

## 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** I'M IN my early 60s and like to make the best of myself, but my lips look woefully thin and lipstick seems to seep into the corners. What do you advise?

**A** I'VE always been a pioneer of 'less is more' for natural looking lips. People have been frightened by images of famous women with that over-plumped look, but the new generation of lip fillers produce beautiful understated results.

The golden rule when recontouring and reshaping the lips is to keep the proportion

## Can I make my lips fuller without a trout pout?

natural — this means the bottom lip should always be about a third fuller than the top lip.

The result should be age appropriate: a 50-year-old's lips should not look the same as a 25-year-old's as women do lose lip volume with age. You can enhance them, but it needs to be in keeping with the rest of the face.

Lipstick lines around the circumference of the mouth and a sad, droopy downturn to the sides of the mouth are due to natural ageing,

including fat loss, gum recession and factors such as smoking.

These lines can be addressed with micro droplets of hyaluronic acid filler.

Lifting the corners of the mouth will transform an aged face to a softer and more youthful one.

The product I favour is a filler called Juvederm Volbella, from £495 for one treatment lasting nine to 12 months.

■ **IF YOU** have a question for Dr Mountford, send it to [drtracymountford@dailymail.co.uk](mailto:drtracymountford@dailymail.co.uk)

