

SMART BEAUTY

Look it / Feel it / Love it

Edited by Sonia Haria



40

best tweakments
for over

40s

From 15 minutes under a happy lamp to a revolutionary ice-lift facial, *Annabel Jones*, 44, uncovers the ultimate ageless beauty treatments

HI-TECH HEROES

1 Sarah Chapman Bespoke Facial with EndyMed Radio Frequency

Sarah Chapman's famed facials are tweaked for each client's needs, combining her signature 'gymnastics' massage techniques with potent skincare ingredients and hi-tech extras, such as LED light or tightening radio frequency. The result? A power glow, instantly. Victoria Beckham is a fan of Sarah's brightening treatments – need we say more? £345, sarahchapman.net

Gallery Stock, Getty Images



2 Dr Tapan Patel Facial Filler Lift

With a 'less is more' approach to using injectables, Dr Patel takes a very modern approach to dermal fillers. Shunning the old way of filling in two or three lines with a thick, concentrated solution, which can leave you with a puffy, pillowy result, Dr Patel uses fine dermal fillers to create a non-surgical facelift. A tiny amount of solution is injected evenly over the face, including the temples, cheeks, chin and jawline, to subtly sculpt. From £850, phiclinic.com

3 Baby Botox with Dr Michael Prager

No frozen, motionless faces here: this treatment involves a smaller amount of Botox across a wider area for a softer, more natural look. Dr Prager has developed a technique that lightly lifts the lower face with small injections of Botox, relaxing the muscles around the chin, jaw and neckline, and helping to prevent those dreaded jowls. From £695, drmichaelprager.com

4 Dr Nick Lowe's Laser Rejuvenation with Stem-Cell Regeneration

A smart-ageing combination involving a fractional laser that's

gentle enough to be used around eyes, and treats the surface of the skin for sun damage, wrinkles and scarring. This is followed with an injection of the patient's own stem cells, which contain vital growth factors and encourage the production of collagen and elastin – the stuff that diminishes with age and gives skin its firm, plump appearance. This dual technique makes for longer-lasting results. A course of four treatments is recommended. *From £1,000 with Dr Lowe, drnicklowe.com*

5 Express LED Facial

Known as 'the happy lamp', LED gives you a perkier-looking face in 15 minutes. Most effective on

skin and a session of radio frequency for instant firming. Finally, antioxidants and hyaluronic acid give you the well-rested face of someone who has time to, well, rest. *From £230, riverbanksclinic.co.uk*

MIND AND BODY BOOSTS

7 Ross J Barr Acupuncture Face Lift with Warming Anti-Wrinkle Acupressure Facial

Fusing traditional Chinese and Japanese medicine, this treatment uses Seitai acupressure to stimulate blood flow, release muscle tension and improve lymphatic drainage; Tsubo heat therapy to help with healing; and Seitai point massage on arms,

9 Happy Hormone Equilibrium at Ilapothecary

A back massage using shatavari, an Ayurvedic herb rich in plant oestrogens, and Rhodiola rosea (rose root), which helps to optimise serotonin and dopamine levels for better mood. Warm castor-oil packs are placed on the abdomen, helping to support the kidneys and reproductive system. *£65, ilapothecary.com*

10 Cryotherapy Session at IllCryo

Standing semi-clothed in a minus 80C chamber for three minutes sounds bonkers. However, extreme cold has been proven to reduce inflammation, help muscles recover faster after

works, leaving you feeling calmer and more grounded. *From £120, emmalucyknowles.com*

12 VitaDrip IV Infusion

The theory goes that we only absorb 10 per cent of the vitamins in a supplement, compared with 100 per cent via an IV. A solid winter kick-starter for those who are constantly on the go, a dose of vitamins delivered straight into the bloodstream will lift your mood, boost immunity, improve hair health or maybe even make you look younger, depending on which infusion you choose from the menu of 20. The treatment takes 45 minutes and the effects are often felt immediately. *From £100, theelixirclinic.com*



skin without major problems, it stimulates collagen production for a hydrated, tighter, brighter complexion. A lunchtime boost, this can be done with mascara still on, there's no prodding or poking, just a warm lamp above your face while you sit back and relax. Multiple treatments reap the best rewards, but one session will be noticeable. *From £35, thelight-salon.com*

