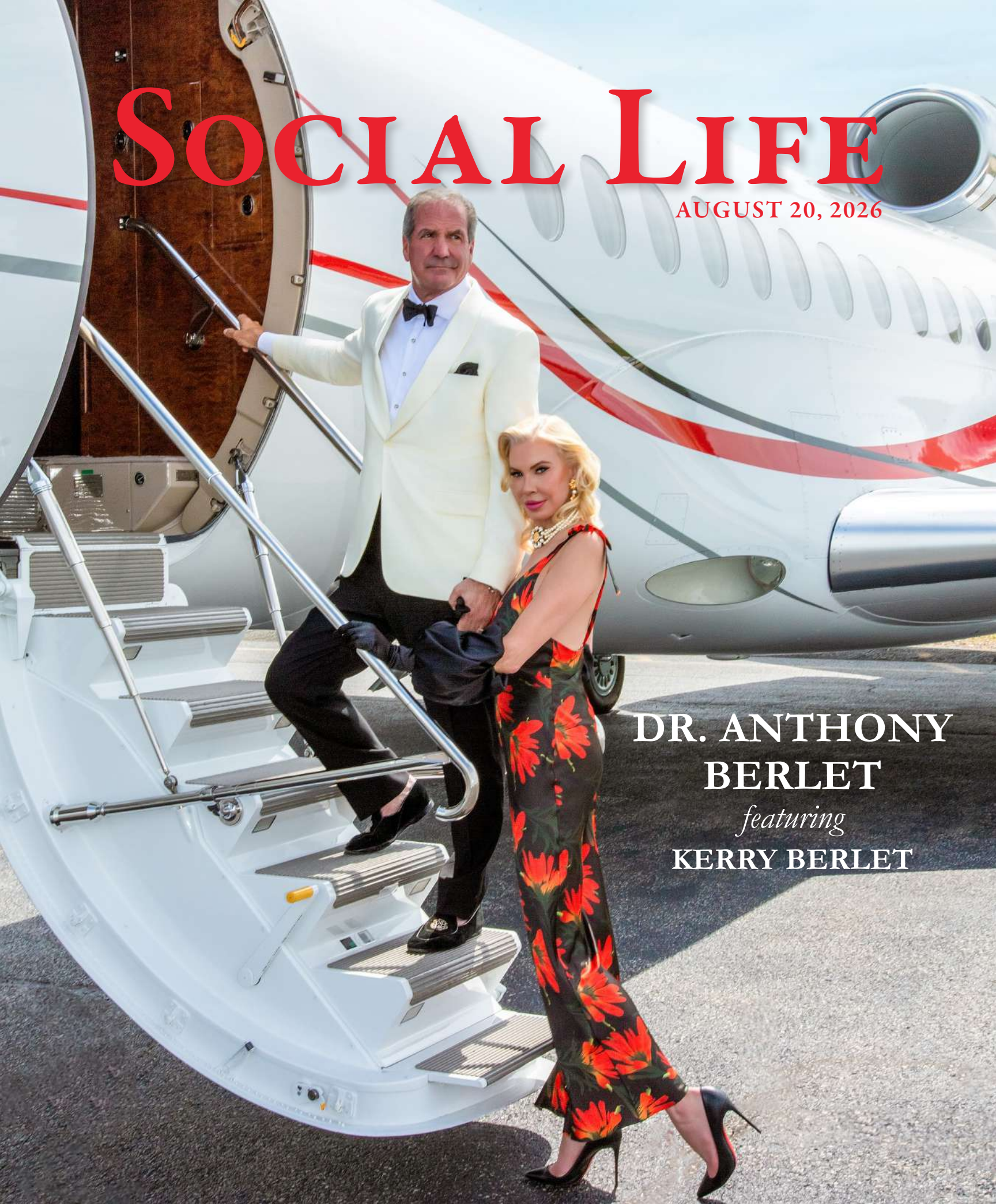


SOCIAL LIFE

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DR. ANTHONY
BERLET

featuring
KERRY BERLET



DR. ANTHONY BERLET WITH KERRY BERLET





DR. ANTHONY —BERLET— LICENSE TO TRANSFORM

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A conversation with Dr. Anthony Berlet about precision, partnership, and the pursuit of natural beauty.

