



xx ■ beauty&grooming

Nip, Tuck

Beauty is no longer in the eye of the beholder, it is now in our hands... or at least in our wallets. *Annabel Trew* has conferred with the experts to concoct a timeline of cosmetic treatments to keep you lovely for your whole lifetime

THE 20's

It's all about less invasive, preventative measures to keep you looking positively nymph-like

TEETH

Train tracks are usually the painful experience of your anxiety-ridden teenage years. However, if you missed the boat, the incredibly smart Swiss Smile Dental Clinic provides invisible braces, gum reductions, tooth implants, ceramic veneers and full ceramic crowns to get you that perfect smile. They also offer cutting-edge Zoom teeth whitening, which is half price (£195) until the end of August.

EYES

The latest in eye correction without having to go under a laser is the I-Go OVC lens, which, when worn at night, gently presses onto the cornea of your eye, correcting your eyesight. When you remove the contact lens in the morning, the cornea, which is elastic, retains the corrected shape so you can see clearly throughout the day.

0800 077 8185

www.igolenses.com

BREASTS

Surgical breast enlargement in the 20's is a little extreme if women are considering having children at a later date. The Macrolane breast enlargement injection system, although only lasting a year and being a little pricey (it can cost between £2,000 and £3,000), is non-surgical and performed under local anaesthetic.

www.macrolane.com

BODY

"20 somethings have more disposable income than before and recognise that despite all the exercise certain areas of fat cannot be shifted" – *Shailesh Vadodaria*, specialist in liposculpture.

I Care for My Body offers UltraShape treatment, which is a non-invasive way to remove fatty deposits and cellulite. One to four treatments are recommended.

I Care for My Body
020 8090 2015

www.icareformybody.co.uk

THE 30's

As the first signs of wrinkles appear, hold back the reins of the ageing process

FACE

"Botox is not for old people, like many people think. If you start to use Botox young, without abusing it, you will stop the movement of the area, preventing wrinkles"

– *Dr. Marcela Anzalone Duran*,
Swiss Smile Dental Clinic.

Available at Swiss Smile, frown lines start from £140 and full face from £350. Dermal fillers are also available, price on appointment.

NOSE SHAPING

As we get older "the nose appears to grow continually but this is mostly change in the thickness and elasticity of the skin as well as the cartilage in the nose. Nose surgery can help improve confidence enormously."

– *Rajan Uppal*, rhinoplasty specialist.

Expect an overnight stay and a dressing for up to 10 days. Price on appointment at the Linia Clinic, Harley Street.

BREASTS

"In the 30's the most common cosmetic breast procedure undertaken is a breast augmentation." – *Adam Topping*, specialist in breast surgery.

You will be able to return to work after approximately a week, but you will have to wear a supportive bra for an extended period of time. Available from The Harley Medical Group, prices start at £4,250.

BODY

"Skin repair treatments like Obagi Nu Derm and lasers can remove those little red thread veins appearing in this age group." – *Nick Percival*, facial surgery specialist.

After just a simple injection of solution into the vein, it collapses and disappears. Prices start from £210 at The Harley Medical Group.





THE 40'S

Over the hill? Never! Fight age with these more serious treatments

FACE

"Signs of ageing around the eyes is the first really noticeable sign... with loose skin in the upper lids and eye bags. Blepharoplasties (eyelid/ eye bag removal) is commonly undertaken at this age."

— *Nick Percival*, facial surgery specialist

Blepharoplasty starts from £3,700 for surgery to upper or lower lids at Linia Clinic, Harley Street.

SKIN

"Early 40's consider skin peel or possible eyelid surgery... If you've started to develop jowls, a MACS facelift could also be considered"

— *Caroline Mills*, face, mouth and teeth specialist.

Skin peels help reduce skin damage, fine lines, dull skin tone, enlarged pores and hyperpigmentation. Available at The Harley Medical Group, prices start from £100 per session.

MACS facelift is less intrusive than the traditional facelift. Available at the Linia, MACS facelift starts from around £3,250.

CHEST

Male chest reduction removes excess fat and reshapes the area. As the stitches are dissolvable, you should expect to be able to go back to work after a few days. Prices start at £4,050 at The Harley Medical Group.

BREASTS AND BODY

"The procedures requested during this age range are breast lifts with or without breast enlargement, abdominal reduction, liposuction and non-surgical procedures like botox."

— *Shailesh Vadodaria*, liposculpture specialist.

Breast enlargement is available from The Harley Medical Group, prices starting from £4,250.



THE 50'S

Time to wind the clock back and return to your youth

HAIR

Get back your much-missed locks with Rogers Medical Group. Their HairPlan Consultation with a qualified doctor ensures a bespoke service before they carry out a hair transplant that looks totally natural and grows just like the rest of your hair.

£60 for the consultation.
07000 24 24 25
www.rogersmedical.co.uk

FACE

"Heavy upper eyes and wrinkles in the forehead can be treated with an endoscopic browlift. Increasing facial descent often requires a facelift, usually a mini."

— *Nick Percival*, facial surgery specialist.

Available at the Linia Clinic endoscopic browlifts start from £4,300, whilst mini facelifts start from £4,950.

NECK

"A necklift could be considered to try to turn back the clock."

— *Caroline Mills*, face, mouth and teeth specialist.

Available at the Linia, necklifts start from around £4,950.

BREASTS

"Breast mastopexy (uplift) and breast reduction are more common in the 50's, particularly post-pregnancy."

— *Adam Topping*, specialist in breast surgery.

Available at the The Harley Medical Group, prices start at £5,250.

BODY

"The most common procedures in this age group are abdominal reduction assisted with liposuction."

— *Shailesh Vadodaria*, liposculpture specialist.

Tummy tuck and liposuction are priced at £5,000 and £2,500 respectively at the Linia Clinic, Harley Street.

Featured Surgery details:

Swiss Smile Dental Clinic
0845 094 4004
www.swissmile.com

Linia Healthcare
0207 436 7400
www.liniahealthcare.com

The Harley Medical Group
0800 085 9085
www.harleymedical.co.uk