

The Insider



**GAME, SET,
MATCH! YOUR
WIMBLEDON
STYLE GUIDE**

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AFTER several years of high stress (and approximately 31,252 Zoom-heavy working weeks) — not to mention all those post-pandemic wine binges — many of us have been left feeling we look a little less than our freshest. Whether it's dull, tired-looking skin, furrowed brows, tech neck or RSF (Resting Stress Face, it's a thing), many of us are looking for artificial ways to reverse the years and boost the all-important glow.

The extreme facelift style surgeries of yesteryear are (thankfully) on the decline, as we become a nation hooked on the “tweakment” — minimally invasive solutions, like Botox and filler, with little or no downtime. In fact, Google searches for “aesthetic tweakments” rose 50 per cent in the pandemic and searches on tweakment booking platform Glowday grew 85 per cent. Even John Lewis this week said it will launch Botox and filler services in six of its stores, firmly cementing tweakments as mainstream. “The last two years of the Covid pandemic has resulted in a global surge in aesthetic medicine treatments,” says Dr Uliana Gout of the Harley Street LAM Clinic. “We should not be underestimating the impact of loss of routine, exhaustion and unpredictability we have all had to endure. This explains why so many patients are seeking professional help to make them look fresher and healthier. I am seeing a shift from simple requests like fuller lips or contoured cheeks to more holistic requests about improving the whole face and achieving a happier look.”

Botox and filler still account for the vast majority of tweakment bookings, but there are all sorts of new ways to turn back the clock — and some of them are even needle-free. “Botox and fillers don’t address everything,” says Dr Sophie Shotter, founder of Harley Street Illuminate Skin Clinic. “They address a lot, but if you haven’t got a good canvas overlying the structural filling you are still not going to look great. A lot more people are investing in treatments that improve skin surface and tightness too.”

So whether you’re looking to lift your jawline, plump your lips, or improve your skin texture, here are some of the hot new tweakments to know.

The injectable moisturiser: Teoxane Redensity 1

Ever found yourself talking to someone at a party and wondering how they look so glowing-from-the-inside healthy? They may well have discovered the new wave of hyaluronic acid injectables which work to improve the condition of the skin rather than add volume like traditional filler.

The most famous name among these is Profhilo, but Teoxane Redensity 1 is now also causing a stir in clinics across the capital. “Like Profhilo it’s a hyaluronic acid,” says Dr Christine Hall, of the Taktouk Clinic. “Which on its own is amazing, because it draws water into the skin.” Unlike Profhilo, though,

TRENDS

Got Resting Stress Face?

Tech neck? Or

miss your glow?

Chloe Street on the best non-invasive fixes to book now

Your little black book of tweakments

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Redensity1 also has eight amino acids, three antioxidants — one of which is glutathione (a chemical involved in tissue repair) — minerals, and vitamin B6. “So it’s got all of those other ingredients that are the best of what you get in over the counter products — but in injectable form, meaning you get a much higher concentration than you would with topical application.”

The result? A subtly plumping, smoothing and evening effect that builds over a number of weeks. “Between four and eight weeks after the treatment, your skin starts producing more collagen and elastin — that’s when you get a plumping effect which really helps to reduce fine lines and signs of tiredness, as well as improve texture,” says Dr Hall. It isn’t for the faint-hearted. After a numbing cream is applied, Dr Hall injects the face more than 50 times. Most of the time you don’t feel it happening but anyone with a fear of needles might find the whole process tricky. “It won’t help on deeper lines,” says Dr Hall. “And someone with very dry skin might want to try Profhilo. But it’s an amazing treatment for younger skin.”

● *Three sessions, three weeks apart at £595 per session. Taktouk Clinic, 12 Sloane Street, SW1X 9LJ*

The lip filler alternative: Laser Lip Lift

Needlephobes looking to plump their pout sans the filler should check out lip specialist Dr Tijion Esho’s new laser lip lift, a needle-free alternative that promises natural results in 10 minutes without the downtime. “I’m always looking at how I can improve the lip augmentation technique to make it safe and get more natural results,” says Dr Esho, who uses a hybrid laser that combines two forms of energy (fractional CO2 and 1,570 nm wavelengths) to stimulate the collagen-making fibroblasts in your skin, which causes your lip plumpness to develop over the course of the following six weeks.

