



Rukhsana Khan, medical director of Surface Clinic

# SKIN-DEEP BEAUTY FROM AN EXPERT

Meet Rukhsana Khan – the award-winning skincare guru who has brought world class Beverly Hills technology to Bradford. She has trained in Cosmetic Dermatology under the guidance of some of the world’s most renowned dermatologists, such as Dr Zein Obagi and Dr Sam Van Eeden, and has brought that knowledge and expertise back home. Now her state-of-the-art Surface Clinic in Saltaire is picking up awards and accolades all over the place and has a slew of five-star ratings from happy clients who say she has changed their lives. Writer ANILA BAIG recounts her meeting with the ‘Skin Fixer of Saltaire’. I’m lying back and thinking of, well, I’m thinking that I have a vacuum cleaner on my face and it feels quite good, actually. I’ve always been a sucker for face products, but now my face is literally

being sucked as I’m treated to a Hydrafacial which is described as a ‘Dyson for your skin’. The sensation is quite relaxing and pleasant and the sucky motion will, apparently, remove toxins from my face, leaving it super-clean and revitalised. My face doesn’t know what has hit it, but medical director Rukhsana is handling my skin with reverence. Everything is bright, white and dazzling at the Surface Clinic, which occupies a corner spot on the high street in Saltaire. Around me is state-of-the-art machinery from the US and Israel, where, I’m told, skincare technology is a good ten to 15 years ahead of the UK. Rukhsana glows with understated glamour but it was a different story when she was growing up in Bradford. The former Belle Vue Girls’ pupil

said: “I suffered from bad skin, but everywhere I went just seemed to offer a quick fix without really looking at the long-term effects.” The pharmacist advanced prescriber spent three fruitless years going from clinic to clinic looking for suitable treatments and was so fed up she started doing her own research. “I just knew this couldn’t be the best the world has to offer in terms of lasers, fixing and restoring skin and facial injectables,” she said. With nothing around that fitted the bill, Rukhsana decided to train in medical aesthetics herself. This led her to the work of Dr Zein Obagi. Dr Obagi is known as the skin specialist to the stars. His clients include the likes of Jennifer Aniston, Catherine Zeta Jones and Lucy Hale from *Pretty Little*



Liars. He inspires an almost religious zeal amongst his followers who worship his no-nonsense approach to skincare. “I was chosen from hundreds of other candidates to train with Dr Obagi in Beverly Hills and learn his techniques. He is recognised as being a world leader in advanced cosmetic dermatology. “I am one of the few in the UK that has qualified and is widely practising his famous facelift medical peel called the ZO Controlled Depth Blue Peel which I have undergone myself twice.” Finally Rukhsana found the answers she had been searching for and set up the Surface Clinic on her return to the UK in a bid to help others. Dr Obagi makes radical statements that fly in the face, literally, of more mainstream advice, such as ‘moisturiser causes wrinkles’. He believes in dealing with skin issues at a cellular rather than a superficial level. It must have been eye-opening and a completely different world for someone from inner city Bradford, but Rukhsana maintains that the Syrian-born doctor was very down to earth. “He was very professional and dedicated to his work. The world of cosmetics is dominated by a few big companies, whereas Dr Obagi’s products are scientifically tested and proven to work.” The clinic offers a range of procedures for men and women, from medical grade laser hair removal to derma fillers, Botox and hair restoration. Her signature treatment is



the Hydrafacial – that’s what I’m having. There are medical facials and other non-invasive treatments, but there are also more invasive medical peels supported by ZO Skin Health and ZO Medical Products. As one of the most publicised clinics in the UK, Rukhsana is now working on opening further locations and publishing an educational book with her findings and before-and-after case studies. The clinic has picked up a plethora of awards including Best Aesthetics Practice in the My Face My Body awards and is a finalist in the Aesthetic Awards 2017 for Best Aesthetic Practice and Outstanding Achievement in Medical Aesthetics. Rukhsana also moderates a Dermatology Forum advising more than 2,000 members from around the world on skin care issues. She is adamant that she will not foist unneeded treatments on vulnerable people and is unique in that she demands potential clients undertake a psychological evaluation. “I would say I turn down 20 per cent of people if I think they want treatment for the wrong reasons. Sometimes people are unhappy and think that having a procedure will make them happier or that they are addicted to having things



done. I have heard of 20-year-olds being given Botox, but I wouldn’t do that. “I try to educate my clients in consultations to make more informed decisions about their skin and hopefully tackle their imperfections with medically-led evidence-based treatments, so you can wear less make-up to cover the imperfections. “The appearance of your skin does affect the way you feel about yourself. Skin is something we look at every day and keeping skin healthy, vibrant and glowing is something I have dedicated my life to.” She believes skin health and nutrition should be taught in schools. “They both affect your wellbeing and

happiness in our lifestyles and if you invest in your skin in your 20s and 30s you will look great in your 40s and amazing in your 50s. Don’t wait until you see the problems, prevention is the key. “Skin is our biggest organ and we should give it the respect it deserves.” Meanwhile my facial is over and I can see what has come out of my pores. It’s not a pretty sight but Rukhsana assures me I have pretty good skin ‘for my age’ and I have to admit it does feel as soft as butter now. And let’s face it, it’s much more fun lying back and having your skin Hoovered than it is getting up and having to Hoover the room.