



don't
have
a lift...

TRY A
tweak
MENT

Take years off your looks with some smart new skin lifters and line smoothers – no knife required!

If you've started looking in the mirror and giving your skin a bit of a lift with your hands (just to see what a facelift might look like, you understand), you've reached that tipping point where a clever little freshen up would do so much for you. Luckily, nowadays, there's a whole menu of "tweakments" to choose from, which can often show results in just one go. There are smart fillers for the knife phobic who don't mind a needle, effective facials for those for whom the needle is a step too far, and great skincare that delivers results for those who want to tackle treatments at home. We've found them all... you choose!

Face lifters for the knife nervous

When needles are a no-no, facials with a little techno clout can give you a line-smoothing and skin-firming result



THE MAGIC COMBO TO GIVE LIPS A LIFT

It's true that as we age our mouth gets a downward droop and our chin ages with lines and obvious pores. Aestheticians, such as Dr Tracy Mountford, understand our angst and work magic with filler/rejuvenator combos.

What's the routine? If you're worried about lip overfill, don't be. "The key is for the lower face to be in keeping with the rest," says Dr Mountford. "You can't put 25-year-old lips on a 60 year old." The treatment is simple: a little Restylane hyaluronic acid filler injected into the corners of the mouth for a gentle lift. Then Restylane Vital, a lightweight skin rejuvenator, to tidy up fine lines around the mouth and, finally, some Vital Light into the pink of the lip to hydrate and gently plump the lips in a subtle way.

On the scale of 0-Ouch! Lots of anaesthetic cream lessens the sensation.

The result? No kidding, soft, shapely lips with a gentle upward curve that gets rid of that glum look, and hydrated skin all around – fantastic!

Lower-face rejuvenation with Dr Mountford in Bucks and London costs from £250 (depending on treatment). Call 01753-646660 or visit cosmetic.skinclinic.com. To find a therapist near you, visit restylane.co.uk.

LATEST FILLERS THAT RAISE YOUR CHEEKS AND SLIM YOUR JAW

Created by renowned French aesthetician Dr Jules Nabet, the next-generation 3D Lift uses fillers to subtly plump out cheeks, and takes your face from a sagging, heavy pyramid jaw to a youthful Y shape.

What's the routine? On paper, this sounds aggressive, but it truly isn't. After outlining a grid on the face to decide which areas need treatment, Dr Nabet delivers small injections to numb the area, followed by injections of filler to the epidermis of the cheek, using a special "gun". Finally, an ice-cold metal roller is worked over skin to give a smooth finish.

The result? Is seen instantly, and there's no hint of an immobile look. "I want to capture a woman's younger self, not create a radically new look," says Dr Nabet. We've watched this procedure and can definitely say he achieved just that – a younger, fresher and more rested look.

On the scale of 0-Ouch! Maybe a little bit uncomfortable at times, and a bit sore the next day, but no real pain. The 3D Lift costs £2,000. Results are instant, it takes 45 minutes and lasts for one to two years. For Dr Nabet's medical rooms in London, call (020) 7938 2195 or see julesnabet.com.

Smart buys for the skincare faithful...

If you aren't keen on intervention of any kind, try skin improvers with credibility

1 SAGGY LIDS Definitely not a surgical-eyelid mimic, but fans love the way Bremenn Upper Eyelid Lifter makes eyes look bigger, brighter and fresher. £52 for 15ml from Harvey Nichols, Harrods, Selfridges and victoriahealth.com.

2 BROWN SPOTS They are the new wrinkles, and definitely age us prematurely. In trials, new SkinCeuticals Pigment Regulator visibly reduced brown spots, as well as traces of past acne. £75 for 30ml, call 01209-617146.

3 MID-FACE "SINK" Filextra by Good Skin Labs addresses that sunken look and loss of radiance. Gives an instantly healthy glow and a plumped effect. £27 for 50ml at Boots.

4 AGEING SKIN Studies on individual women, from ten to 20 years in length, revealed that the Cellex-C Complex formulation improved skin dramatically. We love the High-Potency Serum – helps older skin look, behave and feel like younger skin. £88, call 0845-7402214.

5 SAGGY BOOBS Not for your face, but clinical analysis revealed that after using AEF regularly for 15 days, breasts were fuller and rounder. £29.50 for 50ml; £47 for 150ml. (020) 8398 9744 or beautique.com w6h

