

TATLER

58 WAYS TO BE HAPPY IT'S AN ACCESSORIES EXTRAVAGANZA

PAPER KNICKERS ON! IT'S THE SPA SPECIAL...

NOVEMBER

NAKED GIRLS IN STALEY HOMES

DIVORCE OF THE DECAD BRITAIN'S MOST CHARITABLE COUPLE AN THEIR EIBN BUST-L

HOW POSH IS YOUR FACE

REBEL BEAUTY

THE SEDUCTIVE GLAMOUR OF CHANEL GIRL ALICE DELLAL

Antonia

HOME WELCOME MY BLOG TV I COACH WORK WITH ME EVENTS CONTACT

Cosmetics to suit your Couture? the new wave of designer nip tuck names



I've always had a chuckle at cosmetic interventions that grabbed headlines or consumer attention with quirky or whacky names, like the "Lunch Job", one of my favourites, a whimsical name for injectable fillers for designer haters, tourists, or how about "Vajacular Therapy" for female genital enhancement, a spin-off name from "Dracula Therapy" also known as PRP, you have to giggle, at the creative and attention capturing titles.

It seems that when it comes to describing aesthetic procedures by their proper or correct terminology, brand manufacturers or medical aesthetic practitioners are reluctant to take the conventional path anymore.

The latest thing is to give your treatments cool names, and hip titles. Cue a perfect example press release, freshly landed in my inbox this morning, the contents clearly snub the word fat freezing (that's so 2015) instead the clinic medic describes her offering as *The Gucci Job* or *The Chanel Job* according to the couture choices of her clientele.

Dr Galyna says she has developed a unique approach to cosmetic body treatments tailored to her fast growing fashion conscious customer base in the Rita Rakus clinic, Knightsbridge. Dr Galyna believes that this 'custom-fit' approach gives her clients a tool to understand what they really want, and to not only feel comfortable in their own skin, but in their own clothes.

The Chanel Job focuses on slim arms and slim abdomen, perfect for the tight sleeves and box fit typified by the brand. The Gucci Job focuses on bra rolls tailored to Gucci's tight

AMEN TO THAT THE HOTTEST NEW WAY TO GET ZEN

GRAZIA

EMMA WATSON

EXCLUSIVE

I DON'T CARE IF PEOPLE CALL ME A DIVA

HOW STAR TOOK ON HER HOLLYWOOD CRITICS - AND WON

HEARTBREAK OR HOPE! WHAT BREXIT MEANS FOR YOU

SWELTERING VS SWASH-OUT Your SOS wardrobe

SMALL SPENDS BIG HITS!

WE W

CURT BUY!

HIGH STREET ACCESSORIES SPECIAL VACAY

KENDALL FORCED TO DITCH TAYLOR SQUAD!

SHOCKING INTERVIEW

'WHY I'D TAKE LIVE TV CHEAT MARCO BACK'

BRIDES

Cosmetic Beauty GUIDE 2017

The latest treatments, go-to doctors and products that get results. It's your top-to-toe BRIDAL BEAUTY PLANNER

in association with LUMITY

Shape-shifter

SmartMed

HE TWEAKMENTS

of avoided, like coffee and alcohol, can burn spacing, abnormalizing and body brushing for weeks but, no matter what, certain areas of fat just won't budge. Say hello to the new "tweatment" - the advanced cosmetic surgery fixes with very little downtime.

New advanced techniques employed by Yaser 360° Lipos allow areas of the leg previously considered too risky for lipos to be treated. Under local anaesthetic the whole thigh can be evenly reduced, resulting in a natural, dimple-free shape.

Yaser 360° Lipos, £2,000, exclusive to Dr Mike Conlan, medical director of The Private Clinic (theprivateline.co.uk).

Fiblyl turns, wobbly knees and stretch marks are the target of non-invasive treatment INTI Acell. Using radio frequency it emits a host of tiny needles to heat the deep layers of the dermis to stimulate collagen production and soften stretch marks. You'll see immediate tightening, but three or four

HI-TECH FIRMING

Next up, that perennial beauty pain, cellulite. Celebrities lead the way in terms of trying the latest treatments - Madonna famously bought an Acoustic Wave Therapy machine in 2010 to break down fat and abolish the dreaded orange-peel effect. The latest version - CelluliteGone (or at SP Medispa) - promises to contour the body as well as firm skin. The machine is an hi-tech it will be used during the Olympics for muscle and corrective tissue tightening in athletes. The developer's trials show impressive results, but at £1,800 for a course of six, it comes with hefty price tag. (fromm.com)

POWER PEELS

Let it until the last minute! The best way to at least look as though you have a tight and toned body is to work on the surface texture. Co-lecty Body Lift Peel (250, available at SP Medispa), might be expensive, but it uses an antioxidant 500 times more powerful than Vitamin K to encourage skin renewal for a full body buff. It's more of a mild sloughing than a full-on peel. Alternatively, Came + Austin Retexturing Treatment Pads for Body, £26 for 60 (exclusive to Space NK) employ pharmaceutical-grade glycolic acid to smooth skin and erase those unsightly bumps like the ones found on the backs of the arms.

Bionic Body

Shape up for the sunshine with a little help from the latest next-generation body beautifiers

PHOTOGRAPHS BY JASON HETHERINGTON, WORDS AND STYLING BY LISA OXENHAM

REDEFINE YOUR JAWLINE With the Light Touch Clinic



As well as seeing changes to skin texture such as dryness and fine lines, our face shape changes as we age. Loss of fat in the upper face and the effects of gravity cause skin to droop downwards, leading to a loss of jawline definition. Fortunately, our aesthetic practitioners have a range of treatments to lift both your jowls and your confidence!

ULTRAcel

With an instant lift which continues to improve over the coming months, it is easy to see why ULTRAcel is one of our most popular jowl treatments. The Light Touch Clinic was one of the first clinics in the UK to use ULTRAcel and our medical practitioners have developed a unique protocol for maximum results.

ULTRAcel is a revolutionary non-invasive treatment which combines radiofrequency with ultrasound for firmer, more youthful skin. Radiofrequency energy is used to stimulate the production of collagen and elastin in the deeper layers of the skin whilst ultrasound is beamed to a controlled depth to tighten and contract the underlying tissue. This results in a deep, long-lasting lift.

As well as tightening sagging jowls, ULTRAcel reduces the appearance of lines and wrinkles for refreshed, smooth skin. This makes it a fantastic option for those who want to address skin quality as well as skin laxity.

We can also combine ULTRAcel with other treatments such as dermal fillers or INTRAcel Skin Resurfacing for even better results.

TATLER

BEAUTY & COSMETIC SURGERY 2017

BRIDES

Cosmetic Beauty GUIDE 2016

Top-to-toe advice on the best treatments for you, the go-to doctors and the new game-changing products

in association with Skinade

Mel B, 43, boasts a VERY smooth visage as she supports Simon Cowell at Hollywood Walk Of Fame ceremony after £4,000 non-surgical facelift



1.2k
View comments

Beaming broadly at the event, Mel flaunted her enviably smooth visage, following a course of non-surgical cosmetic enhancements - including a skin tightening treatment.

The mother-of-three recently visited Dr Nyla's Wilmslow clinic, where she underwent a £4,000 non-surgical face lift called Ultracel.

Lisa Snowdon EXCLUSIVE: Model, 47, reveals she spends £800 on facials to maintain her youthful visage as she talks avoiding Botox, surgery and her 'hideous menopausal night sweats'



Ageing gracefully: Lisa, who counts George Clooney among her exes, revealed she goes to Dr Galyna Selezneva at Dr Rita Rakus clinic in Knightsbridge for an £800 course of UltraCel (pictured in 2004)

'Lisa goes to Dr Galyna Selezneva at Dr Rita Rakus clinic in Knightsbridge for an £800 course of ULTRAcel 2 skin tightening'

Why Dermalinfusion is the New and Improved Microdermabrasion

It's safer and less invasive than microdermabrasion.



iStock/PeopleImages

Is it Better than Microdermabrasion?

