



# Red carpet beauty secrets

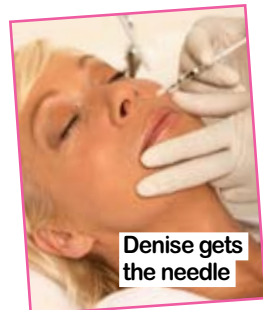
Where do celebs go when they need to look fab fast? To our anti-ageing expert Lesley Reynolds Khan's Harley Street Skin Clinic!



» DENISE WELCH

## The knife-free facelift

DENISE WELCH, 52, takes off years with the Microtox Facelift. "I love having it: my eyes feel brighter and my jawline suddenly lifts!"



Denise gets the needle

» **LESLEY SAYS** "We use small amounts of **Azzalure**, a botulinum toxin, around the eyes, jawline and neck to subtly smooth wrinkles and lift the lower face. Results develop within five days and last 3-5 months." £600.

» **TRY IT** This is exclusive to Harley Street Skin, but Botox and Azzalure are available nationwide. Try to find a practitioner who performs **Microtox** or Baby Botox, which uses less product.

» **DIY IT** **Olay Regenerist's 3 Point Treatment Cream**, £29.99, treats the eyes, jawline and neck, reducing wrinkles.



» GILLIAN TAYLFORTH

## The glow-getter

GILLIAN TAYLFORTH, 55, swears by Lesley's Glycolic Blue Peels. "I have them every month and before a special do - they really make me glow."

» **LESLEY SAYS** "This works by dissolving the glue-like substance that holds dull, dead cells onto the skin. It gives instant results, but a course is recommended. Pain is minimal - normally just tingling." From £75 or £300 for a course of six treatments.

» **TRY IT** Court House Clinics (locations throughout England) offers an **Easy Phytic Peel**, from £70, which includes glycolic acid and requires no downtime.

» **DIY IT** **Clinique Turnaround Radiance Peel Once-a-week System**, £35.50, is an at-home glycolic peel to make skin look brighter.



» PATSY KENSIT

## The wonder plumper

PATSY KENSIT, 42, is a huge fan of the celebrated Hydrating Oxygen Facial. "My skin needs lots of moisture and this leaves it soft and hydrated," the actress raves.

» **LESLEY SAYS** "This treatment hydrates and rejuvenates skin by forcing oxygen down into the deeper layers using an ultrasonic machine. The results last 3-5 days." £120.

» **TRY IT** **Crystal Clear's Oxygen Therapy** is priced from £65. Salons nationwide; call 08705 934 934 for your nearest location. You might even want to get your man involved, too, since the lovely Colin Firth is said to be a fan.

» **DIY IT** **Bliss Triple Oxygen Energizing Mask**, £39, delivers oxygen to the skin for a fresher complexion. It's a fab, foaming facial that's based on Bliss Spa's famous Triple Oxygen Treatment. It instantly revives worn-out skin, to give you a fresher-looking complexion, fast!



» NADIA SAWALHA

## The skin pick-me-up

NADIA SAWALHA, 46, can't get enough of the Multi Brightening Facial. "It revitalises my skin after a heavy filming schedule - I couldn't do without it!"

» **LESLEY SAYS** "Skin is deep-cleansed using the **Clarisonic brush** ([www.clarisonic.co.uk](http://www.clarisonic.co.uk)), before a special peel is applied, which includes brightening glycolic and lactic acids, with licorice extract and kojic acid to tackle skin discolouration." £90

» **TRY IT** The **Priori CoffeeBerry Enzyme Peel**, from £55, gives an instant brightness boost, while treating pigmentation. Call 0845 555 2121 for your nearest salon/clinic.

» **DIY IT** The **Sanctuary Brightening Facial in a Box**, £16.34, will give your skin a boost.



» LISA MAXWELL

## The wrinkle-buster

LISA MAXWELL, 47, boosts her red carpet confidence with **Pellevé**, which reduces wrinkles. "It's my rescue treatment and makes me feel radiant," says the presenter.

» **LESLEY SAYS** "It refreshes your appearance and tightens loose skin without needles or surgery. Virtually painless, it delivers radio frequency energy to the skin via a special instrument. This stimulates collagen and lifts. Results last up to six months." £1200

» **TRY IT** **Pellevé** is available at selected clinics. Call the Harley Street Skin Clinic (020 7436 4441) for more information.

» **DIY IT** The **RoC Sublime Energy** range (buy it at Boots) creates bioelectric micro currents to boost collagen and elastin. **RoC Sublime Energy Day SPF 20**, £40.84.



» LUCY SPEED

## The spot-fighter

LUCY SPEED, 34, credits the **Pumpkin Peel** with saving her skin. "I have battled with spots for 12 years, but after having this course of treatment I definitely feel happier and more confident," she says.

» **LESLEY SAYS** "Spots occur when oil gets blocked in pores and bacteria grows. The **Pumpkin Peel** combats this by removing dead skin, allowing oxygen into the pores to kill bacteria. I recommend a course of six." £90 per treatment.

» **TRY IT** **DestinationSkin**, which has clinics nationwide (see [www.destinationsskin.com](http://www.destinationsskin.com)), offers a **Pumpkin Skin Peel** from £92.

» **DIY IT** Apply the **Peter Thomas Roth Pumpkin Enzyme Peel**, £28.25 ([www.beautybay.com](http://www.beautybay.com)), to dissolve dead surface cells and reveal more radiant skin. Also contains protective antioxidants.

