

EXTRA
MAGAZINE
FROM
w&h

Your guide to treatments



The what
THE WHERE
The who

*Are they really
FOR YOU?*

+ Skin boosters + Injectables

**OUR
MISSION?**

*+ Be informed
+ Stay safe*

+ All you need to know

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SURFACE EVENNESS ...

REDUCED FINE LINES
& WRINKLES ...

... SMOOTHNESS

... SKIN TONE EVENNESS

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Restylane
SKINBOOSTERS™

Side effects should be reported. For the UK, Reporting forms and information can be found at www.mhra.gov.uk/yellowcard
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Tweakments are on the rise and something that some women are increasingly embracing. Often faced with negative headlines or dramatic imagery showcasing the very worst corners of the industry, it can feel like a daunting choice.

We recognise that women want to be the very best version of themselves. For some, that will mean going further than a great make-up palette; for others, it won't. Either way, looking good can often aid feeling good – and that can often feed confidence. At woman&home, we've spent months trying, testing and putting together everything you need to know if you're considering – or simply want to know more about – the world of tweakments. The what, the where, the who. Our mission is to create a safe space, to provide informative resources and empower people to make the right choice for themselves – whatever that may be. With no judgement, this tweakments guide is simply here to inform. Whether they're for you or not, we hope you find it interesting.

Hannah Fernando

Group editor, woman&home



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START WITH

HEALTHY

Before you consider a tweakment, make sure your skin is in tip-top condition

HAPPY SKIN



BEFORE BOOKING IN

Aesthetic treatments can make a huge difference to your face, but they are understandably a leap for many, especially for those not already doing the basics for better skin. Having a solid skincare routine and looking after your skin health is vital if you're considering the next step. While treatments and injectables can be effective, if you're feeling tempted to try one, consider whether you've covered some of the less extreme (and less expensive) options first. You'd be amazed at what a well-formulated retinoid or vitamin C can do. See how you feel after implementing some simple changes, then consider whether you really want a tweak. These changes will also put your complexion in good stead if you do decide to book in for something – and will lead to longer-lasting results.

THE MENOPAUSE EFFECT

During the menopause and beyond, it's common for our skin to bear the brunt of declining oestrogen levels. For some it can even feel like your face has changed overnight. Dryness, thinning, flare-ups and breakouts can also lead to discomfort and low self-esteem. 'You're not alone if you're experiencing skin changes,' says Faye Purcell, head of research and development at Q+A Skincare. 'Many women describe their skin as more sensitive, and a reduction in collagen production could also lead to loss of skin elasticity and firmness.'

It sounds disheartening, but it is possible to minimise skin issues. 'The menopause might accelerate the ageing process, but the appearance of your skin is also shaped by genetics and lifestyle habits, and there's plenty you can do to mitigate problems,' says Helen Roach, nutritionist for healthandher.com. A healthy diet, exercise and not too much alcohol can all help.

TWEAK YOUR DIET

Treating your skin from within benefits how you look and feel. Adding certain foods, while removing others, is instrumental in keeping skin healthy and younger-looking. 'Eat a menopause-friendly diet, such as the Mediterranean,' suggests Helen. 'This typically contains phytoestrogens – plant-based compounds with oestrogen-like effects found in soy, flaxseed, chickpeas, and many fruits and vegetables – and vitamin C-rich fruit and veg, essential for collagen production.' The Mediterranean diet also contains antioxidant-rich olive oil and omega-3 fatty acids, she adds. 'Found in oily fish, nuts, seeds and avocados, omega-3 is proven to combat chronic skin diseases like psoriasis and dermatitis, and can help soften rough, dry skin,' she adds. It's also time to reduce sugar intake. 'It can increase inflammation, and is implicated in premature ageing and triggering acne,' says Helen.

CONSIDER HRT

Not all women can – or want to – use hormone replacement therapy, but if you do use it, you'll likely notice positive changes to your skin. 'UK research shows that replacing lost oestrogen with HRT minimises common physical and psychological menopausal side effects, and increases the skin's hydration, elasticity, thickness and collagen,' says Helen. If you are HRT-free, there are alternatives. 'You can successfully balance hormone levels with diet and healthy lifestyle habits,' she adds.

TRY RED LIGHT THERAPY

LED treatments are becoming increasingly popular as a non-invasive way to rejuvenate ageing skin. Red light, in particular, helps stimulate collagen production. Many skin clinics offer LED facials, but buying an at-home mask can work out cheaper in the long run. Pick a certified, proven model, like **Dr Dennis Gross DRx SpectraLite Faceware Pro, £465, cultbeauty.co.uk**. Consistency is key – both for results and to make the investment worthwhile – aim for four times a week. >>



TAKE YOUR SKINCARE SERIOUSLY



USE SPF DAILY
We should wear sunscreen year-round – up to 80% of signs of ageing are from sun damage, and UV rays are present all year through.

During menopause, it's especially important. 'Sun damage can become more apparent at this time, particularly for those who spend a lot of time outdoors – melanin levels drop, so skin is less protected from being burnt, as skin tone is more transparent and exposed,' says Kimberley

Medd, clinic lead at facethefutureclinic.co.uk.

'Changes in hormone balance can result in higher skin sensitivity, as collagen depletion causes thinner skin, making it more susceptible to damage.'

• **La Roche-Posay Anthelios UV Air Daily Fluid SPF 50+, £25, Boots**



RETHINK YOUR ROUTINE

Have you used the same products since your 30s? If so, it could well be time for an upgrade. 'As we move into our 40s, 50s and beyond, the skin often needs a little more help with renewal,' advises skin expert Shane Cooper.

'We should focus on good, gentle exfoliation, being very careful about overdoing it. With more mature skin, the key to exfoliation is to be gentle and consistent, to help with the skin's slowed natural cell turnover without causing irritation.'

• **Dermalogica Daily Microfoliant Exfoliator, £65, dermalogica.co.uk**, is the best we've tried.

INGREDIENTS WORTH INVESTING IN

'It's really important to have a solid skincare routine before you take the plunge into aesthetics,'

advises skincare expert Caroline Hirons, who is also the ambassador for aesthetics and advisory board member at the British Beauty Council.

According to Caroline, your routine should include:

• **Vitamin C**, to help protect against environmental damage.

• **Trinny London Naked Ambition Azelaic Exosome & Vitamin C Serum, £69**

'**Vitamin A** (retinoids, like retinol or retinal), to help promote cell turnover.'

• **Lancôme Rénergie C.R.X. Triple Serum Retinol, £118, lancome.co.uk**

'**Peptides**, which are building blocks within skin cells to help with firmness and skin barrier.'

• **Beauty Pie Superdrops Flash Face Lift Intense, £24 for members, £40 for non-members, beautypie.com**





GIVE IT TIME

'Try a strong skincare routine for three to six months before booking in for a tweakment,' recommends Caroline. 'It depends on your skin and what your concern is. If your issue is skin laxity, a tweakment is a good way to get results, but if your issue is hyperpigmentation, for example, you can treat that with a great serum and SPF.'

IF YOU DO DECIDE TO BOOK IN FOR A TWEAKMENT

It's important to get your skin in great condition beforehand. 'Hydration is key,' says Caroline. 'You want it to be healthy and hydrated – especially if the treatment is invasive – you want to make sure the skin barrier is intact.'

'Tweakments can be quite harsh for the skin microbiome [the community of microorganisms – including bacteria, fungi, viruses, and other microbes – that live on and in the skin to keep it healthy],' adds Dr Marie Drago, founder of Gallinée Skincare and an expert in skin health. 'The microbiome is key to repairing the barrier, so use a cream very rich in prebiotics to build your resilience.'

⊕ **Gallinée Calming Serum, £35, gallinee.com**

⊕ **Votary Super Barrier Balm, £35, votary.co.uk**



To tweak OR NOT?

What to consider before taking the plunge

A good skincare routine is vital for plump and radiant skin. However, some people may feel they aren't getting the results they'd like and want to go that bit further than just skincare. So, if you're starting to think your regime isn't quite doing enough, there are a number of alternatives that could be considered - but are they really for you?

Interest in aesthetic treatments is growing, and the tweakment market is rapidly expanding. There are now nearly 4,000 aesthetics clinics in the UK*, with many of us choosing to have treatments every year. Tweakments are more accessible than they've ever been before, but with so much choice and concerns about where to go and who to trust, it can feel like a minefield.

'There's so much information now circulating in the aesthetics industry and it's little wonder that people feel overwhelmed about where to start,' says Dr Julia Carroll, dermatologist on behalf of Allergan Aesthetics. 'It's about navigating the noise in the

market to find the right practitioner and treatments to suit you.'

Do your research

'When it comes to deciding whether aesthetics are right for you, the most important thing is to take your time and do your research,' advises Dr Sophie Shotter, president of the British College of Aesthetic Medicine (BCAM), and an award-winning aesthetic doctor with clinics in Kent and London's Harley Street. 'These treatments can be incredibly effective when done properly, but the aesthetics sector in the UK is poorly regulated, so choosing the right practitioner is absolutely key.'

As a starting point, make sure your practitioner is a

medically trained professional, such as a doctor, nurse prescriber or dentist. They should be insured and trained specifically in aesthetic medicine, and ideally a member of a recognised body such as BCAM (British College of Aesthetic Medicine) or BAMAN (British Association of Medical Aesthetic Nurses). Don't be scared to ask to see their qualifications!

