

Plump your body: From bony feet to veiny hands, why injectable fillers aren't just for your face any more

By ANJANA GOSAI
Last updated at 11:49 PM on 17th April 2011

[Comments \(9\)](#) [Add to My Stories](#)

Spring is truly in the air and we have been peeling off the layers to reveal our flesh for the first time this year. Perhaps you reached for the fake tan, painted your toenails or shaved your legs for the grand unveiling.

But a growing number of women feel they have to go to far more extreme lengths to be ready for a summer of sandals and strappy tops.

Take 30-year-old nurse Victoria Jacobs, from Godalming, Surrey, who was so concerned about her 'ugly, bony and veiny feet' that she paid a visit to consultant surgeon Mark Whiteley of Absolute Aesthetics in Guildford. In two 30-minute sessions at around £300 a time, he plumped and smoothed the top of her feet using an injectable filler.



Dream body: But would you spend thousands on fillers before bearing your hands, feet and knees?

'I've always avoided sandals because of my unattractive feet,' says Victoria. 'I'll admit this seems like an extreme solution, but I was surprised at how painless and straightforward the treatment was.'

'Now my feet look so much healthier, far less bony and you can hardly see any veins. Summer can't come soon enough for me this year and I've bought several pairs of sandals to show off my new feet.'

In fact, legions of British women are turning to injectable fillers to iron out perceived imperfections on their bodies. From smoothing veiny hands to padding out droopy knees, doctors can address a host of body concerns with hyaluronic acid-based dermal fillers — the injectables traditionally used on the face.

More...

- **I'll always be that fat girl: Samantha Brick has always obsessed about her weight... all because she was a chubby child**
- **LIZ JONES: M&S says its high heels are pain-free... but will our VERY picky style guru agree?**

When placed beneath the skin's surface, these materials add volume and hydrate the skin temporarily, improving its appearance for up to a year.

'Our body ages just like our face and these fillers can treat the skin non-invasively in a way we were unable to a decade ago,' says Harley Street cosmetic doctor Tracy Mountford.

Dr Mountford has been using fillers to treat lined chests, baggy knees and armpit creases. 'Regardless of your age or size, crepey skin on the area where the chest meets the arm is common. Even the slimmest people — Victoria Beckham, for example — can get this visible puckering on the inner side of the arms.'

London-based dermatologist Dr Stefanie Williams is becoming a firm favourite with women seeking a solution to another arm problem — bingo wings.

'I encourage patients to exercise to tone up their arm muscles, but women going through the menopause experience a dramatic loss of elasticity,' she says.

'Then it's hard to regain tautness in the underarm area. In these cases, three 30-minute sessions of filler injections [£530 a time] combined with a treatment to stimulate the skin's natural collagen can significantly improve firmness.' But dermal fillers are not to everyone's liking.

Cosmetic doctor Mike Comins, of The Private Clinic in Harley Street, offers the costly, but more long-term, option of stem cell fat transfer (£5,800, thepivateclinic.co.uk). The body's own fat cells are extracted and then injected back into 'problem' areas, helping to fill, sculpt and smooth.

This radical procedure is being used to retouch cellulite dimples, smooth out veiny hands and sculpt unshapely breasts and bottoms.

'There is no risk of an allergic reaction, as you're making use of your own fat tissue to enhance other body features,' says Dr Comins.

'Results are outstanding and because the stem cells work to secure a new blood supply, the effects are permanent.'

But experts advise caution. Dr Michael Prager, of the British Association of Cosmetic Doctors, has been using facial fillers for a decade, but has reservations about injecting them into the body.

'To get meaningful results on the body, you need to use much larger volumes than on the face, where we use 1-3ml of filler. But even small amounts can cause lumps or more severe side-effects such as a granulomas [bumps under the skin],' he says.

Dr Daniel Marchac, of cosmetic surgery watchdog IQAM, adds that long-term damage caused by large volumes of filler has not yet been measured.

The decision to have fillers is not one to be taken lightly, but it's no surprise dermatologists are looking for new solutions to our list of perceived imperfections. Looking fabulous in the summer is even more possible — but the dream body comes at a price.



