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Dr. Nigma Talib

11 Lambton Place, Notting Hill. London +44.20.7792.8073 See website

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Dr. Nigma Talib is a bit of legend around West London, particularly among Notting Hill's best-complexioned residents. Treatment starts with a consultation. Dr. Talib believes in a holistic approach and that the face is a map of what's happening within—dairy-, wine-, and sugarface are all diagnoses. Expect stool samples, blood tests, and a deep but gentle line of questioning before the naturopathic doctor works her magic. These are no ordinary facials, nor are they one-off treatments. Plan on leaving with lifestyle and dietary advice and a renewed sense of calm thanks to Dr. Talib's soothing manner and cool expertise. She also works out of the Four Seasons in Los Angeles.

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