'A GOOD CLINICIAN WILL DISCUSS WHAT'S REALISTIC, WHAT'S SAFE'





WORDS: SARAH COOPER/WHITE. PHOTO: OLIVIA BOSSERT. *AXIOM FLUX

Always have a consultation

A consultation is a really important step before deciding what treatments to have. 'Patients come into my clinic with so much information about what they want, but it's not necessarily the right information,' says Dr Carroll. 'I've almost had to become a de-influencer to combat all the misinformation.'

A responsible clinician will talk to you about what's realistic, what's safe, and what's actually going to make you feel better in your own skin. Sometimes that means doing less, not more - and a truly ethical practitioner will always tell you that. 'It's so important to get a good relationship with your provider,' adds Dr Carroll. If you get bad vibes during the consultation, walk away. And it's OK to visit a few different clinicians, to make sure you choose someone you are truly happy and comfortable with.

'YOU SHOULD NEVER BE RUSHED INTO A DECISION. IF YOU FEEL UNDER PRESSURE, WALK AWAY'

Be aware of red flags

'If someone is offering treatments in a home setting or at a "Botox party", that's an immediate no,' warns Dr Shotter. 'The same goes for practitioners who pressure you into having multiple procedures, push expensive "packages" or make you feel bad for asking about prices.' You should never be rushed into a decision. If you feel under pressure at all, walk away; be wary of offers and deals that are designed to encourage impulsive decisions.

Factor in your budget

'I always advise patients to be realistic about both cost and maintenance,' says Dr Shotter. Some treatments, like Botox, typically need repeating every three to four months, while others, such as Sunekos or SkinVive, can last around nine to 12 months and improve skin quality over time. 'Skin boosters, collagen-stimulating injectables and energy-based treatments like radiofrequency or laser can often be more cost-effective in the long run because they improve the skin itself, rather than targeting lines or volume loss. A good practitioner will help you plan a treatment schedule that fits your goals and finances, rather than trying to sell you everything at once,' she adds.

Vet it before you get it

Before booking your first appointment, be sure to ask the below key questions created by BCAM. If a practitioner cannot clearly answer or provide evidence for these questions, BCAM strongly advises against proceeding. For more information go to bcam.ac.uk.

- ✚ Is the practitioner medically qualified and registered (GMC, GDC, NMC, or GPhC)?
- ✚ Is the clinic CQC-registered and fully insured?
- ✚ Are the injectable products CE- or UKCA-marked?
- ✚ What is the clinic's protocol for managing complications and out-of-hours emergencies?



The low-down on INJECTABLES

From neurotoxins and dermal filler to skin boosters and biostimulators – here's what you need to know if you're thinking of giving them a go

In 2024, nearly a million people in the UK had some kind of aesthetic procedure*, and the market for injectable treatments continues to boom. When it comes to freshening up your appearance, dermal filler and botulinum toxin remain two of the most popular injectables (see right-hand page), but there's also a host of new alternatives that promise natural, subtle results and treat skin's health, rather than just freezing time.

'It can be very overwhelming for patients because there are so many options available,' says Dr Aggie Zatonska, an ENT surgeon with more than 15 years' experience in the aesthetic sector and medical director of the Atelier by Dr Aggie Zatonska clinic in Surrey. 'It's about understanding what's out there and the best treatments to go for,' she continues. 'Everyone has different needs, different budgets or different boundaries in terms of what they want to do and what their expectations are.'

As consumers, we're demanding longer-lasting natural results and that is driving a trend towards more regenerative injectable treatments. But it doesn't mean that more traditional options will become redundant. According to the experts, the best results are often about layering different things. 'I like to start with treatments that will empower my patients,' says Dr Zatonska. 'I want to slow down, or even pause, those changes that are happening to their faces now, but also do treatments that will improve the quality of the skin over time.'

Many of these products can work together, like a great team, to smooth and hydrate, but also to firm, volumise and add glow to your skin. We're not chasing the complexion we had in our 20s, and there's a move away from big lips and frozen-in-time faces; we simply want to look like a fresher, glowier version of ourselves. Knowing where to start is all about choosing the right practitioner to guide you, but having some knowledge about what's available is always beneficial.

1 IF YOU WANT TO SOFTEN FROWN LINES

Try *neurotoxins*

Many of us often begin our aesthetics journey with anti-wrinkle treatments, such as botulinum toxin, as it's a great entry point to refresh skin. 'Muscle-relaxing injections are the quickest treatment in terms of visible results, with smoother skin within days and minimal downtime,' says aesthetic doctor Dr Sophie Shotter. Neurotoxins work by temporarily blocking nerve signals that tell muscles to contract, which in turn helps to smooth the skin. They are best suited to prevent dynamic lines and wrinkles – such as frown lines and crow's feet – from deepening, and can help your face look more rested, but they won't add any volume or improve skin texture. Results only last three to four months, depending on your muscle strength and metabolism. The number of injections you'll need varies according to the area to be treated. Frown lines usually require around 10, while crow's feet need about five. It's a fairly painless treatment, apart from a little sting when the needle goes in, and sometimes you might get a bruise at the injection site. It usually takes around 10 days for the full effects to set in.

+ Prices for one area usually start at £200.

2 IF YOU WANT TO PLUMP OR ADD VOLUME

Try *a dermal filler*

'Traditional fillers, typically made from hyaluronic acid (HA), work by adding immediate volume to specific areas of the face,' explains Dr Shotter. 'They are often used to fill in wrinkles, enhance lips, and add volume to the cheeks and other areas.' But not all fillers are the same and they come in different viscosities, depending on the area of the face that is to be treated. Filler has had a bad reputation over the years, thanks to past trends for very enlarged lips and cheeks; according to research by Allergan Aesthetics, 51% of first-time HA injectable patients fear unnatural-looking results. However, filler injected by an experienced practitioner, using the right product in the right place, can be undetectable. That's why it's so important to choose a qualified specialist. The results of filler are instant, and generally last between six months and a year, depending on the product and your metabolism.

+ Prices for filler will vary according to where it's being injected, but can start at £250.

3 IF YOU WANT TO FIRM UP

Try *a biostimulator*

'Biostimulators are injectable substances designed to stimulate the body's natural production of collagen and elastin, the two key proteins responsible for maintaining skin's strength, flexibility and smoothness,' says Dr Shotter. Biostimulators work gradually to activate the body's own collagen-building processes, which can help with volume loss and sagging. There are many different biostimulators that contain powerful ingredients such as poly-L-lactic acid (PLLA), calcium hydroxylapatite (CaHa) or polynucleotides. The most well-known brands include Sculptra (PLLA), Radiesse (CaHa) and Nucleofill (polynucleotides), but Juläine is a next-generation PLLA biostimulator that can offer fast, natural results with less downtime (redness or irritation). When biostimulators are injected into the skin, they stimulate the body's fibroblasts to produce new collagen, which gradually improves the firmness and

texture of the skin over a period of time, with results that can last up to two years.

+ Juläine costs from £1,500; julaineofsweden.com

IF YOUR MAIN CONCERN IS DULLNESS, A SKIN BOOSTER WILL GIVE YOU A DEWY, PLUMP EFFECT

4 IF YOU WANT TO HYDRATE THE SKIN

Try *a skin booster*

'If your main skin concern is dullness, dehydration or crêpiness, a skin booster will give you a dewy, plump effect that topical skincare can't quite achieve,'

says Dr Shotter. There are many different brands of skin booster available, such as Skinvive, Restylane Skinboosters and Profhilo, and some can even be used together to work on different things. But essentially they are all injectable treatments designed to deeply hydrate and revitalise from within. Most are made from hyaluronic acid, sometimes with other ingredients added. Rather than filling or relaxing, boosters improve your overall skin quality: hydration, elasticity, luminosity and texture. Treatments are usually delivered through lots of little injections across the face, neck or décolletage, often as a course of two to three sessions spaced a few weeks apart. You may have red bumpy skin, a bit like lots of bee stings, from a few hours to a few days after treatment, but this quickly disappears as the hyaluronic acid integrates with the skin tissues. Results typically last six to 12 months.

+ Skinvive by Juvéderm costs from £250; skinvivebyjuvederm.com

New tweaks ON THE BLOCK

Meet the next generation of treatments changing the face of aesthetics

1

If you want smoother skin

Samantha Jones' bright red, post-peel skin on *Sex and the City* might have been an iconic TV moment, but it didn't do much in the way of PR for chemical peels. Unlike physical scrubs, which use things like beads or pumice to exfoliate manually, a chemical peel uses acids and enzymes to dissolve the bonds holding old, dull cells to the surface of our skin. A chemical peel is the same concept as an at-home liquid exfoliant containing alpha-hydroxy acids, but at a much higher potency. The aim is to deliver brighter, more even skin with fewer wrinkles and less visible pigmentation, either with a course of treatments or regular maintenance peels. Done well, by an experienced practitioner, there's no risk of looking like 'beef carpaccio' (to quote SATC's Samantha). They will tailor the treatment to your specific skin type and needs, it's not painful, and the treatment takes less than an hour, including a consultation. Our tester, Hannah, 45, tried a peel at SK:N and described it as a 'three out of 10 on the tingle scale', with her skin looking 'shiny, fresh and not at all red or peeling' a few days after treatment.

Chemical peels at SK:N start at £130 for a single session. An initial consultation is £50; sknclinics.co.uk

2

If you're struggling with rosacea

Experts are unsure exactly what causes rosacea, a condition that leaves skin red, blotchy and feeling like it's burning, which means there's no one-size-fits-all treatment. The recommendation is usually to manage your lifestyle, avoiding stress, alcohol and spicy foods, and to stick to no-frills skincare. For our tester, Mary, 60, who has suffered from rosacea for over 20 years, the idea of even having a facial was laughable - let alone a tweakment.

