



### Real you makeover

Jane Marsh, 40, is married with a daughter, aged two.

**+ MAKEOVER MOTIVE:**

"After the birth of my daughter, I'd lost a lot of

weight, looked drawn, my cheeks had sunk and my skin seemed permanently tired."

**+ TREATMENT:** "Sculptra volumiser injected around my temples, cheeks and mouth, which stimulated the skin to produce new collagen. I had three treatments, six weeks apart. I thought I might have needed something more, but the Sculptra gave such a good effect that I didn't need fillers or anything else."

**+ THE OUCH FACTOR:** "The first treatment was a little uncomfortable – especially around the temple area – but apart from that it was fine, with no bruising, which came as a surprise as it was something I was rather expecting."

**+ RESULTS:** "I can honestly say that the person who looks back at me from the mirror since the treatment is still me, but happy and more youthful. It's like having a mini-facial, but even better! In two years' time I shall be back to see my doctor and have a freshen-up treatment. I'm so happy with the results."

**+ Jane had her treatment with cosmetic doctor Dr Thierry Vidal at Skin Health Spa. Call 0800-0371090 to find a branch near you.**

## Reshape your face with volumisers

When age, gravity or drastic weight loss put the slide on once plump and curvy features, new volumisers could be the way forward. Unlike fillers, which fill lines from the surface down, volumisers build from deep in the dermis upwards. The results are gradual – so no use for those who want instant results – but last for about two years. "Volumisers are really good for those who are definitely not ready for the knife," reckons Frances Furlong of Skin Health Spa. "Perfect for cheeks and the jowl area, they're also great used around the temples, giving the eye and brow area a real lift." Dr Mountford is keen too: "They're good for filling hollow cheeks, but they do take time to work. I often use a hyaluronic acid filler like Restylane over the top for an instant fill while the volumiser builds." **+ VOLUMISER OF CHOICE?** We talked to lots of practitioners and Sculptra is

now their first choice. A semi-permanent filler, it lifts the skin forward to recreate lost curves. With its synthetic polymer made from lactic acid, it can help stimulate collagen growth. Call 0800-0852046; [www.sculptra.co.uk](http://www.sculptra.co.uk).

**+ THE OUCH FACTOR:** About the same, maybe a touch more than fillers. Anaesthetic can be injected to numb the skin. All the ouch factor problems associated with fillers are the same with volumisers. So be aware that you may have possible swelling, bruising and redness for a couple of days. It all depends on your skin condition – some feel it; others have no problems at all.

**+ WORTH THE CASH?** It's not cheap. You'll need a three-session course with six weeks between each one. The results peak in six months, but last around two years. Costs around £1,200 at the Skin Health Spa (see below left).

## FRESHEN YOUR SKIN WITH REJUVENATORS

When filling isn't really the issue, but loss of tone and a healthy glow is, a different breed of injectables can come to the rescue. What's on offer?

### + RESTYLANE VITAL

This may sound like a filler, but it's not as such. It's still hyaluronic acid for sure, but this time used as a deep hydrator, moisturising skin from within. Research is now showing that it also promotes smoother, firmer skin, which makes the whole pain/gain thing a bit more worthwhile. It's good, not only for hydrating and freshening faces, but to revive the backs of hands and the often wrinkled, sun-damaged décollette area.

**+ THE OUCH FACTOR:** Less than with fillers, as the injections are much finer. You may get a little redness.

**+ AND THE BILL?** A course of three treatments for facial skin and the backs of hands costs from £450.

### + MESOTHERAPY

Wildly popular in France, but still new here. A cocktail of vitamins, minerals and antioxidants is injected under the skin to rehydrate, tighten and revive. Dr Vincent Kabeya, president of the Association of Mesotherapists in the UK, is a keen exponent. "Surface treatments like lasers and peels stimulate the skin, but mesotherapy also nourishes it."

**+ THE OUCH FACTOR:** Minimal, as the needle is ultra-fine. Recovery is quick, with no time limit on repeat sessions.

**+ AND THE BILL?** Reasonable for one session – about £150. But a course is recommended for optimum results. A course costs £1,500 at Skin Health Spa (see below left) with Dr Kabeya.



**CLICK FOR MORE DETAILS.** Jane Curran went on to have more treatment, for smoker's lines around her mouth. To see her before, during and after pics, as well as details on injectable treatments and your Q&As, visit [www.womanandhome.com](http://www.womanandhome.com). w&h