

Treatments roll back the years

IT IS the holy grail of beauty – to turn back time and rejuvenate skin, revealing a younger looking face.

But in Edinburgh there's more than one way to skin a cat... or rejuvenate a face. And not all require a celebrity bank account.

LUX LIPO LASER

A revolutionary non-invasive facelift developed in the States has just arrived in the city.

No anaesthetic, puncture wounds, bruising and pain. No frozen faces, distorted features and plastic looks. In fact, this latest form of facial rejuvenation can be done in your lunch

hour, although it will cost you £75 a pop.

"The Lux Lipo Laser uses the very latest cold laser technology, called Zerona," explains An Dau, founder of new Stockbridge clinic, Lux Clinics, which is offering the pioneering technology. "The clinically proven machine, which is the only one outside London and is used by America's top cosmetic and plastic surgeons, was originally designed for inch loss and body contouring but it worked so well to tighten the skin."

The procedure claims to give results in three weeks, by liquefying fat. The



FOUNDER: An Dau

result is said to be subtly sculpted facial features and gently tightened skin, giving that fresh look.

An explains: "I originally worked with cold laser technology around four years ago, for a number of neurological and physiological conditions as part of

my work as a chiropractor. There had been great technological advances during that time which included lasers for pre-liposuction.

"In two years the popularity of the procedure and its results were off the scale in the States. I got one of the machines on a trial and was the first in the UK to actually use it and get results within six visits."

The clinic in St Stephen Street offers a holistic approach to anti-ageing, combin-

ing the technology with nutritional analysis, supplements, lymphatic drainage massage and a specialist detoxing ionic footbath to get max-

imum results in minimal time.

Technology is nothing without results. And, while Lux Clinics has only been open for weeks it's already got satisfied customers.

"Within two weeks, my jowls were less pronounced and my eye bags eradicated. But the best thing for me was my skin – it was glowing, taught and lifted," said 44-year-old Lindsay Johnston from Morningside.

"During the treatments I felt absolutely nothing. In fact, it was relaxing."

For more information and for a free consultation visit www.luxclinics.com,

58 St Stephen Street, 0131-629 7655. Each treatment costs £75, with a course of six recommended.

THERMAGE

Amanda Holden and Linda Evangelista are rumoured to be fans of the Thermage treatment that gives a super smooth complexion. The skin is made up of several layers and Thermage promises to help tighten and smooth the top layer of the skin by plumping up those lower layers.

Thermage uses radio waves to heat the lower layers of the skin, to trigger the production of more collagen which produces tightening.

Celebrity cosmetic

doctor, Rita Rakus has a monthly clinic at Lulu Beauty in Leven Street. She explains: "The machine we use has been revised and it's now possible to treat the skin at different depths, to improve everything from the crepey skin to fine lines on the face.

"Most people will see optimum results after about six months, but some people, who have poor circulation, and those with very sun-damaged skin, can have a slower response, so a top-up treatment can help."

A full course of Thermage costs around £4,000 – contact Lulu Beauty,



Leven Street, on 0131-221 1900, or visit www.lulubeautyspa.co.uk.

RUB AWAY THE YEARS

Many anti-ageing creams offer nothing more than deep hydration, but some stand out from the crowd. Now there is a

new serum that is giving topical results. Sales of Marks & Spencer's new Formula Age Repair Ceramide Collagen Serum, far right, have rocketed by over 2,500 per cent after it was revealed that 72 per cent of women



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said it made them look younger in just ten days. The serum targets mature skin showing signs of fine lines and wrinkles with a fast acting formula that includes ceramides, hyaluronic acid and hexapeptides. And the best news? It's £9.50.

CHEATS
And then there are the wee cheats, the little things you can do with make-up to whittle away the years.

Step 1: "Dewy-looking skin with luminosity instantly makes you look younger," says celebrity make-up artist Paul Herrington of Bobbi Brown. "You must hydrate your face with a quality nourishing cream. Then apply a sheer coat of foundation on



SUCCESSFUL: Lux Clinics has only been open a matter of weeks, but its Lipo Laser treatment has already given customers good results

the areas you need it, followed by a light dusting of powder to keep the foundation on. Then, add extra luminosity and definition through highlighting and sculpting. Gently sculpt cheeks with a pink cream blush to enhance the skin's natural colour.

"I always use the

Shimmer Brick in Rose (£29.50) on celebrities as it gives a stunning airbrushed look. Get a big brush and gently dust this illuminating powder over the centre face panels. You can even use the Beige Brick (£29.50) as a setting powder."

Step 2: Gently suck in your cheeks and,

using a biscuit tone apply to the hollow section underneath the cheekbone, and blend upwards. This should create the illusion of depth. Then, using a warmer tone in a lighter shade of bronze, peach or rose, apply to the part of the cheek that sticks out when you smile. To finish off, add

some shimmer powder to the top part of the cheeks.

Step 3: Invest in Bobbi Brown's Tinted Eye Brightener (£22, Jenners) to conceal under-eye bags and illuminate the skin in one sweep of the wand. Then, ditch the matt eye

colours and opt for a wash of subtly shimmering stone or beige to make the eyes pop and create a lifting effect.

Step 4: Finish off with lips. A nude liner followed by gloss will create a plumping and more youthful effect.



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AN INNOVATIVE academy that gives people the chance to make a career in hairdressing is looking for fresh talent to embark on its training courses in Edinburgh.

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There's an introduction to hairdressing course, commercial one and two-day sessions, as well as NVQ Level 2 qualification.

Karen Bell, manager of Vincent Bell Hairdressing, said: "The courses are designed for everyone - ranging from school-leavers who want to gain some experience, or a junior hairdresser who wants to take the next step on the career ladder or make a career change."

For information on courses, visit www.vincentbell.co.uk or call 0131-225 5956.