

AND FINALLY...

Dr Mike Roskies'
clinic in TorontoDr Ali Riza Öreroğlu's
practice in Istanbul

Out of this WORLD

Who are the new international
rising stars on insiders' radar?

By DELIA VON NEUSCHATZ

Sherber+Rad
skincare boutique,
Washington DC



DR ALI RIZA ÖREROĞLU

Istanbul, Turkey

Patients seek out the US-trained Öreroğlu for his face work, rhinoplasties and breast augmentations, all well-known for appearing to be 'non-operated'. His innovative, modified SMAS lifts are long-lasting, his nose jobs 'resemble the original anatomy' and his implants look and behave like the real things. overoglu.com

DR MIKE ROSKIES

Toronto, Canada

Known for his modifications to the deep-plane face- and necklift, for preservation rhinoplasties and for reconstructive facial surgery, Roskies operates out of an integrated practice that features a surgical suite, a medi-spa and a wellness centre. Recovery in style. drmikeroskies.com

DR VINCENT HUNSINGER

Paris, France

Performing aesthetic and plastic surgery procedures (including facelifts, rhinoplasties and body contouring), Hunsinger has an expertise in breast augmentation and reconstruction. Patients find his 3D simulations offering previews of the results very helpful. docteurhunsinger.com

DR MATTHEW WHITE

New York City, USA

An under-the-radar facial plastic surgeon with a Fifth Avenue practice and a background that includes working as a scientist on Ultherapy – the ultrasound skin-tightening protocol – White's speciality is extended deep-plane facelifts and his beautifully contoured necks (successfully operating on difficult cases when other surgeons have turned patients away). drmatthewwhite.com

DR GARRETT LOCKETZ

Denver, USA

Ivy League-educated Locketz trained with the best surgeons in New York City and operates only on the face and neck. Patients seek him for his natural results and ethos: 'My goal is to make surgery approachable, for people to look and feel their best, and not just for high society or celebrities on the red carpet.' lockettzfacialplastics.com

DR DINO ELYASSNIA

San Francisco, USA

Elyassnia performs SMAS facelifts and 'game-changing' closed preservation rhinoplasties. 'I believe our clinic's narrow focus allows us to provide a highly consistent and stellar service,' he says, 'both in terms of our outcomes and the patients' overall experience.' dinomd.com

DR ANDREW TIMBERLAKE

New York City, USA

Timberlake shares a practice with Dr David Rosenberg, and patients seek him out for deep-plane face- and endoscopic browlifts. 'We are two of the few surgeons to do facelifts every day,' he says, 'so we probably have the busiest facelift practice in the world.' drandrewtimberlake.com



DR ARIEL RAD

Washington DC, USA

His background in microvascular reconstructive surgery for cancer patients has trained Rad to be detail-oriented. And his natural results depend on two approaches: face rejuvenation and face optimisation. 'The quiet undeniable of beauty without obvious traces of surgery is the hallmark of naturally optimised results,' says the John Hopkins-trained surgeon. sherberandrad.com

DR LUCAS BRYANT

Nashville, USA

Patients fly in from across the US for Bryant's expertise in deep-plane facelifts and rhinoplasties. His motto? 'I preserve the character of your face, refine and rejuvenate where needed, and honour who you are.' refinesurgery.com

DR SEAN ALEMI

New York City, USA

With specialities in deep-plane facelifts and deep neck sculpting, Alemi elicits rapturous reviews. Over the past few years, the surgeon has noticed a downward trend in the age of his clientele, with the median age falling from 53 to 47. As he explains, 'More patients are discovering the benefits of earlier facelifts.' drseanalemi.com □

PHOTOGRAPHS: DANIEL SAGHON, DR ROSKIES CLINIC COMPUTER GENERATED RENDER

ADVERTISEMENT FEATURE



Under the skin

23MD founders Dr Suha Kersh and Dr Martin Galy talk to Tatler about the future of regenerative aesthetics, 4D Methodology plans and advanced injectables

IN THE EVER-EVOLVING WORLD OF aesthetics, 23MD remains at the frontier when it comes to science-backed skin health. Known for their pioneering, physiology-led approach, founders Dr Suha Kersh and Dr Martin Galy are redefining what it means to age well, from hormone harmony to skin regeneration. Here, the duo discuss the rise of biological restoration, the art of Treatment Stacking, and why 2026 is the year of intelligent rejuvenation.

