

I've got cellulite all over!

Q I HAVE cellulite on my bum, hip and thighs and I've even started to notice the odd dimple spreading to my lower legs.

I'm 33 and not overweight, yet I seem to be really plagued with orange peel and it's making me self-conscious. What can you recommend?

CARLA, Basingstoke.



FRANCES SAYS: Try Mesotherapy. Injections of medications, vitamins and minerals are delivered to the target area to break up fat deposits and smooth the skin. Try 10 sessions to start with.

LIPPY TAKES TOO LONG

Q I HATE spending half-an-hour in the morning putting my make-up on when I could be lounging in bed or watching some morning telly! Is permanent make-up a good idea?

KIRSTY, Leeds.



FRANCES SAYS: Semi-permanent make-up is the best option for people who don't want the hassle or who are not good at applying it.

Areas that can be performed on are the eyeliner area, lipstick and blusher area.

It's also very good for helping to correct eyebrow differences for those who have overplucked!

Medical applications can be given to help disguise scars, too.

Remember to see a qualified specialist who will give you an idea of what it will look like before you take the plunge.

Q I'VE got a tattoo I really don't like that I got when I was on holiday years ago. I want it removed but what are my options and am I looking at a hefty bill for them?

CRAIG, London



FRANCES SAYS:

Tattoo removal is successful as long as you visit a reputable practice with experience.

In my experience I find black tattoos are the most successful and five sessions are recommended.

Prices vary but normally start from £100 a session depending on the size of the tattoo.

It is also important to try to find what ink they used to help the practitioner assess suitability.

Check out www.tattoohealth.org for more.

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Q I HAVE very fine hair and in the winter I want to wear hats to keep my head warm. But when I do, my barnet looks a mess no matter what I use on it. Any advice?

CATHY, Newton Abbot.



FRANCES SAYS:

Fine hair is harder to manage. I would

advise going to your salon to get advice on suitable products.

Redkin do a great treatment cream for fine/split end hair. Ensuring you are getting your daily vitamin mineral supplements may help. If your hair is thinning see a trichologist who can advise you.

SWEATING IT OUT

Q I SUFFER quite badly in the hot weather from sweat patches, and it makes me feel really uncomfortable. I'm dreading summer because it means trying to hide my sweat patches all the time. Is there any kind of surgery I can have to stop this?

LOUISE, Brecon.



FRANCES SAYS: Sweating is an embarrassing condition for many people. But we can stop the glands secreting this excess sweat by using Botox/Vistabel. It can be used under the arms, hands and feet, normally lasts about six months and prices start from £450.

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