

HAIR-RAZING ALTERNATIVES

Q I USUALLY shave my bikini line in the shower, but I nearly always come out in little red bumps and spots afterwards. I've tried using depilatory creams, but find them too messy and the hair still seems to grow back quickly. I can't afford to have it waxed at a salon every time. Is there another alternative?

KATHRYN McALLISTER, Edinburgh.



FRANCES SAYS: Ingrown hairs are a common problem when shaving, especially the delicate bikini line area. Intense pulse light and laser hair removal are very effective and popular treatments.

Cost for treatments at the City SkinKlinik start from £120 to £180 per single session. However, we also offer courses which start from £600 – this is six sessions for the price of five.

Q CAN guys get cellulite too? My wife is always moaning about her orange peel legs but now I've noticed it on my legs too. How can I get rid of it?
RICH, Accrington



FRANCES SAYS: Yes, some men develop cellulite, although it's rare. Mesotherapy is a fantastic treatment that uses micro-injections. At the Skin Health Spa clinic, myself and Dr Vincent Kabeya deliver these treatments with fantastic results. Ten sessions are needed, costing £1,500. Treatments are given one, two or three weeks apart depending on your availability. Honey massage is also recommended to enhance the results.

FEB 2007
Daily Star

Marked woman

Q I HAVE lost a bit of weight over the past two months but whenever I look in the mirror, all I see are stretch marks, particularly on my tummy and thighs. What can I do to get rid of them?

CARLI, Newport.



FRANCES SAYS: Silver stretch marks are very hard to get rid of. Red stretch marks are different, and have a better chance of improving.

I would advise people not to delay in getting treatment that can help. Mesotherapy – painless injections to improve skin quality – is good, although it will not get rid of stretch marks completely.

Ten treatments are performed weekly and cost £1,500.

Q MY hairline is really low. It practically meets my eyebrows. What can I do to get rid of it? I worry about plucking it because I think I'll end up looking surprised.

TINA, via e-mail.



FRANCES SAYS: I would recommend a course of ipl or laser hair removal.

This is a permanent reduction approach and reduces the instance of side effects from other hair removal methods such as waxing and plucking.

Generally six to eight treatments are required, performed four to six weeks apart. Prices start from £48.

Q RECENTLY I've noticed a few little red veins breaking out on the back of my leg, which I really hate. What could be causing them and how do I get rid of them?

HAZEL MORTIMER, Ledbury.

FRANCES SAYS:

These very small broken veins on the back of the legs are easily treated with intense pulsed light.

A proper assessment with a nurse or doctor is required to make sure there are no underlying or serious vascular conditions such as varicose veins.

Generally three to five treatments performed every four weeks are required and prices start from £50.



Q I KEEP hearing all this stuff about women having Botox, but is it any good for men? I'm in my mid thirties and generally look all right but I do seem to be getting a few lines on my forehead and laughter lines round my eyes and down my cheeks that I don't find at all funny. Can you help me?

WAYNE, Chesterfield, Derbyshire.

FRANCES SAYS: Botox is suitable for men and women.

But it is important to give men subtle treatments to avoid more feminine features. Work out with your practitioner exactly what you're looking for.

The best approach is to perform treatment in two parts. After a small amount, wait two weeks to see the effect and put more Botox in if needed. The treatment is very safe.

A BRIDE IDEA

Q I'M getting married in six months and want to look glowing. What treatments should I try?

TONI, via e-mail.



FRANCES SAYS: Thankfully you've allowed enough time to improve the condition of your skin. I would suggest a course of mild chemical peels or microdermabrasion, combined with IPL or mesotherapy. You may also need wrinkle-relax treatments. See a qualified practitioner who can recommend the best treatment.

MARCH 2007
Daily Star