

Anti-ageing: can this man convince you to go under the knife?



Join the Sisterhood, says the doctor, and you'll look younger for longer

Caroline Phillips meets Dr Daniel Sister, the anti-ageing pioneer who favours cosmetic procedures over lotions and potions (and starred in our sold-out anti-ageing debate in November)

2 November 2012 by Caroline Phillips

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Under-eye bags big enough to carry your weekend gear? Crows' feet, rabbit lines (on the nose), smokers' lines?

What about muffin-top tummy or basement-level libido and energy? Or maybe tits/moobs going south, saggy bum or wattle (that's a wobbly double chin)?

If you are bothered by any of these and want to understand more about the best way to banish the problem, high50's Anti-Ageing Debate could help you. Dr Daniel Sister, an advocate for the scalpel and needles methods, will fight it out with our award-winning beauty journalist Jo Fairley, who favours the potions and lotions route. Interventions of a scientific kind will do battle with proponents of skin-deep solutions.

Dr Daniel Sister is a world-renowned hormone and anti-ageing specialist. He is a needles-not-unguents man who has practised for 40 years at many of the world's premier clinics (including Dr Sebagh's).

“Everything I use has an evidence base. It's all backed by research.”

He has written several acclaimed books, is published in medical journals, has treated thousands of men and women, and regularly appears on TV. Phew!

His research studies and expertise are sought after by the beauty, anti-ageing, nutrition and complementary medical communities.

Science in the salon

Dr Sister works in London at BeautyWorksWest, a beauty clinic with slick, vibrating pedicure thrones and scented treatment rooms, where a client can go in as a sexagenarian and come out as a sex bomb.

When he started out in the Seventies, he worked in a hospital with rheumatic disease sufferers. “Most of them were old and, in trying to help them, I got into anti-ageing treatments,” he says.

Salon-administered science appeals to the aesthete in him. He uses only methods that are approved in Europe and the States.

He believes in science-based interventions rather than snake oil and designer potions, and in tackling ageing from the inside out. “Everything I use has an evidence base,” he says. “It's all backed by research and reasonable-size case studies.”

He finds new treatments by attending international conventions and seminars and quizzing other experts about developments in the field.

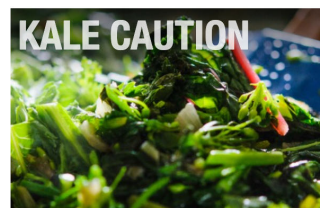
Hence *le docteur* (he is from France) has managed to introduce an *incroyable* seven anti-ageing ‘firsts’ to the UK market, including ‘Dracula’ (aka Platelet-Rich Plasma)



We've tried it all from collagen to retinol and many of us ...



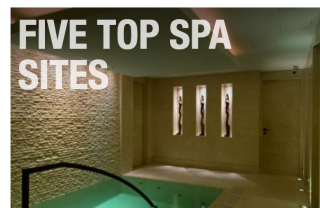
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therapy.

This treatment has attracted worldwide attention. Not surprising, then, that rather than flogging pots of nice-smelling creams, you'll always find him talking about things like IPL or Radio Frequency, and Infra Red and Polaris; all designed to give if not quite eternal youth, then something not too far from it.

Needles over knives

He doesn't do surgery. "I prefer needles to knives," he says. "But I refer people [for surgery] when required."

Mostly he thinks surgery is unnecessary. There has been such progress in the development of non-invasive treatments, and most procedures (from reconstruction to fat removal) can now be done non-invasively.

"Fat removal, for example, can now be achieved with ultrasound, laser and radio frequency," he says.

He's also a top doc when it comes to balancing hormones, one of the best ways to fight the ageing process. When our hormones are in balance, the body generates new tissue and more energy, and can fight disease. (A reduction in hormone production is the probable cause of the growing incidence of premature ageing.)

DR SISTER'S ANTI-AGEING ARMOURY

YOUTH: pills to boost hormone production

His beauty and wellness products include YOUTH food supplements, which re-boot the production of the growth hormone in women *d'un certain age* (and old male bangers, too). If you want to get technical, YOUTH tackles ageing with Arginine, Glutamine and Lysine (amino acids and marine plant extracts, to the uninitiated), which promote skin radiance, sleep and energy levels.

Dracula Therapy: injections of blood, vitamins and amino acids

Dracula Therapy is his most popular full-throttle age-defier and uses the patient's blood as an injectable treatment. A small blood sample is separated by centrifugation into red blood cells, clear serum and platelets. Vitamins and Amino Acids are then added to create a super-charged serum, which is injected back into the skin.

"There are no disadvantages," he says. "Nobody can be allergic to his own blood. It's efficient, proven, and the first step towards using stem cells."

Dermal fillers: a new nose

He has pioneered non-surgical nose re-sculpting by injecting dermal fillers – gel-like substances that are totally safe – which gives a patient a new nose in ten minutes. He uses Hyaluronic acid – which is biocompatible with human Hyaluronic acid – to create ooh-ah faces and hands.

Injections of carbon dioxide and Botulin Tox

In Carboxy therapy, he injects Carbon Dioxide Gas (CO2) to tackle stretch marks, cellulite and dark eye bags.

It doesn't stop there. He's been doing surgery-free breast enhancement treatments for years, with Botulin Tox and injections, including super-charged plasma.

Lipo, light therapy and lasers

He also performs several methods of non-surgical liposuction. One of his fat-busting treatments (MELT) combines radio frequency, magnetic waves, ultrasound and light therapy and another uses a non-invasive laser to melt the F-word from within fat cells.

"Conservative" Brits

For those souls who think creams and serums are efficient, he has this to say: "There's not one scientific study to show that they work, but many to prove that they don't. There's the 'feel good factor' – they feel good on your skin, but they don't penetrate deep enough."

Contrastingly, he can find no downsides to scientific intervention.

With so much being discovered in anti-ageing treatments, we're on the brink of a brave, young world. He says: "Only five years ago, ultrasound and radio frequency weren't even used. Each time we open a door, there are ten more [discoveries] behind," he says. "There's a lot to be explored with stem cells."

PREVENT A CREPEY NECK AND CHEST

Five ways to prevent neck wrinkles (it can be more ageing ...)

5 SERUM SECRETS



If you're over 50, you really should be using a face oil

The Israelis are pioneers in creating equipment for age-defying treatments. The gold for hormone therapies goes to the Americans. The injectable treatments medal gets scooped by the Europeans.

And the Brits? "They're very traditional and conservative," he says. "They don't embrace the techniques fast."

Which, paradoxically, is good news for high50 readers. Otherwise, Dr Sister wouldn't need to thump his tub at the high50 Anti-Ageing Debate this month. And we'd miss out on deciding who's right.

Jo Fairley, high50's beauty editor, is putting her elegant neck on the line in defence of topical treatments. We salute Dr Sister for joining her there.

Book now for the high50 beauty debate: 7pm on 27 November in central London ***SORRY, THIS EVENT IS NOW SOLD OUT***

See Dr Sister's website or follow him on Twitter

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