

skin problems solved

Q I'm so sick of people telling me I look tired. It's these dark circles under my eyes, but no eye cream or concealer really helps. Is there a treatment?

A Yes, a hot new one from Paris that's a spin on Mesotherapy, where vitamins and natural remedies are micro injected under the skin. Frances Furlong at Cosmetic Healthcare Solutions is enthusiastic about this new ultra-gentle but amazingly effective Tired Eyes treatment: "I've had it myself and it's brilliant. I was a new mum, studying for a degree, working as a therapist and desperate for something that worked for my tired-looking eyes. Forty-eight hours after the treatment they looked fresher, younger, more vibrant. Now it's one of my most popular treatments."

WHAT'S THE ROUTINE? Even if you're needle phobic, this is effortless stuff.

+ **First, using small circular movements**, the area around the eye, from underneath out to the crow's feet and below the eyebrow, is gently exfoliated with sterile, surgically made textured paper.

+ **Next, using a micro needle**, a bespoke blend of vitamins and homeopathic remedies is injected delicately just under the skin's surface right round the eye. It's so finely done that it feels more like tapping than injecting and isn't unpleasant. The blend, which is tailored to your eye-brightening needs, helps lessen dark circles and boosts collagen, which makes eyes look fresh and less tired. In two days you'll see results, but a course of three treatments two to three weeks apart seals the deal.

TRY A SEXY SKINCARE COCKTAIL

We love the way new treatments work together to give you amazing results.

MESOTHERAPY Add more value to the Tired Eyes treatment with a filler to smooth the dip under eye bags and Botox to ease lines.

DERMAROLLER Works well with volumiser Sculptra for a facelift without excessive "pillow face" volume.

HYALURONIC FILLERS Work alongside both Botox and volumisers such as Restylane Perlane and Sculptra to give lift, fill hollows and create a smooth look.

BOTOX Works with just about every treatment going and is now being used to slim noses, smooth facial contours and even prevent migraines, excess sweating and teeth grinding, believe it or not!



OUCH FACTOR? Our tester said it didn't hurt – felt like a light tapping or scratching. **£135 per treatment. A course will last a good six months. Find therapists by calling 07939-064616; cosmetichealthcaresolutions.com.**

Redness, dark circles, puffs, lines and blemishes. Believe it, in the world of hot new skin treatments, it's all so fixable

Q I've always had acne scars but now I've got lines too. Rescue me!

A Okay! New Dermalroller Collagen Induction Therapy is a treatment that top derm Dr Elizabeth Dancey recommends for easing lines and scarring while improving skin texture.

WHAT'S THE ROUTINE? Low-tech and simple, but the science is compelling stuff.

+ **After a smoothing of anaesthetic cream** you're ready to roll – quite literally.

+ **Using a small roller** covered with tiny needles, the doctor works over your face section by section. The needles penetrate slightly, which fools skin into thinking that it needs repairing. New collagen and skin cells are formed, blood supply gets enhanced and bingo – you're on your way to improved skin. Dr Dancey has had the treatment herself: "I noticed real results at four weeks. Like anything that stimulates collagen, it takes time to show results, but it lasts for years."

OUCH FACTOR? With the anaesthetic cream it's not too bad at all. There's very little downtime – about 48 hours in total. **You could need up to three sessions, six weeks apart, which start at around £250 each. Call (020) 7730-0765; bijoux-medispa.co.uk. For Dermalroller clinics, call 0800-0195322; genuinedermalroller.co.uk. w&h**

