

# The changing face of beauty

London-based cosmetologists, Dr Sach Mohan and Dr Sabika Karim, explain the new idea of preserving the natural gift of beauty, rather than reinventing a face, particularly for India's jet-setting rich and famous

**'At Revere, we won't make you look different, just a more youthful and fresher you. We won't let our patients order procedures like dishes on a menu'**

**- Sach**

**D**r Sach Mohan and Dr Sabika Karim, leading cosmetic physicians whose services in London are a pet subject of the chattering classes, make a unique claim – that they can work magic on your appearance without putting you under the knife! Over the past few years, they've worked on some of India's most famous faces from their boutique chain of clinics in London, called Revere. They offer a solution to virtually any physical imperfection you can think of, but with an adept, evolved approach – be it botox, dermal fillers for face contouring to skin rejuvenation and fat reduction, to name a few. Longtime friends, the pair decided to go into business together as they shared the same vision. Dr Mohan explains, "We both have an eerily similar consultation style and treatment delivery that defines Revere." A big part of that philosophy lies in the renowned subtlety of their work, which they both are big advocates of. Dr Karim elaborates, "Our treatment aims are not to follow beauty trends, no one should ever be able to tell that you have been to a doctor's office. We offer the chance to always look that little bit younger and fresher than any of your friends the same age. A timeless beauty, like our most favourite, Coco Chanel!"

Sabika is the glamour and the voice of reason behind Revere. As Medical Director, she is not only a talented doctor but also an inspirational woman. She possesses the perfect eye for each of her patients, yet still makes time for her priorities as a wife and mother of two. Sach is the visionary, the one who is widely regarded as shifting medical aesthetics into mainstream beauty. He's particularly known for embracing new technologies and re-writes every rulebook with his novel approaches. "I'd love to be remembered not for the famous faces that I've treated, but for attempting to place as many current plastic surgery procedures into the history books."

Their clinics boast two prime locations; one on the iconic Harley Street (The medical Mecca of London) and the second, in their leafy residential area of Northwood. "It's now not just

about Harley Street, we carefully chose to build our second luxurious state-of-the-art clinic a stone's throw from the exclusive and aspirational residential area of Moor Park, in North West London. The accessibility from Heathrow and discreet location is an added advantage for those that can't have the paparazzi snap them entering or leaving," shares the suave Dr Sach.

With their individual strengths and talents, they create the perfect Yin Yang for their practice. In fact, their beliefs are so ingrained, that Sach and Sabika have no problem turning away patients that would potentially stand out from the crowd for all the wrong reasons.

Today, the stylish young doctors take HELLO! on a tour of their home town of Northwood, as they make time for work and play, and explain what makes them a magnet for India's "who's who" and the real reason why London is a favourite "stopover" for our readers, second only to its shopping. **Although more prevalent today, there is still a slight hint of taboo when it comes to aesthetic procedures, here in India. Do you agree?**

**Sabika:** "Actually, I think it's quite the opposite! It can't be that taboo if we have HELLO! India interviewing two London based cosmetic physicians for simply doing their job well? We are humbled by this."

**You are strongly against any notions of plastic surgery and do you really believe that the same results can be achieved without it?**

**Sach:** "I think that the public is aware that any invasive cosmetic surgery carries an element of risk and a prolonged recovery phase. This is really not acceptable for our patients who are in the public eye all the time. They are also fearful, that if things don't go as planned, the changes can be dramatic and irreversible."

**Sabika:** "It's not that we're against surgery. However, the need to resort to general anesthetic and the scalpel is diminishing as we can now achieve undeniably great and more importantly, natural results with the advance in technologies and techniques."



Sach and Sabika, longtime friends and leading cosmetologists, take some time out to shoot for HELLO! for the very first time. They candidly explain why they love what they do and what makes them a great working team

**You have both been known to turn patients away if they don't agree with your vision. Can you elaborate on this?**

**Sabika:** "As doctors, it is our duty first and foremost to make sure that we are doing the best for our patients. If they have unrealistic expectations or demand treatments even after being discouraged, it has not been uncommon for us to turn them away, no matter who they are."

**Sach:** "Thankfully, we won't let our patients order procedures like dishes on a menu. The more famous the patient, the more demanding they can be, but we don't give in to any strops! Funnily enough though, we remind them that it is their face that made them famous and we shouldn't really change it, just keep it the way it is for longer. Press the pause button so to speak."