Luckily, pro facialist Kate Kerr offers a clinical facial that incorporates lasers and cosmeceutical skincare to strengthen the skin, reduce inflammation and prevent rosacea from progressing to thickened skin. 'My skin is less red, it's softer and it's clearer,' says Mary. 'Plus my make-up sits much better after four sessions with Kate.'

Consultations with Kate Kerr cost £180 for 60 minutes. Consultations and exploratory facials cost £325; katekerrlondon.co.uk



3

If you want your eye area to look brighter

Blepharoplasty, a type of surgery to remove excess fat or skin around the eyelids, has been rising in popularity in recent years, but, understandably, not everyone has the budget or the inclination to go under the scalpel. Enter Sofwave: a non-invasive skin-tightening device that uses ultrasound to lift and firm the eye area. The treatment starts with a consultation and the application of numbing gel, which needs 30 minutes to take full effect. Then, the handheld device is pressed on to 20 areas around the upper eye for 10 seconds at a time, sending ultrasound beams 1.5mm into the skin to initially damage the cells in order to trigger repair and renewal. 'For the first eight seconds I could feel slight pressure with a slow tingling, which peaked with sharp pain that stopped the second it began,' says our tester Tanya, 58, who had the treatment with Dr Jessica Halliley. 'I had slight redness around my upper eye, but nothing the next day. My eye area looked immediately toned and brighter, and it will take three to six months to see the full effects, which should, hopefully, last for the next two years.' Most people only need one session, but you can have a second after four to six weeks if needed.

⊕ Sofwave treatments with Dr Halliley start at £1,295, yourbeautydoctor.co.uk

4

If your skin needs a reboot

As we get older, the rate at which our skin renews slows down. Combine this with the natural decline in structural proteins collagen and elastin, and it can feel like you've aged overnight. Potenza works by causing controlled damage to the skin in order to stimulate its natural renewal processes. It combines radio frequency, which heats the skin, with microneedling, which uses tiny needles to create punctures. It sounds excruciating on paper, but our tester Penny, 46, assures us her treatment at Therapie Clinics was 'bearable - the worst bit is above the top lip. I looked red and blotchy, and felt hot initially, but my skin was back to normal within an hour.' It takes three months to see the full firming and brightening effects, and the pros recommend three to five treatments, four weeks apart.

If you're not keen on the heat element, try Dermalogica Pro Exosomes & Microneedling Treatment. Combining microneedling with exosomes, a cutting-edge skincare ingredient, means less downtime and supercharged skin regeneration. For best results, you'll need three treatments over the course of 12 weeks.

⊕ Potenza at Thérapie Clinic starts at £255 per session for the face, and £399 per session for the face, neck and décolleté; therapieclinic.com
⊕ Dermalogica Pro Exosomes & Microneedling Treatment costs £330 per session; dermalogica.co.uk

5

If you're fed up with hiding your pigmentation with concealer

Hyperpigmentation - darker patches of skin caused by an overproduction of melanin, the protein that gives our complexion its colour - is notoriously tricky to treat. Smaller sun spots are slightly easier to tackle, but melasma, which is fuelled by hormones, is much more stubborn. Inspired by her own experience with the condition, aesthetic doctor Dr Maryam Zamani has developed a new Melasma Protocol to fade and manage these larger patches, with a combination of high-performance lasers and microneedling. The number of sessions needed will depend on the client, with quarterly maintenance recommended for all.

If you're not too squeamish, you could also consider MCT (Meta Cell Technology), a form of PRP (platelet-rich plasma) that's also known as the vampire facial. It works by taking a small sample of the patient's blood, spinning it in a specialised machine using light and mild electromagnetic energy - to isolate the plasma and combine it with cell-communicating exosomes - before reinjecting it into the skin. Experts recommend three sessions for hyperpigmentation.

⊕ Dr Maryam Zamani's Melasma Protocol starts at £2,200 for gentle management of mild to moderate melasma, and goes up to £4,500 for more severe cases; drmaryamzamani.com
⊕ MCT PRP costs around £1,300 per session; metacelltech.com >>

6

If your skin has started to slacken

Jowls, it seems, are coming for us all. Determined to get ahead of gravity, our beauty channel editor, Fiona, 40, booked in for Ultherapy Prime with Dr Christine Hall. The machine works on your face in sections, using ultrasound to seek out the SMAS (superficial musculocutaneous system) layer, then target it with energy, which creates an 'injury' for your skin to respond with lots of fresh collagen and elastin. The device is passed over each area around 40 times, and it takes around an hour to treat the whole face. It's an uncomfortable treatment, so much so that Dr Hall recommends patients don't book in on their period, when they'll feel pain more keenly, and numbing cream is applied an hour before. 'I do have a high pain threshold, but I found about 75% of the treatment totally comfortable and 25% uncomfortable, but not intolerably painful,' says Fiona. 'I'd liken it to the "zing" of a toothache.' There's no downtime, but it is a long-game treatment, as it takes at least three months for your skin's new collagen production to come into force, and the best results are visible at six months.

'I am two-and-a-half months in and can already see my jawline is looking a little sharper,' adds Fiona. If you can't face the potential pain,

Sofwave, which we've already mentioned for the eyes, is also an option for slackening jaws and disappearing cheekbones. Our tester Zoe, 49, had the treatment with Dr Aggie Zatonska in Egham, Surrey, and found it just 'a little uncomfortable', and afterwards said, 'My cheekbones and jawline are sharper just weeks after treatment, with full results to come in a few months.'

Ultherapy Prime at Taktouk Clinic costs from £2,500; drchristinehall.com

+ Sofwave with Dr Aggie Zatonska at her Atelier Clinic costs £1,500 for a targeted area, £2,950 for a full treatment and £1,950 for a maintenance treatment; atelier.clinic

7

If you want to freeze time

Sounds like science fiction, doesn't it? Stopping the ageing process at the exact time of our lives where we look and feel the very best version of ourselves. Collagen banking is a proactive approach to preserving your skin; stimulating collagen while you still have plenty of it. Because it's about stopping the clock rather than turning it back, the treatments that focus on collagen banking are far less invasive and far less

painful than the ones that focus on collagen renewal.

Rexonage3 is a pioneering technique that uses QMS technology (which stands for Quantum Molecular Resonance) to send electrical signals into the skin at

a deep-down, molecular level to speed up your cell processes without pain or causing any damage to the skin.

Our beauty director, Sarah, 47, tried it for herself at Geneviv, a regenerative and biohacking skin clinic in London.

The treatment was as 'relaxing and enjoyable as a facial, with absolutely no downtime. There was no dramatic difference in my skin post-treatment, but after a few sessions, redness and inflammation has disappeared, and my skin looks fresher and smoother.'

I know I'll be grateful I did this in six months' time.' The only downside is the initial time investment, as you will need to have six treatments, each one week apart.

+ Rexonage3 costs £600 per session; genevivclinic.com

8

If you're not ready to try an aesthetic treatment

Investing in regular facials and upgrading from soothing massage to something a little more high-tech is a great way to care for your skin without a needle in sight. The Hydrafacial is the first name in this sphere. It's a three-step

process, focusing on resurfacing, detoxifying and hydrating the skin.

It's incredibly satisfying, and you're even presented with the 'gunkie jar' at the end of the treatment, where you can see just how much excess oil, skincare residue

and general debris the gentle suction tool has removed from your skin. The latest add-on is a Hydrafillic

Pep-9 Booster, which infuses the skin with firming peptides for even smoother results.

If rejuvenation is your aim, Skinstorm is a brilliant choice. It uses a patented

dissolvable oxygen infusion, which it delivers to the skin via microneedling for instant plumpness. Our tester described it as 'gentle and not at all painful, with immediate results'.

For something that bridges the gap between a classic facial and a more advanced one, JetPeel Ayurveda combines high-velocity jet streams to infuse ingredients into your skin with ayurvedic-inspired, energy-balancing and wellness techniques. You will leave feeling hydrated and restored.

+ Hydrafacial with Hydrafillic Pep-9 Booster starts from £150; hydrafacial.co.uk

+ Skinstorm starts from £350; crystalclear.co.uk/pages/skinstorm

+ JetPeel Ayurveda starts from £165; phiclinic.com/treatment/jetpeel

9

If you're thinking about having filler

Polynucleotides are part of the next frontier of injectables, but don't let the headlines describing them as a 'salmon sperm facial' put you off. They are what's classified as a biostimulator, using DNA fragments extracted from salmon or trout to help the skin become firmer and more hydrated. They're great for adding volume in places you would previously have had to resort to filler, like hollowness and lines beneath the eyes and around the lips - a bugbear for our tester, Sharon, 62, who tried polynucleotides as part of the Nano Lips protocol with Dr Paris Acharya. 'The treatment started with eight to 10 injections of anaesthetic with super-fine needles, before injecting the polynucleotides a few minutes later. It was uncomfortable, but breathing out gave me a focus, and the whole procedure was over in five minutes. I could see a subtle difference straight away, and a noticeable one within a week, although it will take two to four months to see the full result, which should last for a year.' Depending on the area treated and the condition of your skin, it may take more than one treatment, but your practitioner will talk you through the process.