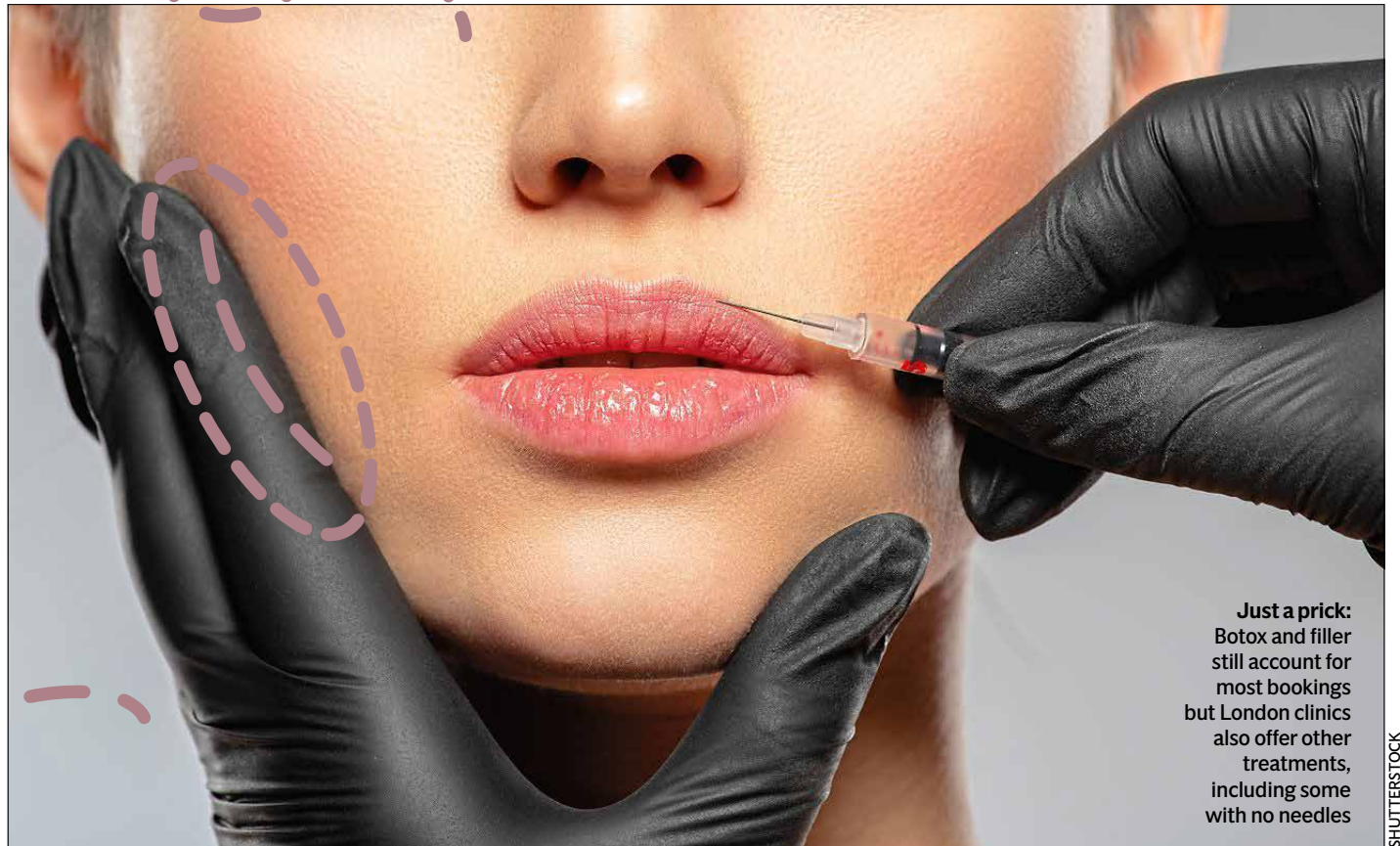
● *£950 for a course of six treatments. Esho Clinic, 10 Harley Street, W1G 9PF*

The no-knife nose job: Non-surgical rhinoplasty

Want to straighten or narrow your schnoz but not so keen on the knife?