While microdermabrasion is a minimally invasive procedure, sanding away the top layer of skin on targeted areas, dermalinfusion is not invasive at all and is safe to use all over the face. According to Glo Skin & Laser, “microdermabrasion does not infuse anything into the dermis, which can leave your skin dry, irritated, and, if you’re acne prone, can trigger a breakout.” They also told us that with dermalinfusion, they work “from the middle of the face to the ears to promote lymphatic drainage [and] go in a slow sweeping motion that is quite relaxing and not stressful on the skin,” whereas “there is no specific direction to go in with a microdermabrasion, and sometimes severe overlapping can occur which can cause redness and sensitivity for days.”

Enjoy Plumper, Brighter Skin In Just 20 Minutes With Dermalinfusion



Dermalinfusion simultaneously exfoliates, vacuums away dulling debris, and floods the skin with... [+] ENVY MEDICAL

But when I received an email invitation to try [Dermalinfusion](#), I paused – this time, for different reasons. I’d read glowing reviews of the treatment, but what nudged me to say yes is that the technology reportedly deftly does it all, from exfoliating the skin to infusing it with specially-selected serums, in just 20 to 30 minutes. Better results in less time than a standard facial? Sign me up.

Rejuvenate your skin, whatever your age



Enjoy the benefits of a natural uplift with ULTRAcel at the Dr Rakus Clinic in London

Do you like the sound of a non-invasive treatment that sculpts the perfect jawline, reduces wrinkles and effectively rejuvenates the skin, all with virtually no pain or downtime?

Then the award-winning ULTRAcel, a celebrity favourite provided by the Dr Rakus Clinic in London, could be the answer. It's the perfect option for anyone looking for a more youthful and defined appearance.

ULTRAcel uses radio-frequency and high intensity focused ultrasound (HIFU) technology to tighten, tone and rejuvenate the skin, promoting natural collagen growth and elastin production.

And while the results will improve over the three to four months after treatment, you'll see the benefits straight away as your skin appears tighter after only one session.

What is ULTRAcel? Inside track on the £4,000 non-invasive facelift, celebs like Mel B are turning to



Mel's skin looked noticeably smoother

In a bid to turn back the hands of time celebs are forgoing the surgeon's knife in favour of non-invasive treatments like Ultracel - but what is it and how does it work?

Meet the face, what do top cosmetic clinicians choose to have done?

This Weird Pen Gave Me Better-Looking Skin in 20 Minutes Flat

I got a plumper, glowier face *immediately*.

Unlike with most exfoliating treatments that leave your skin beet-red for a day, I walked out of the office with a face that looked plump and glowy, not flushed and irritated (something Cynthia assured me would be true even for women with sensitive skin). I was able to go to work immediately after, free of makeup, and didn't receive one single side-eyed glance.



“Dr Jonquille and Dr Sarah Tonks both discussing using ULTRAcel”



My skin right before the treatment (left), and immediately after (right).

