

## My face

I FIRST STARTING HAVING ANNUAL BOTOX WHEN I WAS 31 to stop wrinkles forming on my forehead. Since I've hit 40, I've upped this to once every six months and now I have a few sprinkles around my eye area too, with Dr Nirdosh (page 8). About six months ago, Sabrina Shah-Desai (page 10) introduced me to **Restylane Skinboosters**, tiny injections of hyaluronic acid that hydrate skin from deep within. The effects last a year - I really can't recommend them more and the compliments keep flowing. I'm also keen on Dr Sebagh's **Ultralift machine** (page 42), which uses ultrasound to tone muscles and firm skin. I always have it before a big event as it sharpens up my eyes and jawline.

## My arms

WHILE MY UPPER ARMS ARE BEGINNING TO WOBBLE, I haven't yet felt the need to do anything too extreme. Instead, I'm relying on twice-weekly push-ups and yoga-based workouts with the talented Melody at **Bodyism gym** (memberships costs from £1,329 a year; bodyism.com).

## My bust

I'M A B-CUP AND LUCKILY GRAVITY HASN'T KICKED IN YET. When the day comes, I'd be intrigued to try the subtle effects of a **breast thread lift** (page 6), where tiny threads are inserted beneath the surface of the skin to pull up sagging breast tissue.

## My tummy

AFTER HAVING TWO CHILDREN, 14 MONTHS APART, I was left with a kind of puffy paunch that made a bikini a strict no-go. I was the first journalist in the UK to try the **New CoolAdvantage treatment** at the Cosmetic Skin Clinic in London (£800; cosmeticskinclinic.com), which kills and freezes fat cells. Having had CoolSculpting (the precursor of this treatment), multiple times in the past on my tummy, hips and inner thighs, with limited results, I didn't see any big difference on my legs, although my love handles deflated to the extent my skinny jeans felt loose. This time I was very impressed and after two months the roll of fat that spilt over the top of my jeans is totally gone and my stomach is once again flat. Bikinis are firmly back on my beach agenda.

## My thighs and bum

EVERY SPRING I START TREATMENTS TO WAGE WAR ON CELLULITE AND EXCESS FLESH. Recently I've tried out **ULTRAVela** with therapist Ellie Wright (£4,500 for four treatments; dritarakus.com). It's a combination treatment that uses VelaShape III (a machine-based massage with a medley of radio frequency, infrared, pulsed vacuum and rollers, to break down the dimpling effect of cellulite) and **ULTRAcel**, a machine that uses ultrasound to work deeper in the skin to tighten things up. I needed six treatments rather than the usual four to firm my bum but the appearance of cellulite has improved and my bum has lost its droop. **B**

## My feet

I NOTICED THAT AFTER 35, MY HEELS SEEMED SIGNIFICANTLY DRIER AND STARTED CRACKING. Having tried pretty much every foot cream on the market, I've yet to find one that beats podiatrist **Margaret Dabbs's Foot Cream** (£20; margaretdabbs.co.uk), with its magic ingredient, emu oil (yep, it's taken from the fat of the bird). I also swear by her **Medical Pedicure** (£85), which uses electronic fillers and diode laser and sends a granular silica and hand skin

# An anatomy of a BEAUTY EDITOR (aged 42)

Feeling overwhelmed by the sheer scale of treatments out there? *Brides* contributing editor Olivia Falcon tells us what works for her