• **Polynucleotides cost around £300 per session**

• **Nano Lips with Dr Paris Acharya cost from £525 per session;**
drparis.co.uk

10

If you've lost weight in your face

It's not just your clothes that can start to sag when you drop a dress size, but your skin too. With GLP-1 injections on the rise, unwanted excess skin around the jawline and neck is becoming a more common complaint. Sylfirm X combines dual-wave radio-frequency energy with microneedling, and is the first FDA-cleared device of this kind. Not only does it stimulate deep-down collagen production to thicken and firm the skin, it can also tackle pigmentation, rosacea, large pores and acne scarring. Our tester, Faye, 45, said one session lasts 'around an hour and, although it made my eyes water slightly, the majority of the treatment wasn't painful'. It takes around three months for full results to show, and most people need a minimum of three (ideally five) treatments. It can be used on the stomach, knees and upper arms too.

• **Sylfirm X costs from £650 per session for the face and neck;**
sylfirm-x.com

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If you want to rejuvenate 'down below'

Not just for your face, aesthetics are going the extra mile with treatments designed to ease feminine problems. For those of us who've gritted our teeth through internal examinations over the years, it might seem a strange idea to elect to have a treatment that invades your most intimate areas. But when

you're living with a problem that's driving you quietly to distraction, these treatments could come to your rescue. The number of women in the UK having labiaplasty surgeries due to excess labial skin, which can cause chafing and pain during sex, rose by almost 330% in 2024*, making it one of the biggest surgical cosmetic procedures. But less-invasive vaginal rejuvenation procedures are also on the up.

The O-Shot, aka Orgasm Shot, is a simple, non-surgical procedure designed to improve women's sexual health and sexual pleasure. It works by using platelet-rich plasma (PRP), a procedure where a vial of your own blood is taken and then separated into different components using a high-tech machine. This blood is then injected into the vagina and clitoris, to stimulate cell growth and tissue regeneration. In turn, this improves blood flow to the skin and helps activate natural healing, so those areas become more sensitive and able to respond. It can heighten vaginal sensation, reduce dryness and minimise discomfort during sex.

• **O-Shot from £1,500, Dr Shirin Lakhani at Elite Aesthetics;**
elite-aesthetics.co.uk >>

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If you're terrified of pain

'Traditional treatments wait for collagen to fade, and then chase it with heat, micro-injury and downtime,' explains Dr Aggie Zatonska, an accomplished cosmetic doctor with more than 15 years' experience. Most skin-boosting

treatments involve some level of ouch-factor, a bit of redness and swelling. However, this new treatment promises to stimulate collagen in your skin without pain. 'RedTouch Pro opens the door to true prejuvenation for younger patients, preserving what they have rather than repairing what's been lost,' explains Dr Zatonska, one of the first UK clinics to offer RedTouch Pro treatments in her Surrey clinic. 'And for those who've already experienced age- or menopause-related depletion,

traditional collagen-stimulating treatments can build a new peak that RedTouch then helps sustain. This laser turns collagen into something we can protect, not just restore,' she adds.

During each 30-minute treatment, the RedTouch Pro laser delivers micro-pulses of energy deep into the dermis, stimulating the production of collagen, and leaving skin brighter, firmer and more radiant after just a few sessions. Our tester was amazed that a laser treatment could be pain-free, without any side effects, all while leaving her skin smoother and brighter. This treatment isn't about a dramatic before and after, it's about maintenance.

So booking a handful of sessions a year will maintain collagen levels, keeping skin supple and youthful.

• **RedTouch Pro costs £250 for a single session at Dr Zatonska's Atelier Clinic; atelier.clinic**



13

If you want a glow that lasts

Imagine waking up everyday looking like you've just had a facial - think a clear, radiant skin that gets better and better over time. Sounds too good to be true, right? Well that is where Aerolase comes in. A breakthrough in laser technology, it uses ultra-short, powerful pulses of energy that heat water, haemoglobin and melanin deep in the skin. This not only leaves you so glowy immediately after treatment that you certainly won't need make-up, but it helps your skin regenerate over time too, treating everything from acne and pigmentation to redness and rosacea. While some lasers create little holes in the skin to promote

repair and make the complexion look worse before it gets better, Aerolase works by penetrating the skin deep down without injuring it. It's completely comfortable and there's zero downtime.

Also, lots of lasers that promote a healing response aren't recommended for darker skin types, as they can worsen pigmentation or trigger post-inflammatory pigmentation, but Aerolase is suitable for every skin tone and type.

+ Aerolase Neo Elite technology, from £500 at Dr Brendan Khong Aesthetics; drbrendankhong.com

WORDS: JESS BEECH | PHOTOS: GETTY *HARLEYSTREETSKINCLINIC.COM/DATA/COSMETIC SURGERY/INDUSTRY STATISTICS AESTHETIC TRENDS BY YEAR-AGE REGION AND MORE

'AEROLASE WORKS BY PENETRATING THE SKIN WITHOUT INJURING IT'

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If you don't want to look too 'done'

The key to a natural result is, firstly, to find a practitioner who understands the look you're after and, secondly, to choose an injectable that offers long-term results rather than instant ones. Profhilo does just that, using a high concentration of hyaluronic acid to help restore lost volume, as well as rebooting dwindling collagen and elastin production. Clear results are visible after four weeks, and last for six months. Our tester, Tamara, 43, who

had her Profhilo treatment with aesthetic nurse Claudia Brand at 111 Harley Street, told us, 'My friends keep commenting on how amazing my skin looks, but they aren't asking what treatment I've had because it doesn't look like filler.' To really firm the skin, Sculptra is what's known as a 'collagen biostimulator', which means it helps to restore lost volume and plumpness by stimulating its natural stores of collagen. Results last for up to two years, which is impressive for an injectable. It's easy to have it done under the radar too. Our group editor, Hannah, 45, reported 'no bruising and just a small amount of tenderness' following her treatment with Dr Ash Soni at his Ascot clinic. 'No one, except me, would know I'd had anything done - there wasn't a mark in sight. Two weeks later, I already had tighter, firmer skin.'

+ Profhilo costs from £495, 111harleystreet.com

+ Sculptra with Dr Ashwin Soni costs from £750 per session, thesonicclinic.com

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If your smile needs an upgrade

Self-conscious posing in photos because of your teeth? A smile makeover is genuinely on offer these days. But rather than a standard trip to the dentist for an Invisalign consultation, you might consider a 360-rejuvenation approach, where your entire face and mouth would be part of the treatment.

Dr Manrina Rhode's Dentofacial is a visionary concept that not only includes an in-depth examination of your mouth and teeth - she can diagnose tongue

tie, teeth grinding and masseter hypertrophy (an overdevelopment of the jaw muscles) - but also full face analysis too, where she looks at your teeth and your face as one, and recommends treatments that work in harmony. From Botox to stop teeth grinding, to lip filler and polynucleotides to rejuvenate the lip area, you get one seamless approach that aims to elevate not just your teeth but your whole face too.

Alternatively, for one or two teeth that need treatment - perhaps a chipped or an irregular-shaped tooth, or a big gap - then veneers could be a better option. Dr Sam Jethwa is leading the way with world-first Feather Veneers. They are ultra-light, hand-crafted porcelain shells that transform your smile without having to file down your natural teeth. The result is incredibly natural, and much less invasive than more traditional treatments.

+ Dentofacial with Dr Manrina Rhode starts from £4,500, drmrondon.co.uk

+ Feather Veneers with Dr Sam Jethwa cost from £1,350 per tooth, bespokesmile.co.uk

LOVE YOUR NECK

The treatments and technologies that lift, tighten and sculpt

Although neck lines or creases are a natural part of the ageing process, approximately one-third of UK women are said to be concerned about the look of their neck, rising to 44% for those aged over 55, according to marketing intelligence agency Mintel. 'The neck often ages earlier and more noticeably than the face because the skin here is thinner, contains fewer oil glands and is exposed daily to UV damage without the same level of protection we instinctively give to our facial skin,' explains Dr Priya Verma, multi-award-winning aesthetic doctor. 'Over time, collagen and elastin decline, leading to crepey skin, fine lines and laxity, and as the deeper tissues lose structural support, we begin to see sagging beneath the jawline.'

It's typical to see the start of neck lines in your mid-to-late 30s, with deeper creasing and laxity by our 40s, but Dr Verma says she has seen a considerable rise in interest in neck rejuvenation in recent years. 'At my clinic, we've seen an approximate 50% increase in patients seeking neck and jawline treatments, and much of this is driven by two modern ageing accelerators: "tech neck" from constant downward screen-gazing, and also rapid weight loss associated with GLP-1 medications.'

We take a look at what's on the market to help.

'THE NECK OFTEN AGES EARLIER AND MORE NOTICEABLY THAN THE FACE'

THE SKIN-BOOSTER

Prohilo, from £259, therapieclinic.com, is an injectable moisturiser that enhances skin texture, contours and firmness. Hyaluronic acid is injected subcutaneously over two sessions, spaced a month apart. Think of it as the ultimate extension of your skincare routine, offering a surge of hydration, and a boost to collagen and elastin production, to improve sagging and crepey skin. Your practitioner will deliver multiple injections across the neck, which may leave little bumps in their wake. These usually subside in a day or two. You will see the benefits after two to four weeks, and these continue for up to six months. Top-ups are advised every six to 12 months to maintain results.

W&H VERDICT I noticed my skin didn't feel as tight or dry about a week after the first treatment. By the time I went for the follow-up, my skin definitely looked brighter. I wasn't sure how much it would really do for my lines but I'm impressed. The biggest improvement for me has been how much more hydrated my skin feels. I would class myself as a dry skin type but since Prohilo, my skin feels much softer, and my skin quality has definitely improved.