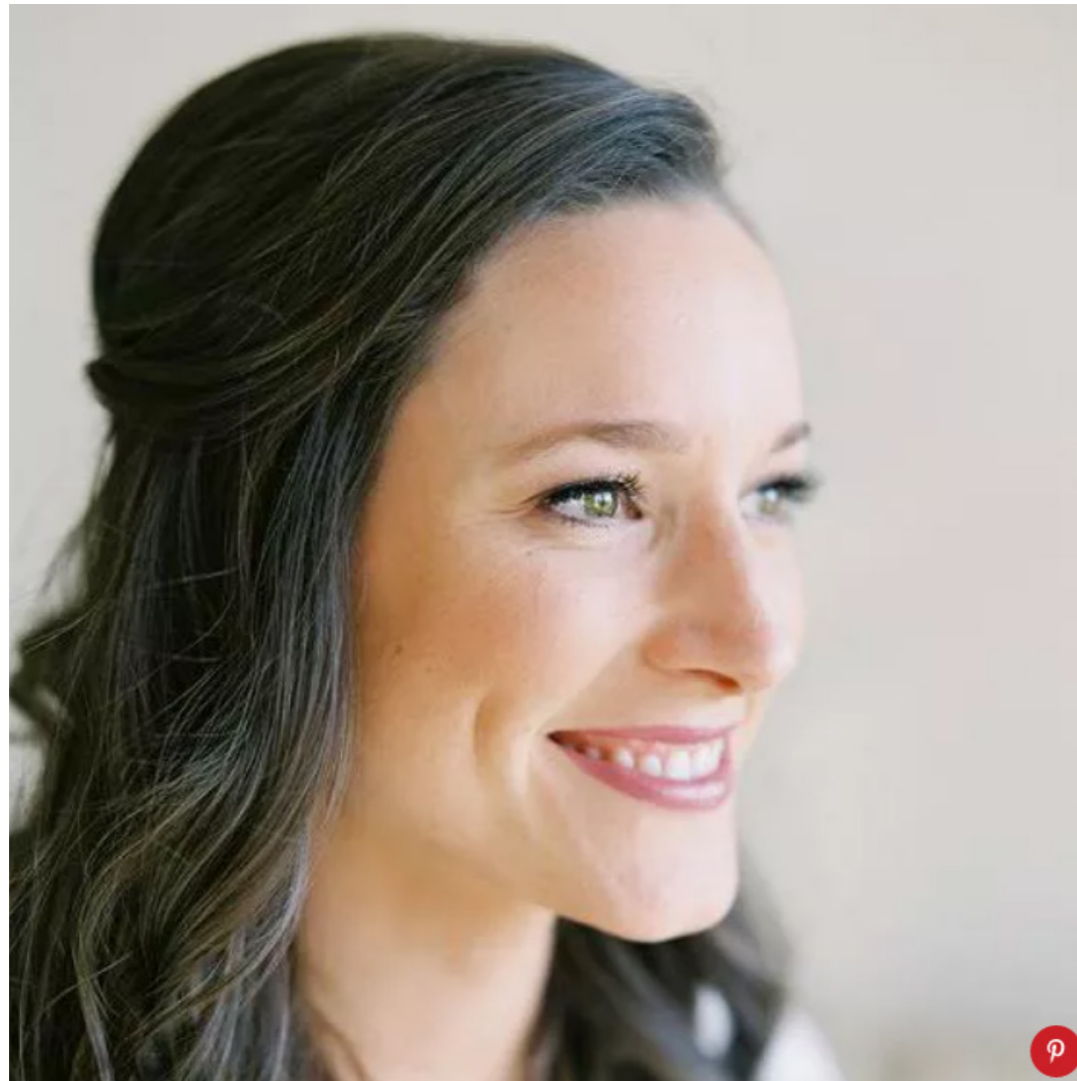
Courtesy of Dr. Monica Halem

BRIDES

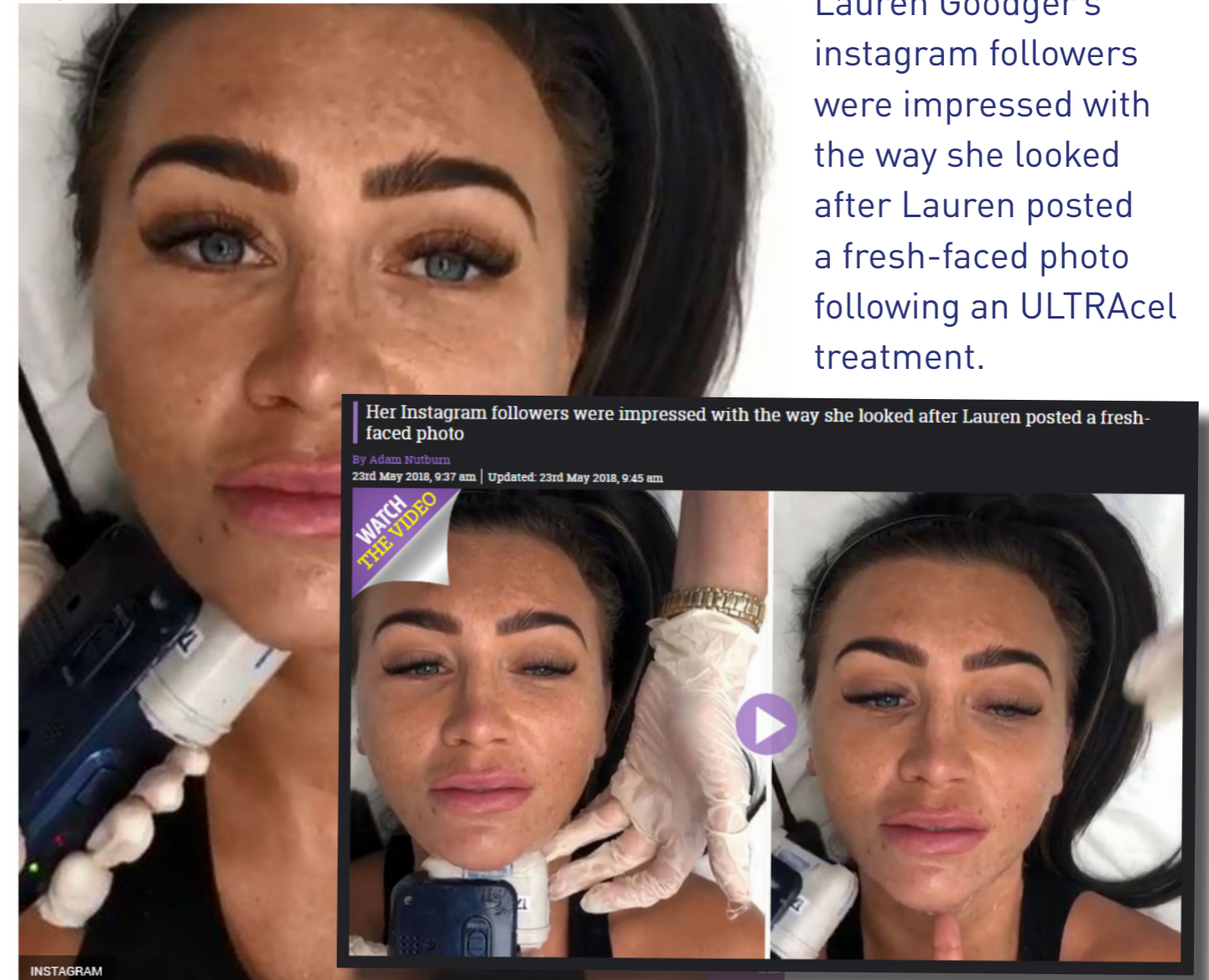
FASHION & BEAUTY • BEAUTY & HAIR

Why a Dermalinfusion Facial Is the Next Skincare Treatment You Need to Try

Camera-ready results and no downtime



While you'll notice a difference after the first treatment, for best results leading up to your big day, Rusin recommends a series of four to six sessions, scheduled every two or three weeks.



Lauren Goodger's Instagram followers were impressed with the way she looked after Lauren posted a fresh-faced photo following an ULTRAcel treatment.

Lauren's fans were impressed with her natural look

Lauren revealed that she'd undergone "ultracel" which gives her youthful skin without having to go under the knife.

"Finally @doctornyla has persuaded me to invest in my skin and have ultracel to achieve a glowing, tighter, youthful skin with long lasting results - without the need for fillers.

"Ultracel is an effective and non surgical alternative to a facelift for those who want to look fresh faced without taking drastic and invasive measures."

4 New Technologies To Get You Toned and Tight

Thermage, body sculpting and more next-gen treatments to know - by Sally Hunwick



Winter is the ideal time to get your beach body ready for spring-summer. We round up the best new treatments and at-home products to contour, tighten and smooth the arms, stomach, hips, thighs and bottom.

1. TARGETING FAT POCKETS

The treatment: LIPOcel body sculpting

What it is: This medical grade contouring tech uses high-intensity focused ultrasound (HIFU) to permanently zap fat cells and tighten the skin without damaging the skin's surface.

P O P S U G A R .

This Treatment Changed the Shape Of My Arms and Now I Wear Sleeveless Tops



"Within hours of the first session - it can take eight-to-twelve weeks to see the results of one treatment - I saw a change. Around six weeks after the first treatment I really noticed a difference. My arms were more defined (the muscle I had been working so hard to tone all these years was actually there!)"

5 OF THE BEST ANTI-AGEING treatments!

Look 10 years younger in less than an hour with our pick of the best new wrinkle-busters

Worried about saggy skin and wrinkly eyes? It's never been easier to turn back time with the hot new anti-ageing techniques. Just a few years ago, you'd have to resort to heavy-duty laser treatments and full-blown facelifts in a bid to look younger. Now, while Botox and fillers still rule the roost, there are loads of non-invasive treatments out there that will freshen up your face in an hour or less. Here is our pick of the best...

Ultrasound

BEST FOR: Turkey necks
One of Jennifer Aniston's favourite treatments, hi-intensity focused ultrasound (HIFU) was something of a game changer when it hit the beauty market a few years ago. Employing technology similar to that used in scans on pregnant women, it gives the effects of a facelift without having to go under the knife. Unlike lasers, which penetrate the skin from the outside in, HIFU delivers targeted energy into the deep, structural tissues of your face, tightening and firming almost immediately. Great for saggy jawlines, necks and cheeks, its main appeal is that you only need one treatment to see a noticeable difference and while it's not cheap, you get impressive results.

TRY: UltraCel is one of the latest technologies offering HIFU with a combination of other treatments such as radiofrequency and microneedling. It gives you a remarkably pronounced yet incredibly natural lifting and firming effect. Costs from £750 for a half-face at Premier Laser & Skin Clinics, londonpremierlaser.co.uk

ON A BUDGET? The Caci Low Lift uses electrical micro-currents to target loose skin and muscle laxity. Costs from £30, caci-international.co.uk



Health & Wellbeing

tments work by ers of the skin to roduction"

BEFORE YOU BOOK

Remember this advice from top aesthetic dermatologists Dr Mervyn Terson and Dr Hilary Allan at the Woodford Medical Clinic (woodfordmedical.com) which has clinics across the UK

Find an expert who is prepared to spend a long time discussing your options. You feel rushed or unsure then defer treatments until you feel more confident, six baby steps – start with the minimal always seek the subtle outcomes that you and family don't notice.

Have a good look at the therapist or clinician – do they look weird, are their hands clean, do they look like they're a bit of a mess? If they can't see it, it looks good for their own face what do you have to get?

Look for established clinics that do lots of different options and that are headed by a named medical team

Remember that cheap doesn't usually mean quality. Paying a bit more may be worth it in the end and, above all, be safer

Radio Frequency

FOR: Saggy skin
Vinogue and Amanda Holden credit fresh-faced looks to regular radio frequency treatments, which work by heating the deep layers of the skin to stimulate collagen production. If you want a yet noticeable lifting and tightening without any downtime, this one's for you. What's more, your skin keeps improving the following three to six months as new collagen and elastin is formed. It is often used with other skin-boosting treatments for maximum impact.

TRY: LipoTherapia's Meso-CRF facial uses radiofrequency combined with ingredients such as green tea, turmeric extract, hyaluronic acid and vitamin C to give youthful, radiant skin. Costs £145 at the Hale Clinic in London @lipotheapia.com

ON A BUDGET? The Flo 60 Second Face Lift is a DIY hand-held device that uses tiny electrical currents to tone and lift skin. Costs £79.99, argos.co.uk

youth BOOST

Chemical Peels

BEST FOR: Faded looks

This is a great treatment if you've got a big event soon and want to look fresh-faced in close-up. All peels use an acid-base to literally burn off the top layer of skin, which encourages cell renewal for revitalised, younger looking skin. These pain-free face refreshers minimise the appearance of premature skin ageing, sun damage, hyperpigmentation, acne, and sun damage. While light peels don't require any downtime, if you want deeper results then expect some redness and skin-flaking a few days later.

