

# CELEB HEALTH SPY SPECIAL REPORT

■ ALL those TV close-ups mean the Desperate Housewives of Wisteria Lane have just as much scrutiny on their faces as their bods.

While the show might be set in Connecticut, it's actually filmed in LA, and we know how fond Tinseltown is of cosmetic tweaking here and there.

■ So have the DH stars sought a helping hand in the looks department?

We asked City Skinklinic's FRANCES FURLONG, 30.

■ She says: "All of the housewives appear to take good care of their skin - although they may want to consider the effect of an over-strict diet and exercise regime.

"A too-strict regime places stress on the body, which will use up antioxidants, vitamins and minerals.

■ "Seek advice from a skin specialist to analyse the skin and to prescribe treatments or products that will help."



## NICOLLETTE SHERIDAN

A SMOOTH forehead and lack of crow's feet indicates the possible use of botox - as you would normally expect to see lines at her age.

The face is free from pigments and very smooth, which could indicate the use of skin peels or Intense Pulsed Light.

There is, however, evidence of pigments to her chest, cleavage and neck, which could be avoided if she had treated this area in the same way as she has her face.

## MARCIA CROSS

THE strong, well-defined arch of her eyebrows could have been achieved with micropigmentation (permanent make-up) and also with the use of botox or a thread lift procedure.

The fact that her back and face are free from pigments, which you would normally associate with this skin type, shows she is aware of the importance of protecting her skin from the sun with the right SPF cream.

She doesn't appear to have had lip enhancement or other fillers. She has a strong glabella muscle (frown lines) and this could be avoided with botox.



## FELICITY HUFFMAN

HER very smooth neck could have been achieved with botox injected into the horizontal creases that often appear on the neck.

There is a significant lack of lines on the chest. Mesotherapy (injections of vitamins and lifting product) can achieve this as well as maintaining a glowing skin. Peels will also help to rejuvenate this area.

Fine lines are apparent under the eyes. She might want to consider phenol peeling for this. A phenol peel will also help lift the upper eyelids.



## TERI HATCHER

HER flawless skin shows that she is aware of the risks associated with having more melanin (colour) in her skin. This means that she is at risk of hyperpigmentation - darker patches of colour.

Her deep-set eyes have been opened, possibly by the use of botox or thread lift (a very popular non-surgical procedure for those not wanting a face-lift and full anaesthetic).

This would lift the outer corner of the eyebrow and so achieve a more open, fresher look.



## EVA LONGORIA

ANOTHER person who shows that she knows about hyperpigmentation due to her skin type. She shows no evidence of darker patches of skin.

With her younger skin, maintenance is a vital factor. Mesotherapy is an excellent treatment programme for her age as it boosts the hyaluronic content of the skin. It can also be combined with BioMasques to boost the effectiveness of the mesotherapy (available only at City Skinklinic). The daily use of a vitamin C serum protects from UVA rays as well as being an antioxidant.



ALL the treatments mentioned are available at City Skinklinic, with consultations available with Frances to discuss skin concerns. Call 0870 751 3870 or visit [www.cityskinklinic.co.uk](http://www.cityskinklinic.co.uk) for further details.

JULY 2008  
Woman and  
Home Mag

## My perky "cheeks" have collapsed into wrinkles

Changing room mirrors reveal it, but the French have a smart way to deal with old lady bottom and they've used it for years.

**TELL ME MORE:** French women shun the gym, but still manage to keep dimple free with Mesotherapy, a cocktail of vitamins, amino acids and homeopathic medication micro-injected just under the skin.

**DOES IT WORK?** Practitioner Frances Furlong says a big yes! "It's good for cellulite, skin tightening and nourishing," when injected

deeper, reduces inches, saddlebags and love handles. But it's not a one-size-fits-all treatment," says Frances. "A blood test reveals any thyroid or hormonal problems, then a bespoke mix is created just for you." Reader Gail Irvine loved her treatment. "Even though I regularly went to a gym and ate healthily I still had stubborn cellulite. After nine mesotherapy treatments I couldn't believe the difference. My old lady wrinkled and orange peel effect bottom has smoothed out and firmed up. I know I'll never have a rear as gorgeous as Kate Moss, but I'm not anxious about wearing a bikini now and don't need to rush to find a cover up at the pool."

**DOES IT HURT?** Local anaesthetic sorts that (although discomfort is minimal anyway) and you're fairly good to go after treatment.

**THE COST?** It's not cheap. £180 per treatment and you may need a course of six to ten, with occasional top ups. But as Frances says, "When you make an investment like this it encourages you to kick-start a healthier lifestyle. Like a lot of therapists, I use the time during treatments productively. We discuss diet, exercise and lifestyle changes that will help the therapy along."

Frances Furlong is at Skin Health Spa, (020) 7655 6920. Call 0800-0371090 for salons.