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APRIL 2012

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# Fillers Botox Lasers: what's really safe?

(Read this and you'll never need a facelift!)

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## We road-test... new skin serums



**Deborah Joseph, editor:** "I mixed Dermalogica Overnight Repair Serum, £55, with my night cream. It made my skin dewy, but I don't know if I'd have time for the routine every night." 3/5



**Catherine Turner, beauty & health director:** "My lines were blurred and filled in with Olay Regenerist Wrinkle Relaxing Complex, £29.99 – it's the perfect make-up base, too." 4/5



**Rachel Sullivan, deputy editor:** "L'Oréal Revitalift Repair 10, £14.99, sank in well. A good non-oily base for moisturiser, it didn't feel like a treat, but left my skin looking fresh." 3/5



**Evie Leatham, deputy beauty & health editor:** "A little Biotherm Aquasource Nuit, £28, goes a long way. The gel is lighter than cream, but still hydrated my dry skin – a real surprise." 4/5



**Liz Thody, fashion director:** "I loved the smell and rich texture of Elemental Herbology Cell Active Rejuvenation, £55, and it makes my skin feel smooth and moisturised all day." 4/5



## The lowdown on Botox

More effective than creams and less hassle than lasers and peels, Botox is the most tried and trusted wrinkle relaxer to date. It works by reducing muscle movement, which is why it's so great for forehead and frown lines and what's become known as 'BlackBerry lines' (from squinting at a tiny screen). Nowadays, it's all about how well and where it is used because, according to Dr Mountford, "The frozen face is completely passé."

**Lines:** "I use Botox to soften – not completely eliminate

– lines around the eyes and forehead, and also in the chin and the corners of the mouth for a happier look," says Dr Mountford.

**Neck:** "The effect of Botox on a scraggy neck can also be superb," she continues. "It improves vertical lines and horizontal bands by softening the muscles that run beneath them. But you need an experienced injector in this sensitive area."

**Jaw:** "I use Botox to relax the chewing muscles in the jaw on people who grind their

teeth," says Mullan. "They can end up with a square face – Botox gives them a defined, oval look."

**The future:** Topical Botox gel could be the next big thing. It is applied to the skin and absorbed for 30 minutes, and clinical trials are taking place in the United States. "It noticeably softens crow's feet," says researcher Dr Michael Kane, a New York plastic surgeon who pioneered the use of Botox at the Manhattan Eye, Ear & Throat Hospital. Botox gel has not been approved for use yet.

1 While no pot offers the same effects as a treatment, a good cream can lift and one with an SPF is a skin saver.

- 2 Clinique Repairwear Uplifting Firming Cream, £50  
3 Garnier Ultra Lift, £11.99  
Elizabeth Arden PreVage Day Intensive Anti-Aging Moisture Cream SPF 30, £105

out by them and I wasn't alone. Soon reports were pouring in of women with the same problem and the product was yanked off the market. Was Novabel tested extensively enough? I'd say not.

**S**o if you want to try fillers – and I've seen good results on thin, sagging faces – stick with safe, proven and reversible hyaluronic acid ones. Never – and this is of paramount importance – have anything permanent. The most-tested are Restylane and Juvéderm. However, even 'safe' fillers need to be administered correctly. Incredibly, some women buy mail-order fillers on the internet to self-inject.

The old trend was to fill and fill (my husband once told me I looked like Joan Rivers after a particularly full-on treatment seven years ago). As well as creating a ridiculous pillow face, this can stretch skin, which makes it sag more in the long run. Ask your practitioner to under-treat you. And move your face during treatment – a face that looks good in repose but ridiculous when you move is a pretty common result of fillers.

Being burned with a skin-tightening radiofrequency device made me realise that only very experienced – and ideally medical – professionals should be handling these potentially dangerous devices. They can cause lumps on the face as a result of uneven fat loss, which is another reason to stay with proven technology and a doctor who takes a sceptical approach to fads. Also, if it hurts or burns, say so immediately.

Less can be more. I believe treatments I've had such as Intense Pulsed Light (IPL),



Whether you opt for needles or not, these new skin perfectors offer an anti-ageing quick-fix.

**1** IS Clinical Youth Eye Complex, £82 **2** Bliss Triple Oxygen Instant Energizing Eye Gel, £42 **3** Dior Capture Totale Eyes Essential, £49 **4** GivENCHY Hydra Sparkling Magic Lip & Cheek Balm in Moisturizing Peachy Glow, £20.50 **5** Lancôme Rénergie Eclat Multi-Lift in 02, £39

dermaroller and radiofrequency have helped me resist wrinkles and tests have shown that, compared with most women my age (48), I have thicker collagen (the protein that plumps up the complexion). I also love peels, especially vitamin C ones, as these are great for refreshing my oily skin, which tends to get congested.

**P**ersonally, I am not keen on treatments that require lots of recovery time, even if they tend to be more effective. I'm currently trying to fit in a course of Clear+Brilliant laser treatment, to work on pigmentation problems caused by sunbathing in my twenties. And speaking of the sun – and other bad habits like smoking – we all ▶

## Facial & lip fillers

Temporary fillers with a proven track record can, in the right hands, give great results. To date, brand-name temporary fillers are the safest on the market. According to cosmetic surgeon Rajiv Grover, "Fillers such as Restylane add temporary volume and also stimulate the skin to produce more natural collagen – making it healthier, even after it has worn off." Geoffrey Mullan, a surgeon and cosmetic doctor at the Medicities clinic in London, says, "Fillers offer the most wow-factor for your money. Cheek augmentation makes a real difference to appearance. It costs £700 – similar to two Botox treatments – and lasts up to two years."

There are several areas you might consider treating:

**Lips:** Dr Tracy Mountford, medical director of The Cosmetic Skin Clinic in London, uses injections of Restylane Vital on lips – absolutely not to 'fill' them into a trout pout, but as a skin-restoring and moisturising treatment, which removes lines around the lips.

**Temples:** "Fat loss here can make women look very gaunt," says Dr Mountford. Filling in this area gives a younger, rounded look.

**Cheeks:** Filler here gives a sculpted look and lifts skin to remove nose-to-mouth lines. But Mullan warns, "It's important not to use too much or to place filler too near the nose on the inner cheek, which looks hamsterish."

**Eyes:** Filler can be used to plump out dark shadows. Dr Elisabeth Dancy, of Bijoux Medispa in London, uses Teosyal Puresense. This new filler is made from temporary hyaluronic acid molecules, which are engineered in such a way that they reflect light. "It's like injectable YSL Touche Éclat," she says. Two treatments (£300 each) are needed, two to three weeks apart, with a top-up every four to six months.