

Spot of bother

Q EVERY time I get ready to go out on a date I get really nervous and my skin breaks out in spots. What can I do?

ISSY, London.



FRANCIS SAYS: Stress and skin go hand in hand. You probably suffer with slightly greasy skin, so use a daily antibacterial wash and treatment cream which contains glycolic or salicylic acid. Consider microdermabrasion treatments to give you blemish-free and glowing skin.

And to combat stress, try deep breathing exercises.

Drawing the line

Q I HAVE bad wrinkles on my forehead. It wasn't too bad, but now my hairline is receding it's becoming obvious. What can I try?

DOM, via text



FRANCIS SAYS: Because they are caused by muscle movement, I would advise muscle relaxing injections. This is a great way of stopping you using these muscles and will make the forehead look smoother and your face more refreshed and less tired.

It is important that you see a qualified practitioner who can also advise you as to whether you may need a filler like restylane.

I CAN'T GET RID OF FAT THIGHS

Q I HAVE been going to the gym for the past year and I don't seem to lose the fat on my inner thigh or saddlebag area. If I overdo the dieting I tend to lose my bust or my face looks gaunt. Any suggestions?

SAM, Wrexham.



FRANCIS SAYS: I would advise a new treatment called laser liposuction which is great for small areas of fat deposits.

This involves the laser melting the fat. It can take up to 12 weeks to see the result as your lymphatic drainage system will have to get rid of the waste product.

After the treatment, which usually takes two hours, I advise six lymphatic drainage massages to aid the process.

It is done under local anaesthetic so the risks of general anaesthetic are removed. One site on your body costs £1,900 and two sites £3,000. A site refers to both inner thighs. Treatments are available at skinhealthspa.com

Q I HAVE hairy cheeks. My beard nearly comes up to my eyes. And my friends have taken to calling me wolfman. What can I do?

MARC, via e-mail.



FRANCIS SAYS: Unwanted hair is a common problem.

If the hair is mid-brown to black then I would advise a course of intense pulsed light or laser hair removal sessions.

This is a way of achieving permanent reduction. The great thing is that it stops ingrown hairs and six to eight treatments are usually needed.

Prices start from £48 per treatment and you can pay for a course up front at a reduced price.

SEPT 2007
Daily Star

Q RECENTLY I have lost over three stone, but the lower part of my face is saggy and it makes me look older. Is there anything I can do? I'm 45.

ANON, Manchester.



FRANCIS SAYS: Losing weight and the ageing process means we lose volume but the skin does not have that same spring. I recommend patients with similar problems to try a great volumising product called Sculptra.

Usually three to five treatments are required and you need to take them a month apart. Treatments are under local anaesthetic and cost £1,200 for three or £450 individually.

Q IS it bad to have more than four of five ops to improve my looks? I have Botox for my lines, lip filler, permanent eye make-up and chemical peels. But my new man reckons I'm trying too hard, using too many chemicals and would look better if I stopped. Who's right?

ANON



FRANCIS SAYS: I always advise people that when considering treatments it's important to get an honest opinion from a qualified practitioner to discuss your aims. Personally I feel the treatments you have described are perfectly justified as they are all doing something different.

Fillers are filling folds and creases in the skin and will help contour and plump the lips. Wrinkle relaxing injections are great for frown lines and crows' feet.

Chemical peels are fantastic for collagen boosting and improving the texture and helping with uneven skin tone.

Semi-permanent make-up is handy if you are not good at applying make-up and it saves time. Often partners can be wor-

BRIDE WANTS AN ALBUM TO POUT ABOUT

Q HELP! I've had semi permanent make up done and I don't like it. Is there anyway of having it removed?

JACQUI, via e-mail.



FRANCIS SAYS: Sorry, no. But don't panic as it will fade over time - usually within 12 months. I would suggest going back to your practitioner and discussing if there's any way of using a different shade to make it less obvious.

Q I'D like my lips injected with Restylane for my wedding, but my friend says that once you get them done, you have to keep having the injections, as your lips go baggy afterwards. Is this true? I'd love a fuller pout for my wedding pictures.

KIRSTY, via e-mail.

FRANCIS SAYS: Lip enhancement is a



fantastic way of having plumper and fresher lips. I recommend Restylane Lipp as it lasts up to eight months and looks natural. It's not true your lips will become saggy if you do not have them done again. See an experienced practitioner. Prices are from £300.