Anne Maylor, reader

THE SKIN-TIGHTENER

EndoliftX®, from £1,500, endolift.co.uk, is said to provide

long-lasting, natural results from a single 90-minute session, so it's no wonder celebrities like Baroness Karren Brady have extolled its virtues. This targeted treatment involves inserting an ultra-thin hair-like fibre deep into the skin. There it transmits

light energy, which converts to heat, creating an injury that triggers the skin's repair process, and stimulates collagen and elastin production. A welcome benefit is the melting of small pockets of stubborn fat, helping to create a more contoured result - perfect for streamlining jowls, a double chin or pouch of sagging skin. The procedure provides an immediate tightening effect on the skin, with progressive skin-firming visible at the three- to six-month mark. There's a few days' downtime where skin may be swollen and bruised, but the skin-tightening results last between two and three years.

W&H VERDICT

After an initial video call consultation to discuss the procedure and risks, I met with Dr Maria Faria at Nova Aesthetic Clinic (novaclinic.co.uk). I was given goggles to protect my eyes and a rubber ball to squeeze. Dr Faria injected local anaesthetic into a number of spots on my face and neck.

• This was the only pain I felt, and there was some stinging as the anaesthetic spread under my skin. After that I could feel a strange tugging sensation and the occasional tingle.

The whole treatment took nearly two hours. Immediately afterwards I had some redness and swelling, the worst of which lasted a couple of days. Four weeks on, the discomfort has gone and I am really starting to see the effects. My jawline is tighter, the crepey skin under my chin (which was one of my key concerns) is smoother and firmer, and my neck looks slimmer too. I'm looking forward to seeing the results progress.

Charlotte Richards, group lifestyle director >>

THE RADIO-FREQUENCY APPROACH

Thermage FLX, from £2,000, thermage.co.uk, is a professional, non-invasive radio-frequency treatment that tightens skin, improves wrinkles and enhances contours. It gently heats the collagen-rich layers of the skin, causing the connective tissue to contract and tighten, while stimulating the production of new collagen in a single treatment with little to no downtime. There's an immediate tightening effect, which improves over six months, and lasts up to a year.

W&H VERDICT I visited Aesthetics Lab in London's Belgravia for a skin-tightening treatment on my face and neck. After a cleaning mask, my therapist applied a paper grid and cooling gel. She then pressed a small handheld applicator on to my skin in every area of the grid as well as my neck. The effect felt warm and pleasant in some areas, and slightly stinging in others where the skin is thinner, such as around my jawline. The process took around 90 minutes and, once finished, my skin looked slightly brighter and I thought a couple of age spots seemed less noticeable. A few weeks on, there appears to be less jaw sag, my skin is firmer and I feel more confident.

Sharon Sweeney, group features director

THE FULL SURGICAL LIFT

'With age, the face gradually shifts from a lifted, heart-shaped or oval contour to a more square and less-defined appearance,' explains Mr Georgios Orfaniotis FRCS (Plast), a highly esteemed consulting plastic surgeon, whose careful and precise sculpting technique is revered for reinstating a clean and elegant jawline. He has seen around a 30% increase in patients seeking neck and jawline rejuvenation. 'To restore the youthful oval, I use a deep-plane facelift technique, creating small incisions to release and reposition the deep-tissue

layers of the face known as SMAS [superficial musculoaponeurotic system] back to their natural anatomical position.

This recreates true structural support rather than just pulling on the skin.' Although Mr Orfaniotis may perform an isolated neck lift from time to time (usually 'younger patients with premature neck heaviness'), he prefers to plan the face globally, rather than treating the neck in isolation.

'Once someone develops jowls, mid-face descent or softening of the jawline, treating only the neck looks unbalanced. In these cases, a deep-plane facelift combined with a neck lift provides the most natural and harmonious result.' With any surgery, recovery time is extended, usually two to three weeks, but Mr Orfaniotis asserts that results last

10 to 12 years or more. **Extended Deep Plane Face and Neck Lift from £42,000; Deep Structural Neck Lift, from £26,000, orfaniotis.co.uk**

THE NON-SURGICAL THREAD LIFT

Specialised surgical threads are inserted under the skin using a needle to provide an instant tightening effect on sagging skin. The threads are eventually absorbed into the body, and help stimulate the skin's own collagen production to provide firmer, lifted skin. Leading thread lift expert Dr Leah Totton has pioneered **The Happy Face Lift, from £4,700, drleah.co.uk**, a non-surgical procedure performed under local anaesthetic to treat drooping cheeks, jowls and 'turkey neck'. It combines three sessions of collagen-boosting radio frequency and microneedling spaced three weeks apart, followed by a thread lift to reposition areas that have sagged. After the thread lift, you'll likely see some redness and marks on the face for a few days, and you'll need to sleep on your back for five nights. Over the next one to three months, you'll regain a lifted appearance and definition to the jawline, with results that last up to two years.

THE VOLUME-BOOSTER

As we age, we lose the natural scaffolding and cushioning of the skin. Volume in the cheek shrinks and everything shifts downwards, thanks to weakening ligaments and the irresistible pull of gravity. All of this translates to sagging along the jawline. This is where **HArmonyCa™, from £595 per treatment, harmonyca.uk**, comes in. This dual-ingredient injectable provides a two-pronged jowl attack, using calcium hydroxyapatite to boost collagen production alongside hyaluronic acid to restore lost volume and structure. Skin becomes firmer, tighter and lifted, with instant gratification and a lifting effect that can last up to six months.

Put off by the pain?
Dr Galyna Selezneva is a pro at using Sofwave, an ultrasound-powered, skin-firming device with a technique that makes it painless. Treatments start from £2,400, drgalyna.com

WORDS: STEPHANIE MAYLOR; PHOTOS: OLIVIA BOSSEY; FUTURE PUBLISHING LTD, GETTY



Nurture your neck

Topical products can 'make a meaningful difference to skin texture,' says Dr Verma. So support any skin boosters or surgical interventions with these creams.

⊕ **Trinny London The Elevator, £68, trinnylondon.com,**

is a potent serum powered by collagen-boosting peptides and plant-derived cohesion technology that strengthen skin against the effects of gravity, smooth lines and reduce the appearance of dark spots.

⊕ A daily massage will increase blood flow and drain sluggish lymph to reduce puffiness. Use **Green People Jade Gua Sha, £15.50, greenpeople.co.uk**, with your favourite serum to gently scrape upwards and outwards from chin to ear, then repeat under the jaw, and finally sweep the gua sha from the ears down the sides of the neck. Regular use can help give a more defined jawline.

⊕ According to Dr Verma, 'Sun protection is arguably the most important step in preventing neck ageing.' Put up your daily defence with **Dr Althea Green Tea Fresh Sunscreen, £15, skincupid.co.uk**.

⊕ **Prai Ageless Throat & Decolletage Serum, £33,**

M&S is loaded with active ingredients that improve wrinkles and firmness. A world-first five-rollerball applicator delivers a gentle lymphatic drainage massage to reduce puffiness, rev up circulation and sculpt the jawline.

⊕ **Lyma Laser, from £1,999, lyma.life**, is a clinical-grade laser device that works to regenerate skin at a cellular level to accelerate collagen and elastin production, delivering results on neck wrinkles, fine lines and sagging in as little as 12 weeks. It's powerful enough to reach muscle too. The key is to treat the nape, as well as the front. Dr Graeme Glass, leading craniofacial, aesthetic and plastic surgeon, explains, 'If we want to see profound transformation in skin quality across the neck and décolleté, we need to target muscle tone and reinforce skin's underlying scaffolding, rather than merely the superficial skin on the surface. By strengthening the back of the neck at a deeper level, the full circumference of the neck is unilaterally lifted and smoothed.'





What's THEIR SECRET?

They have access to the best experts in the business, so what do the stars do to help them look and feel their best?

Morpheus8

Amanda Holden

There's no denying that *Britain's Got Talent* judge Amanda's skin looks fantastic. So how does she achieve such a youthful complexion? The Heart Radio presenter, who turns 55 on 16 February, is a big fan of Morpheus8, a type of microneedling that's great for skin tightening. 'The results have been absolutely amazing. I've noticed a real plumpness to my skin and it's much tighter! It's been the best hour investment for looking at least five years younger,' Amanda says.

Botox

Olivia Colman

Star of *The Crown* and *Broadchurch*, Olivia is a fabulous example of how injectables can be done subtly and without freezing your whole face. In fact, so much so that the Oscar-winning actor's husband didn't even realise that she'd had any treatment. 'I have done Botox and I loved it,' she revealed. Olivia, 52, continued, 'I didn't tell my husband and then for about six months he kept saying, "Hello, Pretty!" and then I told him and he found it hilarious.'

Skinvive

Cat Deeley

Looking as youthful as she does, it's hard to believe that *This Morning*'s Cat turns 50 this year. Her go-to? Skinvive, a treatment that involves injecting microdroplets of hyaluronic acid into the face. She explains, 'The best thing is that Skinvive hydrates your skin from within. My skin feels so refreshed each day and makes the products I use even better.' Cat adds, 'The improvement in the texture, hydration and luminosity of my skin has been amazing. My skincare is more effective and make-up goes on beautifully.'