What are patients seeking most in 2026?

Dr Galy: Patients are no longer looking for instant correction but for biological restoration – treatments that strengthen skin and tissue health over time. At 23MD, they want results that are measurable, medically grounded and sustainable. They understand that skin ageing is influenced by hormones, metabolism and inflammation. Our role is to address all of those factors, not just what is visible.

What is your clinical approach at 23MD?

Dr Kersh: Every patient journey begins with diagnostic precision. We evaluate hormone status, nutritional balance, inflammatory

markers, and dermal integrity before designing a plan. My 4D Methodology integrates structure, surface, system and psychological balance. First we rebuild deep support with periosteal or deep-plane hyaluronic acid fillers and myomodulatory injection mapping to restore natural tension. Next we enhance the surface with collagen induction, radiofrequency microneedling, ultrasound tightening, and LED photobiomodulation. Then we optimise internal balance with bioidentical hormone therapy (BHRT), thyroid and adrenal support, and metabolic correction, all while aligning the aesthetic plan with the patient's self-perception and goals. This layered framework allows aesthetic and medical interventions to evolve together, producing results that remain refined and anatomically authentic.

How do regenerative aesthetics and precision medicine intersect in your work?

Dr Galy: They are part of the same clinical continuum. Regenerative aesthetics stimulates the extracellular matrix and vascular supply; precision medicine stabilises the internal environment that governs repair. We pair polynucleotides or exosome-based injectables with internal optimisation such as NAD⁺ precursors, hormone adjustment, or micronutrient repletion. This enhances fibroblast activity and mitochondrial efficiency. The outcome is skin that not only looks stronger but functions better.

With clinics in both London and Dubai, how do you maintain consistency of care?

Dr Kersh: Many of our patients divide their time between London, Dubai, and other international centres, so continuity of care is essential. At 23MD, both clinics operate as one integrated medical ecosystem, ensuring that treatment plans – from hormonal and regenerative medicine to aesthetic therapies – progress smoothly between locations. Our aligned clinical standards and protocols guarantee the same level of expertise, precision, and outcome consistency wherever our patients choose to be treated.

What is Treatment Stacking and why does it deliver superior results?

Dr Galy: Treatment Stacking is a sequencing protocol I developed to follow tissue physiology rather than marketing trends, with each stage priming the next. It begins with cellular activation and tissue strengthening using polynucleotides, exosomes, Profilla, and other

biostimulants. This progresses to energy-based devices tailored to the patient's needs to enhance collagen production, skin health, and tone. This is followed by targeted anti-wrinkle injections to smooth the skin and create precise lift in areas such as the jawline, upper face, or brow. Then deep-plane filler for structural lift and ligament support. Finally we polish the results with microneedling, maintaining them with LED therapy. By layering intelligently, we achieve progressive regeneration rather than shock-response healing, and results develop gradually, preserving expression and proportion.

How do your injectable techniques differ from traditional filler practice?

Dr Kersh: My technique focuses on anatomical restoration instead of volumisation. Filler is placed on bone or deep fascia to re-establish natural vectors of lift, using cannula and microbolus precision guided by physiological and myomodulatory principles. We also integrate biostimulators such as polynucleotides or exosomes to improve dermal vascularity and elasticity. The aim is facial harmony in repose and in motion.

You often mention the pillars of Structure, Regeneration, and Internal Wellness. How do they complement each other?

Dr Galy: They mirror the three biological layers of ageing: structure, which supports form; regeneration, which restores texture and elasticity; and internal wellness, which stabilises the hormonal and metabolic environment that sustains both. Addressing these pillars allows for outcomes that are durable and physiologically aligned – skin that behaves younger, not just looks younger.

What is your professional focus for 2026?

Dr Galy & Dr Kersh: For us, the future of aesthetics lies in medicine that protects as much as it perfects. Regeneration and longevity are measurable. When we see stronger dermal density, balanced hormones, better sleep, and restored confidence – that's success. It's not cosmetic vanity; it's physiological regeneration. 23MD aims to deepen the link between regenerative science and clinical outcomes. We're expanding protocols that combine genomic profiling, AI-driven skin analytics, and advanced exosome formulations to personalise treatment response for every patient. The goal is not to chase youth, but to preserve biological resilience intelligently and with medical integrity.

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