

INSTYLE 2007
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beauty know it all

4 ANTI-AGEING ATTITUDE

I'm sussed on skincare, but I'm ready for a little extra help from the pros

What's happening to your skin?

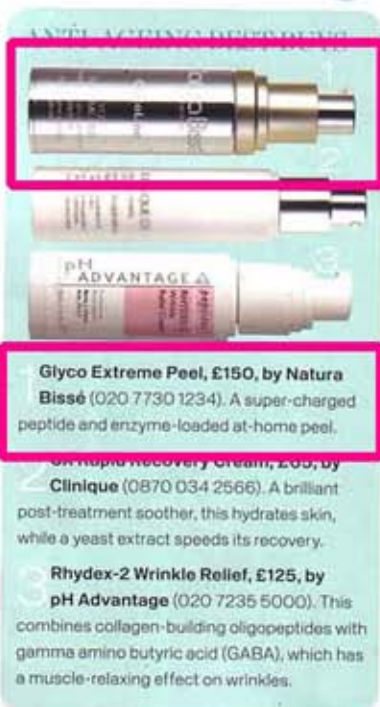
You have your skincare routine down, but it's your deeper furrows that are concerning you, so you're toying with the idea of a little help from the needle pros.

Your skincare strategy

Chances are you're already trialling the latest hi-tech skincare and know what suits your skin, but it's worth having a few of the following extra weapons in your arsenal.

Expert help

There are many new treatments springing up all the time, but Wendy Lewis suggests sticking to the tried-and-trusted options: "Don't jump on the bandwagon until you have seen some scientific proof that the technology is more than just a fad. You don't want to be a guinea pig." Read the info, *below right*, on the dermatologist's faves. →



Professional age-delaying (non-invasive) treatments

BOTOX

What is it? Botox is injected into active (moving) wrinkles, paralyzing the muscle. **Pros** It's quick with little recovery time. Erases fine lines and crow's-feet and "lifts" the brow. **Cons** Effects take a week to appear and last between three to six months. In rare cases, eyebrows can temporarily "droop" after treatment. **Further info** botox.com **Prices** From £200 per shot.

HYALURONIC FILLERS

What are they? Dr Lowe cites dermal fillers Restylane and Hydrafil (or Juvéderm) as the safest. Made from hyaluronic acid (which the body produces naturally but which diminishes with age), they're injected into lines to restore volume and smooth furrows. **Pros** They plump out deep folds that can't be corrected with Botox.

Cons The filler slowly reabsorbs into the body so top-ups are required. Some swelling and bruising can occur post-treatment. **Further info** facialfillers.co.uk **Prices** From around £400.

LASERS AND IPL

● **FRAXEL**
What is it? A microscopic laser that pulses deep into the skin, triggering new collagen, smoothing and tightening skin. **Pros** It also works on scars and pigmentation. **Cons** You may need up to six sessions and results can take up to six months to appear. Skin can be swollen for a few days. **Further info** fraxel.com **Prices** From around £2,000.

● **IPL**
What is it? Also known as photorejuvenation, a broad spectrum of visible light is

absorbed by melanin pigment in the skin, breaking down age spots and improving fine lines. **Pros** Results can be achieved in one session. **Cons** Not advisable to be performed on dark, Asian or tanned skin as it can't detect the unwanted pigment and could cause scarring. **Further info** intensepulsedlightreview.com **Prices** From around £100 per area.

RADIO-FREQUENCY TREATMENTS

What are they? The most effective being Thermage, which delivers radio-frequency energy to heat the skin and tighten collagen and sagging. **Pros** No downtime. Results from one session can last several years. **Cons** It can be painful and expensive if you require a second treatment. **Further info** thermage.com **Prices** From around £2,000. ■