



Dermal *underwear*

Dermal fillers, developed for HIV-positive people with facial wasting, are now becoming popular with the beauty brigade – gay and straight. **Paul Burston** tries it out. Photography **Rob Greig**

Instant charmers

Change your look in your lunch hour

Beautify with a Blueberry Smoothie

Traditional facials don't have long-lasting effects, so if you want to leave the beauty parlour with tighter, glowing skin that remains so for a good few weeks, try one that includes a peel. The Blueberry Smoothie facial is as gentle as peels come, acting as the ultimate dead-skin exfoliant.

Carried out by trained 'medical aestheticians', it combines gentle acid (for minimal irritation) and blueberry extracts. Walk out looking thoroughly buffed and polished.

From £85 at Urban Retreat, Fifth Floor, Harrods, 87-135 Brompton Rd, SW1X 7XL (7893 8333/www.urbanretreat.co.uk).

Knightsbridge tube. 10am-8pm Mon-Sat, 12noon-6pm Sun.

Get your brows beaten

If you're scared of anything hardcore, how about a face-changing brow-shape? Head to a Blink Bar (counters feature at Selfridges, Harvey Nichols, Fenwick, House of Fraser at Westfield). Blink Bars use traditional Indian threading (where cotton thread is used to entwine hairs and pull them from their follicles). It's quick, easy, painless and free of chemicals – costing £17 for eyebrow threading, £10 for upper lip, from £12 for lash- and brow-tinting.

Blink Bar (www.blinkbar.com).

Brighten your smile

In their Brook Street clinic, Swiss Smile technicians will apply hydrogen peroxide gel to your teeth and expose them to UV light to speed up the bleaching. After an initial consultation in the 12 weeks preceding treatment, the process takes about an hour-and-a-half, giving you Hollywood gnashers in your lunch break. The price is normally £390, but Swiss Smile is offering a discount on bookings till the end of January with bleaching at just £179.

Swiss Smile, 10 Brook St, W1S 1BG (08450 944004/www.swissmile.com). Oxford Circus tube. 8am-9pm Mon-Fri, 10am-5pm Sat, by appt Sun.

Zap your wobbly bits

Laser lipo or 'smart lipo' is a minor laser lipolysis procedure. Under local anaesthetic, a tiny laser is poked through a very small incision in your 'problem area' and permanently liquefies fat cells. You can let your body flush out the fat naturally or have it sucked out on the spot. Sessions vary in length, but a small area can be zapped away in an hour-and-a-half with very few of the side-effects associated with liposuction. It's pricey, though, at around £2,000 for a small area at Court House Clinics on Wimpole Street.

Court House Clinics, 30b Wimpole St, W1G 8YB (0845 555 5050/www.courthouseclinics.com). Regent's Park tube. 9am-8pm Mon-Thur, 9am-5pm Fri.