



Look younger for longer

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

Grey before your time?

I've seen lots of GHOSTs lately. Not the spooky kind, but Grey-Haired Over-Stressed Twenty-Somethings. This group, identified by haircare brand John Frieda, are finding their first greys before 30, with many blaming stress. Even J-Lo's admitted to going grey since 23. Genetics plays a part, but stress does have an effect, too.

Ways to hide grey

1 VIBRANT COLOURS

Garnier Nutrisse Ultra Color, £5.49

2 PROFESSIONAL RESULTS

Avon Advance Techniques Professional Hair Color, £6 (out mid-May)

3 FOR EASY APPLICATION

John Frieda Precision Foam Colour, £9.99

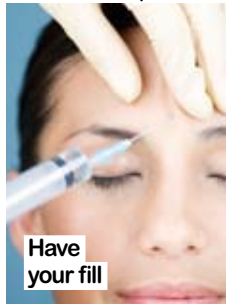


Wise up and chill out to avoid premature greys

When fillers go wrong

Q My mother had hyaluronic acid fillers injected into her smile lines. Since then, a lump has formed on one side. The doctor injected hyaluronidase to break it down, but it still hasn't disappeared after one month. What should she do?
SE, by email

A Hyaluronidase should dissolve the filler within days, but she may need a bit more, so should revisit the doctor. This type of filler doesn't usually last longer than a year, so everything will eventually return to normal. Always go to an experienced injector. I can't stress this enough.



Have your fill

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

Fact or fiction

Sleeping on your side gives you wrinkles
True! And the same goes for sleeping on your front. The best position is on your back.

» CELEBRITY CLOSE-UP



» Dolly Parton, 65

Dolly admits to being a cosmetic surgery fan, but I feel she's gone too far. It looks like her lower face has been over-filled, making her chin look huge. Her lips appear over-filled, so that the corners of her mouth curl up. And her tight skin suggests a facelift or two.

» MY PRESCRIPTION FOR... reducing puffiness

CALMING CLEANSER

SPC Skincare Decadent Rose Cleanser, £20, contains rosewater and chamomile to soothe, tone and hydrate your skin.



FAST DE-PUFFER

Anatomicals Puffy the Eye Bag Slayer Revitalising Eye Mask, £3.10, is great for puffy eyes after late nights and long trips. Pop it in the fridge for 10 minutes for best results. No more 'vampire' eyes.



COOLING SPRITZ

If heat makes your skin puff up, spritz with Eau Thermale Avène Water Spray, £6.50, to refresh and revive. Spray onto skin in a fine mist, then pat dry. Keep one in your handbag.



POST-TREATMENT SAVIOUR

I recommend Harley Street Skin StemCellution Serum, £50, to patients after they've had a peel or laser treatment. Designed to stimulate cells, it really helps to calm puffy skin.



PICTURES GETTY, RETNA (POSED BY MODELS)