TRY: Obagi revolutionised face peels when it first hit the market and it's still the pick of the bunch. The brand's Blue Peel Radiance uses salicylic acid to boost brightness and radiance, as well as improving the appearance of skin tone and texture. The application takes around 20 minutes, making it perfect for a quick lunchtime treatment. Costs from £100 at clinics nationwide (obagiuk.com)

ON A BUDGET? The Crystal Clear Microdermabrasion Facial gently exfoliates the skin to give a smooth and radiant complexion. Costs from £50, crystalclear.co.uk

FOR YOUR BEAUTY BAG

Stock up on these anti-ageing heroes for the ultimate youth-boost

Olley Anti-Wrinkle Firm & Lift Day Cream SPF15 50ml, £9.99, superdrug.com

Green People Age Daily + Hydrate & Renew Serum, 5ml, £12, greenpeople.co.uk

Annermarie Gianni Phytonutrient Cleanser Activated Facial Cream Cleanser 100ml, £67.50, liveintheheight.co.uk

TRY: DermalPro is a three-in-one anti-ageing and re-surfacing treatment combining microdermabrasion, growth factor skin infusions and micro-needling for plumper, smoother skin. Costs £150 per session (woodfordmedical.com)

ON A BUDGET? Declerol Moisture Bright Facial uses vitamin C to restore luminosity and lighten pigmentation marks. Costs from £40, declerol.co.uk

Beauty Looking good

Hate sweating during party season? Botox on underarms (around £550 depending on your location) can eliminate sweating for up to six months.

Fat-melting miracle injections

Already popular in the US, Belkyra (known as Kybella in the States) is an injectable fat-dissolving treatment to target fat cells and will launch in Europe early 2010 once regulatory approved. 'With fat that's hard to shift with diet and exercise, machine-based technology being limited in what it can achieve and liposuction too aggressive for most, this will be a great solution,' says Dr Ross Perry GP from Cosmetics (cosmetics.co.uk). The cost is still unknown, but it's around \$1,500 (£1,140) per session in the US.

Bye to baggy knees & cankles

When it comes to legs, knees and cankles are the focus. 'I've noticed an increase in women looking for ways to improve their cankles,' says Dr Selensers, who uses SculptSure, a 25-minute treatment to permanently reduce up to 24% of treated fat. Prices start at £450. Knees can be reshaped with CoolSculpting, which freezes fat cells without damaging the skin. Then ULTRAcel can tighten and lift the skin, which stimulates collagen to tighten the knee. Prices start at £950.

The all-new boob boost

When it comes to breast implants, next year the focus will be on the natural look...

- **LIGHTER** Compared to traditional silicone filled implants, S-Lite (from £5,000 to £6,000) use 30% lighter implants, which reduces the risk of sagging upper back and neck pain and looks like a galaxy of results
- **SMALLER NIPPLES** 'We have seen a 30% rise in women requesting a smaller nipple size in the last year,' says Dr Dan Marsh from The Plastic Surgery Group (@plasticsurgerygroup.co.uk). 'This is fed into the hand towards smaller breast augmentations in size. The average size is now 250-300cc (approx D-C cup) compared with 350-400cc (approx D-D or E cup) several years ago.'
- **VIRTUAL DOOB JOB** Not sure whether you want a big change? MyAesthetics Group (@myaesthetics.uk) offer 'Before & After' Virtual reality imaging so you can view your new look before you make a decision.
- **SHAPE** Full and round is out, toned and firm is in. 'You can see on social media that women are wanting more natural looking bodies,' says Dr Marsh. 'Most of our implants are placed in the dual plane position, which means it sits partially in the muscle and partially in the breast tissue. So, it's more like eye-to-eye that looks a bit on appearance.'
- **TOP SECRET SCARS** The Secret Scar Job (from £4,990, @plasticsurgerygroup.co.uk) uses a much smaller incision than open, opposed to 5-7cm, so implants are typically smaller, which means scars can be easily hidden in the breast crease before they fade.

According to a recent survey by Cosmetic Surgery Solicitors, 69% of UK residents would not think to speak to their GP if they were considering cosmetic surgery.

the knife

Rejuvenate skin with sheep placenta

Want glowing skin? Stimulation is an essential (N) drip packed with sheep placenta, amino acids and hydrolysed collagen to stimulate new collagen, bone cartilage and nerve tissue. It is also said to be great at easing symptoms for women who are going through the menopause. Prices start at £150 per session or £1,250 for 12 (vitamininjections.co.uk).

Women's Own.co.uk

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Womans Own featuring ULTRAcel for tightening and lifting application on the body. "ULTRAcel can tighten and lift the skin, which induces collagen to tighten the knee"



by [Danielle Hudson](#)

Wednesday May 16, 2018

Arguably, one of the most frustrating skin concerns a high percentage of us battle with, is adult spots on ageing skin. It's a hard combination to defeat; ageing skin requires rich, active ingredients, while spots/acne often favour calming and lighter products, so, treating both conditions at the same time can often hinder results.

The clever people behind the Envy facial were more than aware of this problem and have created an amazing facial to effectively treat these skin conditions. This is a 3-in-1 treatment of exfoliation, extraction and infusion, and the instant and long-term results are incredible.

A diamond tipped nozzle is used for a light microdermabrasion whilst a vacuum simultaneously pulls dead skin and blockages from the pores and infuses the skin with serum at the same time! The combination of these processes being performed at the same time is key to effectiveness of the treatment; when skin is exfoliated, a protective response is very quickly activated to keep pathogens (bacteria) out. This is necessary to prevent infection, however, it momentarily restricts any skincare products from penetrating fully into the skin and reduces their impact. By infusing the skin with serum at exactly the same point of exfoliation (before the defence response has triggered) you receive maximum benefit of the serum and therefore the best possible results!

Personally, I am not a fan of regular microdermabrasion (it has never agreed with my skin) but this treatment doesn't feel like dermabrasion at all, it is totally comfortable with zero feelings of scratchiness. My skin didn't feel tight afterward, just incredibly clean and moisturised. I didn't experience any redness either, but I would imagine people with touch sensitive skin may see a little pinkness in the skin for a short while after. It's a fantastic pre-



REDEFINE YOUR JAWLINE

With the Light Touch Clinic



As well as seeing changes to skin texture such as dryness and fine lines, our face shape changes as we age. Loss of fat in the upper face and the effects of gravity cause skin to droop downwards, leading to a loss of jawline definition. Fortunately, our aesthetic practitioners have a range of treatments to lift both your jowls and your confidence!

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REAL LIFE LIZ HURLEY

INSPIRING REPORT

WHY FERTILITY'S FAR FROM FINISHED AT 40!

PLUS-SIZE MODEL ASHLEY

CURVY KELLY: 'I'll be the UK's Ashley Graham'

CELEBS...AND SO MUCH MORE!

Closer

CHERYL'S TORMENT

PREPARING FOR LIFE AS A SINGLE MUM

EXCLUSIVE!

CONSIDERS MOVING TO BE NEAR KIM

'I'd love her to live closer'

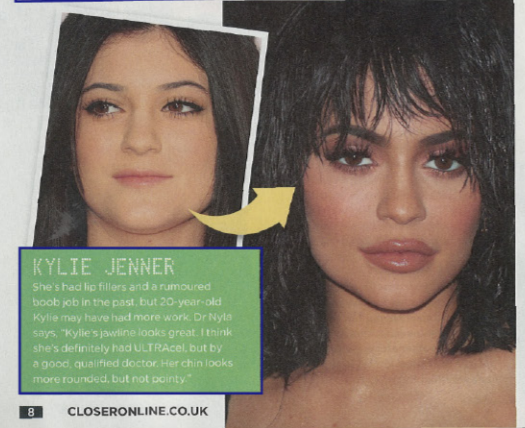
CELEB CHANGING FACES

THE SECRET BEHIND MICHELLE'S TRANSFORMATION

HOW SAFE IS THE NEW CHIN JAWLINE NIP/TUCKS?

