

Dr Tracy Mountford's **NEW** weekly column for The Daily Mail's newly launched **Inspire**

INSPIRE

Nip & Tuck

Dr Tracy Mountford

SHE'S at the forefront of treatments to keep women looking younger for longer. So who better to answer your questions on ageing than leading cosmetic skin expert Dr Tracy Mountford.

Q MY HANDS look ten years older than the rest of my body. Is it too late to turn back the clock?

A IT'S surprising how many younger women already have 'old lady' hands. Most of us start slathering moisturiser on our faces in our 20s. But hands are all too often neglected, even though the skin becomes thinner and is subject to daily wear and tear.

Age spots can appear as early as your mid 40s, so prevention is better than cure. The mantra is: factor 50 for hands and face every day.

Daily moisturising will make hands appear smoother. In my opinion, good old-fashioned Atrixo does the job well. Once you have age spots, you can't get rid of them easily. There are prescription creams to fade them, but they can be dealt with long-term only by laser treatment or freezing them off.

Zapping them with a laser takes just ten minutes. The spots will

Help! My hands look older than my face

go darker first, but within ten days they disappear. Wearing sunblock afterwards is essential to prevent UV light exposure, otherwise the spots will reappear.

To firm up and hydrate the skin on the hands, we use microinjections of hyaluronic acid (HA), a naturally occurring substance that keeps skin hydrated. Young skin has high levels naturally, but it depletes with age.

Sharon Stone is a fan of this technique, known as 'Skinboosting', because it mimics the skin's natural method of delivering lasting hydration, improving elasticity and reducing crepiness. It's a 30-minute procedure with the cost starting at £350 a session.

■ **IF YOU** have a question for Dr Mountford, send it to drtracymountford@dailymail.co.uk