Thermage FLX

Lisa Snowdon

Model and presenter Lisa is always up for trying the latest treatments, and one that she has been loving recently is Thermage FLX, a form of non-invasive skin-tightening. 'This amazing treatment not only provides instant results, but it also works over the next few months to boost my collagen production naturally,' she shares. Lisa, 54, continues, 'The results speak for themselves, especially around my neck and jawline. I've noticed a huge difference, and I know they'll keep improving.'



NeoGen

Shirley Ballas

Strictly judge Shirley was blown away by the results of NeoGen - which has been dubbed a non-surgical face lift - and looks decades younger than her 65 years.

'Now when I look in the mirror, I see this fresh face. It's not a little difference. It's a huge difference,' she tells fans. 'I find my jawline is more defined. I don't have all those spots all over my face. My skin looks brighter. There's not a mark on my forehead. And my neck looks so much better. I think that's impressive.'

Facelift

Kris Jenner

She may be 70 but you'd be forgiven for mistaking Kris for one of her daughters in their 40s. The reality star-turned-businesswoman recently had her second full facelift and, no matter what our stance on cosmetic surgery may be, the results are impressive. Speaking about her decision to go under the knife Kris told fans, 'I had a facelift about 15 years ago, so it was time for a refresh. I decided to do this facelift because I want to be the best version of myself, and that makes me happy.'

Vampire facial

Carol Vorderman

Former Countdown star Carol is a huge advocate of doing what you can to help you look your best, and one of her favourite procedures is the vampire facial. Carol, 65, recently revealed, 'I have a treatment every four months that involves having my blood taken, the plasma is then mixed with polynucleotides and all sorts of things, and then injected back into the skin. It stops the rapid decline of collagen.' The refreshingly honest star added, 'I also have Botox and I'll probably have a facelift at some point.'

Micro-needling

Victoria Beckham

At 51, Victoria looks just as good as she did when she was in the Spice Girls. And, luckily for us, she regularly shares details of her treatments on Instagram. The singer-turned-fashion designer visits skincare expert to the stars Nilam Holmes for microneedling. Discussing the treatment, Nilam says, 'The SkinPen makes hundreds of thousands of micro holes into the skin, which then induces a natural repair mechanism... It is my go-to treatment for refining skin texture.'

AFTERCARE

what you

NEED TO KNOW

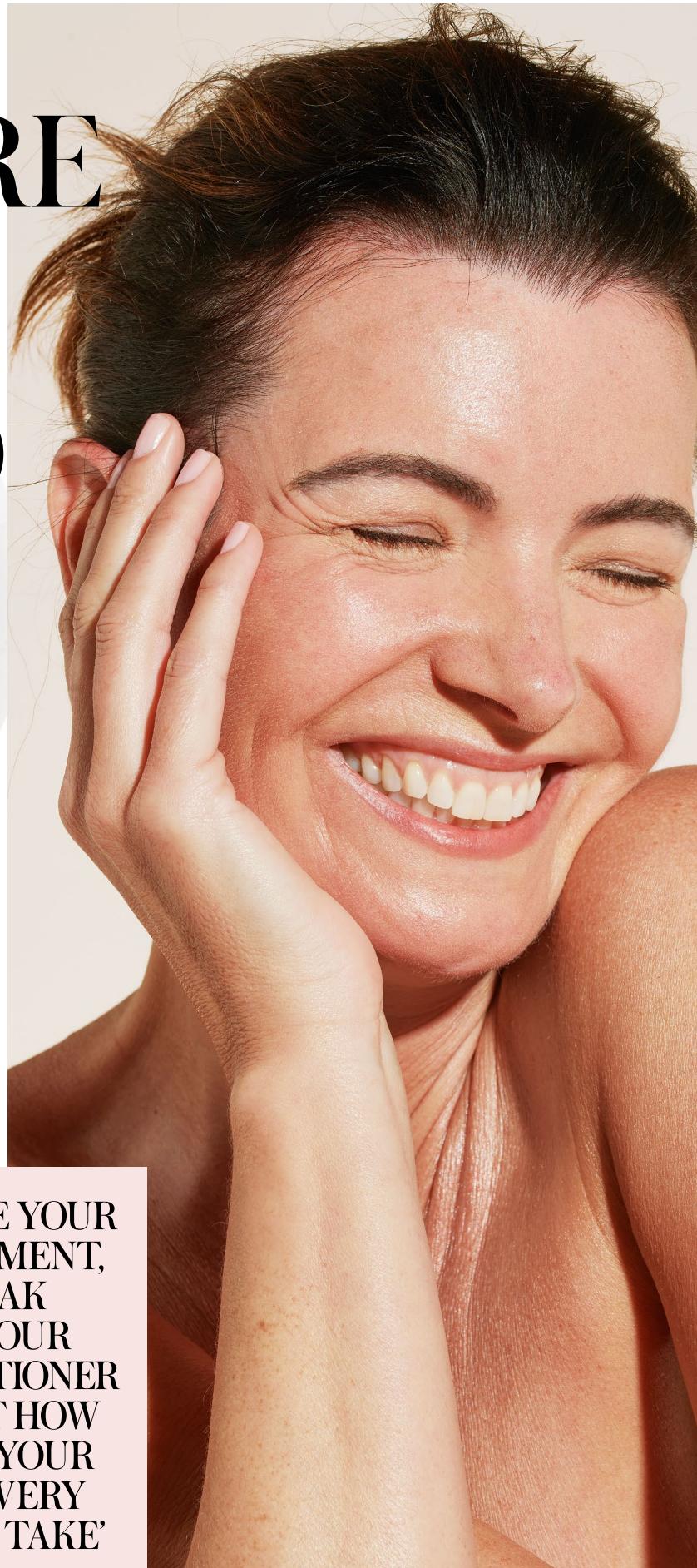
Post-procedure, make sure you are looking after your skin in the right way

After you have spent a lot of time and money on your treatment, you might expect your skin to look transformed immediately, but there are often some side effects before you see the real results. The way you treat your skin post-procedure is so important to help it recover quickly.

Some treatments, like wrinkle relaxers, are drama-free – you can pretty much carry on as normal after your appointment. While some others, like lasers or polynucleotides, may require a bit more aftercare and can take weeks to settle.

'Improving your skin recovery relies on supporting skin to be in optimal health,' according to Dr Dan Marsh from The Plastic Surgery Group. 'Using the right skincare can support recovery by reducing inflammation and speeding up the healing process.' Speak to your practitioner before your treatment about how long your recovery might take, and which products to incorporate or avoid.

**'BEFORE YOUR TREATMENT,
SPEAK TO YOUR
PRACTITIONER
ABOUT HOW
LONG YOUR
RECOVERY
MIGHT TAKE'**



What are the common symptoms?

'Mild redness, warmth, swelling and tightness are very common [after laser treatment and injectables],' says Debbie Thomas, laser practitioner and founder of D. Thomas Clinic. 'Bruising after injectables and short-term dryness after peels or lasers are also normal. These should improve steadily over a few days.'

Which are the worst culprits?

'Deeper peels and stronger resurfacing lasers usually have the longest downtime, maybe five to 10 days,' according to Debbie. 'Medium peels and microneedling can be three to seven days, non-ablative lasers could be as little as 12 hours, while injectables tend to be six to 24 hours, unless you get a bruise.'

Avoid actives

'At first, avoid retinoids and strong acids,' says Dr Marie Drago, founder of Gallinéé Skincare and an expert in the skin's microbiome. Things like high-strength vitamin C, strong fragrance and alcohol-based toners can also be irritating. 'Listen to your skin and, for a few days, try to be as minimalist as possible, then reintroduce products one by one,' adds Dr Drago. But always follow your practitioner's advice.



TO THE RESCUE

These skin soothers are like a hug in a tube.

- ⊕ **La Roche Posay Cicaplast Baume B5+, £19.50, Boots**
- ⊕ **SkinCeuticals Advanced RGN-6 Skin Rejuvenation Cream, £160, skinceuticals.co.uk**
- ⊕ **The Body Shop Vitamin E Barrier Boost Cream, £22, thebodyshop.com**



SOOTHE BY SIMPLIFYING

'It's essential to keep your routine simple after a procedure,' urges Debbie. 'Use a gentle cleanser, a soothing moisturiser and SPF every morning. Avoid heat, sun and sweat for the first few days. Calm skin heals faster and gives a better result.'

- ⊕ **Cellis Everyday Cleansing Gelée, £60, cellis.com**
- ⊕ **Dr Sam's Flawless Moisturiser Intense, £36, drsambunting.com**
- ⊕ **Paula's Choice Calm Barrier Protect Mineral Sunscreen SPF 30, £39, cultbeauty.co.uk**

WORDS: RHIANNON DERBYSHIRE
PHOTOS: JULIA DAVID, SHUTTERSTOCK





Find your GLOW

*For better skin that lifts your confidence,
try a combination of Sculptra and
Restylane® Skinboosters*

Whether it's lack of sleep, too much stress, the menopause or all of the above, modern life can take its toll on how we look. All these factors can fade our natural glow and affect the quality of our skin. From dehydration and dryness, to fine lines, wrinkles, pigmentation and even large pores, our skin can change dramatically as we age.

Collagen and elastin are both crucial proteins for our skin. While collagen acts like its scaffolding, elastin gives it stretch and plumpness. But as we get older, our natural levels dramatically reduce and, by the time we're 55, we've already lost 35% of our collagen. The good news is there are treatments that can help stimulate your natural collagen and elastin levels, as well as hydrate skin for a healthy-looking, natural glow.

