

GLAMOUR

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The ultimate TWEAKMENT guide

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DR PAUL NASSIF

(nassifmedspa.co.uk)

The lowdown Despite being a facial and reconstructive plastic surgeon in his native US, Dr Nassif saw a gap in the UK market for a non-surgical clinic that catered to the growing market and that was, crucially, founded by a known and trusted name in the business (you might recognise him from *Botched* and *The Real Housewives Of Beverly Hills*). Despite Dr Nassif remaining Stateside, the clinic in Manchester and its expert team is led and overseen by him, meaning its roster of treatments from anti-wrinkle injections to dermal fillers and laser is of the highest standard, as you'd expect.

Need to know If you can't get to Beverly Hills to visit Dr Nassif, then you'll find the next best thing in Dr Abdul Karim, who has been rigorously trained in both surgical and non-surgical procedures by the man himself. Using the same technique as Dr Nassif uses on his Hollywood clientele, Dr Abdul specialises in the very best natural-looking lip augmentations. ●

DR VICKY DONDOS

(medicetics.com)

The lowdown Those who want to look more rested (even if they don't feel it) book in to see Dr Dondos. The co-founder of the prestigious Medicetics clinic, in both London and Cirencester, is a professional at tweaks that help you look like the best version of yourself, which let's face it, is what we all want. If you're thinking of a foray into anti-wrinkle or skin-boosting treatments, such as Prophilu, dermal fillers or LED therapy, keep Dr Dondos in mind as she's particularly adept at using injectables to maximum (but natural) effect.

Need to know There's a fine line between a subtle tweak and a face that looks like it doesn't belong to you; the litmus test of Dr Dondos' treatments? What she calls 'the blink test'. How to lift, brighten and freshen up a face in a way that people can't quite put their finger on, but that offers noticeable improvement in the blink of an eye.

“There's a fine line between a tweak and a face that doesn't look like you”

