



Look younger for longer

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

Hair-free forever



Cheap thrill

Johnson's 24 Hour Moisture Radiance Hand Cream, £2.09 With shea and cocoa butters, this smells gorge, sinks in quickly and takes years off your hands.



Sick of shaving? Weary of waxing? Then try laser or IPL (intense pulsed light) hair removal. These treatments work by damaging the hair follicle to reduce or stop hair regrowth. You'll need around eight sessions, a month or so apart, with prices from £60 a session. Many types won't work on dark skin or fair hair, so check with your clinic. At-home versions include Boots Smooth Skin PLUS, £399.99, an IPL machine that you use weekly to get hair-free in 6-12 weeks – it works on fair to beige-brown skin tones. These systems are effective, but in my opinion, clinic treatments give a better result, as the laser is stronger.



Smooth Skin PLUS, Boots, **£399.99**



» CELEBRITY CLOSE-UP

» **Christine Bleakley, aged 32**

While newly-engaged Christine looks good, she does appear to be showing signs of sun damage – all those holidays could be taking their toll on her skin! A course of laser treatments would give her a fresher complexion. I don't think she's had much work yet, except perhaps a little injectable filler to smooth out her forehead.

» Lesley is an anti-ageing expert for the Harley Street Skin Clinic (www.harleystreetclinic.com)
» If you have a burning beauty question you need answered, email asklesley@natmags.co.uk

» MY PRESCRIPTION FOR Hiding imperfections

DISGUISE PORES

Clinique Pore Refining Solutions Instant Perfector, £18 (out August)

A real miracle-worker, this blurs pores like a magic wand and is great for mattifying oily skin.



CONCEAL SPOTS

No7 Quick Cover Blemish Stick, £8.50

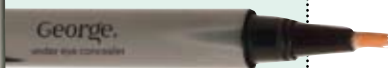
Works well on the angriest of blemishes. For best results, pat onto skin, leave for a few minutes, then blend and set with a little powder.



ERASE BAGS

George Under Eye Concealer, £4.50 (Asda)

This diffuses the light so that dark circles and bags appear less heavy and shadowy. Great consistency and staying power.



DISCOLORATION

Glominerals Corrective Camouflage Kit, £15.75

The different colours neutralise redness, sallowness, blotches and age spots – genius!



Plump me up!

Q Would fillers help my sagging skin? And how can I avoid a 'pillow face' look?

WH, by email

A A 'pillow face' happens when too much filler is injected, so use an experienced cosmetic doctor and always have a consultation. If skin really sags, FaceTite (from £2,500) is where radio frequency is delivered via a small incision, to tighten skin.



PICTURES ALPHA: GETTY (POSED BY MODELS)