6 R-4D Signature Facial by Dr Ravi Jain

What's better than a facial with one proven smart-ageing method? A facial with four, of course. This treatment kicks off with a deep exfoliating peel, followed by microneedling to rescue tired

hands and feet to calm the mind. Meanwhile, acupuncture needles inserted at particular points in the face help boost circulation. Expect to look fresh and feel rebalanced. *£130, rossbarr.com*

8 Clarins Beauty Sleep Treatment

Using a rhythmic figure-of-eight technique called 'Lemniskate' that's repeated from the top of the head all the way to the tips of the toes, this is 85 minutes of bliss. The therapist uses slow and moderate pressure to send the body into a state of total relaxation, helping to overcome stress and promote a deep night's sleep. And who doesn't need that? *£70, clarins.co.uk*

exercise and tighten skin. It also stimulates circulation, reduces pore size and aids collagen and elastin production. Plus, the sub-zero temperature is a reboot for the brain, leaving you alert, focused and energised. *From £50 a session, illcryo.com*

11 Healing with Emma Lucy Knowles

Suffering with emotional overload? These sessions promise to help you cast off years' worth of stress. Using a tailored combination of crystal healing with reiki touch therapy to remove stored-up negative energy from the body, Emma Lucy gently guides you into a deep meditative state as she

13 Herbal Medicine Protocol

An ancient tradition, herbal medicine can ease problems with digestion, joints, circulation, skin, emotional health and fatigue. At Cloud Twelve's herbal medicine consultation, a practitioner will create a prescription of plant-based remedies tailored to you, alongside a treatment plan of lifestyle recommendations such as dietary advice and nutritional supplements. *From £120, cloudtwelve.co.uk*

14 Elemis Hot Mineral Body Boost

Lie on a heated amber and quartz bed, which moulds around you, as

a nourishing balm is applied before a restorative face massage. Toxins are removed, leaving you energised. *£155, elemis.com*

15 Espa Hip & Thigh Toner

A targeted treatment for hard-to-reshape areas, using massage, skin brushing and potent scrubs. Said to smooth cellulite, reduce fluid retention and eliminate toxins. *£70, espaskincare.com*

16 Muscle Hydration Treatment

Fascia – the soft supportive tissue that covers our muscles, organs and bones – has become the new focus for fitness recovery. Years of slouching at a desk or carrying

FACE FORWARD

18 Sunday Riley Ice Lift Facial

To start: a deep cleanse and a restorative retinol-infused lymphatic massage to de-puff and brighten. Next up: cryotherapy – below-freezing air to the face to reduce redness and inflammation. The final flourish? A red-light LED collagen-booster with hyaluronic-acid mask for an otherworldly, healthy glow. *£120, hershesons.com (Berners Street, London W1, salon only)*

19 Nichola Joss Lumity Facial Massage

Famous for her unusual technique, Nichola works from

collagen production boost. *£260, theorganicpharmacy.com*

21 Su-Man Hsu Chi Flow Contour Facial

Taking elements from shiatsu, Pilates and oriental facial massage, this relaxing facial uses a type of skin scraping known as *gua sha*. Long, slow strokes and friction techniques stimulate the microcirculation of the soft tissue to enhance blood flow and detox stressed skin, giving a clear, radiant complexion. *£220, su-man.com (at The Sanderson)*

