

# TATLER<sup>®</sup>

A waiter in a white tuxedo is holding a silver tray with a cooked lobster on ice. The lobster is bright orange and is placed on a bed of crushed ice. The waiter is wearing a white tuxedo jacket and a white shirt with a black bow tie. The background is a solid light beige color.

**BEAUTY & COSMETIC  
SURGERY GUIDE 2024**

A silver tray containing various medical instruments, including syringes and scalpels. The tray is filled with several large medical syringes and several pairs of surgical scalpels. The instruments are arranged in a somewhat haphazard manner, with some syringes lying horizontally and others vertically. The tray is highly reflective, showing the outlines of the instruments and the background.



◁ what I want to change – and then, with some swift cues – ‘chin back, “wrap” the thighs inwards, straighten the knees, try to touch the ceiling with your head’ – he shows me how to achieve exactly that. The effect is immediate, and I barely recognise my newer, straighter, more upright reflection.

Our initial 10 sessions are essentially an educational crash course, designed to hone a greater awareness of my body, before Carraway prescribes a specific programme, for me to do at home (or at the gym, or anywhere in the world) three times a week. ‘The closest analogy is learning to drive a car,’ he says, as he clicks my vertebrae swiftly into place – an unexpected perk of training with a chiropractor. ‘There’s an intense learning period, then a huge amount of gain when you start putting your skills into practice.’ I arrange my limbs and torso according to his instructions, before performing the most minute movements – barely-there dips, imperceptible lifts – and as I do so, my core engages and my heart rate picks up.

Still, no sugar-coating: some of the exercises are seriously challenging, and my muscles start to cramp as Carraway adds more and more advanced variations into the mix. But slowly, as the sessions progress, I notice that I can do a plank for longer, and extend further. And I

can almost feel the diastasis in my abdomen narrowing; as if every muscle that has been pulled out of alignment over the past two years is beginning to knit back together.

I also learn that his copious number of books – arranged neatly on shelves, up a spiral staircase and stacked atop his desk – aren’t purely decorative. Carraway is a deep thinker, well-read and articulate; his conversation flitting from anthropology to pop culture, psychology to art. While I pulse and twist, he talks about William Hogarth’s Line of Beauty (a serpentine curve that mimics the ideal lumbar spine); and about ‘comportment’, which he says society has lost, since young ladies are no longer trained to walk with books on their heads. Evidently, it strikes a chord, because I start noticing poor posture in others. The effect isn’t just to make them look less assertive – it also makes them appear old. As I go about my day, I find myself repeating in my head the cues he has given me.

The following week, I’m lying on Felix’s Morris & Co playmat at home, equipped with a single resistance band, which Carraway has had me loop around a nearby sofa leg. Even over FaceTime, his eagle eyes miss nothing, and slacking is not an option. I lay on my stomach, ankles through the band, then slowly bend my knees, pulling my heels towards my bottom. (It

fires up the hamstrings and engages the tibialis – some of the most pivotal muscles in creating a solid stance.)

At one point I am joined by my cat, Misty, who perches on the marble coffee table, an impassive observer as I grit my teeth and perform a corkscrew-like spinal twist. Still, despite my protests, Carraway remains overwhelmingly upbeat, selecting only the most positive language when he comments. ‘That was the most gruelling minute of my life,’ I tell him at the end of a particularly arduous sideways pike, which involves crunching in mid-air, over and over. ‘You’re welcome,’ he smiles.

Six months after our first session, and my body feels like my own again. I’m still following Carraway’s programme whenever I can find a 45-minute window – a more waspish waist, chiselled arms and a newly upright posture are all proof – but the real rehabilitation has taken place in those everyday movements that he has had me relearn. As I push Felix on the swings, my core switches on; and when I scoop him out of his cot in the morning, the weight in my heels and with my back straight, I feel strong, capable, almost Superwoman-like. It’s a nice sensation. As Carraway would say: ‘Joy!’

*Programmes range from £125 to £3,000.*

*carrawayclinic.com* □

## MOTHER’S LITTLE HELPERS

### PAUL BANWELL

If you’re postpartum and need some help down below, Banwell is the man to have in your corner. Yes, he’s brilliant with breasts; his surgeries running the gamut from ‘mini’ augmentations using petite implants to more complex lifts and reductions. But he’s also a pioneer of labiaplasties. Whether he’s tidying up the tissues, plumping the organs with fat or injecting nano-fat into the genital area – and giving a lovely, rejuvenating effect to the skin – he’s a brilliant cheerleader, championing the right to feel comfortable in your body at every step. *paulebanwell.com*

### MISS SUJATHA TADIPARTHI

Tadiparthi is a port of calm in a storm, and her mummy makeovers see postpartum women across the UK beating a path to her door. Though breasts are her forte – perhaps lifting a bust that has given into gravity, or resizing bosoms that feel out of proportion – her tummy tucks are also things of wonder, helping to reunite split abdominals, courtesy of some dexterous muscle repair that pulls in the waist. As a mother of three, she relates to the physical changes that manifest after childbirth and counsels patients diligently, to ensure they do not see surgery as an act of vanity, but of restoration. *152harleystreet.com*