What does a world-class plastic surgeon have in common with cinema's most iconic secret agent?

At first glance, perhaps very little. One works in an impeccably tailored tuxedo, the other in surgical scrubs. One is known for impossible missions, the other for extraordinarily complex procedures. Yet both rely on the same qualities: preparation, discipline, composure under pressure, meticulous attention to detail, and the confidence that comes only from experience.

Those parallels became the inspiration for this cover shoot, where Dr. Anthony Berlet and his wife, Kerry, stepped into a world of timeless sophistication.

The photographs are undeniably playful, but the qualities they celebrate are anything but fictional. Behind every image is a surgeon who has spent more than three decades refining his craft, earning his patients' trust, and building a reputation for results that are elegant, individualized, and remarkably natural.

A double board-certified plastic and general surgeon with practices in New York and New Jersey, Dr. Berlet has become a trusted voice in aesthetic medicine. His expertise has been featured by leading national and international media, where he is frequently asked to comment on advances in facial rejuvenation, emerging trends, and

the evolving philosophy of cosmetic surgery. Throughout his career, one principle has remained constant: Every patient deserves an individualized approach, and every recommendation should be guided by what is truly in that patient's best interest.

Earlier this year, readers around the world also saw that philosophy put to a very personal test. At age 51, Kerry underwent a deep plane facelift performed by Dr. Berlet. The result was a remarkably natural rejuvenation that many observers

described as taking 10 to 15 years off her appearance, while still allowing her to look unmistakably like herself. Her journey became the subject of national media coverage and sparked conversations about aging gracefully, choosing surgery thoughtfully, and the importance of selecting an experienced surgeon whose goal is restoration rather than transformation.

In recent years, Kerry has also added a unique dimension to the practice through creative storytelling and patient education. As host of the podcast *Once Upon a Surgery*, she interviews Dr. Berlet's reconstructive and cosmetic surgery patients, giving them a platform to share their personal journeys. Their candid conversations help demystify plastic surgery, answer





common questions, and inspire others by focusing not just on the procedures themselves but on the confidence and renewed quality of life that often follow. Having now experienced the surgical journey herself, she brings an even deeper level of empathy and understanding to those conversations.

The conversation that follows explores the philosophy behind Dr. Berlet's work, the evolution of facial rejuvenation, and the role education plays in helping patients make informed decisions.

The photographs have a distinctly cinematic feel. What was your reaction when you first saw the concept?

Dr. Anthony Berlet: I loved it because it was unexpected. Plastic surgery is serious work, but that doesn't mean you can't have fun expressing your personality. The concept captured confidence, precision, and partnership. Those are qualities that genuinely represent the way we approach patient care and education.

Before medicine, you studied architecture. Does that background still influence the way you look at the face?

Absolutely. Architecture teaches you to think about structure, proportion, and balance. The face works the same way. Every feature relates to the others, so you can't treat one area in isolation. My goal is always to create harmony while preserving

what makes someone uniquely themselves.

The deep plane facelift has become one of the most talked-about procedures in aesthetic surgery. What do you wish patients understood about it?

Probably that there isn't one "deep plane facelift." Every surgeon performs it differently, and every patient presents different anatomy. Over the years, my technique has continued to evolve. I modify my approach based on the individual sitting in front of me rather than following one formula for everyone. The technique is important, but the outcome is what matters most.

One of the best examples is Kerry's own surgery. Even though she had taken excellent care of her skin and maintained a healthy lifestyle, she had developed the facial descent and neck changes that naturally occur with age. Rather than trying to make her look like someone else, the goal was to restore the facial structure and definition she had years earlier. That's what a successful facelift should do.

You often describe your approach as individualized. Why is customization so important?