- Cosmetic specialist Dr Nyla Raja (left) explains celebs could be at risk of permanently damaging their looks with new craze for the perfect chin
- Stars are striving for the "Golden Ratio" look to enhance social-media posts
- Unqualified beauticians could cause nerve damage and heat burns

We've already witnessed the cosmetic trend for gigantic lips and boobs – but chin procedures overtook breast surgery to become the fastest growing procedure in the UK last year, with one of the most popular options being ULTRAcel. When Kardashian sisters Kim, Kourtney and Khloé were seen having the treatment last year, interest in ULTRAcel – which uses ultrasound to stimulate collagen production around the jawline and make it appear more plump and youthful, before dermal filler is injected on either side of the chin to create a defined, sculpted look – amplified. And now our own reality stars, such as *Geordie Shore*'s Sophie Kasael and *Chloe Ferry*, appear to be following suit. Cosmetic specialist Dr Nyla Raja uses ULTRAcel in her clinic and says the rise in demand for chin procedures is down to the desire to get "Golden Ratio" facial dimensions. She says, "Celebrities are all after the 'Golden Ratio' face, with big eyes, big lips, tiny noses, pointy heart-shaped faces and high cheekbones. They all want the pointed chins, which is like creating an inverted triangle. "With the rise of social media, people want to look good in their photos more and more. The chin procedure can make them appear more accentuated in their pictures and, if they see other celebrities with this look, they want to emulate it, too." But Dr Nyla says that, if the procedure is done by an unqualified beautician, there are serious risks of long-term damage that could ruin the client's looks forever. She says, "If you go to a beautician or anyone unqualified to do the procedure, there is a serious risk of nerve damage. A beautician won't know where the main arteries in the neck are. There is also a risk of heat burns from the ultrasound 'thermo-collagenesis' procedure, as it needs to be administered very carefully. "When it's done right, it can achieve a lovely, subtle look, but when it's wrong – especially by injecting too much dermal filler – it can look witch-like and unnatural." These celebs appear to have drastically different jawlines...



KYLIE JENNER
She's had lip fillers and a rumoured boob job in the past, but 20-year-old Kylie may have had more work. Dr Nyla says, "Kylie's jawline looks great. I think she's definitely had ULTRAcel, but by a good, qualified doctor. Her chin looks more rounded, but not pointy."



CHLOE FERRY
Chloe, 22, shocked fans last year when she filmed herself having chin fillers on Snapchat. And Dr Nyla thinks she's gone too far. She says, "Her chin is abnormally pointy and drastically different from how it was before. She looks unnatural and has been back too regularly for top-ups."

Experts

BEST FOR a HOT honeymoon BODY

DR DAVID JACK LONDON
If you want a Kardashian-esque posterior, head to Dr Jack's cosy wood-panelled treatment rooms – home to the Inmode Body FX. This shape-shifting machine uses radio frequency, deep-tissue heating and suction, coupled with electrical pulses, to lift bum cheeks, smooth cellulite and tone thighs. Dr Jack trained as a surgeon but prefers a far less invasive approach, so instead of going for liposuction, ask him about CarboMix, a new device that treats multiple skin issues including cellulite and skin laxity. Heated carbon dioxide is injected deep into the skin using a tiny needle, which increases blood flow to the area, causing new collagen networks to form, and selective fat cells to die, for smoother-looking limbs. About eight 10-minute sessions are needed for near-of-the-year-worthy results. **THE LOWDOWN** CarboMix, from £130 per session; Inmode Body FX, from £170 (020 7589 6309; drdavidjack.com).

DR GALYNA SELEZNEVA LONDON
"For me it's all about the wedding dress," says Dr Selezneva, whose body-sculpting treatments include CoolSculpting fat-freezing for tummies, the new fab-busting SculptSure laser for nipping in hips, and LipoCell, a machine that helps sculpt cellulite. "It's not a laser, so there's no pain reduction, rather than just doing spot treatment," she says. "I want my brides to feel confident, so if you're wearing strapless, I'll help tone your upper arms with a combination of CoolSculpting, to reduce the bulk of a bingo wing, and UltraCel – a machine that tightens flesh so you get a more athletic-looking arm." Claiming to have personally road-tested every treatment, Dr Selezneva is honest about what's involved and when you'll need to grit your teeth. Patients love the fact that she really empathises, and she often makes it onto the wedding guest list. **THE LOWDOWN** CoolSculpting, from £850; SculptSure, from £450 per applicator; UltraCel, from £1,500 (020 7460 7324; gomedicalpractice.com).

BEST FOR HAIR

AIN SALLIS NATIONWIDE
If wedding stress has taken its toll on your hair, or worse still, has you shedding it, leading trichologist Iain Sallis, at the Hair Meds, can help. Travelling between 11 clinics in the UK, Iain treats problems from itchy scalps to unexplained hair thinning. He sees the underlying issues, such as polycystic ovaries, vitamin deficiencies or thyroid problems, which he says account for about 80% of hair loss. He also gives hope to balding grooms, fast-track them to the country's leading hair surgeons, Bessam Faraj, who does state-of-the-art hair transplants, in Naji pick. Iain also offers Krowa laser – a light therapy that's scientifically proven to speed up the production of hair cells, making hair grow faster and thicker – and his own brand of Hair protein supplements. "Getting this overnight is impossible, but upping protein and iron intake will help." **THE LOWDOWN** Consults, from £120; Krowa, from £500; supplement programmes, from £30 (0330 660 0648; hairmeds.co.uk) →

"When unsightly, unwelcome spots appear on your back and threaten to blight your big day, it's good to know about The Ultimate INTRAcel"

"I want my brides to feel confident, so if you're wearing strapless, I'll help you tone your upper arms with a combination of CoolSculpting, to reduce the bulk of a bingo wing, and ULTRAcel - a machine that tightens flesh also you get a more athletic-looking arm."

BRIDES

Cosmetic Beauty GUIDE 2017

The latest treatments, go-to doctors and products that get results. It's your top-to-toe BRIDAL BEAUTY PLANNER

In association with LUMITY

Shape-shifters

stabbing pain that makes most people swear and squeak. Finally, skin is polished and tightened further with the new Scarle 5 machine, which has lots of tiny needles that fire a radio-frequency current (not as hot as it sounds) to tighten the skin, reducing puckering. Results vary from case to case – some people need a top-up treatment or two, whereas others see the benefits far up a year. **WHO TO SEE** Dr Anna Maria Olsen at the Dr Selwyn Clinic, London (020 7637 0548; drselwyn.com/bride).

The look STRAPLESS

THE BICEP BOOSTER
Nothing ruins the dream of a strapless, princess-style dress faster than baggy bingo wings, but there's no need to flap if you know about CoolSculpting's new CoolSculpting Pro (from £800). This is a new handheld device designed to grip excess upper arm flesh and safely freeze underlying fat cells down to 1°C, so that they shatter and are gradually flushed out through the body, revealing significantly leaner-looking arms. Each one only takes 35 minutes to treat and there is little downtime – although some people do bruise, so book in well before the wedding and preferably in winter months, when you can cover up the evidence with a long-sleeved jumper. One treatment will usually do the trick, but more severe cases may need to budget for a top-up treatment three months later. The effects should last for a few years, provided you watch your diet. **WHO TO SEE** Hugga Skinremedies at the Cosmetic Skin Clinics in London and Buckinghamshire (01753 644 640; cosmetic-skin.com). See the case studies for more on CoolSculpting tech can help.

THE BACK REFINER
When unsightly, unsightly spots appear on your back and threaten to blight your big day, it's good to know about The Ultimate INTRAcel (from £855). This two-stage treatment combines an iShape Wave Pro Radiance (powered on the back to dry out oily skin) with INTRAcel, a rather futuristic radio-frequency machine that has a needle-pronged head that's applied to spotty →

"...with one of the most popular options being ULTRAcel. When Kardashian sisters Kim, Kourtney and Khloé were seen having the treatment last year, interest in ULTRAcel - which uses ultrasound to stimulate collagen production around the jawline and make it appear more plump and youthful."



The Lifestyle Library



5 Minutes With Mind And Body Genius: Dr Galyna Selezneva

How can you be the best version of you? We talk to Dr Galyna Selezneva, psychiatrist turned aesthetic specialist. She tells TLL about the importance of loving your body, the latest in-demand treatments and her top beauty tips to introduce into your lifestyle right now.

Where did the journey begin, what drew you into this profession?

I actually started as a patient of [Dr Rita Rakus](#), and was really impressed with my results. I felt cared for, nothing was too much trouble and there was no pressure. To me, it was the best aesthetic clinic in the UK, and I couldn't miss the opportunity and honour to work for her. She's been pioneering new technology for the past 25 years. We work with world leaders in the aesthetic field and regularly travel, especially to the USA, to investigate the latest technologies.

