

As time goes by

Eternal youth has pre-occupied us for centuries but the harsh reality is that there is no secret elixir other than a combination of good genes, diligent skin care, nutrition, lifestyle, health and avoiding as much UV damage as possible. If the thought of resorting to the knife brings you out in a cold sweat, there are some excellent non-surgical treatments available locally to help you preserve the most youthful complexion possible. Liane Oldham faces up to the facts

CACI FACIALS

I first started having CACI facials four years ago and am now addicted to them to the extent that if I miss one I have this horrible feeling that my face will, quite literally, hit the floor. The CACI is a non-surgical way to tone and lift the facial muscles, improve the complexion of the skin and reduce fine lines. It's also a great opportunity to indulge in an hour of me time.

"It's a bit like taking your face to the gym," says therapist Jane Bulbeck. "Exercise helps to keep our bodies young and supple and the same applies to our faces. But who has the time to do loads of facial exercises? The CACI is a much more relaxed way of giving the muscles in your face a good work out and yourself some pampering at the same time."

During a CACI your facial and neck muscles are lifted and stimulated by probes emitting micro electric currents. There is no prickly, uncomfortable sensation and in fact many people often fall asleep during it.

"Different parts of the treatment work

on the texture of the skin to reduce fine lines and trigger the body's own production of collagen and elastin, which no amount of creams or potions can do," says Jane. "We back this up by our unique use of pure aromatherapy oils such as our damask rose-based skincare which is excellent for promoting glowing, healthy skin and boosting circulation."

The treatment is then finished off with triple rose moisturiser. The CACI is especially effective from your mid-thirties onwards. Initially ten sessions are recommended within the first four weeks with once-a-month maintenance treatment afterwards.

Contact The Garden Spa, Arundel, on 01903 883728

Superficial peel

"A chemical peel, while it may sound slightly daunting, is in fact safe and a great starting point for having skin treatments," says Sarah Williams, a medical aesthetic practitioner, who operates from clinics based in Hove and East Grinstead. "It can give a real glow to

your skin. Skin rejuvenation treatments also boost your collagen production making skin generally plumper, brighter, healthier and more youthful looking."

With a superficial peel, a mild chemical solution, Glycolic or fruit peel, removes the outer layer of skin which helps to rebalance any pigmentation problems, jaded skin, mild skin damage and the ever-worrying fine lines and wrinkles. The results from this treatment will last about four to six weeks and you should have monthly top-ups to maintain maximum effect.

For those of you looking for a quick anti-ageing fix to fit in with a busy schedule, you are able to return to work immediately after this treatment, unlike many surgical procedures. Any redness can be covered up by using light mineral based make-up.

Microdermabrasion

Fine crystals are blown on to the skin which, together with gentle abrasion, removes the dead layers of skin. This treatment is especially good for acne

Learn these lines

With different alternatives like these I think I am more than ready for my close-up. There are, however, some golden rules you should follow when striving for that youthful look

- Cleanse, tone and moisturise your skin daily
- Eat healthily and take exercise
- Avoid UV damage
- Never put permanent fillers into soft tissue like lips unless you want to resemble a sucker fish
- If you are considering anti-ageing surgery it helps to contact organisations such as British Association of Aesthetic Plastic Surgeons or the General Medical Council for advice on practitioners



scarring, fine lines, wrinkles and sun damage. You will need four to six treatments for best results.

Worrying that the procedure would be similar to being attacked by a cheese grater, I was assured that microdermabrasion is so gentle that you are able to again go back to work immediately. Monthly treatments are recommended.

"This is a great exfoliation treatment which also stimulates circulation and this in turn helps to produce fresh, healthy skin," says Sarah.

Intense Pulsed Light

Skin rejuvenation with IPL heats the lower levels of the skin causing mild damage, which stimulates the skin to produce collagen for repair. The treatment is not uncomfortable – it feels similar to having an elastic band pinged gently at you. Again this treatment is good for uneven pigmentation problems, age spots, rosacea, broken capillaries, fine lines and wrinkles, scars, stretch marks and is also used for hair removal. You may need between three to six treatments

around a month apart and you are able to return to work immediately. For optimum long-term results top-ups every six months are recommended.

Contact Sarah Williams at Hove Skin Clinic 01273 719834
Clearstep Enhance Clinic, East Grinstead 01342 328798

Age Defy Serum

Denise Bell-King has been interested in health and beauty all her life but when she was diagnosed with ME her interest became even keener. During this time she tried conventional medicine but found that it didn't work for her. She also began to wonder whether her skincare products could be having an affect on her health. After attending the first anti-ageing conference in Monaco and having listened to all the experts, she decided to develop her own anti-ageing serum drawing from her homeopathic knowledge.

"With ingredients that include Retinol-A, Jojoba and Palm Oil, Age Defy Serum boosts the skin's defences

from the inside out and helps to reduce wrinkles, furrows and frown lines. It will soothe, strengthen and age-proof the skin on your face, neck and is perfect for smoothing away those tell-tale signs of ageing on the backs of hands, too," says Denise.

Continuing the green theme of her product, Denise has managed to get Age Defy Serum produced locally to reduce the carbon footprint throughout manufacturing process.

"You can expect to see results after six to eight weeks of using Age Defy Serum," she says. "Today women in their fifties want to look fantastic and still feel sexy at 60 as well. This product can help produce results right through from women in their thirties to their eighties. And it's gentle, too."

Age Defy Serum is especially effective for age spots and pigmentation, crepey neck syndrome, nasal-labial lines, crows feet, wrinkles, saggy skin, décolletage and jowls.

Contact Denise Bell-King on 01903 882613 or order line 0800 848 8101