**Your schedule hardly permits you to have any personal time; how do you keep a**

**work-life balance?**

**Sabika:** "That's always a difficult one for me. Lines often blur between work and play, but that's life. The passion I have for my work is contagious and inevitably my children become involved. For example, my daughter and I paint together and visit galleries, looking at the way the ideals of beauty has evolved over the millennia. At parties, I do try my best to avoid social consultations, ever since my daughter decided to join in once. Imagine the look on the poor prospective patients face as she was recommended, in great detail, several rounds of fat reduction treatments. All she wanted was a solution for her occasional acne!"

**Sach:** "We will often find ourselves face-to-face with our own patients at parties, and whilst maintaining their confidentiality is second nature to us, our patients often let slip. However, some don't and in one case, I've now been introduced ►

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to a certain patient I know rather well for the fourth time! We giggle about it in the clinic every time. In terms of work life balance, we spend as much time as possible giving back to our local community in Northwood, whether that's supporting the Captain's Charity at Moor Park Golf Club, or helping out with the junior cricket at Old Merchant Taylors', the local club for which all our sons play."

**How do you make the most of your time off?**

**Sach:** "Sabika and I are both very family oriented. I spend most of my precious time off with my three boys. Most Sundays I'm usually found cheering at the edge of one pitch or another. Having twins I do have an added advantage as I usually get a double chance per game for goals or runs. If I'm not watching my boys playing then all of us are usually watching my second love, Liverpool FC.

When I'm not with the boys, I relish the thrill of the road and love driving supercars on the track. I also enjoy making the most of our great city. I'm a big foodie and I love trying new restaurants, though I do tend to fall back to my old favourite, Nobu, as Revere's second meeting room!"

**Sabika:** "I enjoy travelling as much as possible and I'm really

lucky as I have my little companions for our "cultural" shopping trips to Paris, hitting the flagship stores of my favorite brands. And of course, we'll never miss out visiting the stylish and historical sites the French Capital has to offer. To feed my appetite for art and sculptures, Florence is also amongst the top of my weekend destinations in Europe. On the occasions when I'm not shopping, I love being a team mum and can manage the cricket scorebook too. Last year we were lucky enough to accompany my son on his school cricket tour of Sri Lanka. And when it's just me, there's nothing like a cup of tea, comfy slippers and a classic novel."

**Do you see a big age difference recently in your patients today as opposed to a few years ago?**

**Sach:** "Absolutely, we're finding our patients getting younger and younger as they've savvied up and aren't falling for the hype behind expensive retail products that just can't deliver. Our team can provide solutions to maintain the youthful face and body. After all, prevention is better than cure."

**It's known that women are the biggest market for aesthetic procedures. How much of the job is dealing with psychological issues of your patients?**



Sabika is very protective of Revere's reputation, saying, "if patients have unrealistic expectations or demand treatments, it has not been uncommon for us to turn them away - no matter who they are" (above). Elegant Sabika and the charismatic Sach have a wide roster of clients from around the world, who swear by their magic. "We are always working with innovative technologies. This often gives us a head start on tomorrow's treatments," they share (below)

**Sabika:** "For a woman, a great deal of emphasis can be placed on looks by society. As well as being a daughter, a mother, a career woman, and everything else that a woman has to be, we are expected to do all of this looking immaculate. I love being able to give women the confidence that they are looking at their best whilst going about meeting the various demands. We women are also terrified of ageing, yet some feel guilty investing in ourselves. Ageing is a natural part of life, and Revere prides itself on helping and counselling women embrace this. Working together, we can all age gracefully."

**What about your male patients? Have you seen a big rise in numbers?**

**Sach:** Men make up a third of our patients and our appeal extends beyond the typical metrosexual. In addition to just preserving youthful looks, it has become more acceptable for men to have treatments that improve their skin or enhance their facial features, such as chin and jawline enhancement or non-surgical nose jobs.

**Sabika:** "Men are more reserved about wanting treatments until they bump into some more Y chromosome comrades in the clinic; that's when we see a shopping list emerge!"

**In your professional opinion, do you believe that everyone could use some sort of cosmetology correction?**

**Sabika:** "If one is naturally blessed with beauty, then I think it is even more important to preserve the gift. A healthy lifestyle is paramount but we can always make a plan on how to optimise and maintain, so you should need as little intervention as possible from us in the future."

**Can we hope to see a Revere India some day?**

**Sabika:** "Why not? I love India and it'll be a fabulous excuse to visit the beautiful country."

**Sach:** "Taking Revere international is an exciting proposition, absolutely." 



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