



| GLOWING RESULTS |



Q THE SKIN AROUND MY LOWER FACE HAS STARTED HEADING SOUTH AND I'VE DEVELOPED JOWLS AND A DOUBLE CHIN. IS THERE A WAY TO TIGHTEN AND LIFT?

A Reaction Skin Tightening (£180 per treatment, www.julesnabet.com), is perfect for this area. The patented technology, which combines radio-frequency and vacuum suction, targets all three dermal skin layers for optimum skin firming. There's a setting that targets fat, too, making it ideal for flabby or saggy chins. The heat energy is applied to the skin through a device that's shaped a bit like a hairdryer; you feel short, sharp, painful bursts of heat, but most of the 30 minute session should feel comfortable and you can ask your therapist to hold off for a few seconds if you need a break. You'll see visible firming straightaway, but this only lasts a few days. For long-lasting results, you will need a course of six costing £900.

Save your SKIN

Revitalise blemished, sluggish, tired-looking skin with these top tips

Q MY COMPLEXION HAS BEEN LOOKING DULL LATELY. HOW CAN I RESTORE ITS NATURAL RADIANCE WITHOUT PILING ON THE MAKE-UP?

A Clear+Brilliant (from £350, www.clearandbrilliant.com) is a clinical treatment which fills the gap between lotions and more aggressive and expensive laser offerings. The 20-minute procedure works to improve tone, texture and radiance.

'The laser energy creates millions of microscopic treatment zones in your skin, replacing damaged skin with healthy, younger-looking tissue, resulting in a smoother, clearer complexion,' explains top cosmetic doctor, Tracy Mountford (www.cosmeticskinclinic.com). Some see a difference after just one treatment,

though for best results, four to six sessions, one every two weeks, are recommended. Although you're likely to look red or pink after the treatment, you can still wear make-up the following day, so down time is minimal. Or, try **VitaBella Spa Treatment In A Box** (£20, www.myvitabella.co.uk - pictured below), a high-impact aloe vera and argan face mask and cream combo that boosts skin hydration by 20% in 10 minutes. Enjoy instant radiance!



Q NO MATTER HOW I SLEEP, OR WHICH CREAM I USE, I WAKE UP WITH DARK CIRCLES EVERY MORNING! IS THERE A WAY TO GET RID OF THEM?

A 'Dark circles are caused by poor circulation in the under eye area and while they can be caused by lifestyle issues such as lack of sleep, they can also be genetic,' explains Dr Ariel Haus, who uses **carboxy therapy** (www.carboxytherapy.com) to treat the problem. This involves small amounts of carbon dioxide gas being injected just beneath the skin's surface, delivering results by increasing oxygen flow to the area.

It's quite painless and you'll only look a bit red in the area for a short while after treatment. Between two to four sessions are usually needed for optimal results. ➔

Q HOW CAN I GET RID OF FACIAL THREAD VEINS ON MY NOSE AND CHIN?

A **ThermaVein** is a new treatment that zaps facial thread veins in just one treatment. ‘Narrow spectrum wavelengths of light are used to target the haemoglobin in the blood and coagulate the small broken blood vessels without damaging the surrounding healthy tissue,’ explains Milvia Pili director of Continental Medical Services (www.continentalmedicals.co.uk). ‘The walls of the thread veins collapse and are reabsorbed by the body. Some small scabs can appear after treatment, however they’ll disappear within 48 hours.’ Costs from £250 for 15 minutes.

‘KEEP A FOOD DIARY TO HELP IDENTIFY DIETARY TRIGGERS, AND ELIMINATE THE CULPRITS, FOR ACNE’

Q I SUFFER FROM ROSACEA. CAN YOU RECOMMEND A TREATMENT THAT WILL STOP ME FLUSHING AND LOOKING RED?

A **Candela Vbeam Perfecta** (from £150, 0845 521 0698) eradicates the redness caused by rosacea by sealing tiny blood vessels in the skin, reducing skin flushing. ‘It’s the gold standard laser for treating all types of facial redness,’ says Dr Tapan Patel of PHI Clinic, London (www.phiclinic.com). ‘It’s easily tolerated due to a patented cooling technology yet powerful enough to deal with vessels of all sizes on the face. Previously the treatment caused temporary bruising but the updated technology means there is virtually no down time.’ As with most laser treatments, you’ll feel hot ‘flicks’ on your skin as the light flashes, but it shouldn’t be as uncomfortable as some are – so not much pain, and plenty of gain!

Q I’VE BEEN DIAGNOSED WITH PIGMENT PROBLEM MELASMA (CAUSING DARK PATCHES ON MY SKIN) BUT MY DOCTOR SAYS IT CAN’T BE TREATED ON THE NHS AS IT IS COSMETIC. WHAT CAN I DO?

A ‘Melasma is the most difficult type of hyperpigmentation to treat,’ explains Jill Zander of Jill Zander Skin Rejuvenation Clinic (www.jillzander.co.uk). However, great melasma-busting results can be achieved with **ClearLift**, a ground-breaking new laser that uses acoustic waves, not light, to shatter excess pigment in the skin. It’s virtually pain-free – just a little tingly at times – and you walk out of the clinic looking perfectly normal. For best results, you’ll need up to six sessions. Jill recommends clients use **SkinCeuticals Advanced Pigment Regulator** (£85 for 30ml, www.skinceuticals.co.uk – left) for a few weeks before they start their treatment. This serum helps block pathways that stimulate skin to produce pigment.

Q I’VE SPROUTED A FEW FACIAL HAIRS RECENTLY AND WANT TO GET RID OF THEM FOR GOOD. WHAT’S THE BEST WAY TO DO THIS SAFELY?

A The new **GentleMax Pro Hair Removal Laser** by Syneron Candela (from £40 per session, www.gentelaserhairremoval.co.uk) can be used on all skin types and hair colours, except very light strands; they don’t contain pigment so can’t absorb the light energy that zaps the root of the hair. Most people need at least six of the treatments for more permanent results. For a DIY solution, try the new **Tweezy** (£10, www.victoriahealth.com – pictured above). The gadget has a spring action, allowing you to achieve similar results to threading – but at home! Hold it in a U-shape and twist the rubber ends in and out to catch unwanted strands and whip them out. It won’t get rid of hairs permanently, but regular use weakens follicles and cuts down on regrowth.



Q I’VE DEVELOPED ADULT ACNE. HOW CAN I BECOME PIMPLE-FREE AGAIN?

A ‘Keep a food diary to identify dietary triggers and eliminate the culprits,’ says cosmetic Dr Rabia Malik (www.skinw1.com). ‘There is also evidence to suggest that high dose antioxidants can help improve acne, so I often recommend supplements and probiotics as an alternative to antibiotics. If the acne seems hormonally driven (often the case if breakouts are centred around the chin and/or jawline), I would advise seeing your GP, who can arrange blood tests and suggest medication or a short course of the contraceptive pill to get things under control. ‘Cleansing effectively is also vital for acne-prone skin as keeping pores clean decreases your chances of blockages and breakouts. Stick with a simple but consistent skin care regime with thorough cleansing and enough moisture. **The Eau Thermale Avene Cleanance** range (from £10.50, www.boots.com – pictured above) has great products for blemish-prone skin.’

Skin deep
TO KEEP YOUR SKIN IN GREAT CONDITION, DRINK PLENTY OF WATER, ALWAYS USE SUN FACTOR, AND AVOID SMOKING!

