



GROOMING

IMPROVING YOUR EXTERIOR

You've heard the hype, listened to the arguments and thought about having some cosmetic treatments done. Well, this month, we've decided to look at some cosmetic treatments for you and have actually sent along members of staff (we're not saying who) to see if all the hype lives up to its reputation. By Paul Disney.

PARAHOUSE YOUR FACE WITH BOTOX

Botox works. Yes, it's more expensive than buying an overpriced tub of cream. However, not only does it actually smooth out wrinkles but it does it in a matter of days instead of months (that's if you believe those creams really do anything at all).

If you're worried about it hurting or you're scared of needles, then don't be. Any practitioner worth their salt will apply an anaesthetic cream to your face first and let it sink in for a good half an hour so the whole area goes numb, meaning you really don't feel a thing. You've got your eyes shut so you don't see the needle and the whole

thing takes less than five minutes. It really is that simple.

How Botox works is quite simple. A very small amount of the chemical is injected into the muscles under the skin on the forehead and around the eyes, sending them to sleep for between four to six months. The full effect takes around three to five days to kick in. Whoever applies the treatment usually likes to see their client again after a week to make sure everything is alright. If more is needed, they will top up the dose free of charge so the client is completely happy with the result. The great thing is that each time you have it done the effect lasts a little

bit longer because the muscles have got 'out of the habit' and respond better to the treatment.

Facial Botox injections can cost anywhere between £150 and £200. For further info go to the bottom of this feature.

MESOTHERAPY

For years we've heard the mantra, 'There's no magic bullet' when it comes to health and fitness. If you want to lose weight, you need to increase your aerobic activity and help tone your muscles through resistance exercises. This is a fact.

That's pretty much been the state of play

— up until recently, that is. Mesotherapy (meso) promises to get rid of your fat. There are no workouts (although meso therapists encourage sensible diet and exercise) and it takes approximately 20 minutes, two times a week over a four-week period to shift around two cm of fat from the waistline.

Does that all sound too good to be true? Well, it is. Mesotherapy is going to change cosmetic treatments as we know them. Originally a medical technique devised in 1958 by Frenchman Dr Michel Pistor to treat conditions such as rheumatism, sports trauma, infectious and vascular diseases, and the improvement of circulation, mesotherapy has subsequently been extremely successful in the treatment of aesthetic shortfalls.

Today, you're more than likely to hear the term meso linked to cellulite problems in men and women. Orange peel effect and weight loss can be effectively managed with the use of mesotherapy. From fat covering the triceps muscle group or maybe you've put on a bit of weight around the stomach, meso will literally make the fat disappear.

The treatment works by stimulating the mesoderm, or middle layer of the skin, which in turn helps to disperse the cellulite. Meso works by injecting small amounts of homeopathic medicine immediately beneath the surface of the skin to break down the cellulite and to improve circulation and lymphatic and venous drainage. Each treatment takes approximately ten to 20 minutes and is not painful. (While the therapist injects into the skin, he or she will also pinch the area so that the patient doesn't feel the stab). After the treatment you can return to normal activities. The addition of Vitamin C to the mixture improves the tone and quality of the overlying skin.

Treatment may be carried out immediately after an initial consultation, at which point you will be informed how many courses you require. Microinjections are given twice a week over a period of four to eight weeks. Some individuals may require a course of four weeks, although a full treatment course

takes eight weeks.

When the desired effects are achieved, all that is required is annual maintenance over a four to six week period. What's so appealing about meso is that you seem to get a natural high that lasts for the rest of the day.

Overall, with a moderate amount of lifestyle change, meso can provide measurable improvements with people losing up to two cm from the circumference of their thighs after only six sessions.

● Mesotherapy: eight treatments: £450, 16 treatments: £800.

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