

Ultimate guide to ANTI-AGEING

ALL THE BEST TREATMENTS TRIED & TESTED

The Daily Mail
Tuesday 15 November 2016

LIP FILLERS

These injections are designed to give fuller, natural-looking lips using Juvederm — a smooth hyaluronic acid gel filler.

The gel replaces volume lost due to ageing and smooths fine lines caused by years of pursing your lips.

How it feels: I have always had very thin lips, but am wary of having anything too dramatic done to plump them because I really don't want anyone else to notice.

After reading about the natural-looking results of the Juvederm fillers, I visit cosmetic doctor Dr Tracy Mountford to have them done.

She takes some photographs for before and after comparisons and we discuss how to achieve the most natural result.

First, some anaesthetic cream is smoothed over my lips and left for ten minutes to numb the area. This is the strangest part — not uncomfortable, but similar to having a numb mouth after visiting the dentist.

Dr Mountford injects twice on one side of my mouth and shows me how it looks in the mirror. I am happy, so she repeats the injections on the other side.

The results: Just great. The swelling is minimal and not even my boyfriend notices I've had anything done. Best of all, I feel more confident. My lips feel totally normal and the fullness should last for around a year.

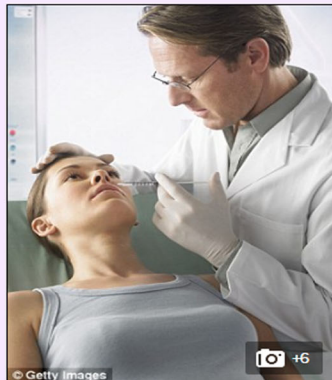
Ouch factor: 3/10.

Effectiveness: 7/10.

Time taken: 30 minutes.

Where: The Cosmetic Skin Clinic, 1 Upper Wimpole Street, London W1G 6LA; cosmeticskinclinic.com; from £450. To find nationwide Juvederm practitioners, visit this-is-me.com

Thalia Michel



These injections are designed to give fuller, natural-looking lips using Juvederm — a smooth hyaluronic acid gel filler

BOTOX FOR CROW'S FEET

This will soften existing lines and prevent new ones from forming.

Cosmetic doctor Tracy Mountford cleans the area around my eyes and asks me to smile broadly, so she can see where lines are forming.

Four tiny amounts of Botox are injected into the wrinkles at the side of my eyes and underneath. It's over in ten minutes and an ice pack is given to prevent swelling.

How it feels: Having a long needle just millimetres from your eye can be unnerving and the Botox can sting a little. The skin around the eye is delicate and may bleed for a short time after treatment.

Being fair-skinned, I do get tiny bruises from the needle, but they fade after a few days.

The results: It can take up to two weeks to see the full effects, but I notice a difference in five days.

My crow's feet don't disappear — I want to look natural, not frozen — but they're softer and I look refreshed. It will start to wear off after three to four months.

Ouch factor: 5/10.

Effectiveness: 7/10.

Time taken: 15 minutes.

Where: The Cosmetic Skin Clinic, 1 Upper Wimpole Street, London W1G 6LA; cosmeticskinclinic.com; from £300. Botox is also available in cosmetic clinics nationwide.

Claudia Connell

DON'T BE A GUINEA PIG

Use your head and choose a well-practised doctor. If your hairdresser says: 'It's a really cheap treatment, I've got a friend who has just started doing it and they'll give you a bargain . . .' stop and think.

All practitioners admit that the more procedures they do, the better they get at them, so you do not want to be a human guinea pig.

Always look for a practitioner who is accredited by one of the following organisations: British Association of Aesthetic Plastic Surgeons, British Association of Plastic Surgeons, British Association of Cosmetic Nurses, British College of Aesthetic Medicine, British Association of Dermatologists and British Association of Plastic, Reconstructive and Aesthetic Surgeons.