

WHO WOULD A DOCTOR CHOOSE

to carry out their own treatment? It's a question worth asking when seeking the most appropriate professional. When it comes to facial aesthetics, Dr Bob Khanna certainly fits the bill. With more than 30 years of clinical experience (in cosmetic dentistry as well as aesthetics), he's become one of the most respected practitioners in the field, trusted so emphatically that he's earned the nickname 'the doctors' choice'.

Dr Khanna's clinics – named DrBK and located in London's Harley Street and Reading – offer a host of unique procedures and world-class expertise. Alongside injectable skin rejuvenation, non-surgical rhinoplasty, brow lifting, thread lifting and tear trough augmentation, many other facial treatments are on offer. Dr Khanna and his team also cater to every dental needs, from bone grafting, implants and root canal treatment to whitening and veneers.

As with many great clinics, the compelling patient testimonials speak for themselves. 'I couldn't fault my experience – Dr Khanna and the team at the clinic were friendly and professional at all times,' says one. 'I'd give them 10/10 for service and results.' Another satisfied patient says: 'I got my tear troughs, cheeks and non-surgical facelift done yesterday; it was pain-free, took less than 20 minutes, and gave very natural results. I couldn't be happier.'

Alongside two successful clinics, there's also the Dr Bob Khanna Training Institute, which has trained thousands of doctors, dentists and medical nurses on the complex subject of facial aesthetics. The Institute is the first of its kind to be approved by the Royal Society for Public Health. So admired are Dr Khanna's techniques that many of his procedures are now utilised by practitioners around the world, including his trademarked HeartLips technique, which offers natural-looking lip enhancement. Another famous treatment is the DrBK Lift, a concept that combines energy-based devices and thread lifting for a unique non-surgical facelift.

The doctors' choice

Trusted by top practitioners to carry out their own treatments (alongside a growing group of loyal patients), Dr Bob Khanna is the leading choice for both facial aesthetics and dentistry



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Dr Bob Khanna

From clinics in Harley Street and Reading, Berkshire to his famous Training Institute, Dr Bob Khanna is a leading name in facial aesthetics and cosmetic dentistry, with more than 30 years of clinical experience. His procedures, encompassing everything from full face sculpting and thread lifting to advanced dental procedures, have resulted in many satisfied patients (including fellow doctors), who travel from all over the world.



Other celebrated achievements include revolutionary combination treatments for face profile correction, body contouring and TMJ (the joint that connects your jawbone to your skull) issues, such as tooth grinding and headaches. The Save Face-accredited DrBK clinics are known for cutting-edge techniques and equipment but, above all, for safety. When appropriate, procedures are performed under ultrasound for precise results, but whatever the treatment, the team's comprehensive all-round knowledge means that risks are minimised.

Thanks to his reputation and considerable influence, Dr Khanna is a visiting professor in two prominent universities, a highly sought-after guest speaker and a television star. He may be a famous face, but the things that really keep patients coming back are his understated, trustworthy manner and the excellent, natural-looking results.

For more information, please visit drbk.co.uk

@bob_khanna @drbkclinic



Jacket, £2,439, **VERA WANG**. Boots, £890, **WOLFORD X SERGIO ROSSI**. Knickers, £49, **COMMANDO**

◁ of Ellansé – perhaps to the temples, the mid-face and jawline – to address volume loss by promoting fresh stores of collagen, and plump a hollowing face. Finally, the icing on the cake: a thread-lift courtesy of clinic co-founders Charlotte Woodward and Victoria Manning, who are two of the best in the business. New to their repertoire is the highly anticipated, shorter, 12-cone thread from Silhouette Soft, which enables even greater lower-face lifting, as well as superior smoothing of marionette lines, plus improvement of nasolabial folds and tightening of the jowls. The duo recommends one month between

each modality, for the longest-lasting results.

Pain factor The Morpheus8 requires a thick layer of numbing cream (with gas and air on standby for nervous types); the Ellansé, little more than gritted teeth. Before thread lifting, you're given local anaesthetic (though you'll feel a gentle tug or two).

Downtime The Morpheus8 leaves the skin feeling flushed and sandpapery to the touch, but this subsides after a few days. Following injections of Ellansé, the treated areas are tender and feel bruised – though there's nothing to see on the outside. The lift, however, does require significant self-discipline. In fact,

Woodward and Manning advise against exercise, swimming and overseas travel for two weeks; by which time, the threads will be fully integrated into the tissues. And while you're waiting, River's clever recovery pack – complete with support pillow, chocolate buttons, ice pack and painkillers – is a joy.

Results A lengthy process; but goodness, does it hit the mark. Jowls are discernibly tighter, while the mid-face looks lighter, fresher and more energised. The skin, too, is transformed – from papery-thinness to a thicker, juicier canvas. Annual top-ups of the Ellansé will help rekindle the original effects; meanwhile, the thread-lift can last upwards of 18 months – and, says Woodward, a second works even longer, due to the increase in collagen. So get planning your return.

Details From £5,000 (riveraesthetics.com).

9. FOR STUBBORN FAT

T-Shape2 + B-Force at DrBK Clinic

The lowdown Dr Bob Khanna – an injection wizard who can transform a profile in seconds with the careful use of filler – exercises the same eagle-eyed precision when he's body-contouring. First, he uses the latest T-Shape2 device, which combines radiofrequency and Low Level Laser Therapy (LLLT) technologies to simultaneously break down excess fat and boost collagen production, resulting in a leaner form and tighter skin. The clever gizmo also combines endodermic massage – in which mini-vacuum-rollers scoop up and massage fat – with pore-opening micro-vibrations to boost both circulation and the treatment's efficacy. Then comes B-Force: a souped-up electro-stimulator that generates five different types of muscular contractions while you sit back and relax. Designed to build muscle tone and burn fat, this dual approach – which can be used on the abdomen, buttocks, arms and flanks – is also proven to improve posture and bone-density. A minimum of six sessions, a week apart, is recommended for maximum gain.

Pain factor Very little. Expect little more than a mild warmth from the radiofrequency and laser (as well as the intense muscular workout delivered by B-Force).

Downtime After treatment, skin is pink and warm to the touch, but for no more than an hour. Meanwhile, the after-effects of B-Force are akin to those from a punishing PT session.

Results Skin feels instantly tighter, the body more sculpted. Expect a more cinched-in waistline, smoother, less wobbly-looking skin and new-found confidence.

Details £630 per 60-minute combined session (drbk.co.uk). ▷

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