

Sunday Chronicle

“ LIFE IS A SCHOOL TO LEARN THE ETERNAL TRUTH OF EXISTENCE. BUT THAT IS POSSIBLE ONLY IF YOU ARE CONSCIOUS. TRY TO WALK A FEW STEPS CONSCIOUSLY AND YOU WILL SEE THE DIFFERENCE. YOUR WHOLE BODY WILL BE IN TUNE WITH EXISTENCE. ”
— OSHO

DECCAN CHRONICLE ■ 25 OCTOBER 2009

AN OTHER REALM II



'I thank God every single day'

HEARTTITUDE IV



Movies taught her about AK47s

SHOWBIZ V



'Sridevi has seen all my South films'

TRAVEL VIII



Spectacular Singapore

Beauty

RENUKA NADKARNI

NIPS AND TUCKS ARE BEING PACKED IN WITH A REJUVENATING HOLIDAY. AND INDIA IS EMERGING AS A HOT INTERNATIONAL TOURIST DESTINATION FOR COSMETIC SURGERY.

AND TUCKS FROM WORLD CLASS HEALTHCARE PROFESSIONALS AND INFRASTRUCTURE COMBINED WITH A REJUVENATING HOLIDAY HAS PROPELLED INDIA TO ONE OF THE TOP SLOTS AS A MAJOR WORLDWIDE TOURIST DESTINATION FOR COSMETIC SURGERY. THIS BOOM, WHICH IS DOING WONDERS FOR THE COUNTRY'S ECONOMY, ENCOMPASSES BOTH SURGICAL PROCEDURES AS WELL AS HOLISTIC TREATMENTS THAT RESHAPE, POLISH AND ALIGN ONE'S BODY TO PERFECTION.

There was a time in the '80s and early '90s, when actors would disappear overseas for a couple of months and come back with visibly thicker hair and flatter tummies. But now with public appearances, promotions, TV shows, game shows, mall openings, every minute is money, and a few months is tough to spare.

So what do stars who need to stay '18 till they die' do? Botox and hair weaves are hidden under caps and bandanas (Saif, Salman), while tummy tucks get hidden under baggy kurtis till a fabulous photoshoot is commissioned by a foreign mag to reveal the new look for all to see (dare we mention a certain Miss Universe?). Because now the stars are getting it done right here in India.

Right from complex procedures like face recon-

struction surgeries to rhinoplasty, they're available for almost 70 per cent of the price people would pay in the West, and this has turned India into the cosmetic destination of the world. As the costs of healthcare have been rising globally, an increasing number of people, especially those in developed countries, are looking at India as a destination which can fulfill their medical needs. Interestingly, foreign patients don't come to this country for only serious ailments like complex heart surgeries or orthopaedic procedures. What is slowly emerging as one of the front-runners in the field of medical tourism, is cosmetic surgery.

The lowered costs and infrastructure have worked in the country's favour, and



CITIES MOST FREQUENTED FOR MEDICAL TOURISM:

- ▶ New Delhi
- ▶ Chennai
- ▶ Bangaluru
- ▶ Mumbai
- ▶ Hyderabad
- ▶ Goa
- ▶ Tiruvananthapuram

specifically in the case of cosmetic surgeries, which require more innovation and highly skilled surgeons — something India has in plenty, as a majority of the cosmetologists here have been trained abroad and some of them have even worked in top hospitals in the US and UK. The other reason that gives India the edge is the familiarity and comfort level with the English language.

Dr Mohan Thomas, a cosmetic surgeon at the Cosmetic Surgery Institute, explains, "There

has been a marked increase in the number of patients coming to India every year from various countries. I get at least 60 to 70 patients a year coming to me seeking surgical enhancements. The more sought-after procedures include face lifts, breast reconstruction and body lifts."

Agreeing with him is Dr Vandana Kamat, a reputed cosmetologist in Delhi who besides consulting at various hospitals also runs her own private practice, "One of the trends that

we've noticed is that people don't come here to get only the 'serious' surgeries done, for instance, a face reconstruction or an eyelid correction procedure, but increasingly there is a larger market for purely cosmetic-driven surgeries like breast enhancement or mole removal."

>> Turn to PG VIII

PROCEDURE	USA	INDIA	THAILAND	SINGAPORE
HEART BYPASS	133,000	7,000	22,000	16,300
HIP REPLACEMENT	57,000	7,020	12,700	1,200
FACE LIFT	16,000	4,800	5,000	7,500
LAP. GASTRIC BYPASS	52,000	9,300	13,000	16,500
KNEE REPLACEMENT	53,000	9,200	11,500	9,600

Figures courtesy Sahara Medical Tourism, all figures are approximate and in US\$

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