

DIY beauty treatments



Money-smart women are buying home versions of anti-ageing treatments. Beauty expert Sonya Cross gives her verdict...

Spending just 15 minutes on your skincare routine a few times a week is all it takes to get a radiant, younger-looking complexion,' says Sonya from The YOU Clinic (theyouclinic.co.uk). 'When choosing the best treatment for you, consider your age and skin needs – if you're unsure, most beauty salons offer a free skincare consultation. Follow my tips to get the best results and save yourself hundreds of pounds!'

FINE LINES Dermarolling

A spike-covered tool is rolled over the face and neck, creating thousands of tiny punctures. This stimulates the body's repair process, boosting collagen and plumping skin. It also aids absorption of anti-ageing serums, and reduces acne scars, large pores and uneven skin tone. A course of three treatments at £750+ is recommended once a year.

◆ **DIY Medik8 Titanium DermaRoller, £49.99, skinbrands.co.uk.** Sonya says, 'Expect a bit of discomfort! Use a gentle rolling motion, then repeat in the opposite direction to cover the area completely. Home rollers use shorter needles, so you can use them weekly. Sterilise the roller after every use.'



SAVE
£700

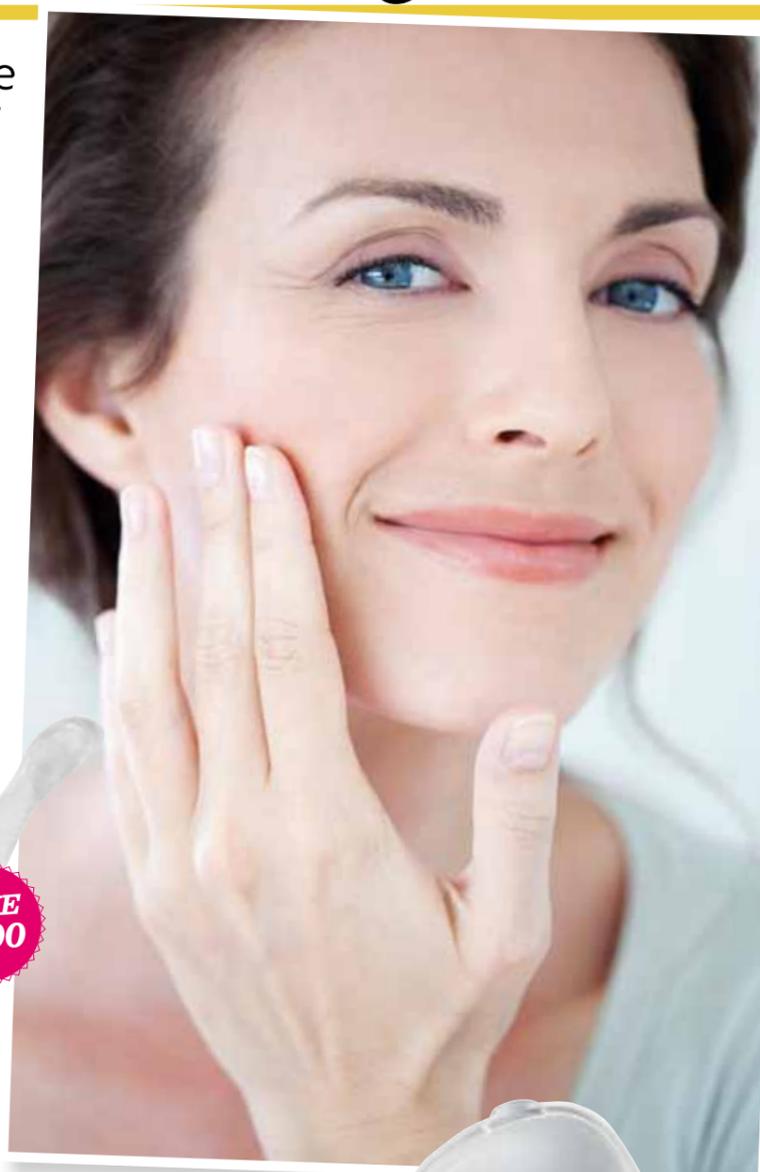


SAVE
£1010

DULL SKIN Mesotherapy

Vitamins, minerals and hyaluronic acid are delivered all over the face via micro-injections to boost radiance and plump fine lines. Great for dehydrated skin. A course of six weekly treatments at £600+ is recommended twice a year.

