FRESH FRAGRANCES
THE LATEST FLORAL PERFUMES FOR SPRING

scarlett JOHANSSON TALKS ABOUT CATSUITS, SUPER HEROES & SKINCARE

TOP 25 spas in South America, from Argentina to Ecuador & Uruguay

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SPRING FASHION
THE LATEST TRENDS, SWIMWEAR, WATCHES & BAGS TO LOOK FOR

GREECE IS THE WORD FOR TOP SPA RESORTS, FOOD & CULTURE
THE LATEST AESTHETIC TREATMENTS THAT CLAIM TO TRANSFORM YOUR BODY AND FACE THIS SPRING. WORDS: SAM LEWIS

The hot list
The popularity of non-surgical aesthetic treatments is set to soar this year, according to industry experts, as technology improves and, perhaps, our vanity increases.

Wendy Lewis, an independent cosmetic surgery coach who runs a cosmetic consultancy, says the future is non-invasive. "I see a definite emphasis on non-surgical body shaping, which is a huge growth category today. This goes for everything from technologies that break up cellulite, to those that freeze or liquify fatty bulges. While once a woman may have gone in for a tummy tuck, she may opt instead for non-invasive treatments such as CoolSculpting or UltraShape.”

Dr Tracy Mountford, one of three cosmetic doctors profiled in The Tatler Doctors Guide 2013, is witness to this trend. Her Cosmetic Skin Clinic is now the biggest user of CoolSculpting in Europe with some patients reporting up to 40% fat reduction, alongside a continued demand for more natural rejuvenation.

Lasers are tipped to be one of the fastest growing treatments, as are those that use radiofrequency and ultrasound energy. However, that doesn’t mean people aren’t prepared to go under the knife. The number of men undergoing operations to remove ‘man boobs’ grew by 28% in 2012 and males are also receiving more nose jobs, with rhinoplasty up 17%, according to Transform, the UK’s largest cosmetic surgery provider. The report also revealed a 65% increase in general cosmetic inquiries from men and women last year.

www.cosmeticskinclinic.com www.transforminglives.co.uk

Celeb Spy
Cougar Town star Courteney Cox, 48, has revealed she’s a fan of laser treatments and ‘game for anything’ if it will keep her looking youthful. In a recent interview with New You magazine she said she’s tried Ulthera to boost collagen and Fxazel to remove brown spots from her body and face.

Latest

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FIGHTING FLAB

FRMING FACIAL

SCAR TREATMENT

Over 100,000 Brits undergo cosmetic operations each year, with breast enlargements the most common surgery. www.baaps.org.uk