

Look younger for longer

» with anti-ageing expert **Lesley Reynolds Khan**

Breast reconstruction: your options

It's Breast Cancer Awareness Month, so when better to talk about choices available to women who've had a mastectomy? Many have a reconstruction, and can have it done on the NHS. Options include implants (effective, but need replacing every 10 years) and using tissue from other body parts. Another method is removing fat cells from the hips, thighs and tummy. They're mixed with extra quantities of the body's own stem cells, before being used to reconstruct. It's only available at some hospitals. Nipples can be reconstructed, too, using a variety of techniques, including skin grafting and tattooing. Your surgeon will tell you when is best to have a reconstruction.



Breasts can be made to look very natural after surgery

WHAT'S ALL THE FUSS ABOUT... PEPTIDES?

Peptides are one of the most powerful anti-wrinkle skincare ingredients. They're chains of amino acids that make up protein in the skin. They send messages around the body, for example telling skin to produce more hyaluronic acid (to retain moisture) or relax wrinkles. Pentapeptides, which contain five molecules, tell the skin to produce more collagen to firm up skin. Try Olay Regenerist 3 Point Treatment Cream, £xx.



DO IT NOW!

MAKE A GENTLE EXFOLIATOR BY MIXING RUNNY HONEY AND OATS. MASSAGE IN, THEN RINSE. GREAT FOR FLAKY LIPS, TOO!

Product on trial...

Anew Genics Treatment Concentrate, £30 (Avon)

This serum claims to stimulate a newly identified 'youth gene' in the skin to help it become firmer, smoother and more radiant. Avon says skin could look up to 10 years younger in eight weeks. **LESLEY'S VERDICT:** Glycolic acid acts as a skin resurfacer by removing dead cells and speeding up turnover. Apple stem cell extract will stimulate collagen production, and antioxidants protect against further damage. I'm skeptical about the 10 years younger claim, but it's a good anti-ageing product that will leave you with a brighter, smoother complexion. **READER REVIEW:** "This really made my skin brighter. It wasn't greasy and made a great foundation base. It didn't reduce my wrinkles, but I still love it." Laura, 42.

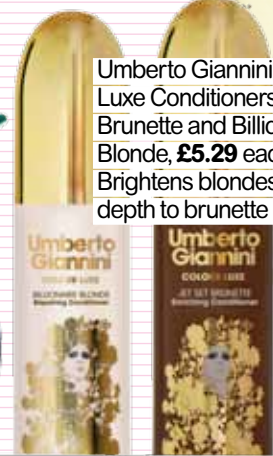


LESLEY'S 'ME-TIME' CORNER

My pick of the loveliest pampering buys around (because a bit of TLC takes off years, too!)

Product name, Size range, Store name, £00

Umberto Giannini Colour Luxe Conditioners in Jet Set Brunette and Billionaire Blonde, £5.29 each. Brightens blondes and adds depth to brunette locks.



Ciaté Paint Pots Nail Enamel in Regatta, £9. Denim blue with added sparkle – gorgeous!



MUA Professional Eyeshadow Palette in Glitter Ball, £4. Strong, glamorous shades that really stay put.

Abahna Frangipani & Orange Blossom Bath & Shower Gel, £23. Very gentle on sensitive skin.



Ted Baker Butterfly Wings Body Scrub, £6.50. Smells divine and leaves skin sparkling.



RAYNAUD'S S.O.S

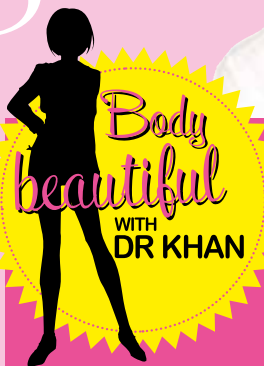
I suffer from Raynaud's disease. As a result my nose turns red in summer and blue in winter. Is there a way to disguise this? **GL, by email**

DR KHAN Raynaud's makes blood vessels more sensitive to heat and cold, causing skin discoloration of the extremities (fingers, toes, nose). First, see your doctor for a diagnosis and treatment plan. There are great cover-ups, such as Cover FX (House of Fraser). The Total Coverage Cream Foundation, £xx, is brilliant.

CELEBRITY CLOSE-UP

Abbey Crouch, 25

It looks like Abbey has had lip filler. I think she's had too much, giving her a 'duck' look. Too much filler can be dangerous, as it can break up the lip border, creating lumps around the mouth. Providing the fillers are temporary, the good news is that the effects should gradually wear off.



Considering cosmetic surgery? Your top-to-toe guide starts here. Each week, Dr Khan takes one body part and explains your options.

THIS WEEK ... THE FOREHEAD

The most common issue here is lines. In your late 20s, you may begin to see fine lines. From the early 30s, vertical 'number 11 lines' between the brows appear. From the late 30s, you'll notice deeper lines as the forehead starts to drop. This also makes eyes look heavy. **EASY FIX GLYCOLIC PEELS, FROM £60 PER TREATMENT** A course of six or more of these – where a glycolic acid solution is applied to skin and left on for several minutes – removes dead skin and makes fine lines less deep. It may sting, but pain is unlikely. Results are temporary and dead skin will build up again in a matter of weeks. **INJECTABLE OPTIONS BOTOX AND FILLERS, FROM AROUND £200** Botox is the most effective way to reduce wrinkles. It's a brand

name for botulinum toxin type A – a protein injected under skin to relax muscles. Azzalure is another botulinum toxin that works similarly and gives fast results – you should see a change in 2-5 days. Results wear off in 3-6 months. As you age, it can become less effective, as wrinkles become ingrained. **SURGICAL SOLUTION THE BROW LIFT, FROM £3,500** For ingrained lines, we sometimes recommend a brow lift. One method is to make incisions in your hairline, then go under the skin to cut away at some of the muscles that cause frown lines – it also raises sunken brows. It's carried out under general anaesthetic and requires 2-3 weeks to heal completely.



Injectables are an effective way to reduce lines and wrinkles