

# STYLISH

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THE SUNDAY TIMES

**FOR YOUR EYES ONLY**  
BEHIND THE SCENES AT THE VICTORIA'S SECRET SHOW

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**THE FOGGY FACTOR**  
INDIA KNIGHT'S MIDLIFE MANUAL

## OUR CUPS RUNNETH OVER

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FINE FOOD AND GLORIOUS  
TABLE SETTINGS – 13 PAGES  
OF PURE INDULGENCE

**PLUS**  
THE SUNDAY TIMES  
WHISKY CLUB  
LAUNCHES TODAY





It seems that laser is performing a small public service. When once the big three-oh might have been celebrated across Britain with a shot of baby botox (a mini-dose, administered to young skin to slow off ageing), women in the 25-35 age bracket are now approaching cosmetic surgery with caution. Whether this is down to C-bee yellow faces or the more serious 7P implants scandal, demand for less drastic procedures is growing.

Debra Roberts Lawrence is a clinical beautician at Level 46, a Harley Street clinic that specialises in Lipoglass, a non-invasive alternative to liposuction. "Many of our clients show us pictures of celebrity treatments in magazines and say, 'I don't want to end up looking like that.'" In the past year, there has been a trend away from fillers, breast implants, collagen injections and liposuction towards safer, quicker alternatives.

Why on earth does a 30-year-old want to inject anyway, you might ask. The 30-year-old might disagree. This is middle age, starting to age while still prone to hormonal breakdown. "The most frequent concern I see is late twenty- and early thirtysomethings in perimenstrual or late-onset acne," says the dermatologist Dr Nick Lowe, of the Cranley Clinic in London. "Many women of this generation have also been on the pill and have problems with pigmentation and puffiness as a result. Others have early sun damage, with brown spots. Also, the use of multiple products means I see a lot of women with skin sensitivity and irritability problems."

Happily, a new generation of non-surgical treatments is showing promising results – and all with the doctor's seal of approval. See them as pre-emptive strikes.

#### BEST FOR STAYING OFF WRINKLES

Skin lasering may sound creepy, but new treatments are much less aggressive than they used to be. Clear + Brilliant has been designed specifically "to attract younger patients looking to take control of their ageing process". The laser causes minute trauma to the top layer of the skin; then, as the area heals, new skin cells rush to replace the ones that are being shed. The result is more youthful-looking skin. A numbing cream is applied to the face first (despite this, some testers say it is still quite painful), then the treatment takes about 20 minutes. After a course of four to six fortnightly sessions, tone, texture and the radiance of your skin should all be much improved. Testers have raved about the results, reporting glowing skin and no

need to wear make-up. The dermatologist Dr Tracy Mountford is a fan: "We have been using it mostly on 25- to 45-year-olds," she says. "The effect becomes more and more impressive: skin looks increasingly more radiant and refreshed as time goes on." £350 per session; [clearandbrilliant.com](http://clearandbrilliant.com)

#### BEST FOR IMPROVING PAST DAMAGE

Until now, microdermabrasion, the sloughing-off of the epidermis with fine crystals – a bit like having your face sandpapered – has been a one-size-fits-all prescription for youthful skin. While it can be effective, it's often harsh and tricky to control. Lowe uses a new, more refined technique from America called Dermadway, currently only available in his clinic (£200 a session). The first step uses a vacuuming wand to gently lift the skin, removing the top layer (it really does feel like a tiny Hoover moving over your face). This is left smoother as the treatment cleans the pores, removes skin debris and

## THIS WON'T HURT A BIT

FORGET THE FILLERS AND JABS — THESE DAYS, THIRTYSOMETHING WOMEN ARE LOOKING FOR NONINVASIVE PROCEDURES. FRANCESCA HORNAK REPORTS ON THE LATEST AGE-BUSTERS THAT ARE GENTLE BUT EFFECTIVE