Needle-phobes who want to plump their pout, check out a laser lip lift — it promises natural results in 10 minutes



Just a prick: Botox and filler still account for most bookings but London clinics also offer other treatments, including some with no needles

SHUTTERSTOCK

Non-surgical rhinoplasty could be your answer. The treatment involves injecting the nose with dermal filler to straighten or narrow the bridge or refine or lift the tip. It can also be used to treat asymmetry. “Masking a bump on the nose or lifting the tip can really harmonise an individual’s profile and can even make the nose appear seemingly smaller,” says Dr Bibi Ghalaie, who uses a very clever micro droplet technique to inject Teoxane’s Ultra Deep hyaluronic acid filler. “The results usually last at least a year, often up to 18 months,” says Dr Ghalaie, “and the treatment can cost anywhere from £350 to £800.”

● *£550 per session, Dr Bibi Clinic, 10 Harley Street, W1G 9PF*

The Judy Murray facelift: Morpheus 8

For those struggling with saggy skin, a double chin, or generally looking for a lift, Morpheus 8 is the hot name to know. It stimulates collagen production of the underlying layers of the dermis, improving skin laxity. “Morpheus 8 has

become one of the most popular non-surgical treatments in the last few years because of its relatively short downtime and effective, but subtle results,” says Dr David Jack, an international ambassador for the device.

The treatment works by creating micro-injuries on the skin using titanium microneedles, coupled with radiofrequency energy. These stimulate a reaction, which (over three to six months) increases the levels of collagen and elastin to tighten, thicken and lift skin. It can be used anywhere on the body, but the lower face and neck and double chins are the most popular.

● *Face and neck (two sessions) £2,900 (£1,450 per session). Dr David Jack Clinic, 96 Harley Street, W1G 7HY*

Spanx for eyes: Nucleofil

Anyone sick of trying to cover their dark circles with concealer and improve their crow’s feet with creams, might want to try Nucleofil Soft Eyes, an alternative to tear trough filler treatment (which can often make the eye area look puffy) that’s on offer at Ocuplastic sur-



Non-surgical rhinoplasty involves injecting the nose with filler and can straighten the bridge or lift the tip

geon Maryam Zamani’s new clinic in Chelsea. The treatment deeply hydrates the eye area, promoting collagen stimulation and firming and contouring the skin. “It’s the perfect fit for someone who wants improvement in skin texture and tone without adding volume,” says Dr Zamani. You’ll need two sessions, two weeks apart and it lasts three to six months. Pain is mild and downtime is 24-72 hours.

● *£850 per syringe, Maryam Zamani Clinic, 110-112 King’s Road, SW3 4TX*

The power contouring combo: Lynton Focus Dual

Looking for a treatment that lifts, firms and tightens while also improving skin

tone and texture? The brand new Lynton Focus Dual device combines Radiofrequency Micro needling (RFM) and High Intensity Focused Ultrasound (HIFU). “I have found that combining technologies has always given me the best overall results with my clients,” says Debbie Thomas who’s launched the treatment at her Chelsea clinic.

Following an in-depth consultation, you’ll be booked in for a series of treatments (typically three) alternating between HIFU, which uses ultrasound to heat the skin to 60-70C, reaching the SMAS layer to boost collagen production, and radiofrequency microneedling. The HIFU is painless and has no downtime, but for the microneedling you’ll want to apply a numbing cream 30 minutes beforehand. You might be pink for 24 hours after, but the collagen production increases up to 12 weeks post-treatment, so expect to see contouring results until then.

● *Up to three treatments carried out over four to 12 weeks. Price from £650 for a full face and neck. D. Thomas Clinic, 25 Walton Street, SW3 2HU*

STARS SHELLEY VON STRUNCKEL

Aries March 20 – April 18

You don’t think of yourself as being unusually intense until you meet and chat with somebody who seems to be excited by very little. Once you slow your pace enough to listen to them and hear about their activities, you’ll realise just how interesting they are. So much, in fact, you’ll want to learn more.

