

# My Weekly

sparkle<sup>pr</sup>

Looking Good

## How To Have Younger Looking Skin

It's quick, painless and can put a stop to wrinkles before they reach the surface. We take a closer look at the latest skin imaging technique

**E**ver wish you could put a stop to wrinkles before they even show?

Now you can, thanks to a brand new – and pain-free – skin imaging technique. Beau Visage allows you to see up to 2mm beneath the surface of the skin and understand why you look the way you do. By taking a few quick and painless pictures, the distribution of blood,

your ongoing beauty regime, Beau Visage tracks changes in your skin's health and age to help determine whether skincare products and treatments are working for you and highlight areas that might require extra attention. The new system can even see wrinkles that are yet to appear on the skin's surface, allowing time to implement change and help you to look

younger for so much longer. The consultation takes 20-40 minutes, depending on how much you want to learn about your skin, and costs from £25 depending on the clinic or salon. Consultations are free at all DestinationSkin clinics (www.destination-skin.com). Once your skin's problem areas have been identified, many people find that Intense Pulsed Light (IPL) treatment can help. IPL is an advanced technique which uses a broad spectrum of light emitted in short pulses to gently treat a wide variety of conditions, such as age spots, thread veins and damage caused

**IT'S NEW!**

**It tracks changes to your skin and highlights areas that need extra attention**

melanin, and sun damage in your face can be assessed and your skin age calculated. For some, this is a scary thought – but at least you'll be given a chance to get a head start on time itself!

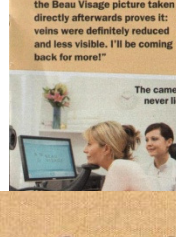
Designed to be used as part of

by too much sun. IPL is also one of the most effective treatments for hair removal. It takes 30 minutes for a treatment and cost varies depending on the salon or clinic, but is usually in the region of £90.



**"I Saw A Difference At Once"**  
 "I'd always had quite good skin," reveals Sue Kennedy, 46. "So I when I hit my 40s and noticed changes on my face which couldn't be fixed with a good cream or a pampering session, I started looking around for alternatives. I booked in for a Beau Visage skin consult at a DestinationSkin clinic which specialises in skin treatments.

red veins on my face, especially around the nose, but I didn't realise how bad they were until I saw them close up on the picture! "My consultant recommended a course of IPL treatments. IPL uses pulses of filtered light to destroy the broken blood vessels, leaving little or no trace. Although a



**Nicole's Skin Secret**  
 Australian actress Nicole Kidman, 41, reveals the secret behind her youthful complexion is a big hat and a bottle of sun lotion. "I wear a lot of sunscreen," she explains, "and I stay out of the sun, because it's the worst thing for your skin in terms of ageing."

### BEST HIGH STREET WRINKLE BUSTERS

**SkinVitals Lift Everyday Firming Lotion, £13**  
 This wrinkle-busting lotion is enriched with soy protein to leave the skin plumped and revived. Available from Boots stores nationwide

**Australian Organics Rejuvenating Hand Treatment Cream, £3.99**  
 Contains essential oils to nourish and protect skin and strengthen the nails. Available from Waitrose, Holland & Barrett and independent pharmacies

**Fade Out Anti-Wrinkle Lightening Cream, £7.95**  
 Improves the appearance of fine lines and wrinkles while evening out skin tone and lightening pigmentation marks. Available from Boots, Superdrug, Unichem and Lloyds pharmacies

**WHAT'S YOUR SECRET?**  
 Do you have an anti-ageing beauty product you couldn't live without? Share it with us and we'll include it in a future issue. Just send the details along with your name and a picture of yourself to: Best Wrinkle Busters, My Weekly, 185 Fleet Street, London EC4A 2HS or email us at myweekly@dthomson.co.uk

16 My Weekly

**Australian Organics Rejuvenating Hand Treatment Cream, £3.99**

Contains essential oils to nourish and strengthen the nails. Available from Waitrose, Holland & Barrett and independent pharmacies

21<sup>st</sup> February 2009

My Weekly 17