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**SURGERY SPECIAL**

THE NEWEST PROCEDURES  
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THE £60K BODY  
MAKEOVER  
THE BIG BUM  
PARTIES THAT  
COULD KILL YOU

# HELLO GIRLS!

**OLLY MURS ON LOOKING FOR MISS  
RIGHT AND WHY HE WAS ALWAYS  
DOOMED TO FAIL ON X FACTOR**

Photographed  
exclusively  
for Fabulous by  
Mark Hayman



# THE ALL-NEW TWEAKMENTS

If you're unhappy with your looks but not sure a full-scale facelift or nose job is for you, non-surgical procedures are on the rise. Our team of guinea pigs test out the latest fixes



**W**ith so many of us hungry for a bit of self-improvement in the looks department, it's no wonder that the UK cosmetic surgery industry is worth an estimated £3.6 billion. A massive 86% of us believe having some work will boost self-esteem\*, with experts linking our obsession with social media to the rising demand. But these days, nine out of 10 people are opting for non-surgical procedures.\*\* "There's a desire to look naturally youthful rather than overly 'done,'" says The Harley Medical Group's medical director Simon Smith. "For this reason, people are opting for treatments that aren't instantly noticeable - it's about small tweaks." If you fancy giving a "tweakment" a go, here's the low-down on your options...



## THE BOTOX PEN

Like the idea of Botox but don't want to look like a deer caught in headlights? Juvapen is the answer. Unlike traditional needles, where practitioners control the dosage and may use too much, they can set this mini-motorised syringe to the exact required dose of Botox, which achieves a more natural look. "The tool allows lines to be softened while maintaining movement in the face," says Dr Jules Nabet. Injecting Botox is an art form, and some practitioners are better than others - bad Botox is the kind that you notice, whereas Juvapen's is almost undetectable. But the benefits don't end there - it's also 50% less painful, because

the needle is smaller, and you're less likely to bruise, too.

**FABULOUS' EDITOR SINEAD McINTYRE, 44, GIVES HER VERDICT** "My face bears testimony to not using enough sunscreen and frowning a lot. The result? Lines on my forehead and crinkles beneath both eyes. I never fancied Botox because I worried I'd end up with a frozen forehead, but this offers a more natural finish. It took 15 minutes and only stung a little. Within 24 hours I'd noticed a difference, and three days later the lines around my eyes had also significantly faded."  
● *The Botox Pen with Dr Nabet starts from £280 (Julesnabet.com).*

## TECH NECK TIGHTENER

A staggering 68% of us rank excess fat or a saggy neck as a concern\*\*\*, while our obsession with smartphones is causing our necks to wrinkle quicker. "I've seen a 20% rise in enquiries for neck treatments over the past two years," reveals London-based surgeon Dr Preema Vig. "And requests to address the wrinkles and fine lines in the neck area caused by looking down at a phone, computer or tablet are growing." In her new neck-tightening procedures, Dr Vig uses muscle-relaxing solutions such as Botox to



## THE NATURAL FILLER

Do you want to fill out frown lines or thin lips? The good news is synthetic fillers are no longer the only option. Enter Aligeness - the first ever 100% natural filler on the market. Derived from red algae or seaweed, the gel is completely free of chemicals, which minimises the risk of inflammation. "It can take four weeks to see some fillers' full effect, whereas Aligeness can be massaged, sculpted and contoured to give an immediate, natural effect," says Dr Maryam Borumand. "However, the skin under the eye is very delicate, and Aligeness is still not thin enough for that area."

**SYLVIANA KUSSMAUL, 63, A LEGAL SECRETARY, GIVES HER VERDICT** "I was a little worried that I'd end up looking like I'd had 'work' done, but thankfully the filler has softened my deep lines while still looking very natural. Swelling was minimal and I'm pleased to find my resting face looks a lot more cheerful."  
● *Filler treatments start from £160 (Youglo.co.uk).*

smooth out the crêpe skin on the neck and décolletage. Next, the area is treated with the latest 2D or 3D laser skin rejuvenation, which combine laser and infrared therapy to offer instant results on lines, wrinkles and sun damage. Finally, the area is worked on with the Coolsculpting mini device, which fits neatly under the chin. Treating hard-to-reach areas, it uses a freezing technique to eliminate fat, which the body then gets rid of. ➔  
● *Neck treatments with Dr Vig start from £1,500 (Drpreema.com).*





**THE BOOB IMPROVER**

Over 43% of us are unhappy with our breasts, according to The Harley Medical Group - but with the PIP implant scandal and scary stories of burst and leaking implants, having a boob job can seem pretty daunting. However, there's now another option.

Macrolane treatments temporarily adjust the shape of your breasts in a natural-looking, non-permanent way. Safer than major surgical procedures such as implants and fat transfers, which can carry the risk of infection, bleeding and nerve damage, Macrolane treatments are quick to do (taking only 30-90 minutes) and can be carried out under local anaesthetic. Designed to give natural-looking volume to your boobs, they involve injecting a body-shaping gel deep under the skin for instant results. It's the second fastest-growing non-surgical treatment in the UK, seeing a 139% increase in enquiries in the past six months.<sup>1</sup> But you may feel bruised and sore afterwards, and you'll need to wear a supportive bra for a week, during which you won't be able to exercise. Effects last up to 18 months.  
 ● Macrolane treatments at London Bridge Plastic Surgery And Aesthetic Clinic start from £1,500 (Lbps.co.uk).

