

THE PROBLEM ACNE SCARS, STRETCHMARKS THE SOLUTION MESO ROLLING

The skin is prepped with a cocktail of topical serums, including hyaluronic acid, amino acids, micronutrients and tissue growth factors (used in the US as an alternative to skin grafting for burns). The serums are then driven deeper by an electronic derma pen (a device that looks a bit like a dentist's drill with ten micro-needles attached to the tip). This stimulates fibroblasts – and other cells involved

in skin healing and regeneration – to plump the skin, reducing scars and silvery lines.

PAIN FACTOR A bearable scratchy sensation; it's more painful on thin skin and tickles around the nose.

RESULTS Expect some redness after the treatment which settles within 24 hours. Results take a few months to shine through. Scars are not completely eradicated but the treatment tones down

colour and flattens raised skin. Different cocktails of serums can be mixed for plumping out lines and wrinkles on the face or any part of the body where skin tone needs work. In short, it gives skin an amazing glow no facial can achieve.

PRICE From £600.

WHO TO SEE Dr Richard Sibthorpe at The Smart Clinics, London SW3, 020 7052 0070, drrichardsibthorpe.com.

THE PROBLEM TIRED EYES THE SOLUTION V SOFT THREAD LIFT

Billed as 'a natural face-lift without downtime', V Soft uses biodegradable threads (the same as dissolvable surgical stitches) to lift the face without pulling skin. The procedure originates from South Korea where they have been using this technique successfully for many years to Westernise Asian eyes by lifting the brow to open up the eye area. V Soft is an effective alternative to Botox as it retains movement in the face. Numbing cream is applied an hour before the threads are inserted with super-fine long needles for several centimetres just underneath the surface of the skin. They are then pulled like a drawstring to tighten the complexion. Seven to ten threads are placed each side of the face, radiating out from the top of the eyebrows towards the forehead. Three more threads are placed on each temple and a few on the cheekbones. The threads take three to six months to dissolve, creating some scar tissue under the skin, which in turn

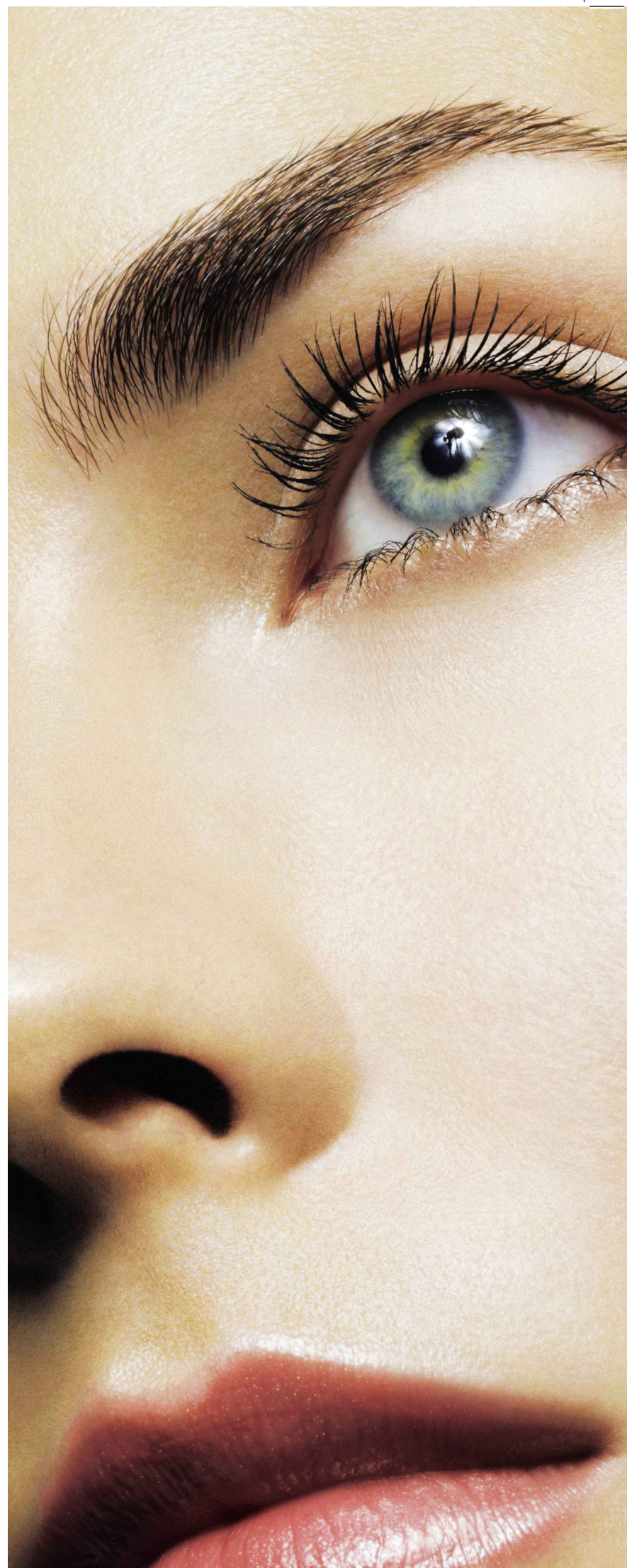
stimulates collagen production.

