

EYEBROWS

THE PROBLEM: We've all been there ? you take a little bit off the left, then a little bit off the right, then a little bit off the left, before you know it, you're left with a single fine line of solitary hairs, desperately clinging on to the bottom of your forehead creating a permanently surprised expression.

THE SOLUTION: Vaishaly Patel is renowned as the eyebrow queen and, celebrities that have submitted to her sublime threading include Elizabeth Hurley and Elle Macpherson, she says: ?The first thing you must do is grow them out! In the mean time, brush hairs in the direction of the growth and fill in the visible patches with powder.

Use a soft eyebrow pencil, in a colour closest to your existing eyebrows, to draw in the rest of the eyebrow. Follow the natural brow bone, use the corner of the eyes as your guide line to the length that you should draw, and use eyebrow gel to keep the remaining eyebrows in place. If you want a low maintenance solution while they are growing out have semi-permanent make up (essentially a temporary tattoo) to fill in the gaps.

Time taken to reverse the damage: A few minutes

BOTOX

THE PROBLEM: As Botox has now been used for several years, you would hope that anyone injecting the stuff would have a pretty good idea of what they were doing. But, sadly, there are still a significant number of dodgy doctors out to make a quick buck by bunging in a bit of Botox with very little care, skill, or attention to detail. The results can be anything from a lopsided forehead to droopy eyelids but what can be done?

THE SOLUTION: Dr Cyrille Blum, head of the Medical Advisory Board at Botonics suggests that patience is a virtue. ? Whatever damage has been done, it's not going to be permanent. The change created will never last more than four months so however unhappy you are with the result, bear in mind that it is only temporary.

Ideally you should choose a qualified medical practitioner who can explain the procedure and will inject a small amount, allow it a few weeks to settle and then put more in if necessary. There's no real treatment that will reverse the action of the Botox, but if you have a particular droopy eyelid condition, a GP can prescribe medicated eye drops that will work in just a couple of days. Otherwise, it's just a question of waiting, I'm afraid.?

Time taken to reverse the damage: From a couple of days to four months, depending on the problem.

FAKE TAN

THE PROBLEM: Some people, no names mentioned ? David Dickinson, Katie Price ? think that you can never be too dark. But, while we're all in favour of the healthy glow that you can get from a bottle, there's a fine line between a golden tan and the sort of OTT look that resembles the results of a Marmite bath.

THE SOLUTION: In winter, when your natural skintone is paler and the colours you wear are less vibrant, you need to go a few shades lighter than you might in the summer. But, if you've layered on too much of the fake stuff, there is a solution.

?If you've gone too dark all over and don't have much time to correct the damage, work on sorting out your face, ? advises Judy Naake, the woman behind St Tropez and UK tanning queen. ?You can get away with a dark body, but a dark face is very ageing. Start by giving yourself a good all over exfoliation with a smooth exfoliator, and, if you have tide marks use a tan remover to fade them.

If you've got time, get down to your local swimming pool and have a long swim ? the chlorine in the water should help strip it off. Alternatively, soak in a bath with aromatherapy oils and dry yourself off with a stiff towel.?

Time taken to reverse the damage: A couple of hours.

MICRODERMABRASION

THE PROBLEM: If you have microdermabrasion at a reputable spa, you shouldn't have any problems. If however, you decide to do it yourself, that's where the problems start. You should always, always follow the instructions to the letter, and most experts advise that you should only have this sort of treatment once a month.

But, it's easy to get distracted and, if you spend too long on one area of your face, you can end up looking like you've come off badly in a tussle with some sandpaper. Joking aside, if you've rubbed your skin raw, is there anything you can do?