

Beat *the clock*

We've got all the latest anti-ageing innovations that promise a new you in a flash! From speedy face-savers to body boosters, be prepared for some serious results...

The fast face fix

Cosmetic enhancements are now so much cleverer! Earlier this year a US report heralded the end of the traditional facelift. Women today prefer less invasive techniques with the emphasis on volume and plumpness. Here are the latest techniques to give you 'the new, new face' in less time than it takes to buy a sandwich!

Highbrow!

Sparse eyebrows are ageing, but now a combination of Botox and semi-permanent make-up can lift and thicken them. Practitioners use a fine needle and choose the right shade of pigment to help restore brows to their former glory. Botox can then be injected into the muscle above to gently lift the brows.

Cost Make-up from £350; Botox from £250
Treatment time
Brows – 20 mins
Botox – 10 mins
Contact Brows – Tracy at Beauty Works (020 8340 8069); Botox – Dr Khan (020 7935 0986)



Fillers can boost sunken 'tear troughs'

Bye-bye bags

Sunken eyes and dark circles develop for a number of reasons, including heredity, sun damage and a lack of sleep. The most common cause, though, is age related and loss of the fat pad – the plump cushion immediately under the eyes.

But now a new 'tear trough' treatment can help. An experienced cosmetic practitioner can reshape these hollow contours using a filler

such as Restylane, which is perfectly safe and can be injected in small amounts under the eye to help replace the soft tissue. A local anaesthetic or cream is usually used, so the injections are only mildly uncomfortable and the results will last from six months to a year.

Cost Depending on the amount of filler used, from around £550
Treatment time
About 15 mins
Contact The Harley Street Medical Skin Clinic (020 7935 0986)

QUICK FIXES TO USE AT HOME!

Jan Marini Lash, £99, right (020 8868 4411; jmsreurope.com) is worth splurging on as it aims to give you dense and lush eyelashes by feeding the lash root. Apply sparingly to the upper lash line. Or try Avon Anew Rejuvenate 24 Hour Eye Cream SPF25, £15 (uk.avon.com). This two-in-one eye treatment promises to renew and treat lines around the eyes.



The doe-eyed look

The 'Angelina Jolie treatment' – as it has been dubbed by beauty journalists – helps erase wrinkles and restore the youthful shape of the eyes, lifting the eyelid and brow and enhancing the eyelashes. Developed by Dr Thierry Vidal, it involves injecting Botox at the side and upper brow area of the eye, bringing a spark of life to the eyes. Only an experienced Botox practitioner should perform this procedure.

Saggy skin

Accent Radiofrequency uses exactly that to tighten skin and contour the body. A hand-piece is used in a circular movement over the area to be treated, heating the skin and encouraging drainage. A cooling device keeps discomfort to the minimum. Ideal if you're slim but skin is not as taut as you'd like. Eight sessions are recommended for long-lasting results, which can last from six months to a year. Effects are immediate.

Cost £200 per session

Treatment time

About 30-40 mins

Contact Call Court

House Clinics (0870

850 3456) or Sk:n

(0800 028 7222;

sknclinics.co.uk)