Treatments explained

A synergistic combination of injectables and skincare is the key to better collagen and elastin levels. Alastin Skincare is a fantastic science-backed brand to help support your skin. Then, to really rejuvenate tired, lacklustre skin, injectable treatments can be the next step to help you look and feel refreshed.

Regenerative biostimulators, such as Sculptra, are injectable treatments that go deep into the skin to help to stimulate your own collagen production, elastin levels and skin thickness, which in turn improves firmness and radiance over time. Sculptra is the first proven regenerative biostimulator made from poly-L-lactic acid particles (PLLA-SCAT™). These microparticles can work across all three skin layers, stimulating your own collagen and elastin production to rejuvenate your skin for more than two years. Studies show it can increase collagen levels in the skin

Does your skin NEED A BOOST?

Three simple ways to test how firm your skin really is:

- PINCH** Lightly pinch your skin - does it stretch and does your skin feel thin?
- PUSH** Using a finger, lightly push your cheek up - does your skin drape?
- SMILE** Look in the mirror and smile - can you see fine lines and wrinkles around the cheek?

by up to 66.5% and improve the quality of elastin by 34% in three months. And 89% of people said they still saw an improvement in their skin firmness after two years.

Restylane® Skinboosters is clinically proven to provide six key skin-quality benefits

Skin boosters, such as Restylane® Skinboosters, are a slightly different injectable treatment. They use micro-droplets of hyaluronic acid (HA) on the face, neck, décolleté and hands to deeply hydrate for an instant glow and improved elasticity. Restylane® Skinboosters has the longest duration of skin-quality improvement across other HA skin-quality injectables on the market, giving a 24/7 glow that lasts up to 15 months. In fact, 91% of users said their skin quality was noticeably improved up to 15 months.

Natural results

While traditional fillers are injected into areas like the lips or cheeks to restore volume and require frequent touch-ups, treatments like Sculptra and Restylane® Skinboosters are much more versatile. Designed to give a natural rejuvenation effect all over the face, they're ideal if you want subtle results that help you look refreshed over a longer period.



What treatment to have?

If your skin is dry, dull and with an uneven tone, a skin booster such as Restylane® Skinboosters is a great option to plump and hydrate. However, if you are worried about fine lines, wrinkles and a loss of volume, a regenerative biostimulator like Sculptra might be suitable. They can also be layered together for fantastic results.

To rejuvenate your skin, it's really important to have a thorough consultation with a qualified aesthetic practitioner who can help you choose the right treatment.



WHO TO SEE FOR WHAT

Your cheat sheet to the best cosmetic practitioners to visit

FOR HYPERPIGMENTATION

Dr Maryam Zamani, London

An oculoplastic surgeon and founder of her own clinic and skincare line, MZ Skin, Dr Zamani has launched a new two-tier Melasma Protocol to target this famously stubborn form of pigmentation.

drmaryamzamani.com

FOR ROSACEA

Kate Kerr, London

A facialist who uses cosmeceutical skincare, LED photobiomodulation and laser technology to tackle persistent redness.

katekerrlondon.co.uk

FOR NATURAL RESULTS

Dr Brendan Khong, London

An aesthetic physician who places regenerative science at the heart of his signature 'stealth aesthetics' philosophy. He creates bespoke treatments to give each patient a radiant, authentic look.

drbrendankhong.com

FOR NO-NONSENSE SKIN ADVICE

Dr Sam Bunting, London

Along with her team of expert skin doctors, Dr Bunting's approach aims to help you find your best skin with sensible, no-nonsense advice, treatments and skincare plans for a more radiant complexion.

drsambunting.com

FOR ROSACEA

Justine Hextall, West Sussex

A consultant dermatologist who takes a holistic approach to treating rosacea, focusing on diet and lifestyle advice, as well as advanced clinical treatments.

justinehextall.co.uk

FOR PERMANENT MAKE-UP

Karen Betts, London, Yorkshire and Cheshire

The UK's most notable name in permanent make-up, Karen leads the way with the latest techniques in lip, lash and brow enhancements, as well as cosmetic and medical tattooing.

karenbetts.com

FOR COLLAGEN BANKING

Dr Aggie Zatonska, Surrey

An ENT surgeon with more than 15 years' experience in aesthetics, Dr Zatonska focuses on skin investment, using treatments to pre-empt signs of ageing.

Atelier by Dr Aggie Zatonska,
atelier.clinic

FOR AIRBRUSHED ARMS

Dr Paris Acharya, London and Hertfordshire

A qualified doctor and dental surgeon with an artistic vision, one of Dr Acharya's signature treatments targets crêpey, uneven and textured upper arms.

drparis.co.uk

FOR VENEERS

Dr Sam Jethwa, London and Marlow

Cosmetic dentist Dr Jethwa has created world-first, ultra-light Feather Veneers, which preserve your natural teeth.

bespokesmile.co.uk



**FOR
THREAD LIFTS**
**Dr Leah Totton,
London and Essex**

Doctor and winner of the BBC's *The Apprentice* in 2013, Dr Totton is one of the UK's most experienced thread lift practitioners, perfecting a natural result that's not too 'done'.

drleah.co.uk

**FOR
VAGINAL
LAXITY**
Dr Shirin Lakhani, Kent
A GP and fully trained aesthetic physician, Dr Lakhani's signature treatment alleviates symptoms such as urinary incontinence, vaginal dryness and loss of sensitivity.

drshirinlakhani.co.uk

**FOR POST-
WEIGHTLOSS
BODY CONTOURING**

**Dr Dan Marsh and
Dr Mo Akhavani, London**

Consultant plastic surgeons Dr Marsh and Dr Akhavani are pioneering treatments to address the rise in GLP-1-related body transformations.

**The Plastic Surgery Group,
theplasticsurgery
group.co.uk**

**FOR A
BETTER
SMILE**

**Dr Manrina
Rhode, London**

Cosmetic dentistry, fillers and more.

**DRMR, drmr
london.
co.uk**

**FOR ADVANCED
LASERS**

Dr Derrick Phillips, London

Consultant dermatologist Dr Phillips specialises in state-of-the-art laser and light treatments to improve pigmentation and skin clarity with minimal downtime.

drderrickphillips.com

FOR JOWLS
**Dr Jennifer Owens,
Dublin and Cork**

A pro practitioner and qualified dental surgeon, Ireland-based Dr Owens is a master of redefining slackening jawlines for a sharper, more lifted appearance.

theglowclinic.ie

**FOR
ACNE**

**Dr Anjali
Mahto, London**

Dr Mahto is a pro at controlling acne and reducing the look of scarring.

**self
london.
com**

**FOR
ADVANCED
LASERS**

Dr John Quinn, Bristol

A GP and aesthetician, Dr Quinn has more than 25 years' experience working with cutting-edge laser treatments.

[>>](http://quinnclinics.co.uk)

FOR LIPS

Natalie Fletcher, Derbyshire

Natalie, a registered midwife and nurse prescriber, takes a 'less is more' approach to lip boosters.

naturallyflawless aesthetics. co.uk

FOR FATFREEZING

Dr Galyna Selezneva, London

A trained aesthetic doctor, Dr Selezneva is known as the 'Ice Queen' for her expertise in fat-freezing procedures for full-body contouring.

drgalyna.com

FOR A NO-SCALPEL BLEPHAROPLASTY

Dr Jessica Halliley, Nottingham

An award-winning aesthetic doctor and GP, Dr Halliley uses ultrasound to lift and sculpt the eye area without the need for surgery.

yourbeautydoctor.co.uk

FOR FULLER BROWS

Laura Kate Rzemieniecka, London and Hertfordshire

Laura specialises in microblading and powder brows.

laurakate artistry. com

FOR

BLEPHAROPLASTY

Dr Elizabeth Hawkes, London

Consultant ophthalmic and oculoplastic surgeon Dr Hawkes is the first name in surgery to remove excess fat or skin around the eye area.

dreliizabethhawkes.com

FOR LIPS

Dr Rita Rakus, London

An aesthetic doctor who has spent years honing her craft, Dr Rakus has been dubbed 'The London Lip Queen' for her commitment to natural-looking, fuller lips.

Rakus Clinic, rakusclinic.com

FOR SKIN EXPERTISE

Dr David Jack, London and Edinburgh

With a background in plastic surgery and burns, as well as a skincare line, Dr Jack knows a thing or two about caring for skin.

drdavid jack.com

FOR DERMATOLOGY ADVICE

Dr Alexis Granite, London

A leading voice in dermatology and aesthetics, Dr Granite is the go-to expert for many skincare brands and journalists, thanks to her wealth of knowledge dealing with all kinds of skin issues.

Skinesis Medical at Sarah Chapman, dralexisgranite. com

FOR BREAST AUGMENTATION

Patrick Mallucci, London

A pioneering plastic surgeon, Patrick has set a global benchmark for natural breast aesthetics by identifying the ideal proportions and ratios.

mallucci-london.com

FOR SCARS AND STRETCH MARKS

Professor Firas Al-Niaimi, London

A dermatologist with more than 20 years' experience, Professor Al-Niaimi uses lasers, injectables and energy-based treatments to tackle unwanted marks.

drfirasalniaimi.co.uk

FOR PEELS

Kelly Saynor, Cheshire

An aesthetic nurse and founder of The Perfect Peel, Kelly uses chemical peels to renew clients' complexions.

Renew Medical Aesthetics, kellysaynor.com

FOR SKIN REJUVENATION

Dr Julia Sevi, Leeds

Dr Sevi is the founder of Aesthetic Health, which creates treatment plans combining regenerative aesthetics.

aesthetichealth.co.uk





THE UK'S TOP CLINICIANS

Whether you're topping up your Botox, plumping for filler or investing in skin boosters, these are the best practitioners to trust with needle work.