22 Emma Hardie Lift & Sculpt Facial

Emma's principle of 'lines not circles' massage, where skin is

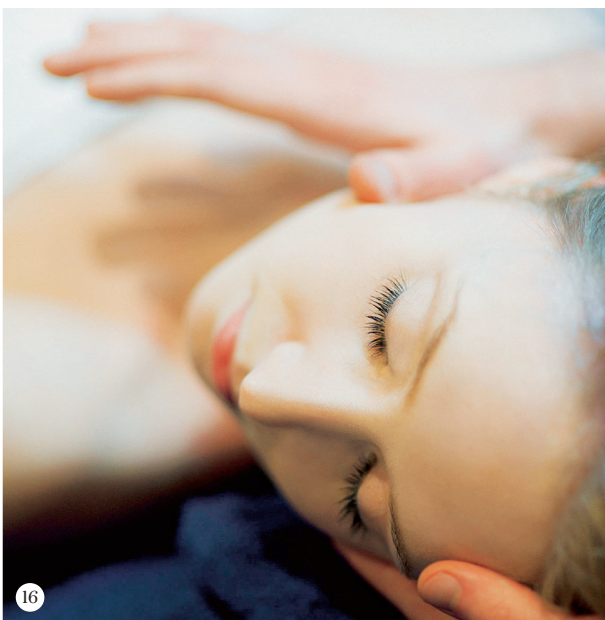
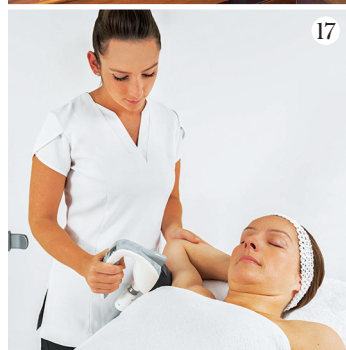
anytime treat to ease stress. *£60, goddesslondon.co.uk*

24 FaceGym Signature Electrical Facial

Rather like a small, gentle power plate, the FaceGym Pro device uses EMS (electrical muscle stimulation) to moderately tighten the small facial muscle fibres, of which we have tens of thousands and which become weak and loose over time. The result: a tighter, lifted and toned look. *£85, facegym.com*

25 Annee De Mamiel Seasonal Attunement Facial

A new season can wreak havoc on complexions. Designed to realign the skin, spirit and body, this is



a heavy handbag can cause it to knot and tighten, which can lead to an ageing posture. This treatment uses slow, deep massage techniques concentrated around the neck, shoulder blades and hips to release tightness in the fascia for a better range of motion – and to help you stand taller. *From £30, twentytwotraining.com*

17 Velashape Bingo Wings Treatment

Like Spanx for the arms, this treatment combines radio frequency and infrared light with mechanical massage and vacuum techniques to reduce those bingo wings and lift sagging skin. *From £300, velashape.com*

inside the mouth to lift and sculpt lax facial muscles. Her expertise is sought by those who shun Botox (Kate Moss is a fan). Using her own Lumity Oil, Nichola's facial revitalises tired-looking skin and lifts cheekbones a notch. *From £200, lumitylife.co.uk*

20 Organic Pharmacy Ultimate Lift & Rejuvenate Facial

Exfoliating, brightening and hydrating, this vitamin-infused facial will refresh dull, parched skin. It involves diamond microdermabrasion; radio frequency to 'iron out' wrinkles; plus oxygen jets to help product penetrate deeply and plump out fine lines... It all adds up to a

cleansed with swift downward strokes that follow the natural grain of your facial tissues, results in better lymphatic drainage and increased hydration. *£50, emmahardie.com*

23 Facial Reflexology by Savita

By stimulating specific reflex points on the face, this treatment encourages a direct response at corresponding parts of the body, promoting healing, releasing toxins and restoring skin back to its natural healthy state. A wonderful pre- or post-party-season treatment – or an

'holistic facial experience' featuring breath work, meditation, acupuncture and qi rejuvenation massage. It promises to relieve insomnia, aid digestion and soothe emotional unrest, while leaving your skin luminous, of course. *£260, demamiel.com*

26 Elemis Biotec Firm-a-Lift Facial

Best for sagging skin, a gentle cleanse, tone and exfoliation is followed by a series of unique massage techniques. Then, micro pulses and galvanic currents drive active skincare ingredients deep into skin to firm and contour the face, neck, jowl and chest. *£70, elemis.com*



