

# Smile Makeover

WITH FRANCES FURLONG,  
NURSE CONSULTANT AND OWNER OF PERFECT SKIN.

Back in May, iN Magazine featured the diary of Sarah Boyton's smile makeover. This month we bring you the second instalment of her beautification odyssey, this time in the capable hands of Frances Furlong, Nurse Consultant and owner of Perfect Skin.

**F**rances Furlong, RGN Bsc, is no stranger to the world of beauty. With over 12 years of experience in the field of aesthetic medicine, she is an expert in fillers, peels, mesotherapy and that is before you even get to her specialisation in laser therapies. For five years Frances wrote a weekly beauty column for the Daily Star, has published articles in the likes of Elle and Woman and Home as well as appearing on GMTV. So it is safe to say when it comes to looking younger and feeling better, Frances knows what she is talking about, something that Instyle Magazine recognised by making her a beauty judge earlier this year.

Frances is the owner of the cosmetic experts **Perfect Skin**, which visits several clinics in Essex, London and Suffolk, including iN Magazine's favourite **Smile Design by Ash**. Which is where I met Frances for my consultation. Sitting opposite the impossibly dewy skinned and youthful looking beauty expert we discussed my expectations, the look I wanted to achieve and any concerns I might have.

Having never been particularly blessed in that department, years of enjoying life has led to me losing definition around my lips. And my nicotine habit has not helped things, with smoking having given a multitude of vertical lines around my mouth, which I was less than happy with. As well as all that, I have to admit to being absolutely petrified of needles.

Whatever my nerves were beforehand I soon felt reassured not only by Frances own permeating serenity but by the utterly comprehensive explanation she gave me of the proposed treatments and what each one would involve. Knowing what to expect did a lot to calm my waiting room jitters.

For my lip lines she recommended a muscle relaxing treatment. This Frances informed me, whilst expertly wielding the syringe around my smackers, would prevent my mouth from performing the motion that was the cause of creasing.

She also added that I would still be able to move my mouth, a relief for me, if not for those who get a front row seat to my daily office radio karaoke sessions.

Just as with my dental makeover I wanted to keep everything as *au naturel*

looking as possible, so I opted out of being given fuller lips. Instead Frances administered 0.5ml of Restylane to my vermilion border (the edge of the lip to you and I) and rehydrated the area around my mouth with Restylane Vital. She told me that one of the most common comments she hears from clients is that they suffer from dry lips, and that this is an excellent treatment for that.

Around my eyes Frances used a light muscle relaxing treatment to soften my crow's feet. But having taken onboard that I am, to make an understatement, a very expressive person we agreed to go for a fresh rather than frozen effect.

The essence of Frances and therefore Perfect Skin's approach is to consider the face as a holistic whole, understanding that knowing what a client's goals are is crucial to helping people look and feel better in a natural and subtle manner. I can honestly say that I look about ten years younger, but what is equally as important is that I don't look as if I have had work done. I wanted to look better but natural, and that is exactly what Frances delivered.

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