

## FACELIFTS

**Who Alexandra Soveral**

**The lowdown** She's known for her mind-blowing 'face-sculpting' facials, but what you may not know about Soveral is that she's rather wonderful when it comes to getting you back on your feet post facelift. That's because her technique is all about the lymph system, and it's extraordinarily beneficial for reducing swelling and speeding up recovery time. The way she works (lightly and carefully) feels lovely, but it also redistributes excess fluid, helping to minimise scar tissue.

**Our verdict** Soveral's warm, motherly nature will put you at ease. Helpfully, she'll send you away with instructions to continue her work back at home – though she's strict that you come with a letter of consent from your surgeon following the procedure *before* she gets to work.

£250 for 90 mins. At 97 Elgin Avenue, W9 ([alexandrasoveral.co.uk](http://alexandrasoveral.co.uk); 020 7266 3577).

# Get well SOON(ER)

*Therapists who can help post-op*

## BREAST RECONSTRUCTION

PICK ME!

**Who Lynn Rae**

**The lowdown** Rae has gone through reconstructive surgery herself, so you know that you're in empathetic hands. There's a lot of talking (about the surgery, any subsequent discomfort or self-esteem issues that you might be experiencing) before she begins. What follows is a gentle massage, without oil, working on the fascia (the connective tissue between muscles, which surgery can cause to become twisted) to make it more pliable. She'll see you as soon as you can handle having the area touched, though if you've had radiotherapy, she suggests waiting six weeks to allow the tissues to heal.

**Our verdict** So much more than a massage. Rae is also a pilates teacher, and will send you home with exercises to lessen pain in the neck, rib cage or spine. She'll even teach you how to massage your breasts to prevent the formation of scar tissue. £85 for an hour. At 12 Leppoc Road, SW4 ([lynnrae.co.uk](http://lynnrae.co.uk); 07785 382113).



## MICRONEEDLING

**Who Anna Silsby**

**The lowdown** We know about the HydraFacial – a skin-brightening blitz of cleansing, exfoliation, extraction and hydration, delivered to the skin via suctionary nozzles. But here's a souped-up version, the HydraHeal, and it's what your skin is crying out for when it's feeling sore (ferocious facial needling will do that). It's been developed by Anna Silsby, a nurse and clinic director at Waterhouse Young, and the team behind HealGel – the 'rescue formula' that repairs injured skin. And there's HEAPS of the stuff in the HydraHeal, like the cooling eye gel, and a bracing collagen mask – glorious relief when your face feels like it's on fire.

**Our verdict** Skin feels less tender, and looks plump and juicy once more.

From £230. At Waterhouse Young, 21 Devonshire Street, W1 ([waterhouseyoung.com](http://waterhouseyoung.com); 020 7486 3849).

## TUMMY TUCKS

**Who Fiona Keane**

**The lowdown** According to massage-pro Keane, lymphatic drainage, done properly, is the fastest route to recovery. Like exercise, it gets a sluggish circulation going, helps eliminate fluid retention and gives kidney function a helping hand. Combined with 'effleurage' (long, sweeping strokes) and a French 'tapping' method, the sensation is like Keane is playing the piano all the way from your ribcage down to your pelvis. She believes in 'the earlier the better' when it comes to treatment, but stresses the importance of talking to your surgeon before you see her.

**Our verdict** Some people can't bear having their scar touched, others don't mind so much. Either way, her technique is cautious, and she talks to you throughout to check things are feeling OK. Wonderful respite when you're itchy, achy and bruised. From £105 for an hour. At the Milestone Hotel, 1 Kensington Court, W8 ([milestonehotel.com](http://milestonehotel.com); 07850 962538).

## LASERS AND PEELS

**Who Tariq Karim**

**The lowdown** You might not think that having warm LED lights shone on your skin after a blast of a laser would help, but you'd be wrong, says laser expert Karim. In fact, light therapy (also known as low-level laser therapy) is proven to generate more efficient healing after many procedures, including lasers, peels and surgery. You can choose from blue (antibacterial) or red (inflammation-reducing) light. But what you ought to opt for is yellow light. That's because it's known for its wound-healing properties, and is also recognised for its ability to form new blood vessels. Simply put? It repairs skin faster.

**Our verdict** Ridiculously relaxing – like lying beneath a warm, actually-rather-good-for-you sunbed. And skin? It feels better too: rosy, tingly and generally more cheerful. Post-laser, you can go in after 48 hours; post-surgery, wait one week. £60 for 45 mins. At 33 Thurloe Street, SW7 ([santilondon.com](http://santilondon.com); 020 7584 7000).