

# FOREIGN BODIES

Meet the international men of medicine. Wendy Lewis goes global

## THE FACE

### DR JAVIER DE BENITO

Barcelona, Spain

**Why fly?** The twinkly-eyed Catalan is known as the Tailor of Barcelona, thanks to his flawless facelifts and body-contouring work. Head to the Instituto de Benito for the Silhouette Lift, a facelift that hoiks up saggy cheeks with a dissolvable system of threads that are attached to tiny cones placed under the fatty tissue of the face. Sounds grisly but the procedure is, in the grand scheme of facial surgery, minimally invasive and patients can return to work within a few days with nominal swelling and bruising. The Institute also offers cutting-edge genomic medicine, which evaluates your genes to find the preventive 'keys' to living a healthy, long life.

**Who goes?** King Fahd of Saudi Arabia is said to have checked in to have the bags under his eyes removed. Oil moguls and the wives of Russian oligarchs jet in on their Gulfstreams.

**How much?** Silhouette Lift, from £3,800.

Ring 00 34 93 253 0282 or visit [institutodebenito.com](http://institutodebenito.com).

### DR SAM RIZK

New York, USA

**Why fly?** Rizk is one of New York's hottest facial surgeons and his number is discreetly passed around the Upper East Side's smartest dinner parties. He works out of a slick suite on Park Avenue that has a hospital-grade operating theatre and wood-panelled consulting rooms that give the place the air of a gentlemen's club rather than a clinic. He only operates above the neck and is particularly good at fixing noses. For rhinoplasty he uses a high-definition 3D telescope to see deep into facial structures – this makes for a very precise hooter. Rizk has also perfected the Rapid Recovery Necklift, which sculpts the lower face and jowls to Iman-like standards, and he is a proponent of stem-cell facelifts using the patient's own fat.

**Who goes?** Wall Street tycoons, their wives, and sweet 16s from Manhattan's most elite establishments.

**How much?** Rhinoplasty, from £9,000; Rapid Recovery Necklift, from £16,000.

Ring 001 212 452 3362 or visit [drsamrizk.com](http://drsamrizk.com).

### DR GIOVANNI BOTTI

Salo, Italy

**Why fly?** Best known for his immaculate mid-face facelifting, Botti is based at the Villa Bella Clinic in Italy's lake district between Milan and Venice (the closest airport is Verona, 45 minutes away). Here he works masterfully on the mid-face, using three different techniques to minimise visible scarring: cutting through the inside of the mouth, going through the lower eyelid to lift muscles or anchoring sagging soft tissues to the bone structure. Book in early because Botti's surgery schedule is full for at least six months in advance. The clinic also specialises in body contouring and genital aesthetics, including reduction of the labia minora and reshaping the pubic area by removing or adding fat.

**Who goes?** Milano's first ladies of fashion swoop in secretly behind huge Dolce & Gabbana sunglasses.

**How much?** Mid-facelift, from £5,935.

Ring 00 39 036 541446 or visit [villabella.it](http://villabella.it).

### DR MICHEL PFULG

Montreux, Switzerland

**Why fly?** Pfulg's specialty is minimal scarring and his approach to facelifts is immaculate – he measures every face before surgery on the 'golden grid of beauty', a set of mathematical calculations that tell him how proportionally balanced a woman's features are. He operates from Laclinic, a picture-perfect chalet complete with sculpture gardens and 10 private rooms, with balconies and views across Lake Geneva. Also on site are a beauty institute for Carita facials, an aesthetic dentistry centre and a hair-transplant clinic. Pfulg is the man behind Helena Rubinstein's▷

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