



The future of beauty



Laura Jackson reveals this summer's most cutting-edge cosmetic treatments

THE FOOT JOB

WHAT'S INVOLVED? Find wearing skyscraper stilettos painful? Try the latest celebrity trend and have your feet injected with gel to give you extra padding. Sculptra is normally used as a facial filler but can now be injected into the soles of the feet to provide cushioning. Made from Poly-L-lactic acid, Sculptra works by stimulating natural collagen and soft tissue in the skin pad on the base of the foot.

THE PAIN BARRIER? Balls of the feet may be tender for a few days and sometimes lumps can form under the skin.

HOW LONG DOES IT LAST? Up to two years with occasional top-ups required.

HOW MUCH? From £450

FIND OUT MORE: Call 020 7486 9040 or visit cosmetic-solutions.co.uk

LIP ENHANCEMENT TREATMENT

WHAT'S INVOLVED? You have hyaluronic acid injected into the lips. The injections are made around the lip line into the top layer of skin rather than into the muscle. It takes an hour and promises to produce shiny, gently plumped lips. Previously available only in France this has just been introduced to the UK by Dr Philippe Bellity. Should patients be unhappy with the result there's an antidote to return lips to their natural state.

THE PAIN BARRIER? There may be a little bruising afterwards.

HOW LONG DOES IT LAST? Six months to one year.

HOW MUCH? From £500

FIND OUT MORE: The London Day Surgery Centre, lisc.co.uk

THE BLUE SKIN PEEL

WHAT'S INVOLVED? Fresh from the US, the Obagi Blue Chemical Peel promises to tighten skin, reduce fine lines, wrinkles, acne scars and large pores. For eight weeks before the peel you have to apply skin-priming products. The procedure itself takes 20 minutes. Afterwards there is a four-week post-peel maintenance course. The peel is made from trichloroacetic acid combined with a blue base which controls the strength and depth of the peel. The completion will have a bluish tint until the skin starts peeling two to three days later revealing new skin.

THE PAIN BARRIER? May be uncomfortable for two to three minutes.

HOW LONG DOES IT LAST? Skin continues to improve over a six-week period.

HOW MUCH? £950

FIND OUT MORE: Call 0800 085 4994 or visit harleymedical.co.uk

INVISIBLE BRACES

WHAT'S INVOLVED? Ideal for adults who want to improve their smile but can't face traditional steel and wire braces. Lingual braces are fitted to the inside of the teeth so are less conspicuous. The method does not take any longer than conventional braces and can correct both upper and lower teeth.

THE PAIN BARRIER? On first fitting the braces may be uncomfortable but this eases as your mouth adjusts.

HOW LONG DOES IT TAKE? Lingual braces take around 12 to 18 months to make a correction.

HOW MUCH? Top and bottom braces from £6,000

FIND OUT MORE: Smile Lounge, smile-lounge.org

THE BOTTOM BOOSTER

WHAT'S INVOLVED? Macrolane, nicknamed 'the boob job', can now be used to create the perfect posterior. The product is made from stabilised hyaluronic acid which the body breaks down naturally. It takes 45 minutes to enhance your assets and is recommended for anyone who wants to create a lifted look.

THE PAIN BARRIER? Macrolane is injected under local anaesthetic and the incision into the buttocks is tiny. After the operation most people are able to carry on as normal.

HOW LONG DOES IT LAST? Between 12 and 18 months.

HOW MUCH? From £2,300

FIND OUT MORE: The Knightsbridge Laser Clinic, London, 0800 783 8486

SHEEP PLACENTA FACIAL

WHAT'S INVOLVED? This treatment uses sheep placenta to boost collagen and elastin production in the skin. During the treatment the protein complex is applied to the face with a dermal roller. The roller is studded with fine needles - about the thickness of those used in acupuncture - which push the proteins into the skin. One treatment is needed, taking around 40 minutes.

THE PAIN BARRIER? An anaesthetic is applied to the skin to reduce pain. Skin might be red afterwards.

HOW LONG DOES IT LAST? Improvements should be visible for around six months.

HOW MUCH? £500

FIND OUT MORE: The Viel Brothers London Centre for Aesthetic Surgery, 020 7636 4272/leas.com

THE CO2 BOOB LIFT

WHAT'S INVOLVED? Carbon dioxide is injected just beneath the surface of the skin around the breast and

THE FOOT JOB

WHAT'S INVOLVED? Find wearing skyscraper stilettos painful? Try the latest celebrity trend and have your feet injected with gel to give you extra padding. Sculptra is normally used as a facial filler but can now be injected into the soles of the feet to provide cushioning. Made from Poly-L-lactic acid, Sculptra works by stimulating natural collagen and soft tissue in the skin pad on the base of the foot.

