

EXPRESS YOURSELF

Fast track to your perfect beach body

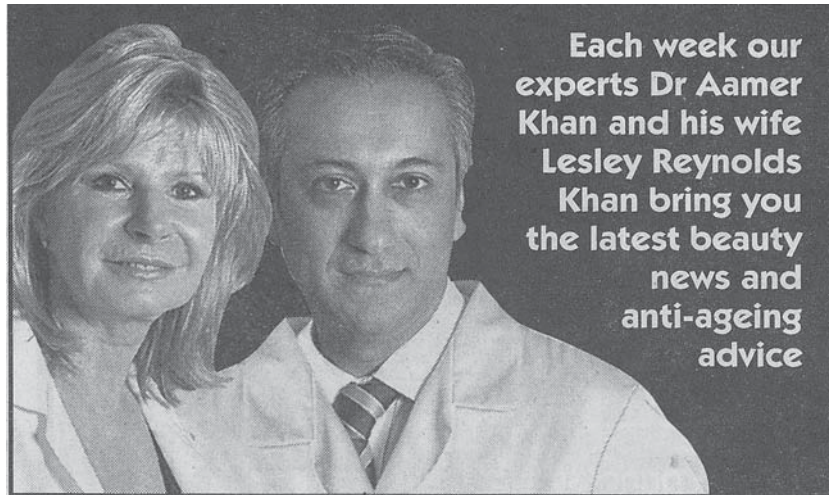
FACE FIXERS

PROBLEM: Loose, sagging skin.
TRY: Skin tightening treatment Pellevé will rejuvenate skin and soften wrinkles.

It uses radio frequency waves to stimulate collagen production to tighten skin.

One treatment gives instant results, is pain free and results last up to one year.

WHEN: Fives days before your holiday.
COST: £500 per treatment.



Each week our experts Dr Aamer Khan and his wife Lesley Reynolds Khan bring you the latest beauty news and anti-ageing advice

IF THE thought of stripping off on the beach sends shivers down your spine fear not. The key to looking good on holiday is preparation. It's not too late to give your face and body a last minute summer makeover with the hottest treatments around.

BEFORE YOU GO

1 Ban the booze. Give up alcohol for a week and you will reap the benefits.

You will give your liver a rest, your skin will look fresher, your eyes will look clearer and you will feel better. This one change can make all the difference to how you look and feel.

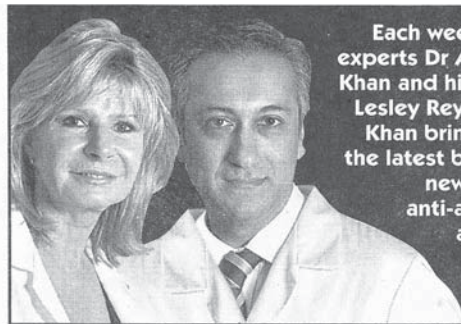
2 Slim down. Cut out all sugar and flour for one week. Eat everything else in moderation and drink plenty of water. You could lose up to 5lb.

3 Get moving. Aim to fit in at least 30 minutes of exercise such as power walking every day. It will help you burn fat, tone muscles and improve circulation.

CLEAVAGE SAVIOURS

Problem: Wrinkles and crepey skin
Try: Restylane Vital helps restore smoothness and plumpness to the skin. This hyaluronic acid filler is injected into the skin by lots of tiny micro-injections.

Results are instant and the treatment will help diminish the appearance of fine lines and plump up skin. Results should last a year.



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When: Book in at least seven days before your holiday.
Cost: From £200

Problem: Dull, dry décolletage
Try: A cleavage facial. This treatment exfoliates and repairs the skin.

It starts with an exfoliating scrub to remove dry skin followed by a nourishing mask to stimulate skin cells and increase blood flow giving the skin a lovely glow.

When: Two days before your holiday.
Cost: £120

Problem: Lack of volume
Try: Fat transfer can increase your

but by up to one cup size by taking fat from your thighs or from your stomach.

The results are permanent and the procedure is less invasive than breast implants. It is also a useful technique for balancing asymmetrical breasts.

When: At least 10 days before your holiday.
Cost: From £4,000

FACE FIXERS

Problem: Loose, sagging skin
Try: Skin tightening treatment Pellevé will rejuvenate skin and soften wrinkles.

It uses radio frequency waves to

stimulate collagen production to tighten skin.

One treatment gives instant results, is pain free and results last up to one year.

When: Five days before your holiday.
Cost: £500 per treatment

Problem: Fine lines

Try: Microdermabrasion removes dead skin and helps stimulate production of collagen and elastin.

The deep exfoliation makes skin look brighter and smoother. Results last up to three weeks.

When: Four to five days before your holiday.
Cost: From £120

BODY BOOSTERS

Problem: Blemished skin
Try: A body facial. Most salons offer treatments which target sotty bottoms, backs and even feet.

The deep cleanse treatment results in firmer skin with improved tone, texture and glowing radiance. Back facials have become especially popular.

They are good for cleansing tough-to-reach spots and targeting clogged pores, back acne and dehydrated skin.

When: Anytime up to the day before your holiday.
Cost: From £75