PAIN FACTOR The sensation of the needles under your skin is fairly intense (seven out of ten on the pain scale). Expect swelling for a couple of days and to be able to feel the threads settling under the skin. You are instructed to sleep on your back for a week and some people experience slight bruising.

RESULTS Instant satisfaction: the eyes are opened and brows lifted without that 'startled rabbit' Botox look. Three months on, skin texture dramatically improves and thin skin feels thicker and plumper. The effects last for about a year.

PRICE From £450.

WHO TO SEE It's really important you choose a doctor who has plenty of experience as poorly trained practitioners have been accused of not achieving symmetrical results – if in doubt ask to see or speak to other patients who have had the treatment. A trusted name is Dr Elisabeth Dancey at the Bijoux Medispa, London SW1, 020 7730 0765, bijoux-medispa.co.uk.





NOT QUITE *the knife*

The new-generation anti-ageing treatments allow you to shrug away the years without resorting to cosmetic surgery. Read on for beauty expert *Olivia Falcon's* tried-and-tested guide to the high-tech therapies that *really* work

THE PROBLEM JOWLS, TURKEY NECK, CREPEY DECOLLETAGE THE SOLUTION ULTRALIFT

This machine from South Korea has had the supermodel set panting with excitement. The device (which looks like a checkout scanner) uses warm pulses of ultrasound energy to cause thermal damage in the deepest layers of the skin, stimulating collagen fibres and causing the muscles to contract and tighten. Ultralift can be used all over the face (it's impressive around the eye and brow area and when used on the décolletage it can reduce the distance from cleavage to collarbone by as much as 1cm). But it comes into its own when transforming wobbly jaw lines and slack necks. It also has a setting to iron out fine lines. One supermodel was so impressed she demanded the treatment on her entire body. Dr Sebagh, who has brought the machine to the UK, says, 'If you start doing Ultralift

before sag sets in, with regular treatments once every three to four months, I don't think you will need surgery.'

PAIN FACTOR The treatment is slightly uncomfortable – a bit like having a minor filling. Some parts of the face are more sensitive, but intensity can be adjusted. The full face takes about 20 minutes.

RESULTS The tightening and lifting effects are immediate (Dr Sebagh does one half of the face first to show the difference). Results increase over time as the collagen continues to regenerate. There's no telltale redness or swelling but expect to feel a post-workout muscular ache in the treated area for a few hours afterwards.

PRICE £700.

WHO TO SEE Dr Sebagh and his team at his clinic, London W1, 020 7637 0548, drsebagh.com.

THE PROBLEM A DROOPING FACE THE SOLUTION THE 8 POINT LIFT

A highly specialised technique that uses filler injections to lift the face: sculpting jowls, lifting sagging cheeks and opening up droopy eyes. With a super-fine needle, the filler is strategically injected at eight points: along the line of the cheekbone, the jawline and at the corners of the mouth. Ideal for those in their 40s or early 50s who want instant results. The 8 Point Lift uses the latest generation Juvéderm Voluma hyaluronic acid gels such as Vollbella and Volift, which are placed between the skin and the bone to produce a soft and elegant result. The doctor then gently presses and moulds the gel into the face to sculpt the skin into a new position.

PAIN FACTOR Totally bearable, Juvéderm contains a built-in anaesthetic called Lidocaine that takes the sting out of the injection. Very occasionally people bruise but otherwise there is no downtime.

RESULTS An instant wow factor; everything is lifted and the skin does not look vacuum-packed and pulled. Results should last for about 18 to 24 months.

PRICE £695.

