

**G**ROWING OLDER IS not something to be feared; it brings with it experience, wisdom, confidence and often a renewed sense of vigour. And now it's even easier to look and feel refreshed as you age – in ways that offer more lasting effects than a pot of the latest anti-wrinkle cream. Non-surgical, non-invasive procedures have become so advanced and commonplace, offering natural-looking results, that there's a world of options from which to choose. It's just knowing what they are and where to get them, which is why we're here to help...

'Rejuvenating the skin is a wise approach,' says Dr Stefanie Williams, clinical dermatologist and medical director at Eudelo in London (eudelo.com). 'While good skincare is extremely important, in-clinic treatments are much more effective, as they can work into deeper layers.'

Dr Stefanie's non-surgical approach to great skin is a step-by-step 'staircase principle'. These steps include skin-friendly lifestyle choices such as a good diet, not smoking, no excessive sun exposure and getting enough sleep; using high-quality

# LOOK YOUNGER *this year*

With a whole host of tightening, brightening and renewing treatments to try, here's how to refresh your complexion for 2018.

cosmeceutical skincare twice daily and having dermatology-grade facials, which are very different to salon and spa facials that mainly just pamper, relax and hydrate superficially. The type of facials Dr Stefanie recommends might involve extractions, microdermabrasion, a gentle peel, lymphatic drainage massage or LED light therapy.

### TAKING IT UP A LEVEL

She also advocates regenerative in-clinic procedures. 'These are stronger treatments and slightly more involving than dermatology-grade facials,' she explains. These might include medical skin needling, which introduces a series of fine, sharp needles into the skin attached to a roller. This damage encourages your body to produce new collagen and elastin, helping to regenerate the skin. They might also include chemical peels, which help smooth and even out the skin, as well as laser facials, where the laser creates microscopic punctures in the dermis to stimulate collagen and help disperse unwanted pigmentation. Want to try a new way to refresh your skin? Here's our pick of the best...

## REDUCE PIGMENTATION

**WHAT IS IT:** Lumecca Intense Pulsed Light

**WHAT DOES IT DO?** Lumecca Intense Pulsed Light (IPL) deals with pigmented and vascular lesions on light and dark skins. IPL uses technology similar to laser but instead of a single wavelength of light, it uses a bright light in front of which filters are placed to remove most wavelengths except those taken up by pigment and blood vessels, depending on the filter used. Everything from age spots and sun damage, spider veins, port wine stains, rosacea and freckles can be treated with Lumecca. You must avoid direct and excessive sun exposure or tanning one month prior to treatment.

**HOW IT WORKS:** During a session, there will be bright flashes of light from the Lumecca handpiece. The sensation feels a bit like elastic pinging against your skin. The light

energy penetrates just below the surface, damaging either the melanin or the blood vessels. The body's natural skin repair mechanism then removes the damaged tissue which results in a smoother appearance. You'll experience redness and a slight warming after treatment but these usually subside within an hour. Over the next 24-48 hours you may see a darkening of pigmented spots; in the week afterwards, the pigmented lesions flake off, leading to an evening out of your skin tone.

**NUMBER OF TREATMENTS:** This depends on the severity of damage. You'll see an improvement in skin tone after just one session but up to three sessions gives the best result.

**APPROX COST:** £180 for one IPL facial.

**VISIT:** Dr David Jack at his Harley Street clinic ([drdavidjack.com](http://drdavidjack.com)).

## TIGHTEN YOUR NECK AND JAW

**WHAT IS IT:** ULTRAcel

**WHAT DOES IT DO?** ULTRAcel combines radiofrequency and ultrasound technology and delivers a non-surgical, no-needle approach to tighten and lift sagging skin and double chins, improve poor skin tone and soften fine lines. The result is fresh, firmer, smoother-looking skin.

**HOW IT WORKS:** By combining radiofrequency with ultrasound, ULTRAcel is able to target and deliver heat to the collagen in the deeper layers of skin. This stimulates growth of new and healthy collagen, which in turn helps tighten and tone specific areas, such as the chin and jawline, as

well as giving crepey or lined skin a more youthful appearance. It takes 30-60 minutes and you might notice some prickling sensation during the treatment. Your skin may go red for a few days as if sunburned and there may be an immediate tightening which will improve over a period of months.

**NUMBER OF TREATMENTS:** One or two, depending on the quality of the skin.

**APPROX COST:** From £1,000 for one, £1,800 for two.

**VISIT:** Dr Natalie Blakely, aesthetic doctor and founder of Light Touch Clinic ([lighttouchclinic.co.uk](http://lighttouchclinic.co.uk))

*I tried it!*



**Sam Cornwell, 51, had ULTRAcel with Dr Natalie Blakely at the Light Touch Clinic to tighten a double chin.**

'I didn't feel as old as I looked and began feeling less confident about my appearance. Surgery was a definite no-no for me, so I tried ULTRAcel. I am absolutely delighted with the results.'