**EAR AUGMENTATION**

Love the trend for multiple piercings but hate your ears? Last year, the British Association of Aesthetic Plastic Surgeons (BAAPS) reported a 14% rise in ear correction procedures, and the number of women aged 40-plus wanting "eartox" is slowly increasing, too. "Our ears age just as much as our faces, and eartox is a new non-surgical treatment that involves injecting a hyaluronic acid dermal filler to plump earlobes for up to 12 months," explains Dr Preema Vig. "It doesn't hurt, there's no numbing required and it only takes seconds."  
 ● Eartox with Dr Vig starts from £280 (Drpreema.com). Ear reshaping at The Harley Medical Group starts from £2,510 (Harleymedical.co.uk).

**THE PAIN-FREE FACELIFT**

Not only is this facelift minus the ouch factor, it's free of cuts and stitches. The non-surgical PDO Thread Lift can be done in a lunch break, with no recovery time. After local anaesthetic, tiny threads are inserted into the skin and pulled. They gradually dissolve, lasting up to three years. Predicted to become as popular as Botox, there's been a 240% increase in enquiries in six months.<sup>1</sup>

**TRACEY WARR, 53, A PICTURE EDITOR, GIVES HER VERDICT** "The anaesthetic meant I could only feel a few gentle tugs here and there, and within an hour I was done. Immediately afterwards I looked refreshed, like I'd had a good night's sleep, and the lines around my mouth and neck had disappeared. The next morning I was a little swollen, but a week later the results are even better, and I am delighted with my new face. It's definitely something I'd have done again."

● PDO Thread Therapy at Invictus Humanus.com starts from £1,800 (Invictushumanus.com).



**THE NO-KNIFE NOSE JOB**

It might sound like fiction, but changing the shape of your nose without going under the knife is now possible. How?

"Unlike surgical rhinoplasty, dermal filler injections are quick, pain-free and a good alternative for those not ready to make the full jump to cosmetic surgery," explains Dr Tijon Esho, who performs the treatment at his Harley Street clinic Le Beau Ideal. "Dermal fillers can be used to smooth out bumps on your nose and make it look straighter."

Not having surgery also means that once the small amount of swelling subsides (usually within 48 hours), no one would ever know that you've had any work done, and results can last up to 18 months.

**LORRAINE CLOUGH, 30, A PR MANAGER, GIVES HER VERDICT** "I've always had a small bump in my nose that has bothered me, especially after someone asked me how I'd broken my nose. The thought of surgery teamed with the cost has put me off having it done. But this procedure took less than an hour, and once Dr Esho injected my nose with local anaesthetic, I didn't feel a thing. Afterwards my nose looked a tiny bit swollen, but the next day I was delighted with the results - the bump had been totally smoothed out."

● The no-knife nose job starts from £500 (Lebeauideal.co.uk).

**THE QUICK FIX-ENHANCERS**



**BYE-BYE TURKEY NECK**

The Chin Up Mask, £2995, is ideal if you're too chicken for surgery (Chinup.eu). The at-home mask combines vitamin E, aloe and olive oil with a band worn around the face designed to lift, firm and contour the look of your neck and jawline, like a temporary facelift. You can achieve up to a 4cm reduction in the chin area!

**FABULOUS' PICTURE EDITOR KATIE DE TONEY, 37, GIVES HER VERDICT** "If money was no worry, my chin would be the one part of my face I'd love to change, so a non-surgical 30-40-minute home treatment sounded perfect. You put the face mask on your cheeks and under your chin, strapping on a Velcro headpiece to help with the sculpting. I looked a little like Hannibal Lecter, I couldn't drink or speak and it started to ache towards the end, but it was a simple process. The result? My skin felt a little tighter, but my double chin remains. Frequent treatments might have more of an effect, but I couldn't see any difference."

**UP YOUR BROW GAME**

Balding brows? Microblading is a form of tattooing where a tool deposits pigment into the epidermis of the brow to give the effect of natural hair. It's not cheap - a treatment at KB Pro will set you back £895, but it lasts up to 18 months. Visit Karen Betts Clinics in London, Yorkshire or Cheshire (Karenbetts.co.uk).

**AMY YEARS, 33, A SOCIAL MEDIA MANAGER, GIVES HER VERDICT** "I started to lose my eyebrows in 2009 due to an underactive thyroid, and sadly they never grew back, so I was eager for a long-term solution. The treatment hardly hurt, and the whole process took around 90 minutes. I'm blown away by how natural the result is - I'm so happy I even cried a little!"



**LASH-TASTIC**

Got stumpy lashes that even lengthening mascara can't fix? Hurrah for the new semi-permanent Lash Perfect Russian Varia treatment, from £100 (Lashperfect.co.uk). For a result that no one would guess wasn't real, these lash extensions deliver a multi-length look by layering ultra-fine synthetic lashes to create a full flutter. Lighter than usual extensions, they last for up to eight weeks depending on your lash cycle.

**FABULOUS' LIFESTYLE DIRECTOR FARZANA ALI, 31, GIVES HER VERDICT** "Some extensions can be too heavy for my fine lashes, but these are so light you can't tell when they're on. It takes two hours, and having someone prod around your eyes can be distracting at first, but once you relax it's not so bad. The results are worth it - the lashes open up my eyes and even with little make-up on, I feel much more 'done'."