WHO TO SEE Dr Raj Acquilla at his clinic in Manchester; 01606 882115, rajacquilla.com, or Dr Tapan Patel at Phi Clinic, London W1, 020 7034 5999, phiclinic.com. ➤

FLORIAN SOMMET/FOLIO-ID.COM

THE PROBLEM SADDLE BAGS THE SOLUTION COOLSMOOTH PRO

The recently launched nonsurgical alternative to liposuction CoolSmooth Pro is the updated version of CoolSculpting, a treatment based on freezing fat cells until they crystallise, fragment and are flushed out from the body over time via the lymphatic system. While the older CoolSculpting version pinches and grips the skin and is quite painful, this new generation treatment is more comfortable as it uses a flat applicator pad strapped to the affected area. Each session takes about 75 minutes so be sure to bring some entertainment. For those hard-to-treat areas such as saggy knees, double chins and that frustrating roll of fat under the armpit, a recently developed small applicator head known as the Mini is employed (which does pinch).

PAIN FACTOR You might flinch at first – the cold sensation feels like it's permeating your bones – but after a couple of minutes everything feels comfortably numb and you can happily busy yourself with your emails. To finish, the therapist briskly massages the area to stimulate circulation, after which you can throw on your jeans and walk out of the door. There is no bruising but the treated skin can feel a bit prickly and itchy for a few days after the treatment.

RESULTS While your skinny jeans may feel less tight immediately afterwards, you won't see the full result of CoolSmooth Pro for six to nine weeks – until the body has metabolised the fat. Expect to drop a jeans size three months later.

PRICE £550.

WHO TO SEE Dr Tracy Mountford at Cosmetic Skin Clinic in Buckinghamshire and London W1, 01753 646660, cosmeticskinclinic.com. Mountford has dual CoolSmooth Pro machines, so both legs can be treated simultaneously, halving treatment time.

THE PROBLEM SCRAWNY HANDS THE SOLUTION THE HAND BOOSTER LIFT

This three-way approach tackles age spots, thickens and smooths thin skin and plumps veiny hands. First, the backs of hands are blitzed with intense pulsed light lasers to fade dark spots; next the Clear+Brilliant gentle laser creates millions of microscopic channels in the skin, which work to regenerate tissue. Finally, fine-needle injections of Restylane Vital Light filler boost and plump the skin, replacing lost volume and reducing the visibility of unsightly veins.

PAIN FACTOR The lasers feel like a hot rubber band slapping skin and the injections are prickly, so if you have a low pain threshold ask the doctor to prep your skin with numbing cream.

RESULTS Everything looks slightly red and feels tender for a few days. Treated pigmentation spots go darker for up to ten days before fading dramatically. UV protection hand cream is advised. Effects last about nine months.

PRICE £350.

WHO TO SEE Dr Tracy Mountford at Cosmetic Skin Clinic in Buckinghamshire, 01753 646660, cosmeticskinclinic.com.

THE PROBLEM MIDDLE-AGED SPREAD OR MUMMY TUMMIES THE SOLUTION VANQUISH RADIOFREQUENCY

Many people might raise a sceptical eyebrow after a session of Vanquish (the machine that claims to target stubborn fat on the areas that no amount of exercise can shift), as it's a totally painless treatment. The machine has a three-panelled shield that is placed above both the tummy and flanks. This emits a radiofrequency current

that heats up and destroys fat cells (which the body then excretes) permanently. You have to remain absolutely still with your arms by your sides for the full 40-minute session.