THE PAIN BARRIER? Balls of the feet may be tender for a few days and sometimes lumps can form under the skin.

HOW LONG DOES IT LAST? Up to two years with occasional top-ups required.

HOW MUCH? From £450

FIND OUT MORE: Call 020 7486 9040 or visit cosmetic-solutions.co.uk

décolletage. It claims to improve elasticity and stimulate collagen production to lift and plump the breasts. The best results are seen in women who have changed cup size after breast-feeding or gained or lost weight. The first treatment is an hour. Follow-up treatments take 30 minutes. The treatment needs to be performed at fortnightly intervals and a course of 10 is recommended.

THE PAIN BARRIER? Uncomfortable rather than painful but there may be some bruising where the needles go in.

HOW LONG DOES IT LAST? A maintenance treatment will be needed once or twice a year.

HOW MUCH? £150 per treatment

FIND OUT MORE: Call 020 7788 7909 or visit rioblash.com

ANTI-AGEING INJECTION

WHAT'S INVOLVED? Restylane Vital Light is a new treatment for delicate skin such as that on the upper lip, crow's feet, hands and décolletage. The injection aims to improve elasticity and the texture of skin. It can be used on its own but is often used as a finishing treatment after Botox or a skin peel. A course of three treatments is recommended.

THE PAIN BARRIER? The jab is administered with a special injector rather than a traditional needle, which aims to ease pain. An anaesthetic cream can be applied beforehand. The area around the lips is probably the most painful.

HOW LONG DOES IT LAST? From six to nine months.

HOW MUCH? From £350

FIND OUT MORE: Visit restylane.co.uk

THE NEFERTITI NECK LIFT

WHAT'S INVOLVED? Botox can now be employed to define the jaw line and tighten the neck. The Nefertiti Neck Lift, named after the Egyptian Queen with the famous swanlike neck, uses Botox to relax the underlying muscles in the neck. It is also injected into the jaw line to lift the skin and prevent jowls developing. The full effects take two weeks to be completely visible.

THE PAIN BARRIER? Patients should feel nothing more than a pin prick.

HOW LONG DOES IT LAST? Three to four months.

HOW MUCH? £50

FIND OUT MORE: Woodford Medical Services, 0845 602 1161/woodfordmedical.com

THE NO-CUT TUMMY TUCK

WHAT'S INVOLVED? ThermoLift, a radio-frequency treatment and Fraxel, a laser heat treatment have long been available separately to treat sagging skin. Now Harley Street plastic surgeon Dr Yannis Alexandrides offers ThermoLift which combines both procedures to target the

stomach area. First radio-frequency waves are applied with a nozzle which heats the deep tissue and tightens the skin while the upper layers of skin are kept cool to ensure the treatment is comfortable. During subsequent treatments Fraxel is applied. Laser columns create microscopic wounds in the skin and as these heal they refresh the tissue and create younger-looking skin.

THE PAIN BARRIER? The ThermoLift part of the treatment will cause minimal discomfort and very little down time is needed. Before Fraxel a topical anaesthetic cream is administered. This procedure causes tingling and skin may be red for 24 hours.

HOW LONG DOES IT LAST? Between two and five years provided the patient maintains their weight.

HOW MUCH? Six treatments available as a package for £4,800

THE LIQUID FACELIFT

WHAT'S INVOLVED? Evolence is one of the first fillers which promises instant results. It's designed to fill out wrinkles and plump out the lower face. The product promises massively reduced swelling time as it is made from filtered collagen which is as close as possible to the body's own and can thus help avoid a reaction. There are two products available: Evolence, used on the lower half of the face and Evolence Breeze which can be used to fill lips. On average the injections take around 20 minutes.

THE PAIN BARRIER? Evolence is reported to cause minimal bruising and swelling so you can return to normal after a few hours.

HOW LONG DOES IT LAST? Up to 12 months.

HOW MUCH? From £250

FIND OUT MORE: Visit evolence.com

FIND OUT MORE: Call 0845 222 5111 or visit harleystreet.com

THE EYELASH LENGTHENER

WHAT'S INVOLVED? Allergan, the company that brought us Botox, has just developed a new prescription-only eyelash growth treatment. Latisse is not available in the UK yet but was approved for use in the US in January. It is applied to the upper lashes nightly using a disposable dispenser. The makers claim you can expect lashes to be 25 per cent longer after 16 weeks. Latisse will be invaluable to those who have lost their lashes due to chemotherapy or pregnancy.

THE PAIN BARRIER? Some side effects have been reported including redness, irritation and dryness.

HOW LONG DOES IT LAST? Lashes will return to normal after a few weeks once you stop using the product.

HOW MUCH? £80 a month in the US. UK cost not known yet.

FIND OUT MORE: Visit latisse.com

TOP TO TOE: Use the latest treatments to give you the look you want