

TATTLE TALE

BEAUTY & COSMETIC SURGERY GUIDE 2014

If you're going to do it, do it right

WE HAVE THE TECHNOLOGY

They're beyond cutting edge – revolutionary, surgery-free treatments for every bit of the body (yes, even those bits). By Olivia Falcon and Francesca White

Best for IRONING OUT FROWN LINES IOVERA

The lowdown The wait, please, for Iovera is the latest in a series of cosmetic treatments who find the medical profession a mouthful, it uses local anaesthetic ideal for clean-living people who don't want to give neurotoxins a try. **Pain factor** First, an anaesthetic is applied to the forehead. The Iovera device, which looks like a toothbrush and features a small needle, is held against the skin. A burst of pressure, followed by a small puncture the size of a pin, releases a muscle you use to raise your eyebrows. The procedure is kept at sub-freezing temperatures – the intense cold forces the skin to contract, and the process is repeated several times over the course of about an hour in total. **Downtime** Some people experience redness, which completely resolves within a few days. **Results** Instant. The frown lines disappear, and the function returns to normal. **Who to see** Dr Yan Yan, a cosmetic expert, is at 111 Harley Street, W1 (020 7486 8055). From £450.

radiofrequency energy, heating tissue up to 45°C. This causes the fat to undergo a metabolic reaction – dissolving cells and contracting collagen so skin is tightened.

Pain factor On the whole, pretty bearable – the sucking sensation is slightly uncomfortable and occasionally the heat hits an area with less hair-covered areas, which is a bit ouchy (yes, it is).

ly baggier and on the tummy, it does firm up the flesh. It does nothing to do anything to

e UK to offer o.uk; 020 7432

Best for SAGGY KNEES THERMAGE

The lowdown Don't swerve skirts just because your knees aren't what they used to be. A tried-and-tested favourite, Thermage is being used in a new way to snap things back into shape. Clamber onto the treatment table, where your knees and surrounding skin will be marked with chessboard-like squares – the target areas. For the next hour, a vibrating device is held over the area, shooting radio waves deep into the dermis. This causes a heat reaction that whips collagen levels into a frenzy, restoring firmness and elasticity. **Pain factor** Nothing to shout about. If anything, the jiggling motion of the machine is actually rather relaxing. **Downtime** None. Go home and forget about it. If you haven't already. **Results** An immediate difference to skin – tighter, tauter, less wrinkly. And this keeps improving with time. You only need one treatment – the effects will last for two to four years. **Who to see** Angelica Kavouni at Cosmetic Solutions, 129 Harley Street, W1 (cosmetic-solutions.co.uk; 020 7486 9040). From £1,800.

nale anatomy, Our most one and is a whole raft incontinence (a too hard). in Alma A wand is inserted time the contract, thus wo treatments, completely

the vagina, is used. But fear I nothing at all.

Best for FIGHTING FLAB VELAONCE

The lowdown Fans of Velashape, the ever-popular fat-smoothing treatment, will love its new sibling VelaONCE – the cleverest, shiniest machine that promises to reduce flab in just one hit, so there's no need to keep traipsing back to the clinic. This treatment uses heat to shrink the circumference of fleshy areas (arms, thighs, tummies, flanks) in much the same way you might shrink a woolly jumper in a tumble dryer. The handset, which looks a bit like a police speed gun, sucks up small squares of flab and blasts them with

Downtime Afterwards it's pretty much business as usual. You can go back to work, but no sex for at least the first week, please. Of the 30 women treated in the UK so far by Dr Chris Inglefield, only one says she experienced a deep, period-type pain the night after treatment, and this was knocked on the head with a dose of ibuprofen.

Results Tightening happens immediately, and things continue to contract over 4–6 weeks as the collagen renews itself.

Who to see Dr Chris Inglefield at London Bridge Plastic Surgery, 54 Wimpole Street, W1 (lbs.co.uk; 020 7487 0900). From £1,800.▷