

Gerri Halliwell (above) and Jennifer Aniston (below) have both tried Botox but have decided, for now at least, to let nature take its course – as has Kylie (far left). Meanwhile, Madonna's taut jawline at this year's Oscars (left) was reportedly the result of a "thread lift" or "ribbon lift"

Step back in time

The latest A-list anti-ageing procedures are so subtle and natural that no one need ever know you've had them...

For centuries, humans have been searching for the secret to eternal youth, and now it seems that some A-listers have found it – at least when it comes to their appearance. Sharon Stone and Madonna, for example, may be turning 51 this year, but you certainly wouldn't think it to look at them. The secret, it seems, isn't in strange potions, exotic diets or even good genes – though the latter certainly help. Rather, it's in knowing a great cosmetic dermatologist.

After years of remaining tight-lipped about her flawless forehead, Kylie recently came clean. "I've tried Botox, I've tried it all," she confessed. "But I'm preferring to be a lot more natural these days." Jennifer Aniston, Teri Hatcher, Geri Halliwell, Courteney Cox and Cindy Crawford have also admitted to seeking out the services of a dermatologist or cosmetic doctor.

The fact that some of the world's most famous women have been able to keep their

anti-ageing solutions secret for so long is testament to the subtle nature of the latest procedures. A far cry from the wind-tunnel facelifts of days gone by, the newest "nip tucks" are much less invasive.

"Now, women in their thirties and forties can have relatively minor procedures that can give them back the face they had in their early to mid-thirties," says Dr Michael Prager, one of the UK's most in-demand cosmetic doctors.

The Botox backlash

Even Botox has come a long way in recent years. The frozen faces that were common not so long ago have fallen out of favour as women demand a more natural look. "When Botox was first used for wrinkles, it paralysed the face. But an immobile face is not a youthful face," explains Dr Prager.

"These days, good practitioners look at the entire face, and use Botox to gently relax the muscles that drag it down, including those in the neck, between the brows and in the forehead. As a result, the

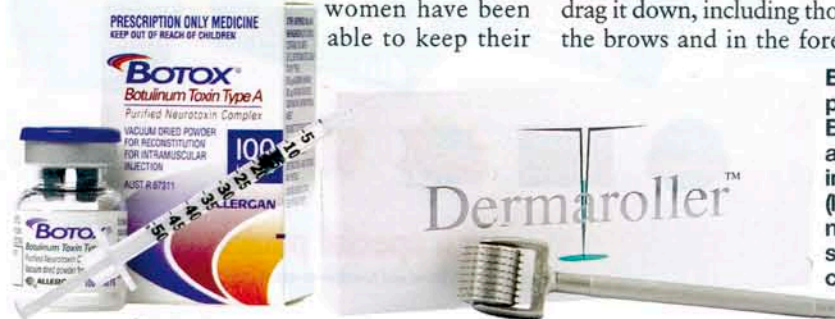
muscles that lift the face become stronger. Combine that with a little filler to replace the volume we lose in the cheeks, chin and temples as we age, and the result is subtle and youthful."

Indeed, the effects are so natural that no one need ever know. But while the scalpel is no longer the cosmetic doctor's weapon of choice in the fight against ageing, being cutting edge remains essential. New and improved treatments are being developed all the time, and one of the latest is Dermaroller therapy. Used for some years in LA to reduce the appearance of acne scars, wrinkles and even stretch marks, the Dermaroller has hundreds of tiny needles that penetrate the outer layer of skin. The body then heals the subsequent "wounds" by producing collagen, which helps keep the skin firm and younger looking.

Angelina Jolie is reported to have tried Dermaroller therapy after being introduced to it by husband Brad Pitt, who is himself thought to have undergone a series of treatments to combat acne scars.

"The procedure is done using a local anaesthetic cream, as it is uncomfortable, but it takes just 30 minutes," explains Dr Prager, who offers the procedure at his London clinic. "Afterwards the face looks sunburnt, but this goes down within a day."