BROWS, LASHES, NAILS

27 **IBX** Manicure

Fed up with flaky, brittle nails? This repairing treatment will sort them out. A special strengthening solution that penetrates the nail once cured under LED light, this toughens from the inside, stopping breakages and smoothing out ridges. £15, dryby.co.uk

28 **Daxita Vaghela** Lash Extensions

Known for her gentle touch, Daxita's lash extensions are so cleverly done, no one will know you're wearing them. A brilliant confidence boost, the results

31 **Shavata Eyebrow** Shape

Famous for creating the 'perfect arch', Shavata's brow artists are trained in a unique combination of waxing and threading that guarantees natural-looking results. In other words: not too thin, not too thick, just right. From £18, shavata.co.uk

32 **DryBy** Nail Art

This place can't be surpassed for its grown-up designs and immaculate application techniques. For something a bit special – maybe a nude manicure with intricate gold details – look no further than this luxe London salon. From £30, dryby.co.uk

needles that impart medical-grade pigment, Suman Jalaf is in demand for her precise, tiny strokes, which create the appearance of real hairs and last up to 18 months. £600 (with Suman, including top-up), sumanbrows.com

HAIR FLAIR

35 **Aveda Pramasana** Scalp Treatment

We should look after our scalps as much as our face, as it's the key to healthy hair. Aveda's de-stressing treatment boosts microcirculation with an exfoliating dry-brush massage followed by a purifying scalp cleanser, nourishing mask and massage, and leave-in concentrate. Oh, and there's

curly, thick, fine and damaged hair, but we are most fond of the Face Shape Remedy. A stylist comes up with bespoke, smart tweaks that work with your features, from framing highlights to a few softer edges that define your jawline. Genius. From £65, larryking.co.uk

38 **Philip Kingsley Hair** Spa Treatment

A real luxury, this involves a consultation with a trichologist followed by a stimulating or exfoliating scalp massage, a pre-condition steam, another five-minute scalp massage, shampoo and condition, hair prep and damage-minimising blow-dry. £85, philipkingsley.co.uk



last up to six weeks. From £95, daxitavaghela.com

29 **Brow and** Lash Tint

A simple way to open up eyes and frame the face, brow and lash tinting is a non-permanent, smart-ageing way to define features without daily faffing with a pencil. £30, bbb-london.com

30 **SNS Dipping** Powder Manicure

Infused with vitamins that boost nail growth, this uses alternate layers of gel and powdered colour to give a strong, chip-free mani that lasts at least two weeks. From £25, snsnails.com

33 **Margaret Dabbs** Medical Pedicure

Performed by a qualified podiatrist, this medi-pedi is basically a complete overhaul for your feet. Dead and dry skin is removed – that includes calluses – before nails are shaped, buffed and rehydrated to a glass-like finish. Ta da: your feet, good as new. £85, margaretdabbs.co.uk

34 **Suman Brows** Microblading

A non-permanent inking, microblading merely penetrates the skin's surface, unlike with a traditional tattoo, which goes deep into the layers. Using a handheld pen tipped with

a glossy blow-dry, to finish. £50, aveda.co.uk

36 **L'Oréal Professionnel** Pro Fiber Treatment

Designed to specifically target damage, this is especially good for those who regularly use heated appliances. While you relax, a hi-tech repairing solution is applied containing positively charged molecules to fortify and resurface strands. From £10, hairdressers-near-me.lorealprofessionnel.co.uk

37 **Larry King Face** Shape Remedy

This salon has a hair-remedy menu that offers solutions for

39 **Hair Fillers at** Hershesons

Perfect for thinning or fine hair, these ultra-tiny extensions add volume (not length) by discreetly filling areas. The result: a fuller look that lasts three months. £250 (includes compulsory consultation), hershesons.com

40 **Wella Koleston Perfect** ME+ Glossing Treatment

Dyed hair loses its sparkle fast. Applied at the same time as your usual colour or between longer appointments as a top-up, this is a fast, glossing treatment that gives a high-shine finish while preventing/reversing colour fade. £23, wella.com ◇