What are the leading beauty trends right now?

However I would say that it doesn't matter how professional the Photoshopping is – you can always tell when a photo has been edited. That's why so many people proudly declare #nofilter when they're sharing a completely original photo of themselves with the world. W

"We've got lots of clients who want the #nofilter effect with their skin, and are having treatments such as ULTRAcel, Hydrofacial and Fraxel to achieve smooth, clear, glowing skin."



BATTLE OF A NEW BULGE There's a new cosmetic op women are going wild for – and it involves removing their 'bingo boobs'

It's the skin between the breast and the armpit that bulges out when wearing a bra or a tight top

By Gemma Meilin
9th June 2017, 4:34 pm | Updated: 18th June 2017, 10:4 pm



Dr Galyna claims they use a "revolutionary" treatment to reduce the issue around the bra area.

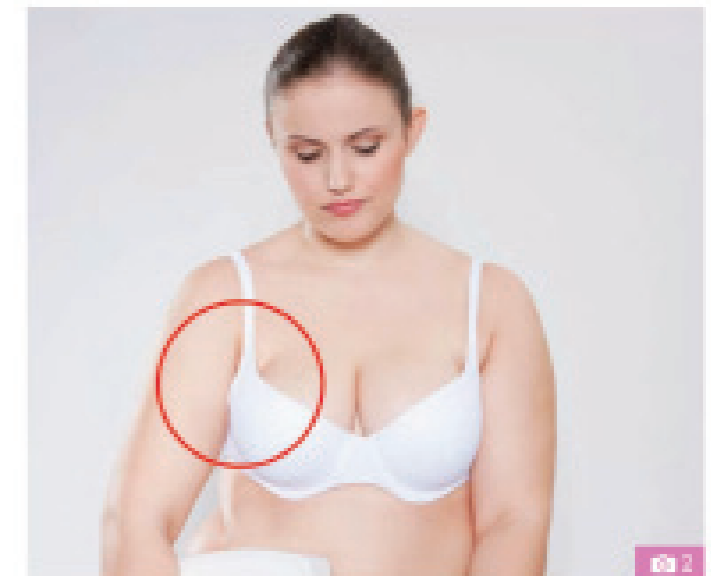
SculpSure uses a laser light which passes safely through the skin and heats the underlying fat cells.

This triggers a process called apoptosis and leads to the body's natural elimination of fat cells - causing the bulge to simply reduce away, she says.

Another process the clinic uses, known as ULTRAcel, uses radio frequency micro-needles.

It's a skin rejuvenation treatment which works on both the face and body by inducing collagen and tightening the skin.

Dr Galyna has also seen an increase in requests for treatments done on body parts such as elbows, knees, ankles and the armpits.



"Another process the clinic uses, known as ULTRAcel, uses radio frequency micro-needles. It's a skin rejuvenation treatment which works on both the face and body by inducing collagen and tightening the skin."

ULTRAcel

Nip & tuck with Dr Tracy Mountford: How can I get rid of the fine lines around my lips?



- Cosmetic skin pro Dr Tracy Mountford answers questions on fillers
- A reader wants to know whether at 64 they are too old for lip fillers
- Dr Mountford recommends improving skin quality with a fractional laser

The leading cosmetic doctor answers your questions on dealing with ageing...

Q: At 64, I have quite a lot of fine wrinkles around my mouth, and my lips have got much thinner. Am I too old for fillers? Is there anything I can do to improve matters that won't be overly dramatic?

A: Fine lines around the mouth and a less defined lip line are key signs of ageing on the face.

You could improve skin quality with a fractional laser. This encourages skin rejuvenation and texture improvement, while stimulating collagen production, for smoother-looking skin.

It is safe and effective, but skin is often red for three to seven days downtime depending on the skin quality.

"If lasers aren't for you, INTRAcel radio frequency micro needling delivers good results with little recovery time. This improves fine lines and wrinkles around the mouth."

Anna Friel's fix for saggy skin and the instant Pippa body... the cutting edge of cosmetic surgery

By LEAH HARDY FOR MAILONLINE

We may live in straitened times but one luxury that women – and, increasingly, men – seem unwilling to cut back on is cosmetic surgery. Latest figures from the British Association of Aesthetic and Plastic Surgeons show demand has risen for every type of procedure – with more than 43,000 carried out last year. Here the experts describe the seven most requested new treatments...

SAGGY SKIN TIGHTENING

THE TREATMENT: Fractora / IntraCell

WHAT IS IT? A hand-held device delivers radio-frequency (RF) waves via hair-fine needles that puncture the skin. This heats the lower layers, stimulating production of collagen – the protein that gives youthful firmness. Sometimes it needs to be performed under local anaesthetic.



Actress Anna Friel has had radio-frequency skin-lightening treatment on her face



Get a body just like Pippa Middleton

Cosmetic surgeon Angelica Kavouni says: 'The Fractora system I use can help tighten bingo wings, jowls and bellies.' It also treats stretchmarks. Actress Anna Friel is among the celebrities who have admitted to using RF skin-tightening treatments on her face.

Actress Anna Friel is among the celebrities who have admitted to using RF skin-tightening treatments on their face.

Nip and tuck with Dr Tracy Mountford: How can I banish my big pores - for ever?

- Cosmetic skin pro Tracy Mountford answers your questions on ageing
- A reader wants to know how to get rid of her large pores
- Dr Mountford says it can be tricky and advises skin resurfacing treatment

By DR TRACY MOUNTFORD FOR THE DAILY MAIL
 PUBLISHED: 02:07 BST, 18 April 2016 | UPDATED: 07:29 BST, 18 April 2016

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Q I'm in my mid-40s and suffer with large, open pores on my face, especially on my nose, and also red patches. This is making me self-conscious. Wearing make-up only exacerbates the problem. Are there any treatments I can try to improve my complexion?

A Large pores can be due to overactive sebaceous glands which cause the pores to expand to accommodate the excess sebum production.

Overexposure to the sun can be a factor, as can acne and genetics. But age is also an issue as pores tend to expand as skin gets older. This can make the skin appear to be covered in feathery lines.

This is hard to treat. The best way is micro-needling, which stimulates the skin to regenerate, combined with laser treatment to promote collagen production.

Topical vitamin A-based products will also stimulate the skin, although there can be associated irritation if used excessively.

There are many triggers for red, inflamed patches (rosacea) in middle age, such as exposure to ultraviolet (UV) light, spicy food, alcohol (particularly red wine), exercise and stress.

“Skin resurfacing treatment INTRAcel is great for treating rosacea - and acne scars and stretch marks too. It uses micro needles to send radio frequency energy deep within the skin to stimulate collagen and elastin production”



Woman whose acne was bad she washed her face in VINEGAR and lemon juice says treatment using thousands of tiny needles finally helped

- Fran Purdy, 28, barely suffered any breakouts during her teenage years
- At 20, she started getting acne which may have been caused by stress
- Tried over-the-counter medications and all the recommendations of her GP
- When nothing worked, tried treatment that uses tiny needles and heat
- Claims her skin has been transformed and now rarely uses foundation

By KATE PICKLES FOR MAILONLINE
 PUBLISHED: 10:37 BST, 25 January 2016 | UPDATED: 07:40 BST, 26 January 2016

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Following a consultation, she was referred for **INTRAcel** treatment, which uses a combination of electrodes and very fine needles to tighten and resurface the skin.

The technique works by administering radiofrequency heat energy into the middle layer of skin, called the dermis.

The heat, caused by the low electrical current, is said to reduce oil production and bacteria, which are two of the main causes of acne. It also claims to promote the production of collagen and elastin, both of which make the skin firm and strong and rejuvenate it in the process, according to the clinic.

First, however, Miss Purdy had to get over her fear of needles to have the treatment, which she admits was 'no walk in the park.' She then had three INTRAcel sessions, each lasting two hours, over a four-month period.

To her delight, after the third treatment, she says her skin started to look healthier all over.

'The girls at the clinic were really good and kept me calm as I was a bit nervous and sceptical at first,' she said.

'They used a numbing cream and then something a bit like a staple gun all over my face.

