

DR TASLEEM AHMED

WEG

ABOUT TOWN...



Longwood House Dental Care's Dr Tasleem Ahmed, tells all about her love of Italian cars, Brazilian high heels, Egyptian scuba diving and living in Ilford

Who are you and what do you do?

My name is Dr Tasleem Ahmed and I'm principal dentist at Longwood House Dental Care, Anti-Ageing & Beauty Clinic and a clinical teacher at King's College University in London.

Where do you live and why?

I have always lived in Ilford. It is a great place with many local amenities and is also within easy reach of Central London, which is extremely useful for work purposes and the odd shopping spree. All my family are also close by, which is a big bonus.

Are you a lady who lunches? If so, where do you go?

As the principal of Longwood House, I usually have to fit lunch in wherever I can. The practice is busy and I often use my lunch hour to conduct team meetings and catch up with admin. However, every Friday lunch is at Borough Market in London Bridge where the food is fantastic. When I get a chance, I love to catch up with friends for a coffee at Café Belgique in South Woodford.

Which is your favourite local restaurant?

I tend to go to Serenes in Gants Hill for fast food. When I'm entertaining or out with friends I usually head to Sheesh in Buckhurst Hill or Nuovo in South Woodford. If I fancy a curry, my favourite place is Lahore's on Commercial Road.

Which is your favourite local boutique?

I love Ella-Tino boutique in South Woodford. For bespoke, custom-made outfits I shop at Seasons on Ilford Lane which has an extensive range of made-to-measure outfits.

Where is your favourite holiday destination?

I've just come back from a holiday in Egypt, Sharm el Sheikh. I had a wonderful time relaxing by the beach and scuba diving.

What is the most valued possession in your handbag?

It has to be my toothbrush and dental floss.

FOR CUSTOM-MADE OUTFITS I ALWAYS SHOP AT SEASONS ON ILFORD LANE

How often do you visit your beauty salon?

I have set up a beauty salon within my dental practice, where my clients can benefit from having their teeth cleaned and spa treatments all on the same visit. I book my appointments on my day off and always make time for a hot stone back massage at least every two weeks.

Do you have a favourite hair salon?

Lin's in Gants Hill. Her shampoo and

blow dry helps me relax and feel good about myself.

Cosmetic surgery or grow old gracefully?

Well a bit of both – I would like to avoid cosmetic surgery for as long as possible and currently opt for the non-invasive treatments such as Botox, fillers, chemical peels, IPL facial rejuvenation and laser slimming. I also have a superb anti-ageing doctor, Anina Chapman, at my practice and I always get useful tips from her.

What is the best thing to happen to West Essex in the last five years?

The launch and success of Longwood House Dental Care. My practice has recently been awarded the title of Best Practice in the East of England.

Which are your favourite shoes?

I picked up the most amazing pair of black heels while I was studying in Brazil. They are pretty and comfortable at the same time.

Are you a WEG with wheels?

I love Italian cars and drive an Alfa Romeo.

Do you have a claim to fame?

I have treated *Heartbeat's* Nick Berry.

What luxury could you not do without?

My Sky+ box. And my fortnightly hot stone back massage.