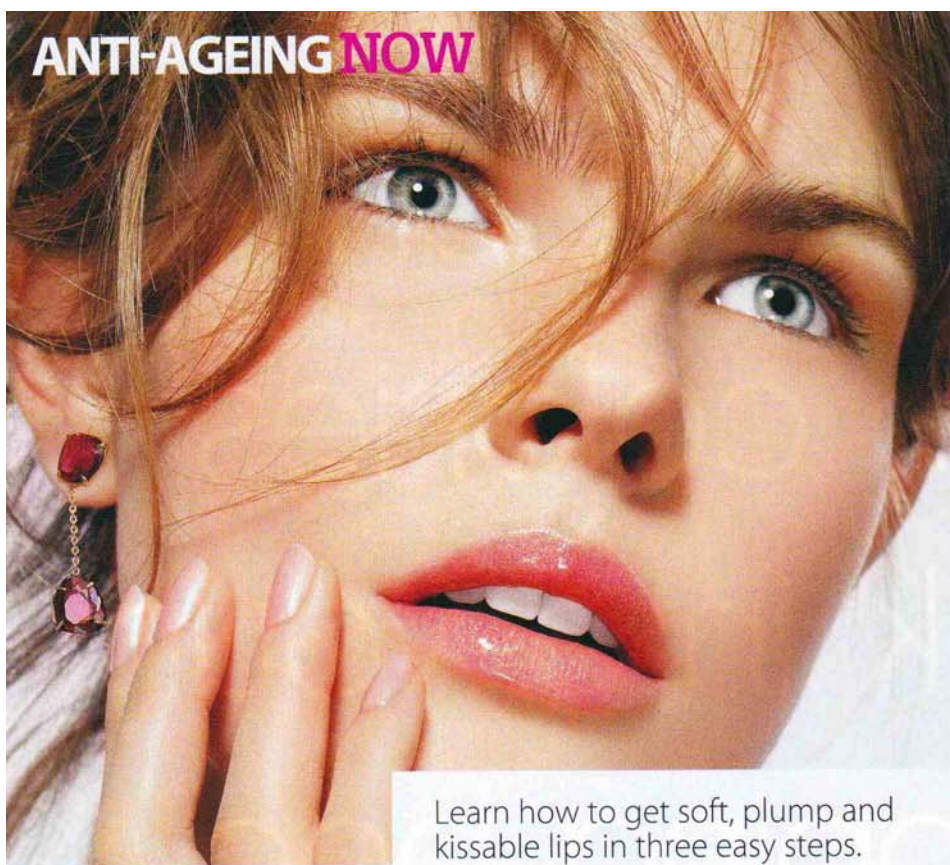
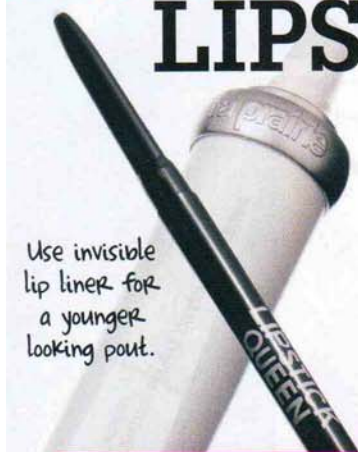


ANTI-AGEING NOW



LUSH FULLER LIPS!

Use invisible lip liner for a younger looking pout.



Learn how to get soft, plump and kissable lips in three easy steps.

1. Respect your lip line

"Dark liners age lips and make them look thin," says Poppy King from Lipstick Queen. Use invisible lip liner, which will prevent colour bleeding into lines around the mouth.

TRY: Lipstick Queen Lip Liner in Invisible, \$32.

2. Employ clever skin care for protection

The skin on your lips is sensitive, has fewer oil glands, and is exposed to saliva, spicy and salty foods and alcohol – all of which are ageing.

Protect them with an anti-ageing moisturiser, applied frequently.

TRY: La Prairie Cellular Lip Liner Plumper, \$130.

3. Fatty fillers

Under local anaesthetic, fat is removed from the abdomen, put into a purifying device to remove impurities and then injected into localised areas such as the lips. "Expect to pay about \$3500. The results are permanent," says plastic and cosmetic surgeon Dr Mark Kohout.

newsflash ▶▶ Read my lips

Fillers aside, a new procedure called the Lip Lift, which ranges between \$1500 and \$4500 depending on the treatment you receive, provides permanent definition to lips. "We raise the margin of the lip," explains Kohout. "This makes the red part of the lip more prominent. We can also change the shape of the lip, making the Cupid's bow more prominent, or increase the show of the outer lip."

This procedure is performed under local anaesthetic, with two week's downtime. For more information, call 1300 551 151 or visit www.drmarkkohout.com.au.



Your ageing dilemmas ironed out



✓ I WANT TO GET RID OF AGE SPOTS.

Microdermabrasion using baking soda is a great solution. Expect to pay about \$99 per treatment, with a minimum of six treatments. For more details, call 1800 659 777.

TRY: Back up the microdermabrasion with a great skincare system, such as Dermalogica ChromaWhite TRX, \$311 for the pack or from \$92 per product.



✓ I WANT TO TAKE A SUPPLEMENT FOR A YOUTHFUL LOOK.

Loss of collagen and elastin in the skin can begin in our mid-20s. Sun protection, great skin care, and a healthy diet will help. Try skin-supporting supplements that contain antioxidants, vitamin C, vitamin E, zinc or oligomeric proanthocyanidins (OPCs), which are from grapes and thought to be super-high in antioxidants.

TRY: Anthogenol, from \$74.95, or Blackmores Radiance, \$64.95.

✓ I WANT A HOME PEEL THAT WILL GIVE THE SAME RESULT AS AN IN-SALON PEEL.

Home peels are formulated to give salon-like results, but due to safety regulations, they are not as strong as in-salon peels. They can be useful for intense exfoliation, slight rejuvenation or mild congestion. For more serious skin conditions, discuss options with your beauty therapist. **TRY:** Clinique Turnaround Radiance Peel, \$110.

