

NEW TWEAKS

The day of the fake and frozen face is over! New super-subtle treatments can give you a younger, fresher look!

Drum-tight foreheads and over-pumped lips, skin-scouring peels and wonky brows – if your idea of non-surgical treatments involves more pain than real gain, then you've taken your eye off the ball. Suddenly there's a whole menu of new skin improvers that feel like less but achieve so much more. Trust us – you can rediscover the formerly fresher you.

Q Oh, those pouchy jowls – my face has gained excess baggage! Is there a no-knife fix?

A Yes! Last year's laser lipo moves up from the tum to work well on saggy jawline puffs and even eye bags without the knife! How does it work? Laser heads are placed on the skin, and cold red beams penetrate just deep enough to reach the layers of fat. When the light hits the fat cells, water, glycerol and fatty acids spill out, the cells reduce in size and the fat gets processed and removed in the same way as fatty foods. **WHAT'S THE ROUTINE?** Easy and so quick. **+** Two laser diodes are placed under the chin, another three under the cheekbones. **+** The machine is switched on for ten minutes and that's it – no pain, no tingling. Sounds too good to be true, but devotees love the way it tightens jowls and lifts the overhang. You'll need two sessions a week for four weeks and you're firmed up for a good six months – more if you're careful about what you eat and keep weight off. **OUCH FACTOR?** No pain, so good if you're the nervous type. **Strawberry Laser System treatments costs around £500 a course. For salons, see strawberry-laser.com.**

Q My smooth neckline used to help me lie about my age. Now it's crepey with circular lines, and my jawline is looking a bit floppy. What now?

A New Botox and filler cocktails are doing great things for the notoriously difficult-to-treat neck area. Dr Preema Vig from Beyond MediSpa at Harvey Nichols has a big fan base for her stage-by-stage Jawline Lift, and she's getting terrific results. **WHAT'S THE ROUTINE?** A smart botox/filler mix that's subtle and effective. **+** Botox comes first. Dr Vig injects low doses in the jawline and down the neck to relax the muscles that give the neck the tight, lined look. "What Botox does," says Dr Vig, "is sharpen the muscle contours and lift the jawline. It takes two weeks to really see the effects, then I repeat to get it exactly right." **+** Then fillers. If there are still distinct lines, these are filled with lightweight filler to make for a smoother neck, then the jawline is tidied by injecting a small amount of heavier filler in that little dip just before the jowl. "This gives the illusion of a straight line," says Dr Vig. "Everyone likes this moment as they see results immediately." **OUCH FACTOR?** Botox and fillers are less painful than you think, and anaesthetic cream helps. **Dr Vig's Jawline Lift starts at £250, at Beyond MediSpa at Harvey Nichols. Call (020) 7201 8595; beyondmedispa.co.uk.**

Sitting neatly between skin care and a pull-you-up lift is a whole menu of new age-defying treatments