

5 OF THE BEST ANTI-AGEING treatments!

Look 10 years younger in less than an hour with our pick of the best new wrinkle-busters

Worried about saggy skin and wrinkly eyes? It's never been easier to turn back time with the hot new anti-ageing techniques. Just a few years ago, you'd have to resort to heavy-duty laser treatments and full-blown facelifts in a bid to look younger. Now, while Botox and fillers still rule the roost, there are loads of non-invasive treatments out there that will freshen up your face in an hour or less. Here is our pick of the best...

Ultrasound

BEST FOR: Turkey necks

One of Jennifer Aniston's favourite treatments, hi-intensity focused ultrasound (HIFU) was something of a game changer when it hit the beauty market a few years ago. Employing technology similar to that used in scans on pregnant women, it gives the effects of a facelift without having to go under the knife. Unlike lasers, which penetrate the skin from the outside in, HIFU delivers targeted energy into the deep, structural tissues of your face, tightening and firming almost immediately. Great for saggy jawlines, necks and cheeks, its main appeal is that you only need one treatment to see a noticeable difference and while it's not cheap, you get impressive results.

TRY: Ultracel is one of the latest technologies offering HIFU with a combination of other treatments such as radiofrequency and microneedling. It gives you a remarkably pronounced yet incredibly natural lifting and firming effect. Costs from £750 for a half face at Premier Laser & Skin Clinics (londonpremierlast.co.uk)

ON A BUDGET? The CACI Jowl Lift uses electrical micro-currents to target loose skin and muscle laxity. Costs from £30, caci-international.co.uk

