



The latest treatments on the market can give you that much-desired flat stomach without having to go under the knife.

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puffiness persisted for a couple of weeks, but the overall condition of my skin continued to subtly improve in the following weeks.

The cost of a full face treatment is \$990 and, on average, for best results between three and five treatments, four weeks apart, are recommended. Then all you need is a maintenance treatment every six months.

Although Skin Tightening is effective, Dr Kohout warns that it isn't a facelift. "An ideal candidate is anyone who wants to either maintain firm skin or help firm and tighten their ageing skin," he says. "It does not remove excess skin or fat"

Peeling back the years

We all know the benefits of facial exfoliation: it sloughs away dead skin cells and unclogs pores, leaving skin smooth. But in some skin types, scrubs can actually upset the skin's oil balance and cause irritation. A gentler, equally effective option, however, is a facial peel.

In August 2006, MD Formulations launched My Personal Peel System, a three-step resurfacing kit that can be used weekly at home.

Step one is the Power Peel Pad, which contains a 20 per cent glycolic compound, salicylic acid and botanical extracts, and is gently swept over the face and neck.

Step two comprises three "Boosters" that can be used in specific areas or all over to address dry patches, an oily T-zone and sun damage. Step three is a silky balm, Post-Peel Restorer, which helps rebuild the skin's protective barrier.

The first time I used it I noticed an immediate difference in my skin - it was smooth, soft and moisturised. Over a few weeks, however, I also noticed a definite improvement in the clarity of my skin.

The kit, \$150, includes 20 Power Peel Pads, Firming Anti-wrinkle Booster, Extra Clear Booster, Brightening Booster and Post-Peel Restorer. Call 1800 808 993.

removes fine lines by heating and denaturing the skin collagen. The collagen then repairs in a firmer way, and the skin keeps improving for up to six months after treatment."

With the promise of immediate results, I visit Dr Kohout's surgery to try it out.

I opted to have my face treated, which took about an hour. A gel was applied to my skin, and a hand-held device resembling a small gun with a narrow barrel was placed on the surface and "fired".

The feeling of each shot varied from a tiny pinch to a sharp sting depending on the part of the face being treated: I hardly felt anything on my cheeks or my jawline, while my forehead proved to be more sensitive. Each area was treated twice.

Afterwards my face felt a bit hot and I had a few tiny "burns" on my forehead, with some puffiness around my cheekbones. The positive effect of the treatment, however, was clear to see - and impressive.

My skin looked plumped up and smoother, but the most compelling evidence was the disappearance of my nasolabial lines (which run from the edges of the nose to the corners of the mouth). The welts healed within a few days, and only one tiny area of

FURTHER INFORMATION

■ For more information on UltraShape, visit www.ultrashape.net.au for a list of physicians offering the procedure.

■ For more information on Skin Tightening, call 1300 666 244 or visit www.lasersmooth.com.au For Dr Mark Kohout, visit www.drmarkkohout.com.au

To find out about how our skin stretches as we age, visit sundaytelegraph.com.au



in short Nicola Conville dishes the latest health, fitness & diet news.

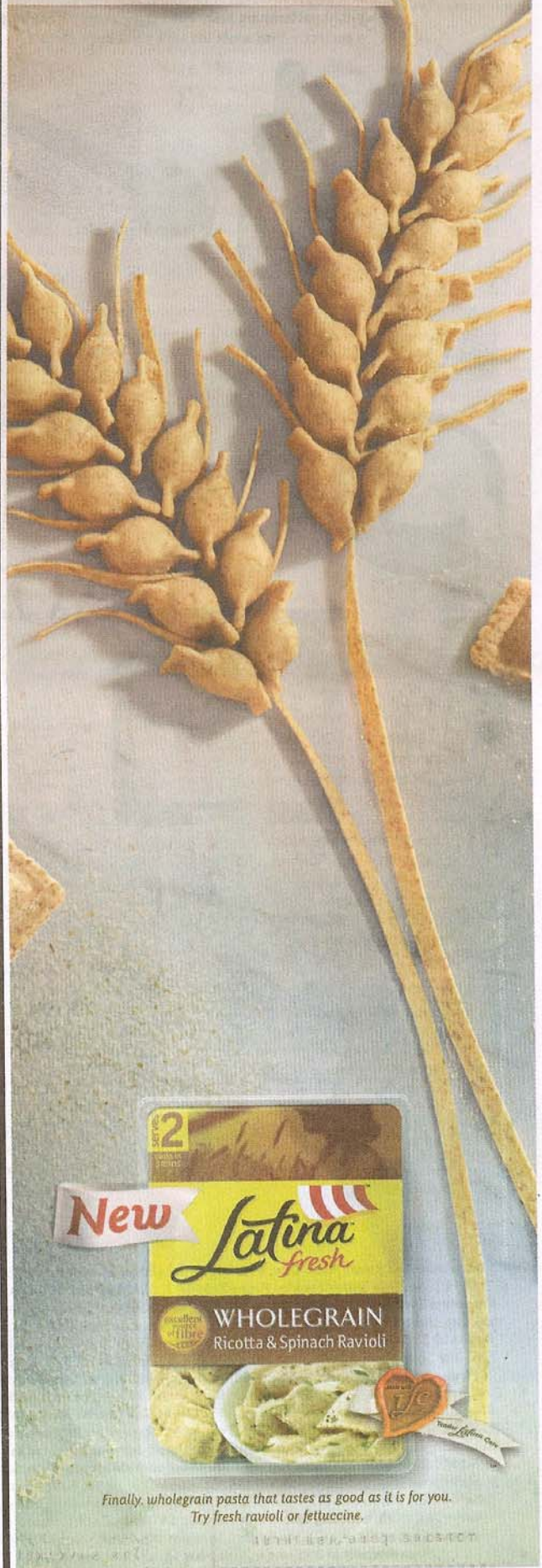
Everyone's a winner

Tens of thousands of Aussie kids will come together this year to celebrate the 10th anniversary of the Sanitarium Weet-Bix Kids TRY-athlon series in Australia. This fun, challenging event combines variable distances of swimming, cycling and running, designed to encourage kids of all abilities around the country to live a healthy, active lifestyle. No placings or times are recorded, and everyone who enters gets a medal. Visit www.weetbix.com.au/tryathlon/ for more information and to register online.

Don't up the ante

Did you know that when we use antibiotics, resistance emerges and becomes widespread, making the situation worse? The development of antibiotic-resistant strains of bacteria is a major healthcare issue, so researchers at the University of Sydney are working on new ways to combat resistance. "The challenge is to use the findings to turn the tables on the resistance problem," says researcher Dr Neville Firth. "If this can be done, it would be possible to re-establish the effectiveness of some compromised antibiotics," he says.

Deliciously fresh wholegrain pasta.



Finally, wholegrain pasta that tastes as good as it is for you. Try fresh ravioli or fettuccine.