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Elizabeth Arden
ALLERGAN
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Plastic fantastic
Diary of a nose job

Where to start
The best doctors, the
hottest new procedures
and what it all costs

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with miracle creams

Anti-Ageing & Cosmetic Surgery Guide



Top of the wish list

Everyone's getting curiouser and curiouser about the latest scalpel-free, anti-ageing methods. We're often asked: 'Does Botox really work?', 'How can I get rid of crow's feet?', 'Will fillers erase my deep lines?' Everyone's clamouring for the hottest procedures, so we sent six glamorous women to try them out. By Sophie Grove

Titan laser

Hours in the make-up chair on film sets means that actress **Annabel Brooks**, 42, has endless time to scrutinise her face. 'To my horror, one

side was becoming longer than the other. As if that weren't bad enough, I spotted several vertical lines emerging on the other side – the one I sleep on.' Annabel has a frantic schedule and no nerve for surgery, so we sent her to try Titan, a laser that lifts and tightens skin, smoothing out lines and helping you rediscover your cheekbones. It uses infrared heat to stimulate long-term collagen renewal.

Where Dr Elisabeth Dancey, 28 Winchester Street, SW1 (tel: 020 7821 8257).

Price £750 a treatment (at least two are needed).

Pain factor Annabel found Titan virtually painless. 'A hard, mushroom-shaped object ran over the contours of my face, then a refreshing gel and something that felt like aloe vera was applied, so I was reassured that the laser wasn't hitting my skin directly. You wear goggles to protect your eyes.' Annabel was afraid of getting burnt, so was glad to hear that the intensity of the treatment depended on her pain threshold. 'I felt totally in control. The one time I felt a sharp heat on my face, Dr Dancy pressed a button and it cooled immediately.'

Recovery time 'I had visions of cowering inside my house like a burn victim for weeks on end, scaring the children. But I left after an hour – not red, not swollen and definitely looking better.'

Verdict 'After one session the vertical lines had all gone, my pores were smaller and my neck tighter. After two, my skin felt altogether improved and my bone structure was more apparent. The best thing

is that, in the long-term, my collagen rejuvenates so I'll look better all the time, by doing absolutely nothing.'

Botox

After turning 30, illustrator **Daisy de Villeneuve** started to notice small creases around her eyes and

