

Hate sweating during party season? Botox on underarms (around £550 depending on your location) can eliminate sweating for up to six months.

Fat-melting miracle injections

Already popular in the US, Belkyra (known as Kybella in the States) is an injectable fat-dissolving treatment to target fat cells and will launch in Europe early 2018 once regulatory approved. 'With fat that's hard to shift with diet and exercise, machine-based technology being limited in what it can achieve and liposuction too aggressive for most, this will be a great solution,' says Dr Ross Perry GP from Cosmedics (cosmedics.co.uk). The cost is still unknown, but it's around \$1,500 (£1,140) per session in the US.

Bye to baggy knees & cankles

When it comes to legs, knees and cankles are the focus. 'I've noticed an increase in women looking for ways to improve their cankles,' says Dr Selezneva, who uses SculpSure, a 25-minute treatment to permanently reduce up to 24% of treated fat. Prices start at £450. Knees can be re-shaped with CoolSculpting, which freezes fat cells without damaging the skin. Then ULTRAcel can tighten and lift the skin, which induces collagen to tighten the knee. Prices start at £850.

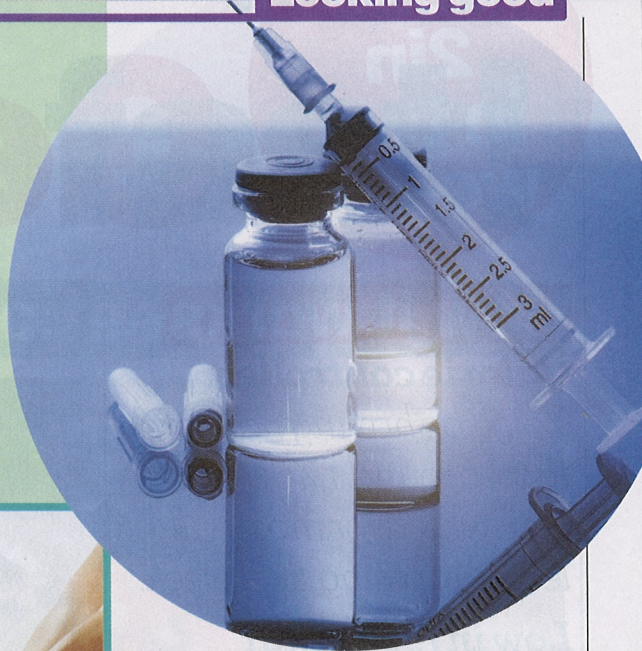


the knife

Rejuvenate skin with sheep placenta

Want glowing skin? Stemcellation is an intravenous (IV) drip packed with sheep placenta, amino acids and hydrolysed collagen to stimulate new collagen, bone cartilage and nerve tissue. It is also said to be great at easing symptoms for women who are going through the menopause. Prices start at £150 per session or £1,350 for 12 (vitamininjections.co.uk).

According to a recent survey by Cosmetic Surgery Solicitors, 65% of UK residents would not think to speak to their GP if they were considering cosmetic surgery.



The all-new boob boost

When it comes to breast implants, next year the focus will be on the natural look...

● **LIGHTER** Compared to traditional silicone-filled implants, B-Lite (from £6,000, b-lite.com) use 30% lighter implants, which reduces the risk of sagging, upper back and neck pain and boosts longevity of results.

● **SMALLER NIPPLES** 'We have seen a 30% rise in women requesting a smaller nipple size in the last year,' says Mr Dan Marsh from The Plastic Surgery Group (theplasticsurgerygroup.co.uk). 'This is tied into the trend towards smaller breast augmentation sizes. The average size is now 250-300cc (approx D-C cup) compared with 350-400cc (double DD or E cup) several years ago.'

● **VIRTUAL BOOB JOB** Not sure whether you want a big change? MyAesthetics Group (myaesthetics.uk) offer 'Before & After' 3D Virtual reality imaging so you can view your new look before you make a decision.

● **SHAPE** Full and round is out, teardrop is in. 'You can see on social media that women now want more natural looking bodies,' says Mr Marsh. 'Most of our implants are placed in the dual plane position, which means it sits part under the muscle and part under the breast tissue. So, time to wave bye-bye to that fake, 'stuck on' appearance'.

● **TOP SECRET SCARS** The Secret Boob Job (from £4,900, theplasticsurgerygroup.co.uk) uses a much smaller incision (3cm, opposed to 5-7cm), so implants are typically smaller, which means scars can be easily hidden in the breast crease before they fade.