



4
OF THE
BEST

Neck creams

Formula Age Restructure Contouring Neck Cream + Calcium Complex, £12 for 50ml (Marks & Spencer, 0845 302 1234)
Designed to tackle double chins and sagginess, it contains tightening and lifting ingredients. Rich olive and rosehip oils provide nourishment.

Perricone MD Firming Neck Therapy, £75 for 50ml (www.perriconead.co.uk, 020 7734 2566)
Expect this to tone, tighten and increase elasticity and thickness. In clinical studies, 97 per cent of testers showed improved skin texture. Pricey though!

Dove Pro-Age Advanced Beauty Care All Over Body Serum, £5.99 for 100ml (0800 085 1548) Ideal for over 50s' décolletage and neck, it tackles fine lines, wrinkles and uneven skin tone with AHAs and vitamin B3.

Lah's Time Bomb Trouble Shooter, £25 for 45ml (www.lahskincare.co.uk)
Fight a sagging jawline, creases and discoloration with this neck and chest-firming cream. Packed with moisturising oils and skin-saving antioxidants.



of the neck. By increasing circulation, toning the muscles and improving lymphatic drainage, it promises to give the whole area a lift. A full 'work out' takes three minutes. You will need to use it regularly for a couple of weeks before seeing an improvement and if the skin of your jawline is particularly slack, any benefits will be minimal.

• **Tua Trend, £209** (top right, from QVC, www.tuatrendface.com, 0845 434 7990) The micro-current technology used to stimulate the skin and muscles below it is great at tackling sagging necks and double chins. As well as boosting overall firmness, there are programmes that can help with under-eye bags, crow's feet and other fine lines, too. The sensation

of the currents took our tester some getting used to, but she noticed brighter, firmer skin after each session. If you follow the set routine five or six times a week, it promises improvements within a fortnight. However, you will only get lasting results with regular use and ongoing treatments.



Smooth the crepiness

Injectable hyaluronic acid treatments such as **Restylane Vital Light, from around £450 for a course** (www.restylane.co.uk), are brilliant for plumping the skin of the décolletage and neck, reversing crepiness, rings and vertical lines on the chest. The lightweight version of Restylane is given in a series of injections around 1/2 cm apart across the area being treated. Three treatments are recommended for maximum results, which you can expect to last for at least nine months. 'If the skin is in very poor condition, a combination of Restylane Vital Light and **Genuine Dermalroller, from £200 per session** (www.genuinedermalroller.co.uk), will achieve great results on neck and décolletage,' says Dr Tracy Mountford of the

Cosmetic Skin Clinic. 'Restylane Vital Light hydrates and plumps dry and dehydrated skin, while the Dermalroller stimulates new collagen growth.'

It looks a bit like an instrument of torture, but Genuine Dermalroller is a medical device that penetrates the skin with thousands of microscopic needles as it is passed over the skin. As skin regenerates, new collagen is formed and blood supply to the area is boosted, bringing oxygen and nutrients.

The area is likely to look very red and sore for a day or two, but skin-tightening results should be visible around six weeks after your first session – you'll need up to three for optimum skin-enhancing benefits. Plus you can expect a reduction in any hyper-pigmentation in the area treated.

Getting rid of folds

As gravity takes effect, you may find your neck starts to look stringy, like folds in a curtain. 'It doesn't affect everyone, but on some people, the two sheets of muscle below the skin of the neck begin to separate and can start to look like chords,' says consultant cosmetic surgeon Rajiv Grover. 'You can counter this with Botox, which can relax the muscles, smoothing the contours in the neck.'