'Different parts were more sensitive than others but the worst thing about it was my face going bright red afterwards.

'It felt like I had been in the sun all day.

'But about a month later, I could see a huge difference in the visibility of the scars and was no longer covering up spots.

'Now I'm so much happier in myself. I have even gone out on nights out without any make up at all. That would never have happened before.'

In fact she is so pleased with the results that she no longer feels the need to cover up her face with make-up.



“Tried over the counter medications and all the recommendations of her GP. When nothing worked, tried treatment that uses tiny needles and heat. Claims her skin has been transformed and she rarely uses foundation.”

“Now I'm so much happier in myself. I have gone out on nights out without any make up at all. That would have never happened before.”

Body
Special

"You'll see immediate tightening, but three or four sessions will give permanent results."

INTRAcel

Swimsuit,
Topshop

Bionic BOdy

Shape up for the sunshine with a little help from the latest next-generation body beautifiers

PHOTOGRAPHS BY JASON HETHERINGTON. WORDS AND STYLING BY LISA OXENHAM

THE TWEAKMENTS

You've avoided carbs, coffee and alcohol, been bum squeezing, ab crunching and body brushing for weeks but, no matter what, certain areas of fat just won't budge. Say hello to the new 'tweakments' – the advanced cosmetic surgery fixes with very little downtime.

New advanced techniques employed by Vaser 360° Legs allow areas of the leg previously considered too risky for lipo to be treated. Under local anaesthetic the whole thigh can be evenly reduced, resulting in a natural, dimple-free shape. *Vaser 360° Legs, £5,000, exclusive to Dr Mike Comins, medical director of The Private Clinic (thepivateclinic.co.uk).*

Flabby tummies, wobbly knees and stretch marks are the targets of new non-invasive treatment INTRAcel. Using radio frequency it enlists a host of tiny needles to heat the deep layers of the dermis to stimulate collagen production and soften stretch marks. You'll see immediate tightening, but three or four sessions will give permanent results.

INTRAcel, £800 per session, The Cranley Clinic (drnicklowe.com).

POWER PEELS

Left it until the last minute? The best way to at least *look* as though you have a tight and toned body is to work on the surface texture. CosMedix Body Lift Peel, £250 (available at EF Medispa), might be expensive, but it uses an antioxidant 500 times more powerful than vitamin E to encourage skin renewal for a full body buff. It's more of a mild sloughing than a full-on peel.

Alternatively, Cane + Austin Retexturizing Treatment Pads for Body, £56 for 60 (exclusive to Space NK) employ pharmaceutical-grade glycolic acid to smooth skin and erase those unsightly bumps like the ones found on the backs of the arms.

HI-TECH FIRMING

Next up, that perennial beauty pain, cellulite. Celebrities lead the way in terms of testing the latest treatments – Madonna famously bought an Acoustic Wave Therapy machine in 2010 to break down fat and abolish the dreaded orange-peel effect. The latest version – Cellactor (now at EF Medispa) – promises to contour the body as well as firm skin. The machine is so hi-tech it will be used during the Olympics for muscle and corrective tissue tightening in athletes. The developer's trials show impressive results, but at £1,800 for a course of six, it comes with a hefty price tag! *{continued}*

THE BEST PRE-PARTY SEASON SPA TREATMENTS

7 of 7



7 The long-lasting treatment: Ultracel by Dr Jonquille Chantrey

After more than just a quick Christmas fix? Ultracel, a new cosmetic procedure by surgical expert Dr Jonquille Chantrey, promises immediate results which continue to develop and improve for up to six months. Combining a bespoke program of ultra-sound, superficial radio frequency and micro-needling,

“Ultracel tightens and rejuvenates all layers of the skin resulting in fewer fine lines and a glowing complexion with absolutely no recovery time.”

Putting figure over face: The celebrities who have paid for their weight loss with a haggard visage - and experts say it's almost impossible to avoid

- Tennis player Marion Bartoli sparked concern over weight loss this week
- Star lost three stone and her face looks 'gaunt' according to fans
- Duchess of Cambridge had much plumper cheeks before losing weight
- Stars such as Nicole Richie and Myleene Klass have also suffered

By SIOFRA BRENNAN FOR MAILONLINE
PUBLISHED: 08:30 BST, 24 June 2016 | UPDATED: 12:45 BST, 24 June 2016

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If a nutritional approach doesn't work, Dr Sarah Tonks, an aesthetic doctor, says cosmetic intervention can help.

'Fat loss in the face means that the skin doesn't have anything to drape from - so it looks loose,' she said. 'There isn't anything can do when losing weight to spot reduce in one area or another so it will come off the face naturally.'

'You can use dermal fillers to replace this lost volume in the face.'

'Or you can tighten the skin using radio frequency. For example you can achieve great results with the ULTRAcel - micro needling with radiofrequency which penetrates to 2mm depth.'

'The treatment promotes new collagen and elastin production and tightens the skin by heating with radio frequency and by causing trauma with the needles.'

'There's also a new filler called Profilo which is great for replacing the hydration if you've been in the gym a lot as it is super hydrating and doesn't significantly change the contour of the face.'

“you can achieve great results with the ULTRAcel - micro needling with radiofrequency which penetrates to 2mm depth. The treatment promotes new collagen and elastin production and tightens the skin by heating with radio frequency and by causing trauma with the needles.”



Celebs who put their figure over their face.
Dr Sarah Tonks recommending ULTRAcel for skin tightening and collagen/elastin production.



Cosmetics to suit your Couture? the new wave of designer nip tuck names

Dr Galyna says she has developed a unique approach to cosmetic body treatments tailored to her fast growing fashion conscious customer base in the Rita Rakus clinic, Knightsbridge. Dr Galyna believes that this 'custom-fit' approach gives her clients a tool to understand what they really want, and to not only feel comfortable in their own skin, but in their own clothes.

The Chanel Job focuses on slim arms and slim abdomen, perfect for the tight sleeves and box fit typified by the brand. The Gucci Job focuses on bra rolls tailored to Gucci's tight fitting jackets. Galyna's Skinny Jeans treatment focuses on the muffin top area and inner/outer thighs, while the McQueen Dress focuses on the abdomen.

Dr Galyna explains:

"With my background in psychiatry, I have always thought it important to find out why clients are unhappy with specific body traits. Over the years I have noticed that many women keep to a particular style of dress and their body issues are often determined by how they look in their clothes rather than when naked.

"So, a woman that typically wears fitted shift dresses would more likely be conscious of her arms, buttocks and waist. This way of looking at body treatments can be more accurately determined by looking at my clients' preferred designers."

"The Chanel Job uses the fat freezing technology Coolsculpting to reduce the volume, fat and the circumference around the waist, while the ULTRAcel treatment is used for skin tightening."

So what happens if a client prefers or can only afford shopping at River Island over Chanel? or Primark over Prada?

We'll leave that thought with you Dr Galyna....

'At last, I can wear my Gucci jacket and feel good': Meet the women who cosmetically reshape their BODIES to fit into their favourite designer clothes

- Women are tailoring their bodies to fit their clothes, not the other way around
- They opt for trendy CoolSculpting fat-freezing and INTRAcel skin tightening
- Femail found out why these fashionistas have gone to such drastic measures
- One, Amal Hammoudi, said: 'At last, I can wear my Gucci jacket and feel good'

By RACHEL CARLYLE FOR THE DAILY MAIL

PUBLISHED: 22:31 BST, 30 July 2017 | UPDATED: 11:36 BST, 31 July 2017



And after her four CoolSculpting treatments last winter, Amal had three INTRAcel treatments in those areas this spring to tighten saggy skin.

INTRAcel, which costs £600 for each treatment, uses a combination of radiofrequency and tiny micro-needles to provoke the skin to regenerate. Altogether, Amal reckons she's had £10,000 of treatment and has shrunk from a size 14 to a 10, helped also by diet and exercise.

'I had loose skin especially on my inner thighs, which is now firm. It's incredible. After my divorce three years ago, I felt low and didn't like my body — I wanted to regain the shape I used to have.

