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EXCLUSIVE INTERVIEW

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DEATH OF THE TMW\*  
(\*TOO MUCH WORK) FACE

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# TMW\* FACE? THAT'S SOOO 2012...\*(too much work)

THE AGE HONESTY MOVEMENT has been gathering pace ever since Nicole Kidman and Heidi Montag went from gorgeous to gah! With their frozen foreheads and permanently arched brows, they were the poster girls for TMW (too much work). But it was the cast of *TOWIE* and their Botox parties that really did it. Wiping out all signs of ageing became naff, with stars like Kate Moss and Victoria Beckham showing us how it's done by ageing appropriately (and looking fabulous for it).

'The trend has moved away from wanting to look younger, with people just wanting to look really good for their age,' says facialist Debbie Thomas, who works with model Sophie Dahl. Debbie says the key to ageing well is to create plumper, smoother skin with no pigmentation and an even colour. 'With age our skin becomes gradually discoloured and pigmentation develops. Even amounts so small you can barely notice have a huge effect on how old you look.' She achieves evenness with non-invasive and no-down-time lasers, which 'improve your skin over two or three months, so people won't say, "Wow, what have you had done?"', but will be curious as to why you're looking so healthy.' She also advises saving money on Botox and investing in better skincare. 'I love the SkinCeuticals range (skinceuticals.co.uk), which is full of antioxidants that

## FIVE OF THE BEST TREATMENTS

**1 GENTLELASE PRO LASER:** 'I use this for pigmentation and achieving even skin colour,' says Debbie Thomas (debbiethomas.co.uk).

**2 THE DNA FACIAL:** 'I use a laser that stimulates collagen production, which keeps skin plump and smooth and makes it stronger,' says Debbie. 'It also calms inflammation so is good for breakouts.'

**3 SLENDERTONE FACE:** Nichola recommends this massaging device for your face, as it improves the texture of skin and rejuvenates skin cells (£250, slendertone.co.uk).

**4 CLEAR + BRILLIANT:** a laser designed for younger women looking for more radiance. Available from Dr Tracy Mountford (cosmeticskinclinic.com).

**5 DERMASWEEP:** available exclusively from Dr Nick Lowe, it's a softer type of microdermabrasion that gently cleans pores and stimulates blood flow. Particularly good for pigmentation and sun damage (drnicklowe.com).

repair and protect skin from damage.'

A-list skincare expert Nichola Joss, who has worked with Kate Moss, advises clients to massage their skin firmly with their fingertips for at least a minute with rose oil. 'This brings blood to the skin's surface, leaving it plump and radiant. I love Aromatherapy Associates Nourishing Face Oil (£39, aromatherapyassociates.com), MV Organics Rose Plus Skin Booster (£60 for 35ml, cultbeauty.co.uk) and Dr Sebagh's Rose Serum (£129 for 30ml, uk.spacenk.com).'

Lifestyle-wise, Nichola advises cutting out sugar, which she says causes premature ageing, and instead eat plenty of greens and fish oil. Try the hot new krill oil (a type of fish found deep in the ocean). 1,000mg is equal to 3,000mg of regular fish oil and it also contains 100 times more omega 3. Or try Clean Marine Krill Oil for Women (£22.99, cleanmarinekrilloil.com and health food stores).

*Massage skin firmly with fingertips with rose oil for 60 seconds to leave skin plump and radiant*



*flash*

Want better skin in five minutes? Turn off all electrical goods, including your phone,' says Nichola. 'Sit for five minutes with your legs crossed and think about your breathing, nothing else. This will de-stress your body and therefore your skin, making it glow.'