

Q IT'S coming up to party season and I really want to look my best. I'm 33 and not yet ready to do anything too drastic like surgery. Are there any treatments that are temporary to see if I like the effects?



NINA, Warwickshire.

FRANCES SAYS: This time of year we are all

keen to look our best. Visit a qualified practitioner with experience in aesthetic procedures for the best advice. When I assess patients attending the clinic a variety of factors must be established, including the face as a whole and areas that can be improved. Treatments such as wrinkle relaxing

injections are a great way of making you look less tired and fillers can be a good way to get a gentle lift to less volumised areas. Contouring the lip can also give a sensual, soft, kissable look. Side effects are minimal and final results are achievable two weeks after any procedures.

Q WITH the Christmas party coming up at work I really want to get myself a makeover and look my best for the evening. What sort of treatments should I get?

HELEN, Walsall.

FRANCES SAYS:



For a freshen up I wouldn't suggest anything too drastic. Something like a microdermabrasion – which removes dead skin – would be a perfect way to help freshen up tired skin. If you have four to six weeks before the event, a treatment such as Restylane Vital is good to help hydrate the skin.

Q I HEAR lots of people talking about their "beauty regimes" but I don't really have one. Should I? I put a bit of slap on before I go out and normally wash it off the next day in the shower but apart from that I pretty much ignore the way I look.

JO, Cheltenham, Glos.



FRANCES SAYS: There is no doubt that looking after your skin will be a great benefit later in life. I don't believe in flooding the skin too much and suggest a visit to a specialist to find out what products suit your skin.

A good cleanser is essential for removing the daily grime from your skin. A treatment cream to help with such conditions such as oily skin, dehydrated skin or aged skin is essential and a daily face protector such as Spf 30 matte formula in the Ddf range will not leave your skin greasy.

I would advise seeing the practitioner a week afterwards to assess the skin balance and then add any moisturisers, serums and eye creams at that point.

Q MY eyebrows are too high. They always make me look surprised. Can I get them removed and tattooed on? It really worries me.

LEAH, Newport.



FRANCIS SAYS:

Facial expression varies from person to person. This is probably due to your muscles working harder in some areas of the face to compensate for the ageing process.

Muscle relaxing injections in the forehead can lessen the upwards pull on the eyebrows.

But don't remove them.

You should talk to an experienced practitioner and also perhaps find yourself a semi-permanent make-up therapist to get some good honest advice.

Q MY eyelashes are really wispy and keep falling out. Can I have eyelash extensions?

SARAH-LOUISE, Wyvern.



FRANCES SAYS: Natural or synthetic extensions are a great way to enhance eyelashes.

But it can be time consuming. Extensions are also high maintenance and you must be careful with them. They are probably best suited to someone who doesn't wear much make-up. Before you get them done, talk to your beauty salon. There may be a medical reason why your lashes are falling out.

Q I'M 27 and want to know if there's a cure for baldness?

My problem is that my hair is thinning and I'm considering laser treatment. Can you help me out?

BEN, via text.



FRANCES SAYS:

For the best advice I'd strongly recommend seeing a hair transplant specialist. When people start losing their hair it is important to have a proper diagnosis to see if there may be any underlying causes for it.

Q I want to lose weight around my middle. Are there any treatments I can try?

KAYE, Norfolk

FRANCIS SAYS: There is a great treatment out

called laser lipolysis which can be used on smaller areas on the body.

It can take up to 12 weeks for the fat to be removed and relies on the lymphatic system to get rid of the waste product.

The procedure takes around two hours and is done under local anaesthetic.

If the fat is too much for laser lipolysis then traditional liposuction is recommended.

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