



# TWEAKY BLINDERS

By Cassie Steer

Delve into the world of non surgical treatments and you may find you need to invest in a set of Ariel-esque lungs, because chances are you'll be down there for a while. With a rapidly increasing demand for non-invasive procedures that go beyond what a pot of face cream can do, the range of treatments available has grown exponentially.

Where once shelves of beauty products clamoured for our attention, for some it's now lasers and implements that are vying for our wallets. But if we are interested in a procedure, most of us still want to look like ourselves, just, well... better. It may be niggly acne scars we want to blur, to make our lips just that little bit more pillowy ("vulgar, trashy lips" are officially out according to aesthetic medical specialist Dr Wassim Taktouk) or to fine-tune our frown lines. In short, most people who consider visiting a clinic want non-invasive, subtle mini-treatments to help enhance symmetry and recalibrate contours instantly with no downtime. "This is the year of the combination treatments," says Dr Taktouk. "It's about refining, honing and combining the latest technology to offer the most tailored, effective, natural-looking results." Cue the tweakments designed to address your specific concern, whatever it may be.

Non surgical procedures have got specific for 2020. Sagging earlobes, you say? There just so happens to be a tweakment for that...

BEST FOR...

## SAGGING LOBES

**The tweakment** The Earlobe Lift, £450, [oneaestheticstudio.com](http://oneaestheticstudio.com)

Ears have become prime real estate for adornment in recent years with the more piercings and ear candy crammed onto each square millimetre of lobe the better. Great for #CuratedEar selfies, not so great for our overloaded lobules. "As the trend for multiple piercings and heavy earrings continues, more people are becoming concerned about sagging of the earlobes," says Dr Jonquille Chantrey, a surgeon and international lecturer. "Using dermal filler, I inject the earlobes in a strategic way to give them a lift. As we age we lose soft tissue from our earlobes, causing them to look flatter and longer – it's a genuine concern for a lot of women."

**Ouch factor** 3/10. Earlobes are generally less painful than other areas of the face and as Dr Chantrey only uses fillers that already contain an anaesthetic, expect a sharp scratch followed by some gentle pressure.



BEST FOR...

### CHIN DEFINITION AND LACKLUSTRE LIPS

**The tweakment** The Lip & Chin Smoothie, £1,495, eudelo.com  
According to Dr Stefanie Williams, dermatologist and medical director of the Eudelo clinic, chin shaping is one of the more underrated treatments that can balance features and make a huge difference to the entire profile. The treatment, which focuses on the lower part of the face, combines chin contouring with gentle lip plumping. Both procedures use hyaluronic acid – a nifty water-holding molecule found naturally in the skin – but in slightly different guises. Stiffer HA fillers, designed to add volume, are injected to define and sculpt the chin, while for the lips, thinner HA skin boosters are administered through just one entry point using a flexible cannula to minimise the risk of swelling. If it's just the lip boost element you're after, Dr Tapan Patel of the Phi Clinic (phiclinic.com) suggests Volite™ Lip Hydration, from £400, a very light hyaluronic acid filler that's gives lips a glossy, plump look without adding to their size.

**Ouch factor** Volite™ Lip Hydration tends to be less painful than traditional lip fillers as the product is so thin. For the Chin Smoothie part, a numbing cream is used, so it's uncomfortable rather than painful, but most would put it at a 5/10.

BEST FOR...

### HEAVY BROWS

**The tweakment** The Hair Line Filler, from £795, drmichaelprager.com  
Whether it's due to ageing or genetics, some people are simply prone to looking a little... down in the brow. Step in injectables guru Dr Michael Prager who can artfully hoick them up without surgery with his new technique, which involves placing filler behind the hairline. "It results in lifting of the face – as if the hair is pulled back tightly – and can help disguise a weakening brow," he explains. "By shaping the cheek towards the hairline and beyond, where the natural volume has decreased, it can also offer an undetectable but immediate face-lift."

For those after a longer-term solution, Dr Mervyn Patterson, medical director at Woodford Medical Aesthetics (woodfordmedical.com) is the first UK doctor to use a brand new, thicker type of 'thread' to perform a non-surgical five-minute brow lift that will last nine to 18 months (prices from £800). The 'threads' are composed of a similar substance to the one used in dissolvable stitches and they remain in the skin until they're broken down over time (this does, however, mean that it can be difficult to fix if something goes wrong, such as irritation, or in rare cases dimpling or the sutures becoming visible under the skin).

**Ouch factor** 2-3/10. According to Dr Prager, the hairline is surprisingly painless to treat compared to areas such as

the chin – although the sensation and sound of the cannula and filler going underneath the skin and muscle behind the ear is a very strange one.

BEST FOR...

### SUNKEN TEMPLES

**The tweakment** Forehead Rejuvenation, from £550, defineclinic.com

It may sound niche, but the temples are actually one of the earlier indicators of ageing that often go undetected and tend to be overlooked in favour of wrinkle slaying. However, "Sunken temples can cause people to look older than they are," says Dr Benji Dhillon. The reason? We naturally lose volume here as we age, due to diminishing bone density. "In only 15 minutes, dermal fillers can reduce this appearance and promote a fresher, more youthful look," he says.

**Ouch factor** 3/10. "The temples are one of the least painful areas to treat," assures Dr Dhillon. Most people don't experience any discomfort, just a slight pressure. There's a small risk of spot-bruising, though other people are unlikely to notice.

BEST FOR...

