

The knives are out

According to recent figures, face lifts may have had their day. Demand for the procedure, once the ultimate antidote to ageing, is dwindling, as women – and men – opt for less invasive means of turning back the clock.

The most popular of these are Botox, fillers and lasers, which these days can not only erase fine lines and plump lips but also lift sagging skin and obliterate imperfections. “They have revolutionised cosmetic procedures,” explains Dr Tomas Bozek of sk:n, the UK’s largest skin laser specialists.

The very latest anti-ageing techniques require no general anaesthetic, yet give results every bit as impressive as the surgeon’s knife. Here’s what’s on offer:

Titan Infrared light is aimed at the deeper layers of the skin, heating up the collagen fibres in the dermis to make them contract. This fairly painless procedure has an instant firming effect, lifting eyebrows and jaw, plus longer term general tightening. Among its fans are Dr Jean Louis Sebagh and Dr Elisabeth Dancey in London, and Norman Leaf in Los Angeles. You’ll need up to three treatments at least one month apart, and prices start at about £750 a treatment.

Fraxel This is the latest incarnation of traditional lasers that target sunspots, pigmentation and redness. A laser beam is split into lots of smaller beams that travel through the surface layers of the skin to the collagen, melanin and blood vessels in the dermis. The energy then heats the protein in the collagen and the pigment in the melanin and blood vessels, and breaks them up so that they can either be transported away by the lymph vessels or come to the surface of the skin as a scab and fall away. The end result is a more flawless complexion and, some say, fewer fine lines. At Dr Rita Rakus’s clinic prices start at about £850 per treatment, and up to three treatments are required for chronic broken veins and deep pigmentation.

Thermage Radio frequency or microwave energy is passed into the skin to heat up the collagen and elastin fibres, resulting in both instant and long-term tightening. The process can be painful, and to counteract this a local anaesthetic cream or intravenous sedative and a painkiller are administered. In the immediate aftermath of treatment skin is likely to be red and a little sore, but Thermage can produce impressive results. What’s more, Thermage experts like Dr Nick Lowe will not only be able to deal with sagging skin on your face, but also on the stomach, breasts and upper arms. Prices start at about £1,500 for an hour-long treatment.

Long-lasting fillers Traditionally, fillers



PHOTOS: CAMERA PRESS, WWW.THISVENTURE.CO.UK

the skin, but now they are being placed deeper – all the way to the muscle or even the bones of the face. Local anaesthetic cream and a dental block are needed to numb the face for the procedure, but many say it’s well worth the discomfort. Patients get instant cheekbones, any hollowness around the eyes and in the temples is banished and lips look

perfectly plumped. “It gives back the fullness of youth,” explains Dr Thierry Vial, one of the leading exponents of the new technique. “Used with Botox and general fillers, you can take years off a face and delay or prevent the use of surgery.” Once in place, long-lasting fillers such as Sculptra can last for up to 18 months. Prices start at about £1,800.

Contacts

● Dr Bozek at Sk:n Clinics, tel: 0800-028 7222; visit www.skncinics.co.uk ● Dr Thierry Vial, tel: 0800-037 1090; visit www.skinhealthspa.com ● Dr Nick Lowe, tel: 020-7499 3223 ● Dr Elisabeth Dancey, tel: 020-7821 8257 ● Dr Jean Louis Sebagh, tel: 020-7637 0548 ● Dr Rita Rakus, tel: 020-7460 7324

HELLO!’s HEALTH AND BEAUTY EDITOR NADINE BAGGOTT

has been a leading expert in her field for more than 15 years and has won several prestigious awards. As well as writing about lifestyle, she presents a regular beauty slot on ITV’s This Morning

