://altermd.com) ▷



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## THE SOCIAL MEDIA STAR

### *Dr Sheila Nazarian*

The Model Surgeon (the name Nazarian goes by on Instagram) is a straight-talking, social-media-savvy personality with four Instagram accounts and more than 300k followers. She's a regular on TV, with appearances on *Revenge Body* and *The Real Housewives of Beverly Hills*, but still, she's always chasing innovation – it's what keeps her clients loyal. After all, she may be a specialist in labiaplasties and buccal fat removal (the wad of tissue in the cheek – excising it gives a contoured effect without the need for filler), but she's also one of the first to test the latest non-surgical tech. Such as Jeuveau, a new form of Botox that she says is 'great for people that still need mobility' (and so 'not for those who want total paralysis!'), or the new truSculpt Flex, which uses electrical muscle stimulation to chisel the abs, triceps and thighs. When not in scrubs, you'll find her in activewear (she's a Pilates obsessive) or filming her new TV series, which will soon air in the US. [nazarianplasticsurgery.com](http://nazarianplasticsurgery.com)

## THE LIP LIFTER

### *Dr Ben Talei*

Talei's clinic is one of the most stylish in Beverly Hills (with a sprawling terrace and grand piano – he's an avid player), as well as one of the busiest. The Californian-born surgeon operates four to five days per week, splitting his time between aesthetic and reconstructive facial surgery (including some advanced, minimally invasive rhinoplasties). He's a master of filler, too – stars of the big screen love how the smallest amount, just beneath the brow, brings the sparkle back to their eyes. However, he's also pioneered a procedure that eliminates filler entirely: his Lift Lip works to shorten the distance between the bottom of the nose and the tip of the cupid's bow by excising the skin and anchoring it with sutures. 'A lot of patients are trying to get away from filler – this gives a natural fullness without making the lips look "ducky".' (He does more of these procedures than any other surgeon in the world.) Stock up on his AuraSilk facial oil, which is just the thing for spurring post-op healing. [beverlyhillscenter.com](http://beverlyhillscenter.com) □

## THE FACE FIXER

### *Rand Rusher*

With his chiselled bone structure and Adidas x Pharrell Williams trainers, Rusher looks more like a Beverly Hills celebrity than a clinician (no wonder he stars in his own reality TV show, *Pretty Hurts*). However, the registered nurse is surprisingly pragmatic. 'So many of us today get caught up in a wrinkle or a "thing",' he says. 'After a while, we literally stop seeing ourselves – and that's a slippery slope.' His way with filler works to bring balance to the face ('Did you know

that most people's left side is wider and flatter?'), but not to create perfection. 'Everyone thinks you should be symmetrical to be beautiful, but that's not the case,' he says. 'In reality, one side of the face should complement the other.' When he's not teaching or publishing articles, Rusher is busy tending to the needs of Hollywood's greatest. November is peak time, allowing the requisite three months for treatment to settle before awards season kicks in. [randrusher.com](http://randrusher.com)