### HOODED EYES

**The tweakment** The Cat Eye Lift, from £550, drwassimtaktouk.com

Bella Hadid has a lot to answer for. Not content with making our holiday pictures feel lacking, she appears to be single-handedly sparking a new preoccupation with 'cat eyes' according to Dr Wassim Taktouk, who has noticed an increase in patients asking for the look. "This combination of treatments gently lifts

the brows and opens up the eyes," he explains. "The exact procedure depends on the client's individual anatomy, but it generally involves a combination of botulinum toxin and dermal fillers. I use Teosyal Ultra Deep filler, which is robust enough to fill out the temple, causing the brows to open up, while botulinum toxin in the right spot on the muscle around the eye will block any pulling down effect of the brow."

**Ouch factor** 3/10. Dr Taktouk explains that while you may feel a slight pressure in the

temple region as the filler is being injected, except for a little soreness for a few days afterwards, there is no real pain as a numbing cream is used to make it more comfortable.

"Sunken temples can cause people to look older than they are"

BEST FOR...

### TECH NECK

**The tweakment** Morphilo, £2,400, drdavidjack.com

In the absence of department lessons of the past imploring us to keep our heads up, the next best thing to counteract the toll that all that scrolling can take on our necks is aesthetic doctor Dr David Jack's latest Morphilo treatment. This clever bespoke combi treatment melds the skin-boosting prowess of Profhilo (aka the 'moisture job') with the might of Morpheus8; a cutting edge skin-tightening device that uses microneedling in combination with fractional radiofrequency to rejuvenate the neck area. "The skin on our necks is thinner with very little



fatty tissue, so shows the signs of ageing more quickly," he explains. "We hadn't really found a reliable non-surgical solution – until now." Dr Jack recommends two to three monthly sessions for the

Morpheus8, interspersed with Profillo sessions two weeks after the first and second Morpheus8 session. **Ouch factor** 6.5/10 for the Morpheus8 (a numbing cream is applied before the procedure to minimise discomfort), with three to five days' downtime, which includes some redness and swelling. 5/10 for the Profillo injection, with small bumps appearing at the injection sites, which last around 12 hours until the hyaluronic acid spreads throughout the area.

BEST FOR...

### EYE BAGS AND DARK CIRCLES

**The tweakment** Tri Eye Transformation, from £1,500, [drmaryamzamani.com](http://drmaryamzamani.com)

Known as The Eye Doctor, what Dr Maryam Zamani doesn't know about the fenestras to our soul isn't worth knowing. Eyes are one of the first places to show signs of ageing as the thinner skin makes shadows more visible, but this tired-eye-blasting triumvirate will do wonders. First up is laser therapy, which works deep within the skin to target the little red and blue vessels responsible for dark circles. Next is iPixel: a fractional ablative laser treatment that causes micro-injuries in the skin, boosting collagen to improve volume. Finally, filler is injected to decrease the appearance of dark circles and under-eye bags.

**Ouch factor** 4/10. The laser feels a little like a rubber band snapping on your skin, but only lasts a few seconds, and the iPixel feels hot but tolerable. There may be a bit of bruising and swelling from the filler, and the laser will make the skin red and delicate for a few days, but Dr Zamani provides a soothing cream to apply. There are, of course, always risks using filler around the eyes – anything from a mild infection to blindness – but with an accomplished doctor this risk is minimised.

**"The skin on our necks is thinner, so shows the signs of ageing more quickly"**



BEST FOR...

### ACNE SCARRING

**The tweakment** Viscoderm Hydrobooster, from £350, [drpreema.com](http://drpreema.com)

Not only can acne affect our mental health (there's no top-knot equivalent for a bad skin day), it has a nasty habit of leaving scars. Luckily there are lots of treatments on hand that can tackle them, such as microneedling (Dr Tijon Esho is the first clinic in the UK to have the Dermapen 4, the world's fastest microneedling device, £350, [eshoclinic.co.uk](http://eshoclinic.co.uk)), peels and now, Hydrobooster. A hyaluronic acid-based treatment that has been dubbed the sister to Profillo, Hydrobooster contains the same HA technology, only stabilised in a slightly different way so that it can be administered in the form of strategically placed micro droplets – rather than spreading to stimulate the skin more generally as Profillo does. Like a target missile, this skin-smoothing filler works on specific lines or areas that you want to fill without plumping, so it's perfect for individual lines and acne scars.

**Ouch factor** 3/10. Most practitioners apply a numbing cream, so although it's mildly uncomfortable, it is tolerable. There may be some redness and bruising afterwards, especially in more sensitive areas, such as around the eyes.

BEST FOR...

### CHIN FAT

**The tweakment** Celluform, £595, [thelovelyclinic.co.uk](http://thelovelyclinic.co.uk)

You do your reps, eat your daily rainbow and enjoy a kombucha, which makes that niggly little area of errant adipose all the more galling. However, some areas of fatty deposits, such as the ones that accumulate under the chin, are immune to exercise or healthy eating. These stubborn pockets of fat can now be effectively eliminated with a ground-breaking treatment that contains a cocktail of potent actives to break down fat cells, which are then safely eliminated by the

body's lymphatic system. "It's a super-effective way of shifting stubborn areas of fat," says founder of The Lovely Clinic, Dr Sarah Tanks. "It carries very little downtime." CoolSculpting® ([coolsculpting.com](http://coolsculpting.com)) is another innovative way to remove chin fat. This non-invasive fat reduction treatment freezes it away. You may experience intense cold, tugging and sensitivity. Side effects may include swelling, bruising and numbness, but for the most part, it's not painful and downtime is minimal to none. **Ouch factor** 5/10. Although it can be a little uncomfortable as the solution is injected, Celluform isn't generally considered painful, however there can be some itchiness and soreness afterwards and some swelling for up to a week. Two to six appointments spaced four weeks apart are generally required.



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