DR SOPHIE SHOTTER

Locations in
London and Kent;
drsophieshotter.com

DR ASHWIN SONI
Locations in Berkshire
and London;
thesoniclinic.com

DR WASSIM TAKTOUK

Various London locations;
drwassimtaktouk.com

DR ANITA
STURNHAM
Nuriss Skin and
Wellbeing Centre,
London;
nuriss.co.uk

DR MANAV BAWA
Time Clinic Medical
Aesthetics & Wellness,
various London locations;
time-clinic.com

DR CHRISTINE HALL
Taktouk Clinic,
London;
drchristinehall.com

Finding the right practitioner and checking their credentials is essential. You can find an extensive list of trusted practitioners at theweakmentsguide.com/practitioners and confirm the qualifications of medical professionals by searching their names on the General Medical Council register at gmc-uk.org.

FOR TAKING IT TO THE NEXT LEVEL

If you are considering
cosmetic surgery,

Dr Yannis Alexandrides

is one of the most established
names on London's

Harley Street.

111harleystreet.com

FOR LAYERED TREATMENTS

**Dr Nora Jaafar,
London and Kent**

A dermatologist and aesthetics expert,
Dr Jaafar specialises in a 'skin stacking' approach,
layering microneedling treatments, injectables
and peels for impressive results.

rejuvenation-clinic.co.uk

COLLAGEN

Do you need to up your levels with a supplement? BOOSTERS



Collagen is a protein that makes skin plump and keeps our bodies supple. But as we age - even from our late 20s - collagen levels drop, leaving us with wrinkles and loss of structure in the face. Most aesthetic treatments are designed to help increase collagen levels in the skin, which in turn can smooth, firm and plump. But is it also beneficial to try to replace lost collagen with supplements?

A quick science lesson

Collagen is a naturally produced protein that glues together our bones, skin, cartilage and blood vessels, and helps our tissues to grow and move. 'Collagen makes up 80% of tendons, 70-80% of the skin, 60% of cartilage and 30% of bones,' explains Dr Sarah Brewer. 'It provides structure for soft tissues, binds the body together, and is key to maintaining youthful, plump, well-hydrated skin.'

Why do we need it?

There are three main types of collagen - types 1 and 3 provide strength and structure to your skin, while type 2 is mainly found in cartilage, the protective cushioning between joints. During our 20s, the amount of collagen our body produces drops by around 1% every year, which means our skin loses elasticity, and our bodies become less supple and more prone to injury.

How do we get it?

We get most of our collagen needs from our diets - either directly from chicken and fish, or by eating certain

foods that help our body produce it. 'Collagen is made up of amino acids including glycine, proline, hydroxyproline, lysine and arginine, all of which are present in our diet,' explains Dr Brewer. 'The collagen in our joints is found mainly in fish and chicken. However, we need to eat enough vitamin C for our bodies to produce collagen too.' So if you up your intake of citrus fruits and berries, it could help reduce the rate at which your skin ages.

The truth about supplements

New products appear all the time that claim to boost collagen. But do they actually work? There are two types of supplements - those that contain collagen in its original state, known as non-hydrolysed or undenatured collagen - and those that contain it in a hydrolysed or solubilised form, which is easier to absorb. 'Collagen in supplements is either derived from marine sources or from animal cartilage,' explains Dr Brewer. Although human studies are lacking and often funded by related industries, researchers* have found that hydrolysed collagen supplements can ease symptoms in osteoarthritis sufferers. Trials** have also demonstrated that 'collagen supplements have benefits to skin suppleness, elasticity and hydration, to reduce the formation of wrinkles,' adds Dr Brewer.

So, along with a healthy diet and collagen-boosting treatments, it may be that a supplement is the key to a more youthful you.

1 **Vida Glow Skin + Energy, £78 for a 30-day supply, lookfantastic.com**

Aside from the delicious taste of green apple, this once-a-day sachet combines 5,000mg of hydrolysed marine collagen peptides, as well as green tea extract, red ginseng and liposomal CoQ10



to support cellular energy, immune resilience and daily vitality, as well as helping to stimulate the production of new collagen in the skin.

2 **Absolute Collagen Skin Pro Liquid Collagen, from £45.50 for a 28-day supply, absolutecollagen.com**

These single-dose sachets combine 8,000mg of hydrolysed marine collagen with vitamin C to support collagen absorption, as well as hyaluronic acid, biotin and niacin for a healthier, well-nourished complexion.



3 **Gold Collagen Forte Ageless, from £119.10 for a 30-day supply, gold-collagen.com**

A maximum-strength supplement with 12,000mg of marine collagen, as well as hyaluronic acid, elastin, ceramides, vitamin C, zinc and biotin to support both skin hydration and elasticity. In a trial, 87% of participants said they felt they looked younger after taking it for a period of three months.



5 **Revive Collagen nootropics range, from £70.21 for a 28-day supply, revivecollagen.com**

This groundbreaking nootropics and collagen range combines 6,000mg of hydrolysed type 1 marine collagen with functional mushrooms, nootropics and adaptogens, to help balance energy and mood. Choose Concentration & Clarity to boost focus during the day, or Sleep & Inner Calm to aid rest at night.



woman&home's
TRIED & TRUSTED
COLLAGEN
Our pick of the best skin-plumping supplements

6 **Freja Instant Bone Broth, £23.96 for 16 servings, frejafoods.com**

If you'd prefer to eat your collagen, forget making smelly bone broth and invest in these sachets instead.

Available in chicken or beef flavours, simply add hot water and enjoy it as a drink, or use it as a base for more filling soups or broths. Each sachet offers 6,000mg of collagen per serving.



I'm a firm believer in taking collagen daily, and I have tried and loved every single one of these supplements'

**Sarah Cooper-White,
beauty director**

4 **Kollo Liquid Marine Collagen Drink, from £59.74 for a one-month supply, kollohealth.com**

For smoother skin, stronger hair and nails, plus less achy joints, this pleasant-tasting liquid sachet offers 10,000mg of marine collagen peptides, as well as your full recommended daily allowance of B1, B5, B6 and B12 vitamins for energy and focus, plus vitamin C to support collagen formation.



7 **Ancient + Brave True Collagen, from £25.60 for 40 servings, ancientandbrave.earth**

A great-value type I hydrolysed bovine collagen peptide powder that blends easily into both hot and cold drinks. It's

easily digestible and highly absorbable. One heaped teaspoon gives you 5,000mg of collagen, while a rounded tablespoon gives you 10,000mg. In clinical trials, 100% of people saw a reduction in fine lines and wrinkles.



BETTER BROWS

Don't underestimate the power of good eyebrows when it comes to freshening up your face



Just as the hair on our head can thin, so can our eyebrows, thanks to a shift in hormones. But redefining the shape and the shade of sparse brows with a permanent treatment can restore symmetry, subtly lift the features and give the impression of a more youthful face. 'A slightly lifted arch can open up the eye area,' says Karen Betts, a leading authority in permanent make-up and microblading.

The right treatment

Microblading uses a semi-permanent tattooing technique to deposit pigment into the skin, creating tiny hairlike strokes, for fuller brows. It works best on drier skins, which hold on to the pigment for longer.

Powder brows use a machine to add tiny dots of pigment into the skin, which creates a soft, filled-in effect. It's a more defined look than microblading and is also a good option for oilier skin types.

Combination brows blend the two techniques together, with hairlike strokes at the front of your brows and a more defined effect through the mid to ends.

Cost and upkeep

A permanent brow treatment costs from £350 to £1,000, depending on your practitioner. This should involve a thorough consultation, the first treatment and then a top-up session six weeks later. If you want to keep your brows looking defined, you'll need to commit to a colour-boost treatment every 18 months to two years, but this won't cost as much as the initial treatment. Without this, the tattoo effect will fade away over time.



We tried it!

Our beauty director Sarah Cooper-White tried microblading at Karen Betts Clinics, which has locations in London, Cheshire and Yorkshire; karenbetts.com.

'Over the years my brows have got thinner, and I'd started to feel like I couldn't leave the house without pencilling them in. I was worried microblading would be painful but Karen talked me through the process and applied numbing cream to the area. First she drew out the shape and got me to OK it, plus the chosen shade, then I relaxed and let her get to work. After the initial shape was done - I didn't feel a thing - she then applied more numbing cream and continued to draw tiny, hairlike strokes to build up the shape and colour of my new brows. Afterwards, and for the first 10 days, I applied a clear balm to my brows twice a day to help them heal; you also can't get them wet for five to seven days, which does make hair-washing tricky.'

I went for a top-up session six weeks later to fill in any gaps, and now I can't believe the transformation. It's one of the best tweakments I have tried - it has made such a difference to the structure of my face, as well as my confidence.'



Tools to up your BROW GAME

- ⊕ Intensify your brow colour and shape with **Anastasia Beverly Hills Brow Definer Deluxe, £13.50, lookfantastic.com**, which fills, defines and creates hairlike strokes, and comes in 12 shades.
- ⊕ Keep the hairs you do have in place with **BrowAid Browtox Lift and Lock, £19.50, browaid.co.uk**, a clear hold gel that has amazing staying power.
- ⊕ Dyeing your brows can help them look fuller and thicker. **L'Oréal Paris Brow Color Semi-Permanent Eyebrow Tint, £13.99, Boots**, comes in five shades and lasts up to five weeks.



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