0904 470 1141 (65p per minute)*

Taurus April 19 – May 19

While you’re by no means secretive, at the same time you’re aware how risky it can be to raise certain issues with touchy individuals. Yet now you’ve no choice. These need to be discussed and urgently. First, raise your concerns then explain you’d like to explore ways to talk things over, but ideally without any dramas.

0904 470 1142 (65p per minute)*

Gemini May 20 – June 20

Until recently, you were optimistic about complex plans. However, sudden and unexpected developments require an extensive rethink. Annoying as this is, once you begin the necessary top to bottom review, you’ll exchange any irritation for gratitude you were forced to review and alter plans while you still could.

0904 470 1143 (65p per minute)*

Cancer June 21 – July 21

The time has come to take a tough line with somebody who has a remarkable talent for manipulating you and, as you’re discovering, others as well. In fact, recent discussions with them have helped boost your courage. Now that you’ve stood your ground you’re relieved and feel amazingly powerful.

0904 470 1144 (65p per minute)*

Leo July 22 – August 21

You may not be in the mood to delve into questions regarding your plans and priorities. While this is bound to slow your pace, it’s also in your best interests. Not only will you eliminate certain outdated plans and passions, the resulting insights will clarify who and what should come first.

0904 470 1145 (65p per minute)*

Virgo August 22 – September 21

Somebody is insisting you promised to deal with certain tricky matters that they’re unable to handle. The problem is, you’ve done this in the past and now they think they can rely on you no matter what. You’ve tried to explain, but they don’t seem to understand. Only one word will work — it’s ‘no’.

0904 470 1146 (65p per minute)*

Libra September 22 – October 22

Although you’re well aware just how manipulative certain individuals can be, you could be so distracted by the dramatic changes currently taking place that you don’t really notice what’s happening. If so, invest time in catching up on recent developments. The more aware you are of such matters now, the better.

0904 470 1147 (65p per minute)*

Scorpio October 23 – November 21

Only recently you wouldn’t have considered confronting others about certain unspoken issues. You felt that when they were ready to discuss them, they would. However, there have been plenty of opportunities to raise and discuss these yet they pretended everything was fine and said nothing. The solution? Raise them yourself.

0904 470 1148 (65p per minute)*

Sagittarius November 22 – December 20

You’ve been battling certain unwelcome changes for ages. The challenge? It’s that you regard these as a defeat when they’re actually breakthroughs. What’s tricky is that you’re unlikely to spot the promise those changes hold until you’re actually involved in them. Take that first step. The rest will be surprisingly easy.

0904 470 1149 (65p per minute)*

Capricorn December 21 – January 18

After the past few days’ twists and turns, the odds are good you’re feeling somewhat downbeat, if not actually anxious. True, events are likely to be unsettling. However, once you recognise them as the breakthroughs they are, you’ll exchange any doubts or anxieties for an attitude that’s far more optimistic.

0904 470 1150 (65p per minute)*

Aquarius January 19 – February 17

The last thing you want to do is disentangle yourself from certain long-standing arrangements. They’ve meant a lot to you and to others as well. However, times have changed and so too must these. The trick? Forget about planning. Instead take things one day at a time. You’ll soon realise how wise this was.

0904 470 1151 (65p per minute)*

Pisces February 18 – March 19

Long ago you learnt to ignore certain individuals who regard complaining as a normal part of any conversation. This wasn’t just wise, it’s enabled you to tolerate their persistent moaning. Now, however, those complaints are about problems that actually do need attention. Listen and ask questions. You can make a difference.

0904 470 1152 (65p per minute)*

IF IT’S YOUR BIRTHDAY TOMORROW...

You’re facing a range of tricky situations. In each, change is vital. However, those differences need to be discussed and resolved. The secret to dealing with these? Actually, it applies to each and every matter. It’s to avoid creating a single plan or the idea of some being right and others wrong. Instead, focus on a new approach, possibly a breakthrough, but definitely something that’s not only agreeable to everybody but excites them. Learn to do this now and you’ll have a valuable skill for the rest of your life.

