

PERFECT POUT

result. It's ideal for creating that soft, pouty appearance that most actresses and models now have."

The cost varies, depending on how much product is used, but Restylane Lipp costs from around £400 and is available nationwide. See www.Restylane.co.uk or www.cityskinklinic.co.uk

Another new filler is Laresse. This is free of animal products and solid particles, making it totally smooth. It is fab for getting rid of nose-to-mouth grooves and so-called smokers' lines around the mouth.

This means that older stars can look like starlets – even Brad Pitt, 43, is rumoured to be a fan of fillers to keep his boyish good looks intact. Apart from a tiny bit of redness from the needle, there is virtually no recovery or down-time required. Call 0800 902 0720 to find your nearest practitioner or visit www.laresse.com.

COSMETIC surgeons say screen siren Scarlett Johansson's luscious lips are the look most patients now request.

And while Scarlett, 22, is believed to be a natural beauty, the same cannot be said of many other famous pouts.

One of the latest innovations is Restylane Lipp. This is derived from a new non-animal gel and is designed specifically to give a more natural-looking fullness.

It is designed to give longer lasting results and, unlike some treatments, it leaves lips naturally pliant – so you can carry on smiling, laughing and kissing!

It is usually injected with an ultra-fine needle into the lip outline for improved definition, into the fleshy part of the lip for increased volume, or a combination of both.

Our resident beauty expert Frances Furlong, 29, nurse practitioner at London's City Skinklinic, says: "Restylane Lipp is the new generation of filler. It's clear that it gives a full but natural, less rigid-looking,

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Spot of bother

Q I AM getting quite a few spots around my jawline, but as a bloke, I do not want to cake them in make-up. How can I cover them subtly and get them to clear up?

ANDREW,
Lincoln.



FRANCES SAYS: I'd advise a proper assessment to determine what treatments are required, such as microdermabrasion and glycolic peeling.

These are great for men because the downtime is virtually nil!

Covering any spots where there is hair is always a problem for fellas. But if you want a range that will blend well and not block the pores, Bare Essential Mineral make-up is a good range.

Q SINCE the New Year I have started a new fitness regime, regularly working out and eating a healthy, balanced diet.

But I have been continually suffering from spots breaking out under my skin, particularly under the cheek and jaw area. Do you know what might be causing this and of anything that could help? I work in an office and spend a lot of time sitting at a computer.

B TUCKER,
Warwick

FRANCES SAYS: CONGRATS on your new healthy approach to life.

This recent outbreak of spots has a lot to do with your detox programme. It is one way of the body getting rid of toxins.

I would advise you to attend a consultation with a nurse or doctor, with a view to having treatments

such as mild skin peeling, N-Lite laser, microdermabrasion or a short course of antibiotics.

These help control bacteria. They also boost collagen, so any scarring will be improved. Most good aesthetics clinics have excellent product ranges that help control the outbreak. Remember the three steps to healthy skin are: cleanse, treat and protect.



Eye don't want to look so old

Q I DON'T have bags under my eyes but I do have dark circles which make me look years older. I've tried cover-up creams, even Touche Eclat, which didn't work. Can you suggest any other cream? I've read about surgery but I'm not sure what it's called or how effective or safe it is.

JO JAYEFIN, Coventry.

FRANCES SAYS: It could be hereditary. If the skin is thin, blood passing through large veins can produce a bluish tint. Exposure to the sun increases melanin and hyperpigmentation so good SPF is essential. Allergies and medications can dilate vessels and poor diet can also cause problems. See a qualified practitioner and try SkinCeuticals eye cream.



FED UP WITH MAN BOOBS

Q FOR the last few months I have been going to the gym at least three times a week and I've managed to lose a bit of weight.

I'm in my mid-30s and it has encouraged me to shape up.

But no matter how often I exercise, I can't shift my double chin or my man boobs.

Are there any other ways to get rid of these fatty areas?

PETER FLETCHER,
Croydon.



FRANCES SAYS: At the moment there are two very popular methods of fat removal – Smartlipo (Laserlipolysis) or mesotherapy.

The first involves a laser which breaks down fat, after which the body gets rid of it naturally.

That is unlike liposuction, which is the physical removal of fat when you have the procedure done.

Smartlipo is ideal for smaller areas and the great news is that the laser has a tightening effect on the skin, so lessens the chance of sagging skin post procedure.

Three areas can be done at any one session and downtime is minimal. Prices start from £1,800.

The second method – mesotherapy – uses a mixture of medications and vitamins to help break down fat and tighten the skin.

You will usually require 10 treatments on consecutive weeks and the total cost for that would be about £1,500.