

	COSMETIC SURGERY OPTION	EXPECT TO PAY	SKINCARE OPTION	MAKE-UP OPTION
FLAT CHEEKS	Another new variation on Restylane, SubQ is a thicker form that's designed to give cheeks extra volume. "We inject it right down next to the bone to fill out hollow cheeks and adjust the facial structure," says Dr Rastogi. "For older women, the same technique can be used to fill the face and lift up sagging skin, which will also have the effect of tightening up the jawline."	Around \$1500. LASTS: One to two years.	Unfortunately, creams have only a limited effect when it comes to tightening and lifting skin. In addition to anti-ageing skincare, consider investing in a series of skin-toning, massage-based facials.	Contouring cheeks can create the illusion of definition. Jemma Kidd Makeup School Bronze Perfection Natural Skin, \$42 , from Kit Cosmetics, is a bronzing powder, but the deep shade makes it ideal for contouring.
REDNESS	Rosacea ranges in severity from slight flushing to extremely flared-up skin. While in mild cases surgeons may suggest a prescription lotion, laser is another highly effective option. "A pulsed dye laser works to target and destroy excess blood vessels and broken capillaries," says cosmetic physician Dr Geoffrey Heber, who uses the Candela VBeam laser, which works at a wavelength designed to tune into red skin conditions.	\$300-500 per session. LASTS: Up to several years.	The new Clinique Redness Solutions range, from \$36 , addresses the needs of both persistent redness and blotchy breakouts.	Mineral make-up not only offers great coverage to ruddy skin, it's also free of chemicals to avoid risking further skin flare-ups. Try i.d bareMinerals Loose Foundation SPF15, \$70 .
UNEVEN SKIN TONE	Dr Heber recommends intense pulsed light (IPL) for blitzing excess brown spots in the skin. "But don't expect miracles," he warns. "IPL can give you a 60 to 90 per cent success rate – the rest is up to how well you start treating your skin and protecting it from future sun damage."	\$300-500, depending on the area treated. LASTS: Up to several years.	Brightening serums fade the surface pigmentation and inhibit melanin production, preventing future discolouration. Try MD Formulations Vit-A-Plus Illuminating Serum, \$150 .	To temporarily lessen the look of uneven skin tone, tint with fake tan, or mix a bronzing cream into your foundation. We like Elizabeth Arden Flawless Finish Mousse Makeup, \$54 .
ROUGH SKIN	Coarse skin texture is a sign of photo-ageing. "As we age, the skin exfoliates less effectively due to the effects of environmental damage," explains Dr Heber, who recommends a crash course in exfoliation. He commonly uses a six-session combination of lactic acid peels and microdermabrasion treatments to smooth skin back to its younger-looking state.	Around \$600 for a course. LASTS: One to two years.	At-home treatments can be a great option if you're on a budget. Try Elizabeth Arden Peel & Reveal Revitalising Treatment, \$66 , or DermaNew Facial Rejuvenation System, \$149.95 .	Go for a light-coverage, light-reflecting foundation to visually soften the appearance of your skin texture. Try MAC Hyper Real SPF15 Foundation, \$52 .



KATE WINSLET

"It makes these people, actors especially, fantasy figures ... Acting is about being real, being honest."



ASHLEE SIMPSON

"I loved how I looked. I'm not an insecure person, nor was I before [surgery]. It's a personal choice."



CAMERON DIAZ

"I've broken my nose four times but I wouldn't dream of getting it fixed. It's a part of who I am."

Expert panel

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