### DR JO MENNIE

Elegant and endlessly reassuring, Belgravia-based Mennie has a PhD in women’s health. But she’s also

been through her own fertility journey, which makes her a trusted confidante for postnatal patients. Her straight-talking skincare advice is gold dust, steering you towards topicals that are safe to use while breastfeeding – lactic acid and high-strength vitamin C – and she’s highly sought-after for her non-surgical tummy-perfecting protocol. A combination of Morpheus8 and Profhilo Body, plus a bespoke nutritional supplement plan, restores crêpey, post-baby skin to former smoothness. *drdavidjack.com*

### DR MARCO NICOLOSO

Italian-born Nicoloso cut his teeth in the world of gynaecology before pursuing a career in aesthetics – making him an ideal post-pregnancy partner when your skin, face and hair feel under par. The medical director at Ouronyx is known for his beautifully light injectables, which wipe away all signs of sleep deprivation once breastfeeding has stopped. And to ask him about his signature micrografting technique while you’re in the chair. Helping to stimulate the follicles via a targeted, stem-cell-enriched solution injected into the scalp, it produces results in as little as three months: a lifeline when your hair starts to moul. *ouronyx.com*

### ANA TRIDA

Trida is a new mother’s lifesaver. Post-hospital, the Brazilian nurse comes to your home, armed with her own therapeutic blend of oil (grapefruit, lemongrass

and copaiba), and performs the gentlest, most intuitive work; helping to clear blocked ducts, sweep away stagnant fluid and even improve the appearance and pliability of C-section scars. Her bedside manner is unmatched. Calm and quietly authoritative, she restores your trust in your body once more. *anatridtheapilist.co.uk*

### MAGDA SZCZUKIEWICZ

Whether you’re looking to tone a slackening stomach or deal with diastasis recti, EMSculpt NEO can help. And not only is Szczukiewicz kind and endlessly reassuring, she’s also highly skilled in matters of body-contouring, expertly positioning the paddles (which tone the muscles while doing away with unwanted fat) for optimum results. The course complete, contour – and confidence – are reinstated. *cosmeticskinclinic.com*

### MR ANDREA BIANCHI

Orthopaedic surgeon Dr Bianchi has pioneered a clever keyhole technique, which uses a tiny surgical dental bur to banish unsightly bunions with minimal pain and in record time: four minutes per foot, to be precise. He treats one foot at a time, so that you can hop off the operating table, take an hour’s rest, don supportive shoes and saunter straight out of the door. After six weeks or less in the supportive footwear, straighter, better-aligned extremities await. *thepivateclinic.co.uk*

# A woman's touch

*For the most intimate procedures, being treated by a woman can be invaluable – especially if it's Miss Sujatha Tadiparthi*

**AS THE BELOVED JAMES BROWN** lyrics go: 'This is a man's world, but it would be nothing without a woman or a girl.' This sentiment is likely to be at the forefront of your mind if you're considering the kind of surgical procedure offered by consultant plastic surgeon Miss Sujatha Tadiparthi. Among this award-winning surgeon's most-requested treatments are 'mummy makeover' surgery, labiaplasty, abdominoplasty, breast reduction, breast uplift and post-weight loss surgery. Conveniently, she excels in every one, utilising more than 15 years of experience in the field, which came after extensive education and training.

Miss Tadiparthi is currently based in central and south London – one of the few female plastic surgeons operating in this area – and sees patients from across the UK. She adopts a holistic approach, optimising surgical outcomes but also offering non-surgical interventions and skincare regimes to instil the highest, longest-lasting level of confidence in her patients. With support from her excellent team, she has amassed more than 100 five-star reviews – a testament to the care provided.

Perhaps the most transformative treatment she offers is mummy makeover surgery, which addresses the considerable changes that happen to a woman's body as a result of having children. Not everyone is concerned by these changes, but for those who are, Miss Tadiparthi will create a bespoke combination of surgical procedures for the body, perhaps including abdominoplasty (or tummy tuck), liposuction, labiaplasty and either a breast reduction or uplift (with or without implants). Another popular option is her post-weight loss surgery, which addresses the large amounts of excess loose skin left by major weight loss with body contouring procedures such as fleur-de-lys abdominoplasty, arm lifts, thigh lifts and breast lifts. All this and more is just a consultation away.

*A holistic approach sees her optimising surgical outcomes and offering non-surgical interventions*



*Miss Sujatha  
Tadiparthi*

Miss Sujatha Tadiparthi graduated from medical school in 2002 and by 2008, she had completed her basic surgical training. Since then, she's gone from strength to strength, helping countless patients to love their bodies again – and enjoy more confidence. She has played an active role in research and published extensively on various plastic surgical techniques, won a roster of awards and accolades, and made multiple media appearances on television, online and in print.