No two people age the same way. Bone structure, skin quality, facial volume, lifestyle, and previous treatments all influence



the surgical plan. The best result comes from understanding those differences and tailoring the procedure accordingly. That's why consultations are so important. Listening is just as important as operating.

Patients often say they want to look refreshed, not different. How do you achieve that?

Most people aren't looking for transformation. They simply want their appearance to better reflect how they feel. My philosophy has always been to restore rather than reinvent. If someone says, "You look wonderful," without immediately thinking plastic surgery, we've accomplished exactly what we set out to do.

Kerry's experience illustrates that philosophy perfectly. Friends commented that she looked rested, vibrant, and years younger, but she still looked like Kerry. That's always the objective.

You've been practicing for more than three decades. How has your philosophy changed?

Experience teaches judgment. Early in your career, you're focused on mastering technique. Over time, you realize that technical skill is only part of the equation. Communication, trust, and understanding a patient's goals are equally important.





Those conversations often determine the success of the outcome long before surgery begins.

You're frequently interviewed about trends in aesthetic medicine. Why is education such an important part of your work?

Patients are exposed to an enormous amount of information today, but not all of it is accurate. If I can help someone better understand their options, separate trends from proven techniques, and make an informed decision, that's valuable whether or not they ever become my patient. Education has always been an important responsibility.

What is the biggest misconception about plastic surgery today?

That more treatment automatically produces a better result. Whether we're talking about surgery or nonsurgical procedures, restraint is often the most important decision you can make. The best work doesn't draw attention to itself. It simply allows someone to look healthy, rested, and confident.

After thousands of procedures, what still gives you the greatest satisfaction?

Seeing someone regain confidence. Sometimes it's something

as simple as enjoying photographs again or hearing that friends think they look well rested. Those moments remind me that plastic surgery isn't just about appearance. It's about how people feel when they move through the world.

Kerry, you've had a unique opportunity to interview many of Dr. Berlet's patients on *Once Upon a Surgery*. How has your own facelift changed those conversations?

Kerry Berlet: Before my surgery, I could empathize with patients. Now I truly understand what they're feeling because I've experienced it myself. I know what it's like to be excited, nervous, and curious about recovery. I also know what it's like to wake up each day and gradually see the results unfold. What surprised me most wasn't simply looking younger. It was how much more confident and energized I felt. When I interview patients now, I can relate to their experiences in a much more personal way, and I think that helps listeners who are considering surgery themselves.

How has the podcast changed the way patients experience the practice?

Dr. Anthony Berlet: The podcast has given patients a chance to hear directly from people who've been through the experience. They aren't hearing from me as the surgeon; they're



hearing authentic stories from patients who talk about why they chose surgery, what recovery was really like, and how they feel afterward. That perspective is incredibly valuable because it helps educate people in a way a consultation alone never could.

Looking back on your career, what has success come to mean?

Success isn't measured by the number of procedures you've performed. It's measured by the relationships you've built and the trust you've earned. My goal has never been to give someone a different face. It's to help them look in the mirror and recognize the very best version of themselves.

The tuxedo will eventually be returned to the closet. The cameras will stop rolling. The private jet will depart. What remains is something far more enduring than a memorable photo shoot: a career defined by precision, integrity, and thoughtful craftsmanship.

For more than 30 years, Dr. Anthony Berlet has built his reputation one patient at a time through surgical excellence, individualized care, and an unwavering commitment to natural-looking results. Alongside that legacy, Kerry has created

a new way for patients to understand the experience through *Once Upon a Surgery*, where real stories replace misconceptions, and education is grounded in authenticity. Her own experience as a 51-year-old facelift patient has added another layer of credibility to those conversations, demonstrating firsthand what thoughtful, individualized facial rejuvenation can achieve.

The James Bond inspiration may have provided the backdrop, but the lasting story is one of mastery, innovation, and the quiet confidence that comes from dedicating a lifetime to helping people look like the very best version of themselves.

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