

Q I HAVE noticed some quite deep frown lines and am contemplating Botox. But I still want movement in my forehead or my mates at work will take the mickey. Can I lose the lines without getting that shiny look and the giveaway frozen forehead?

BARRY, Chester.



FRANCES SAYS: Botox is a brand name and just one of many muscle-relaxing injections. Find a reputable clinic and ask which type they recommend.

Here at the clinic I advise patients to have the treatment in two stages – a minimal amount for the first session, then return to the clinic two weeks later to see the effect and to have a further top-up if required.

Men and women should always be treated differently. Your practitioner will be trained in looking at the dynamics and movement of your face to make sure it is administered correctly.

The aim is not to give you a frozen forehead but to make you look fresher.

Q MY eyes have always sloped down – like Katie Holmes – but now I've hit 30 they seem to be hitting the floor. What can I try to stop me looking so sad?

LEA, Brixham

FRANCES SAYS: There are two options for this problem – either surgery, which is known as blephoroplasty, or a muscle relaxing injection. At your age it may be advisable to try Botox as this can help alleviate the heaviness around your eye area.



Patients who use muscle-relaxing injections love the results as it makes them look fresher and less tired. Typically you would need to repeat this procedure every three or four months. It costs from £200 for the first, and £100 for each one after that.

Q MY mum keeps going on about having a facelift now she's hit 50. I think she's having a mid-life crisis. Can I suggest something to her that isn't so drastic?

FIONA, Birmingham.



FRANCES SAYS: For some people a facelift is the only answer and I would advise people to get three different surgical opinions

so they can make an informed decision.

However, she could try a technique called thread-lifting. It's a less drastic form of lifting the face and can be combined with fillers to plump it out and collagen-boosting treatments that can provide truly wonderful results for people of all ages.

With thread-lifting, surgical threads are inserted into the face

A long stretch

Q I'VE just reached my target weight – I'm now 9st 5lb after losing 6st. But I'm covered in stretch marks, particularly on my tummy and boobs. What can I try to get rid of them? I thought I could be proud of my new body but I'm still hiding in baggy clothes.

RACHEL, by e-mail



FRANCES SAYS: You should be proud of your body, so well done!

But be warned that stretch marks are almost impossible to get rid of.

If the marks are pink in colour they may be improved, but the results will not be perfect.

If the stretch marks are silver then it will be almost impossible to see any improvement at all.

A technique called mesotherapy may help in tightening the area. But you will find most medical practitioners will be reluctant to treat you as it can be difficult to estimate how much improvement you will see.

Eventually they will fade to thin silver lines – and probably be more noticeable to you than anyone else.

Q I HAVE noticed that hair is now starting to develop in some strange places as I get older – particularly in my ears. I have tried to remove it with scissors and tweezers but it usually just ends up in a total mess. Is there any method I can use to get rid of all this hair that



would be more permanent?
JAMES, Bootle

FRANCES SAYS: There are many different hair removal methods on offer. Intense pulsed light, laser and electrolysis would be the best option if you

are wanting permanent reduction to the hair.

With laser and light treatments, generally six to eight treatments are needed, to be performed every six weeks.

Prices start from £48 per session (courses are available – pay for five and get sixth free).

TATTOO'S A SHAME

Q I'M going to be a bridesmaid for my sister and she's chosen this awful peach dress – but the worst thing about it is it shows off a tattoo on my back.

I had it done when I was 18 and I really regret it – especially because it's an ex-boyfriend's name. What can I do to disguise it?

GEMMA, Durham



FRANCES SAYS: I would advise a good camouflage make-up!

You might want to consider removing it eventually. Coloured tattoos are harder to hide – but I have seen good removals with laser therapy on black ones.

Q I ALWAYS develop a nasty rash after I shave and can't seem to do anything about it. I've tried moisturiser, balm, pre-wash, baby oil – you name it. But I always end up with a bright red, spotty neck. Can you suggest a way around it? The only thing I haven't tried so far is an electric razor.

JOHN, Derby.



FRANCES SAYS: This is a common problem for men and I

normally advise exfoliating treatments such as glycolic skin peeling, which can be helpful with ingrown hairs and rashes.

Typically, six treatments are required, performed weekly, with a two-week prep cream and SPF protection.