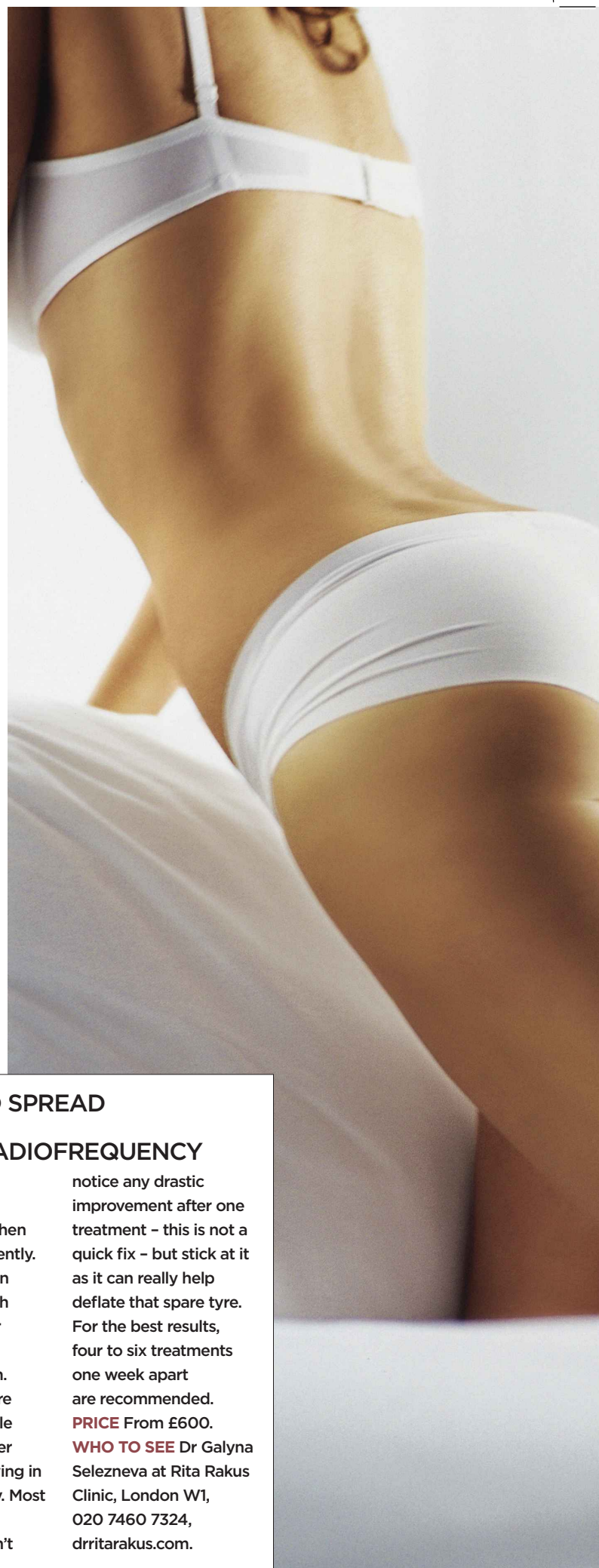
PAIN FACTOR Dare we say it, the whole experience is rather relaxing, akin to lying in the sun on holiday. Most people nod off.

