

EASY Living

15-PAGE SPECIAL

**Lose weight,
feel great**

A simple, smart,
sane approach
that actually
works

IN THE KNOW

**NEED A
BOOST?**
INSPIRING
WAYS TO
BEAT THE
WINTER
BLUES

ORGANISE YOUR LIFE!

* Clear your clutter * Whittle down your wardrobe
* Blitz your emotional baggage * Manage your money

Michelle
OBAMA

An intimate
conversation with
the First Lady

FASHION

**Effortless,
easy chic**
Classic
looks every
woman can
carry off



Botox and beyond...

Botox is the sure-fire wrinkle-buster of the last decade, and in its wake follows a whole new generation of fillers, lasers and the like. We ask five experts who practise in the field what they think really works

BY CATHERINE TURNER
PHOTOGRAPH
NATO WELTON

When, at dinner or having a coffee with friends, doesn't the conversation inevitably turn to anti-ageing treatments, in particular Botox, and who's done what? If you fall into the 'done nothing' category, you've been dabbling, are about to take the plunge or just want to know more, then you need to read this feature. Non-surgical treatments (ie the needles, the lasers etc) are being marketed hard on the high street, and sure, done well, can give you a rested and younger look. But read on to avoid the pitfalls (and there are some) before you book.



Do's and don'ts of non-surgical treatments

DON'T get treatment anywhere other than a doctor's office, where it's a controlled environment with good lighting. "I've seen clients who've had a nurse inject them in a barn or a doctor in a hotel room – they're warning signs that something isn't quite right," says surgery

consultant Wendy Lewis. Needless to say, DIY and Botox parties are definite no-nos. **DO** make sure you see the label of the product being used. Although the injector's skill is most important, in general, it's best to go for the top brand names. "Recognised companies

such as Allergan, Q Med and J&J, which manufacture the big brands, spend time and money testing their products," says Lewis. **DO** your homework. "Make sure that the doctor you are seeing has a website, and a proper clinic with a bona fide address, so

that you have some recourse if anything goes wrong," says Lewis. **DON'T** let anyone treat you other than a doctor or a surgeon. Nurses often carry out treatments, but should only do so under the supervision of a doctor. Either way, ask to see 'before and after' pictures, and ask how

many times they have carried out a particular procedure. The more experience the better. At the end of the day, you should feel comfortable with the practitioner and the surroundings. Also, take a look at women leaving the clinic – do they look the way you'd like to?

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STILL-LIFE PHOTOGRAPHS PSC PHOTOGRAPHY

The products they recommend

"To exfoliate, tone and hydrate skin, I recommend my Formula 2006, £93, a serum containing vitamins and antioxidants"



"For longer lashes, I like Latisse, a lash-thickening solution. And I recommend my patients wear sunscreen at all times."



"I recommend SkinCeuticals C+E Ferulic, £60, which is a great antioxidant for protection, plus HelioCare SPF50 gel, £24, as a sunscreen."



"Mix a few drops of Supreme Maintenance Youth Serum, £210, with Rose De Vie Serum Delicat, £125, which soothes and hydrates."



"I often recommend prescription products alongside my own line, such as Super Charged SPF15 Day Cream, £16.99."



Q Most requested treatment at your clinic?

DR FRANCES PRENNA JONES practises from her clinic in London
"All my patients want healthy looking skin without the overdone look... Having said that, they will go for a little Botox and filler, which doesn't need to look done."

DR LESLIE STEVENS is a plastic surgeon based in LA
"Botox or Dysport and fillers. The injector is more important than the type of Botox, but Dysport kicks in at one to two days, while Botox takes up to three days."

DR ELISABETH DANCEY practises at her clinic in London
"Wrinkles and lack of volume are the main problems I see, so Botox and Sculptura (which stimulates skin to produce collagen) are the most popular treatments."

DR JEAN-LOUIS SEBAGH practises in Paris and London
"Botox to prevent deep frown lines, fillers to restore volume, Meso Glow to give a youthful radiant glow and skin-texturing lasers to firm and restore the skin."

DERMATOLOGIST DR NICK LOWE has clinics in London and LA
"Fraxel laser for surface damage, Sculptura (an injectible which stimulates skin to produce plumping collagen) for sunken cheeks and Botox for lines."

Q Your current favourite treatment and why?

"I don't have a favourite treatment – I like the variety of my day and there are benefits to all the treatments I practise, which include fillers, Botox, lasers, mesotherapy and peels."

"Facelifts. Not the wind-tunnel type – it may only involve a 2mm forehead lift, but it makes a huge difference to see someone looking the age they feel on the inside. I like to see people happy."

"Sculptura is my favourite treatment. It can be used anywhere on the face – wherever the volume has gone. Patients see the difference straight away and leave the clinic smiling."

"I am very excited by combining Fraxel and Polaris lasers. Fraxel is a laser treatment that re-texturises and fades pigmentation. Polaris re-firms using radio frequency. Together, they give long-lasting results."

"I like Dysport – a Botulinum Toxin type A. It's a softer, more flexible form of Botox and gives a natural-looking result. It's safe and reliable with a proven track record."

Q Which treatments should we exercise caution over?

"Laser fat removal – it works, but is sold with unrealistic expectations. You can only remove small volumes of fat, and scarring and rippling can occur – just as with original lipo."

"Anything like 'lunchtime facelifts'. A facelift can take two and a half hours to do properly. And I'm very wary of this new Jet Liposuction being promoted in the States."

"If something's brand new, I'm cautious. I only use treatments that have a history. For example, I don't believe laser lipolysis (laser fat removal) works, so we don't use it."

"I strongly believe that every treatment must be reversible or at least not permanent – accordingly, I believe that patients should not consider permanent fillers and thread lift treatment."

"The 'boob job' (where filler is used to enhance breasts). There is a very high risk of a lumpy effect, which could mess up mammograms and cause confusion."

Q Most exciting innovation for the future?

"The Pod, a full-body light-therapy treatment which gently kick-starts the skin's systems so that tone and healing is improved. Many clients have noticed weight loss as a 'side effect' because metabolic rate is boosted."

"A holistic, inside-out approach to anti-ageing. I'm working with a nutritionist on supplements that are matched to body in type to work with an individual's oxidative rate, helping minimise the effects of ageing."

"The Dermalroller – a device that makes hundreds of tiny punctures in the skin, which stimulates new cell growth. In time it heals acne scars, sun damage, open pores and stretch marks."

"I am using a hyaluronic acid filler to correct loss of the subcutaneous fat in the temple, eye area, cheekbones, lower cheek area and jaw line, restoring dramatic youthful contours."

"The evolution of Fraxel lasers, which gives great results on uneven pigmentation. We've also started using Fraxel Restore – a gentle laser as a boost to brighten skin."