

IS YOUR MAN
N TOUCH
WITH HIS
MASCULINE
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'Skilful
Botox
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BEST FOR DROOPY EYES: DOE EYE BOTOX

i The secret to Botox is all in the application. When it's badly applied, you can be left looking 'frozen', whereas skilful application should make you look like you, only 10 years ago. This is the belief held by Botox expert Dr Thierry Vidal. His specialist area is eyes, where he believes it's important not just to erase lines, but to restore a youthful doe-eyed shape.

'Using Botox, I try to achieve a more open look with a lateral eyebrow,' he says. 'Bringing that "spark of life" back to eyes is a most interesting challenge for me.'

RECOVERY TIME: You can return to work straight after the treatment, which takes approx 15 minutes. Results are instant, but continue to improve for up to 14 days.



COST: Around £300. Results will last for 6 months. Call 020 7656 6920 or www.skinhealthspa.com

BEST FOR YOUNGER LOOKING SKIN: STEM CELL FACE LIFT

i Remember *Sex And The City* where Samantha has fat sucked out of her bum and injected into her face to make her look younger? This is the same principle. 'Fat cells and master stem cells are taken from the thighs and abdomen,' says skincare expert Leslie Reynolds-Khan. 'The cells are mixed back with the fat cells and injected into the face. The fat and stem cells then graft to the area and last indefinitely.'

RECOVERY TIME: The procedure's done under local anaesthetic so is painless. Downtime is about a week, but you could have bruising for up to two weeks. 'Your own tissue replaces the lost volume so you are not pulled tight, cut or stitched, just restored to your former glory,' says Leslie. 'The fat gives back the firmness to the skin and the stem cells give back glow and vitality.'



COST: From £7,500 and is currently only performed at The Harley Street Clinic. Call 020 7935 0986 for more information.

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SUBTLE SURGERY

Always been tempted by a little nip or tuck, but been too afraid of ending up looking permanently surprised? Check out the new procedures with a natural effect. They'll have friends asking where you've been on holiday, not where you got stuck in a wind tunnel

BEST FOR JOWLS: THE HOLLYWOOD LIFT

i If you find yourself standing in front of the mirror every morning pulling back the sides of your face, but the idea of a full face lift scares you rigid, this could be a good treatment for you. It imitates the 'Old Hollywood' trick of using transparent tape on the temples to make stars look younger for close-ups. This procedure is done under local anaesthetic and involves creating two small incisions, one on the hairline and one 1-2 inches higher. Skin at the cheek area is loosened with a special instrument and then stitched while being pulled upwards. The small wounds are then closed with a few stitches and hidden by hair. Because the skin is only pulled back in two places the effect is much more natural than a conventional face lift. Afterwards you will look like you before gravity took its toll, rather than like a stretchy balloon.

RECOVERY TIME: Downtime can last from three days to a week and it's recommended that patients use a pressure bandage for two weeks afterwards. There may be some discomfort and swelling, but this can be reduced with ice packs and arnica. Results last for two to three years.



COST: Prices start at £1,800. Call 020 7090 2270 or go to www.doctoralexchambers.com

BEST FOR SAGGY BOOBS: SCARLESS LASER BREAST LIFT

i It's an unavoidable fact pesky gravity causes body parts to droop. As they're one-third fat, breasts are the area most affected. If you dream of perkier boobs but going under the knife seems too extreme, the Scarless Laser Breast Lift could be the answer. The first of its kind, it uses a combination of two lasers. One to melt the fat on the sides of the upper back and in the armpit (this fat is then sucked out through a small incision). The other works to stimulate the production of collagen to tighten and tone the skin.

RECOVERY TIME: After the procedure, which takes 1 hour, you can go straight back to work, but are advised to take things easy for a few days. The only discomfort you'll feel resembles a post-gym ache. A week later, once the small incisions heal, you'll be scar-free.



COST: From £2,000. For more information contact www.lmaclinic.com/02083421100