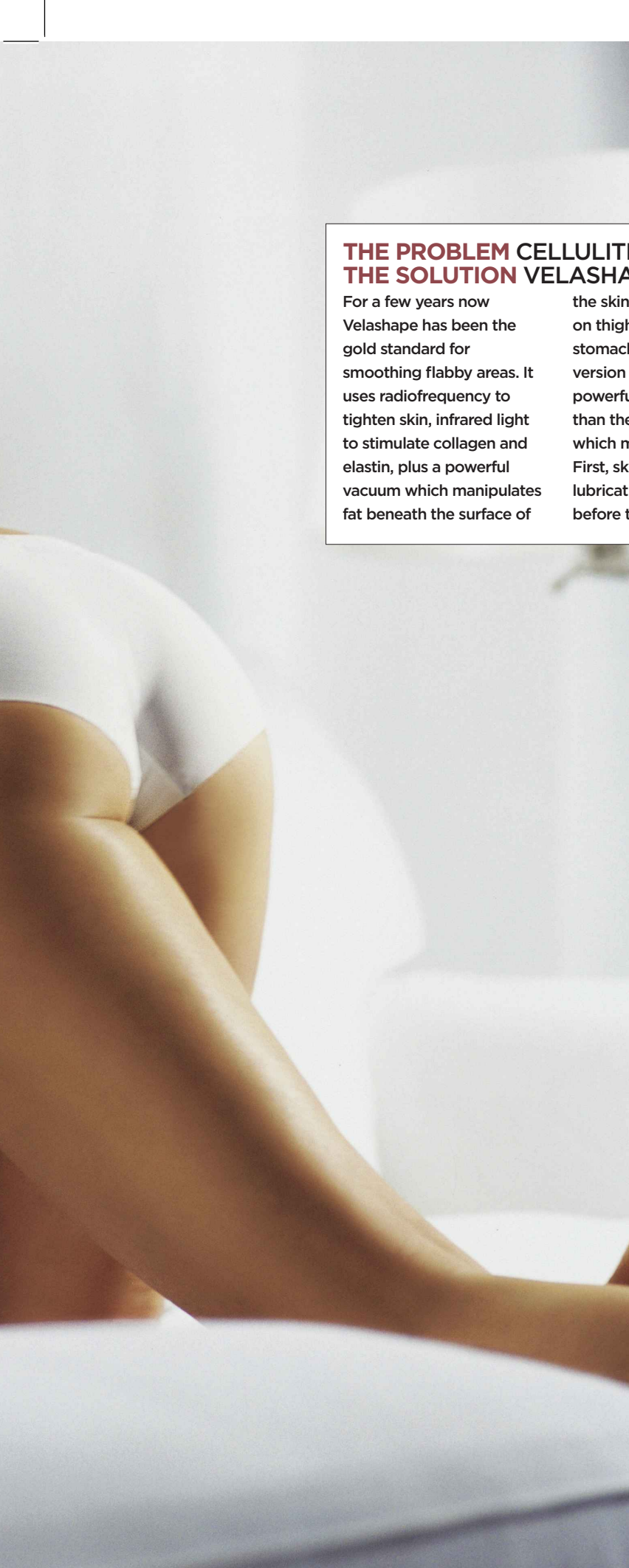
RESULTS You won't

notice any drastic improvement after one treatment – this is not a quick fix – but stick at it as it can really help deflate that spare tyre. For the best results, four to six treatments one week apart are recommended.

PRICE From £600.

WHO TO SEE Dr Galyna Selezneva at Rita Rakus Clinic, London W1, 020 7460 7324, drritarakus.com.





THE PROBLEM CELLULITE THE SOLUTION VELASHAPE III

For a few years now Velashape has been the gold standard for smoothing flabby areas. It uses radiofrequency to tighten skin, infrared light to stimulate collagen and elastin, plus a powerful vacuum which manipulates fat beneath the surface of

the skin to smooth cellulite on thighs, buttocks and the stomach area. This latest version is quicker, more powerful and comfortable than the old Velashape, which many found too hot. First, skin is sprayed with a lubricating aloe vera lotion, before the therapist runs a

nozzle (like an iron) up and down the trouble spot for 45 minutes. A course of six sessions is recommended.

PAIN FACTOR Far less painful than a bikini wax but definitely not as relaxing as hot-stone massage, the vacuum is more uncomfortable on the

sides of the legs but feels very pleasant on the backs of the legs and stomach. **PRICE** £250 for 30 minutes to £750 for two hours.

WHO TO SEE Chris Inglefield at London Bridge Plastic Surgery & Aesthetic Clinic, London W1, 020 7487 0900, lbps.co.uk.

THE PROBLEM SUN-DAMAGED SKIN THE SOLUTION THE 360 FACIAL

A two-hour marathon of six machines. Don't expect to relax or nod off. First, microdermabrasion removes dead skin cells, then the hydrafacial machine deep cleanses the skin with a vacuum-suction device that simultaneously pumps hyaluronic acid and antioxidants deep into the face, hydrating in a way no moisturiser ever could. Next, a VBeam laser corrects redness. This is followed by Revlite, a laser for pigmentation and wrinkles. Then Emerge, a noisy, buzzy laser, helps the penetration of anti-ageing serums which are applied immediately afterwards. Finally, there's a soothing Dermalux red light to calm any redness, plus a restorative face mask.

PAIN FACTOR The lasers feel quite snappy on the skin (like someone is waving a sparkler too close to your face), but are uncomfortable rather than unbearable. Afterwards, expect to look flushed – like you've been for a jog.

RESULTS Blotches, brown spots, broken capillaries and even fine lines are visibly reduced. The effects last several weeks – longer than a normal facial.

PRICE £750.

WHO TO SEE Dr Tapan Patel and his team at the Phi Clinic, 020 7034 5999, phiclinic.com.

THE PROBLEM THIN LIPS THE SOLUTION DIAMOND LIP TREATMENT

A subtle lip plumping treatment that works in two parts: a new-generation hyaluronic acid filler to give volume, followed by a mesotherapy gun to fix deeper lines around the mouth. The filler (Emervel Lip) contains larger gel particles to add volume and smaller ones to fill out 'bar code' lines around the lips. Next, the crepy skin around the mouth is smoothed with a


rapid-fire mesotherapy gun, which plumps out the lines with a cocktail of hyaluronic acid and vitamins. The needle also superficially 'wounds' the skin, stimulating collagen production to regenerate the area and flattening that ageing puckered look.

PAIN FACTOR The filler feels more like a pinch than a prick as it has a built-in anaesthetic. The real revelation is the

mesotherapy gun which is surprisingly totally painless.

RESULTS Expect some subtle swelling and to look a little bee stung for a few hours afterwards. The next day things quickly settle down and you can expect to enjoy a fuller, wrinkle-free pout for about a year.

PRICE From £600.

WHO TO SEE The 'London lip queen' Dr Rita Rakus, 020 7460 7324, drritarakus.com. 

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