

Q MY lips are tiny and look out of proportion with my nose and eyes. I've always been self-conscious, usually covering them with my hand or a book. Is there something more permanent I can try?

MARY, Hull.



FRANCES SAYS: I'd recommend a lip enhancement using a filler such as Restylane Lipp, which is a wonderful product giving a natural look. It lasts around eight months and costs from £300.

I don't advise permanent fillers in the lips, as there are more side effects associated with them. Your face ages over time, and a permanent filler may look great when you're 30, but not when you're 40.

Q MY 18-year-old daughter is desperate for a boob job. I keep telling her she may not have stopped growing yet, but she says she will save up herself because she wants to feel happier about her body. Are there particular risks to teenagers with this surgery?

MAYA, Gateshead.



FRANCES SAYS: I strongly advise that she has at least three consultations with experienced surgeons. That will ensure only fully informed decisions are made and she knows the risks.

Q I'VE just turned 30 and I've noticed how old I'm looking.

I don't want to be vain, but what can I do to stop the nasty lines around my mouth and forehead?

GARY, Leicester.



FRANCES SAYS: I would advise a full consultation with an experienced practitioner. I'd recommend a filler around the mouth such as Restylane.

For the lines to the upper part of the face, a muscle relaxing injection is advised.

However, at my practice I encourage patients to look at ways to improve skin health as well, using treatments that can boost collagen, such as skin peeling and microdermabrasion.

Spot-on advice

Q I'VE had bad spots since I was a teenager. I'm now 32. Is there a beauty product I could use, or is it just a case of using more concealer?

LOU, Hayes



FRANCES SAYS: For active acne, try N-Lite laser treatment. About four sessions are needed at roughly £150 a go. For non-inflammatory acne, such as black heads, try vitamin skin peels. You'll need about six sessions, each costing £85 or so. Antibiotics and contraceptive pills might also help.

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Mole is taking its toll

Q I'VE got an unsightly mole on my face, and I'd like it removed. Is there a chance it could leave a bigger, more ugly scar, or is the operation risk-free? I'd hate to get an infection on my face, or scar myself for life.

J, Cambridge



FRANCES SAYS: In my own experience of seeing patients at the clinic I've found most people are unhappy with the scar left behind. Unless your mole is suspicious and must be removed for medical concerns I would leave it alone.

Besides, there were reports last week revealing that people with more moles may live longer.

Scientists at King's College in London discovered that there is less chance of developing conditions such as heart disease and osteoporosis.

So be proud of your mole.

have amazing sex. If you find you aren't pleasuring her outdoors, take her home to finish what you started.

Enjoy!

Q I HATE applying make-up every morning and would love to try permanent make-up.

I love the idea of an extra half-hour in bed and waking up looking refreshed.

But how permanent is it?

Could I end up stuck with a really unfashionable look?

SALLY, Corby.



FRANCES SAYS: I am a big fan of semi-permanent make-up and, having had it myself, I feel it's well worth it.

But it's important that you go to an experienced practitioner and have a full discussion with them about what will suit you best.

Typically, semi-permanent make-up will last up to two years and you can have the areas retouched if required. It will def-

initely give you extra time for a lie-in.