'I hated the way my skinny jeans were so tight at the top, but about ten days after the treatment, I tried them on again and couldn't believe it — they looked amazing,' says Amal, a make-up artist from South-West London.

'But the best moment was after the treatment on my upper arms, which I could never seem to fit into the slim sleeves of designer jackets.

'At last, I can wear my Gucci jacket and feel good.'

'I hated the way my skinny jeans were so tight at the top, but about ten days after the treatment, I tried them on again and couldn't believe it — they looked amazing,' says Amal, a make-up artist from South-West London.





GRAZIA DAILY

HEALTH & FITNESS

#Babyboggles: How To Get Your Body Back Once You've Had A Baby

A new face please

It's true that pregnancy gives you a 'glow'. It's also true that once you've popped the baby out, abandoned sleep and rediscovered red wine, your skin starts looking grey and dusty. Celebrity facialist Debbie Costello says, "After having a baby the hormonal changes can effect the skin with pigmentation, darker patches and dryness." After a skin rejuvenation facial she convinced me to chuck out all my old half used bottles of face cream, replacing them with a range from Zo and made me promise to wear SPF 50 (from Skinceuticals) every day without fail. Next she sent me to visit her colleague Dr Sarah Tonks for Ultra Cel - a 'facelift without any needles'. Using radio frequency and ultrasound it targets tissue down to the muscle layer, which tightens and stimulates collagen growth. It felt a bit like I was being zipped up from the chin (yep, weird) but afterwards

"I could instantly see a difference and am told the best results happen after six months. So I can get younger as I get older – hurrah! I've even had friends asking me asking what I've 'had done'... which for me is money well spent."

EXCLUSIVE NUTRITION GUIDE
TV's Dr Rangan Chatterjee on how to eat well to stay well

TOP Santé
GOOD HEALTH STARTS HERE

MEALS THAT MAKE YOU SLIM
Fill your plate and lose weight!

8 simple tips for ALL-DAY ENERGY

LOOK YOUNGER this year
New treatments to tighten & brighten

YOUR FAT-BURNING PLAN!
Regain your waist ✓
Shrink your shape ✓
Firm upper arms ✓

26 EXPERT SOLUTIONS TO banish January blues

EASY PLANT-BASED RECIPES
Your breakfast, lunch and dinner – sorted!

REDUCE PIGMENTATION

WHAT IS IT: Lumecca Intense Pulsed Light

WHAT DOES IT DO? Lumecca Intense Pulsed Light (IPL) deals with pigmented and vascular lesions on light and dark skins. IPL uses technology similar to laser but instead of a single wavelength of light, it uses a bright light in front of which filters are placed to remove most wavelengths except those taken up by pigment and blood vessels, depending on the filter used. Everything from age spots and sun damage, spider veins, port wine stains, rosacea and freckles can be treated with Lumecca. You must avoid direct and excessive sun exposure or tanning one month prior to treatment.

HOW IT WORKS: During a session, there will be bright flashes of light from the Lumecca handpiece. The sensation feels a bit like elastic plinging against your skin. The light

energy penetrates just below the surface, damaging either the melanin or the blood vessels. The body's natural skin repair mechanism then removes the damaged tissue which results in a smoother appearance. You'll experience redness and a slight warming after treatment but these usually subside within an hour. Over the next 24-48 hours you may see a darkening of pigmented spots; in the week afterwards, the pigmented lesions flake off, leading to an evening out of your skin tone.

NUMBER OF TREATMENTS: This depends on the severity of damage. You'll see an improvement in skin tone after just one session but up to three sessions gives the best result.

APPROX COST: £180 for one IPL facial.

VISIT: Dr David Jack at his Harley Street clinic (drdavidjack.com).

TIGHTEN YOUR NECK AND JAW

WHAT IS IT: ULTRAcel

WHAT DOES IT DO? ULTRAcel

ultrasound technology and delivers a non-surgical, no-needle approach to tighten and lift sagging skin and double chins, improve poor skin tone and soften fine lines. The result is fresh, firmer, smoother-looking skin.

HOW IT WORKS: By combining radiofrequency with ultrasound, ULTRAcel is able to target and deliver heat to the collagen in the deeper layers of skin. This stimulates growth of new and healthy collagen, which in turn helps tighten and tone specific areas, such as the chin and jawline, as well as giving crepey or lined skin a more youthful appearance. It takes 30-60 minutes and you might notice some prickling sensation during the treatment. Your skin may go red for a few days as if sunburned and there may be an immediate tightening which will improve over a period of months.

NUMBER OF TREATMENTS: One or two, depending on the quality of the skin.

APPROX COST: From £1,000 for one, £1,800 for two.

VISIT: Dr Natalie Blakely, aesthetic doctor and founder of Light Touch Clinic (lighttouchclinic.co.uk)

I tried it!

BEFORE **AFTER**

Sam Cornwell, 51, had ULTRAcel with Dr Natalie Blakely at the Light Touch Clinic to tighten a double chin.

"I didn't feel as old as I looked and began feeling less confident about my appearance. Surgery was a definite no-no for me, so I tried ULTRAcel. I am absolutely delighted with the results."

80 TOPSANTÉ

Facebook.com/TopSanteMagazine @TopSanteUK

ULTRAcel combines radiofrequency and ultrasound technology and delivers a non-surgical, no-needle approach to tighten and lift sagging skin and double chins, improve poor skin tone and soften fine lines. The result is fresh, firmer, smoother-looking skin.



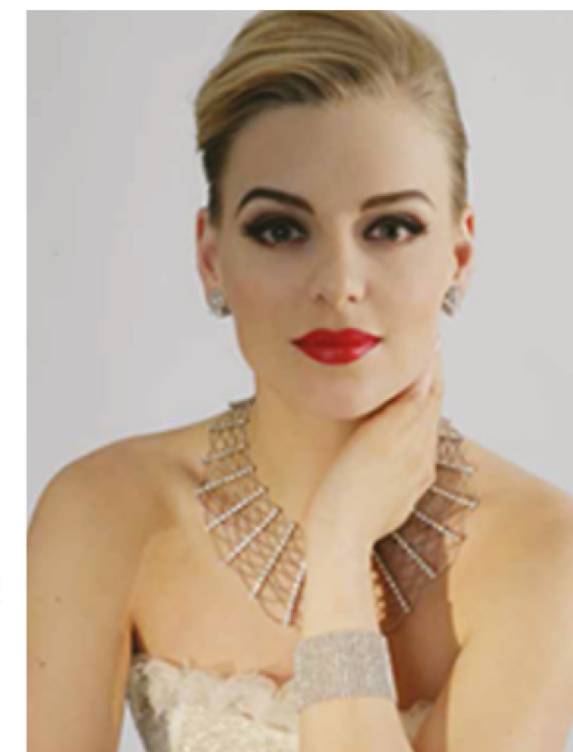
ULTRAcel is a mini facelift you can have done in your lunch break.

"I tried two - one was similar to a hot stone massage and the other softly pulls at your skin. My skin was firmer and lines softer. And the best bit? It encourages collagen to regenerate so you will see new results for months to come"

TATTLER

IN PRAISE OF THE PARTY LIFT

Need to glam up for the party season? Put your faith in Dr Rita Rakus



"The Jeisys machine when pronounced correctly sounds a bit like the Jesus machine, which is probably why it's being hailed as skincare's latest miracle-worker."

Its full name is ULTRAcel by Jeisys. And what does it tackle? Well, pretty much everything. It is a non-invasive technology designed to improve the skin by stimulating collagen production - using a combination of ultrasound and radiofrequency.

Unsurprisingly, Dr Rita Rakus, London's Lip Queen and all-round cosmetic guru, is pioneering the multi-functional beauty system at her Knightsbridge clinic. As an expert in all aspects of non-surgical facial rejuvenation and body contouring, Dr Rakus is perfectly placed to add some zing to your complexion. She is a Fellow of the British College of Aesthetic Medicine with over 25 years' clinical experience and boasts a huge celebrity following.

Here, we take a look at some of the main benefits of the ULTRAcel. It targets various layers of the dermis and works wonders not only on the face but also the neck, décolletage and hands. Contouring, pore-refining, utterly revitalising, this machine provides the perfect pre-party treatment.



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