



DR PAUL NASSIF, CELEBRITY SURGEON AND STAR OF *BOTCHED* ON ITVBE, DISHES THE DETAILS ON WHAT SURGICAL AND NON-SURGICAL TREATMENTS WE'LL ALL BE INTRIGUED BY THIS YEAR

# TREATMENT TRENDS FOR 2021

**T**here's no denying the fact that cosmetic surgery and non-surgical "tweakments" are forecast to be more popular than ever in 2021.

And one man who knows all about the latest trends and what's driving them is Dr Paul Nassif, celebrity plastic surgeon and star of US reality show *Botched*.

If you've seen the gripping series, you'll know Dr Nassif spends half his time fixing surgeries that have gone wrong. The rest of his time is spent treating famous and not-so-famous faces at his Nassif MedSpa in Beverly Hills and over here in Salford.

To say he's at the forefront of aesthetic trends wouldn't be an overstatement, so we couldn't wait to chat to him about the treatments that are on their way up and the ones on the way out – and find out why he's trying to make surgically enhanced bums a thing of the past...

## So tell us, which non-surgical tweakments can we expect to be big this year?

Right now, since everyone is wearing face masks, it's all going to be focusing on the upper half of the face – mainly the tear troughs and temples. The focus will be on natural results and not visibly overdoing it. Botox will always be fantastic – that won't change. And mini brow lifts using Botox can be great.

## Are there any facials worth having?

Definitely medical-grade facials, designed to suit skin's unique needs using professional products and tools. These will be big in 2021.

## What about surgical trends?

You might think there wouldn't be the demand as we're all at home, but people are having procedures done now because they know they can heal at home. With all the Zoom meetings going on, again,



It's all about the face this year



it's all about the face. Everyone is looking at the eyes so it's all about rejuvenation in that area. I'm predicting, and already seeing, a lot of upper eyelid lifts, temporal lifts and fat repositioning

and resculpting around the cheeks.

## And the body? Or is that out of the Zoom catchment area?

People will still want liposuction, for sure. Breast implants are moving from large to

smaller-sized, and I also think big butts are going out of fashion. A BBL [Brazilian butt lift] is the most dangerous of all plastic surgery treatments.

**We bet there are some trends you wish would just go away...**

BBLs for sure, because of the danger. And butt implants. If you want more of a rounded butt, just do some squats! And then there are the "pump parties" – where you go to a hotel room and an untrained person will inject fillers. That's still happening a lot and it shouldn't be.

**Are there any trends that were popular in 2020 but are on the way out?**

Fox eyes using PDO threads. I got really excited about them initially, but for me the problem is they only give a slight result. Over the last nine months there's been a loss of interest because they're expensive and patients weren't getting amazing results.

**We heard rumours Bella Hadid may have tried them to get a cat-eye look?**

I know them all [the Hadid family] and she's always had that look. It's natural.

**You must see a lot of famous faces. Anyone you've spotted looking incredible for their age?**

When I look at celebs who are a lot older now, they either overdid it and you can see such a bad face-lift, or they look fantastic and refreshed. I'm watching *The Undoing* and Nicole Kidman, I've got to tell you, just looks great. Her skin!

**Do people still bring you pictures of celebrities that they want to look like?**

Not so much, everyone is just doing their own thing now and using Facetune. They see themselves on Zoom then over-filter themselves on social media. We're going into this whole selfie dysmorphia era. If I get asked to make them look like a filter I just tell them we don't do that.

**On *Botched* you turn people away a lot because of how much work they've had done. Is this just for effect?**

We always do that. The same way I do on *Botched*, I tend to assess the face as a whole and help people from a proportional aspect.

**Are there any memorable *Botched* cases that stick in your mind?**

Every year they keep getting more and more complex. But many years ago there was a patient who was in a moped incident and needed work on her nose. I sent her for a CT scan because I didn't like what I saw and we diagnosed brain aneurysms. If we hadn't sent her for a scan she would have died pretty quickly. We fixed her aneurysms and then we fixed her nose. It was an incredible story.

FOR MORE INFORMATION ON DR PAUL NASSIF, PLASTIC SURGEON AND FOUNDER OF NASSIF MEDSPA UK, SEE [NASSIFMEDSPA.CO.UK](http://NASSIFMEDSPA.CO.UK)

WORDS: ZOE CRIPPS



Bella's eye shape is natural, says Dr Nassif



He thinks Nicole is looking good

**WHAT'S IN**



**IN: BOTOX BROW LIFT**

Botox is injected around the brows to help lift and smooth skin. It's less invasive than a mini brow lift, which uses small surgical incisions to lift the brow and forehead.

**IN: UPPER EYELID LIFT**

A surgeon cuts along the eyelid crease to remove sagging skin and excess fat. This can be performed under local anaesthetic with sedation, or under general anaesthetic.

**IN: TEAR TROUGH FILLER**

The goal is to reduce the sunken appearance of tear troughs. A medical professional injects dermal filler and the increased volume makes the eye area look fuller and tighter.

**WHAT'S OUT**



**OUT: BRAZILIAN BUTT LIFT**

Dr Nassif isn't the only one who stresses the dangers of this treatment, as severe complications like a bacterial infection can even result in death. The procedure sees fat harvested from one area of the body, like the stomach or thighs, and put into the bum.

**OUT: PDO THREADS**

Little threads, thinner than hair and made of protein, are placed under the skin and attached to the surrounding tissue to lift the face and tighten the skin. They've been popularly used to create a "fox eye" look, which lifts the outer corners of the eyes, but Dr Nassif isn't impressed with how long the results last.

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