Even the slimmest people - Victoria Beckham, for example - can get visible puckering on the inner side of the arms

Search [Advanced Search](#)



Click here to learn more
You'd be mad not to!

Opticrom hayfever eye drops
Always read the label.
Contains sodium cromoglicate.

FEMAIL TODAY

▶ **Forget to pack the sunscreen, Nigella? Domestic Goddess hits beach in burkini-style outfit**
She opted for full cover-up in Sydney



▶ **The Only Way Is Essex love rivals Lauren Goodger and Sam Faiers go bare-faced**
So who does Mark Wright prefer without make-up?



▶ **Dare to bare: Former GMTV pals Kate Garraway and Clare Nasir become Kylie and Jessie J for racy photoshoot**
They nearly reveal all



▶ **'In my heart, I knew the relationship wasn't going anywhere': Peter Andre opens up on Elen Rivas split**
Singer said he's 'having fun' being a single man



▶ **So just how rich are the Middletons?**
They're looking at a £5m new home, thinking of buying more racehorses and their party business is booming



▶ **Ultimo signs up seven 'real' women for new lingerie range... and no, that doesn't mean fat**
There are seven new faces - and bodies - for latest campaign



▶ **Jessica Wright shows off her new assets in bikini shoot**
The Only Way Is Essex star admits she 'can't stop looking at' her new 32DDs



▶ **Meet the parents: Katie Price finally gets to meet Leandro Penna's mother and father in Argentina**
They all lunched in stunning mountaintop restaurant



▶ **Kourtney Kardashian celebrates birthday in Las Vegas... but dowdy outfit makes her look older than her 32 years**
She's been partying all weekend



▶ **Dancing On Ice lovebirds Sam Attwater and Chloe Madeley heat things up over lunch**
New couple seemed more interested in each other than the food



▶ **'My sister Mel B stood me up': Danielle Brown speaks out after Twitter feud**
But pregnant singer claims messaging account was hacked



▶ **The bipolar epidemic: Are SO many of us really mentally ill?**
Catherine Zeta-Jones and Stephen Fry are high profile sufferers



▶ **'I can't work out how to open the petrol thingy': Wossy struggles with new toy as he borrows a £200K Mercedes SLS**
That was the least of TV host's troubles



▶ **Bloom-ing adorable! Doting dad Orlando carries baby Flynn through LA airport**
Three-month-old's model mother, Miranda Kerr, also turned heads



▶ **Not in the mood, then? Avril Lavigne looks bored as Brody Jenner leans in for a kiss**
Singer didn't seem interested in getting affectionate



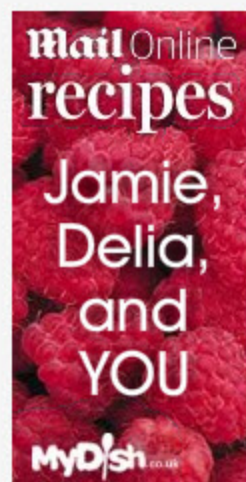
▶ **What a transformation!**



BT

Order online and get a FREE £25 Amazon.co.uk Gift Certificate

amazon.co.uk
£25
GIFT CERTIFICATE



Ads by Google:

The Whiteley Clinic
Varicose veins experts walk-in walk-out treatments
www.varicose-veins.co.uk

BMI Cosmetic Surgery
UK's no.1 Private Hospital Group Fast, Affordable Professional Care
bmihealthcare.co.uk/cos

Restylane Cosmetic Filler
Plump Up Lips & Smooth Wrinkles. Safe, Natural & £220. Interested?
www.Cosmedics.co.uk/L

British Vein Institute
Expert management of vein problems Call us today - No surgery required
www.bvi.uk.com

Laser Teeth Whitening
Laser Whitening, Lowest Price - £99 Guaranteed Results & 100% Safe!
www.HollywoodWhitenin

Varicose Veins
No surgery. Laser / EVLT / VNUS Compare our experience and prices.
www.VeinCentre.com

No need to suffer in vein
The Harley Street Vein Clinic in London for diagnosis & treatment
www.dr-bull.com

varicose veins treatment
laser treatment for varicose veins thread vein treatment
www.veinsolutions.co.uk