◆ **DIY Tok Tok Tappy Micro Needles with Platinum Anti-Ageing Serum, £189.99, ubiomed.co.uk.** Sonya says, 'Gentle taps are all that's needed for the skin-loving ingredients to penetrate the epidermis. Sterilise after every use. Use weekly for six weeks, then once a month.'



UNEVEN PIGMENTATION Facial peels

Glycolic acid peels 'burn off' the top layer of skin, making them ideal for treating acne scars and uneven pigmentation. A course of six weekly treatments at £200+ is recommended twice a year.

◆ **DIY DCL Clinical Resurfacing System, £80 (0845 644 4813).** Sonya says, 'Suitable for everyone, except very sensitive skins, this will tingle – keep the pad moving to prevent discomfort. Rinse off thoroughly with water and don't be tempted to leave on for longer than the five minutes recommended.'

SAVE
£320



CREPEY SKIN RF skin tightening

The latest anti-ageing weapon, radio frequency (RF) energy heats the dermis to stimulate collagen production and boost circulation, tightening skin and improving radiance. A course of three treatments, six weeks apart, at £2,400+ is recommended once a year.

◆ **DIY TriPollar Stop, £219, currentbody.com.** Sonya says, 'Great for wrinkles and sagging skin. The skin will get quite warm but this is normal. Use circular motions and, when the indicator lights up, move on to the next area. Use 2-3 times a week at most so that skin has time to repair between sessions.'

SAVE
£2181



SPOTS Microdermabrasion

An intense exfoliation treatment that deep cleanses skin. It's ideal for women prone to spots and blackheads and improves pigmentation marks and radiance. It's not suitable for those with sensitive skin or if you have thread veins or rosacea. A course of six weekly treatments at £250+ is recommended every six months.

◆ **DIY NuBrilliance Microdermabrasion, £149.99, jmldirect.com.** Sonya says, 'This uses a diamond tip with vacuum suction to slough off dead skin cells. Use your thumb and forefinger to hold the skin taut and don't apply any pressure – let the tip do the buffing. Use twice a week and don't forget your décolletage and backs of hands.'

SAVE
£350



DEEP WRINKLES Fillers

Non-permanent dermal fillers plump out deep lines and wrinkles, such as nose to mouth lines, brow furrows and crow's feet. Most are made of hyaluronic acid, which is safely reabsorbed by the body, and results last up to a year. Costs £300+ per treatment.

◆ **DIY HighTech Cosmetics Instant Deep Wrinkle Reducer, £38.50, harveynichols.com.** Sonya says, 'This is amazing! It contains tiny beads of hyaluronic acid, which swell to fill fine lines. Apply on to lines, then lightly tap into your skin for 1-2 minutes. Use sparingly morning and night for the best results.'

SAVE
£261



SAGGING JOWLS Non-surgical facelift

Electronic muscle stimulation works to tighten and tone facial muscles, lifting jowls, plumping cheeks and smoothing fine lines and wrinkles. A course of 6-10 weekly treatments at £500+ is recommended, followed by maintenance treatments every month (£50+ each).

◆ **DIY Slendertone Face, £249.99, Boots.** Sonya says, 'Use this a few times a week for optimum results – it's simple to just pop on and leave it to work while you're watching TV. Don't turn up the intensity too high at first – a setting of around 20 is enough, then gradually build up over a few weeks.'

SAVE
£750



ACNE SCARRING Laser rejuvenation

This treatment uses pulses of light to heat the dermis and stimulate collagen and elastin production. It improves firmness and is ideal for acne scars, age spots, sun damage, uneven pigmentation and broken capillaries. A course of three treatments at £450+ is recommended every six months.

◆ **DIY Filorga Lumitherapist, £274, M&S.** Sonya says, 'Don't look directly at the light as it's incredibly bright! Regular use will give you a firmer, clearer complexion. Work in an upward motion from the neck and keep moving the device over the face. Don't drag the skin. Use the serum sparingly – you only need a tiny amount.'

SAVE
£626