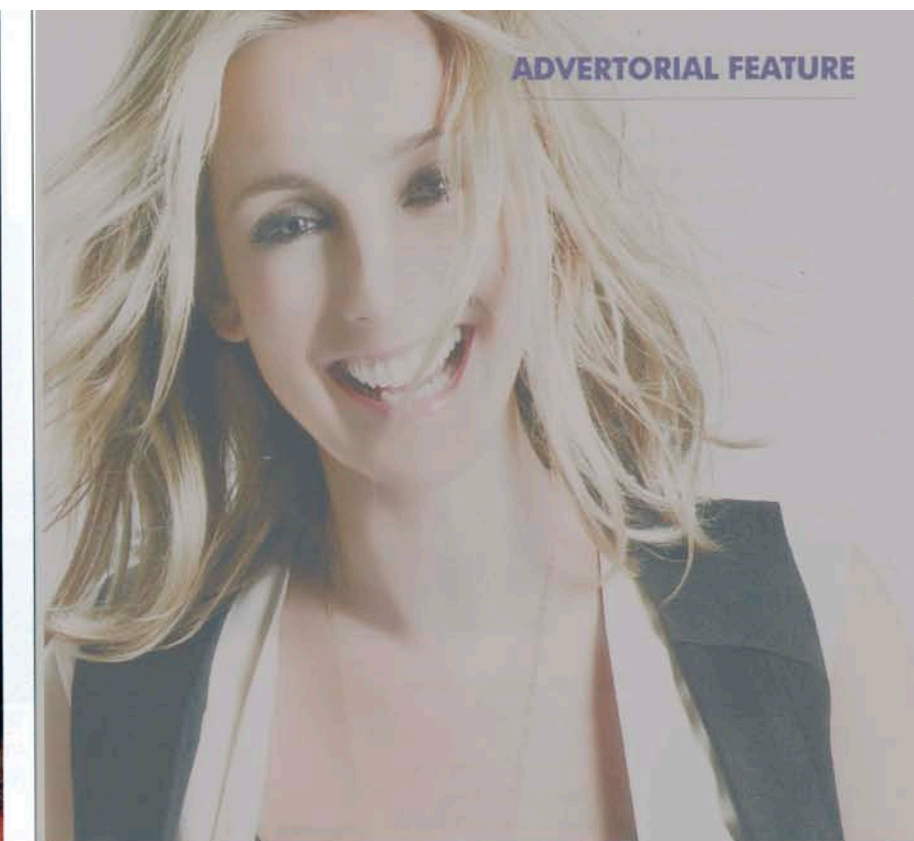
Every year 300,000 people in the UK have Botox. Other anti-ageing treatments include the Dermaroller (left), where microscopic needles penetrate the skin, encouraging collagen production



For more information

- Visit drmichaelprager.com.
- To learn more about Dermaroller therapy, and to find your nearest practitioner, visit genuinedermaroller.co.uk.
- Dr Lucy Glancey has pioneered the use of thread lifts in the UK. Prices start at about £1,500. Visit glanceymedical.co.uk.
- For advice about procedures and a list of fully trained cosmetic doctors, contact the British Association of Cosmetic Doctors, tel: 0800-328 3613; visit cosmeticdoctors.co.uk.

For more beauty tips, visit hellomagazine.com/healthandbeauty



Smiling all the way

Louise – the face and smile of Orbit Complete – understands the importance of looking after her teeth and smile all day long

Juggling life as a busy mum of two with a successful singing and presenting career may look easy (Louise Redknapp certainly makes it look as though it is), but it's not. However, hard work, sheer determination and an ability to multitask with the best of them is, she says, all it takes. "I'm constantly on the go," Louise explains. "When filming, for example, there is often a lot of hanging around and breaks between takes. I'll use that time to catch up on emails or to plan my next assignment."

Louise applies the same approach to her beauty regime: "I absolutely love products that do several things at once," she tells us. That's why her handbag essential is Orbit Complete sugarfree gum. It not only helps to clean teeth between brushings, but also contains Xylitol to keep plaque at bay. So no matter how busy she is, Louise is always smiling!

Orbit Complete is supporting National Smile Month, which runs from 17 May to 16 June. For details visit nationalsmilemonth.org.

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Orbit Complete with Xylitol (RRP 59p) is a convenient and affordable way to keep your teeth healthy between brushings. Orbit Complete is approved by the British Dental Health Foundation and helps:

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