

DR FRANCES PRENNA
JONES LONDON

A Prada-wearing powerhouse, Dr Prenna Jones grades your skin when you arrive at her clinic. Sun worshippers and smokers shouldn't expect more than a C+ but follow her advice and after a few months you could be a straight-A student thanks to an intriguing treatment. One of the highlights is the black laser peel, in which charcoal paste is painted onto the face then activated with a laser that bounces off the skin, lifting with it the top layer of dead skin



BEST FOR
LIPS

DR RITA RAKUS LONDON

All brides like to be spoilt, but London's Lip Queen is taking things to the next level with George Telford (Princess Anne's former butler), who is the new front-of-house coordinator at her Knightsbridge Clinic:

cells, sebum and blackheads. There are also

IV drips infused with magnolia extract to balance your appetite and calm nerves (handy for pre-wedding jitters). She's a pro at dealing with pain – or the fear of it – and her office is decked out with diversions, including multi-coloured stress-ball

teddies, ice rollers to take down bruising and a settle station, where you can capture the new, improved you on the way out.

THE LOWDOWN Black laser peel, £205. Botox, from £255; fillers, from £450 (020 7499 3848; drfrancesprenna@jones.com).

DR BERNARD HAYOT
LONDON

Fresh off the train from Paris, Dr Hayot works out of the new Epilum & Skin Clinic in Marylebone, bringing with him 20 years of experience and an eye for detail (he wears binocular-style glasses round his neck that magnify the skin five times), so be ready to be scrutinised. A stealth operator, his aim is to make the most of your natural assets without leaving any tell-tale trace. For example, his Gloss Effect lip treatment gives dry lips a kissable shine with superficial injections of Volbella – a new, higher filler that doesn't pump up the volume too much. For wedding-day wow factor, see his excellent nurse, Bibi Lipman, for deep dermatological cleansing. Far more efficient than a normal facial, it involves a light glycolic peel to remove dull surface skin, blackheads and even small cysts, followed by a warm thermal mask that opens pores

and helps the skin absorb hydrating creams.

THE LOWDOWN Botox, from £400; Gloss Effect lip treatment, from £400; deep cleansing, £200 (020 7486 5134; epilum.co.uk).

DR USMAN GOHEER
GLASGOW

Dr Goheer's Westwood clinic is one of the busiest practices north of the border, with a well-priced menu of treatments that covers everything from Red Carpet face peels, which you can have a few days before the wedding, to more intensive things, such as Dermapen skin rejuvenation – a micro-needling wand that can be used all over to help tone down the appearance of scars and pigmentation. If you feel slightly fretful about taking the plunge and having Botox for the first time, Dr Goheer goes all out to reassure patients, diluting it to make it less stingy and using the thinnest insulin needles. He's also a big fan of Restylane skin boosters: light injections of hyaluronic acid that are scattered across the cheeks to improve firmness and moisture.

THE LOWDOWN Red Carpet face peels, from £60; Botox, from £68; Restylane skin boosters, from £300; fillers, from £99 (0141 204 3400; westernwoodhealth.co.uk).

DR BEATRIZ MOLINA
BRISTOL AND GLASTONBURY

Having started out as a surgeon, Dr Molina developed a special interest in skin after she got melasma (which causes brown pigmentation marks across the face) and went on a quest to rectify the damage. Her knowledge has now been translated into a stellar selection of skin peels and facials and her own brand of MK mineral make-up, which works to restore the skin's luminosity. A leading practitioner of Restylane skin boosters, she treats crepey skin on chests, necks and the backs of hands to subtly plump and smooth it. She's always ahead of the curve with the latest anti-ageing gadgets, and one of her newest acquisitions is Plera: a device that looks a bit like an electric toothbrush with a pin on the end and fires bolts of ionized gas to contract skin, lifting and firming droopy eyelids. (There is significant redness and downtime with this treatment, so she advises that you have it at least six months before the wedding.)

THE LOWDOWN Pro-facial, £75; Plera, from £500; Restylane skin boosters, from £250; fillers, from £350 (0117 973 6661; medikos.co.uk).



brilliant lifestyle advice, as she has tips on everything from must-read books (such as Dr Mark Hyman's *Eat Fat Get Thin*) to the right supplements to take. 'Solgar Calcium is amazing, as people who have a deficit of calcium age much faster,' she says.

THE LOWDOWN Triple Boost Hydration, £1,200; (020 7901 9550; drmaryamzamani.com).

SABRINA SHAH-DESAI
LONDON

Mrs Shah-Desai's waiting room is packed with devoted patients who praise not only her on-point eye procedures but also her ability to lift your spirits as well as your delicate eyelid skin. A champion of the Restylane range of fillers, she uses it to gently arch eyebrows without making you look frozen, and also to fill gummy-looking temples. 'This is a key area for brides, especially if they have been on a diet,' she says. 'The cost of losing weight is that you also lose facial fat. I call them the "temples of doom" as gauntness in this area pulls your brows down.' She is also a master at correcting eye bags with her own Eye-Boost treatment, which uses Restylane Vital Light, a watery product, to gently plump hollows before strategically placing a thicker filler on the bone at the cheek junction for a natural-looking result.

THE LOWDOWN Consults, £200; Eye-Boost, £750; fillers, from £400 (07952 028397; perfecteyesltd.com).

DR MARKO LENS
LONDON

To his roster of high-profile clients, Dr Lens is the skin whisperer. Pop princesses and Hollywood royalty swear by his signature Oxy Detox Peel, which puts the colour back into grey skin with enzymes that munch their way through dead cells and hydrogen peroxide, a molecule that stimulates oxygen production for that coveted glow. Always on call for emergency situations, he offers SOS spot injections of cortisone to take down major eruptions the day before you say 'I do.' He's also added high-performance make-up to his popular Zelexen skincare range to give the perfect finish for an epic wedding-day look.

THE LOWDOWN Oxy detox peel, from £250; SOS spot injections, from £100; mole removal, from £175 (020 76313212; markolens.com) →

BEST FOR
bright EYES

DR MARYAM ZAMANI
LONDON

Although you might visit to talk about your face, it's hard not to hit up Dr Zamani for fashion tips, too, as there's often a fabulous Emilia Wickstead dress peeking out from under her white