

expressyourself



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Strictly judge Shirley Ballas has a real glow about her – and now we know why. Speaking last month, the 62-year-old ballroom dancer revealed her top beauty secret – for the past year she's been visiting aesthetics expert Dr Judy Todd for non-surgical nitrogen plasma treatments.

"This is the best I've looked in years," she says.

NeoGen Plasma is a facial rejuvenation procedure that refreshes the face and neck. Non-surgical, the results are achieved without the need for a scalpel or anaesthesia.

With results like this, it's no surprise non-surgical treatments are booming.

Here, Dr Todd explains what you need to know.

What are non-surgical treatments?

There are many different types, from manual massage and injectables to devices that use lasers and radiofrequency. Depending on what you are after, they can brighten, tighten and lift the skin, or treat conditions such as acne and pigmentation.

Non-invasive, they get results without surgery or general anaesthesia.

Who are they for?

Many people are worried about surgery, so want to avoid it. And thanks to major advances in technology, non-surgical treatments give better results than ever. Less invasive than surgery, they generally need less recovery time and are cheaper too.

While the target market is anyone over the age of 30, there has been a huge rise in the number of women in their 60s and 70s having their first cosmetic treatments.

... and who should avoid them?

Cosmetic treatments aren't for everyone – they can be expensive, there is often some discomfort or pain, and while results can be impressive they don't last for ever, meaning additional appointments are often required.

If you want your skin to stay in good shape without them, stay out of the sun, wear high factor SPF every day, drink lots of water, don't smoke or drink to excess, and use quality skincare.

What results can you expect?

Frozen faces and overblown lips are a thing of the past.

The results from the newest treatments are very natural, and a lot of them work with your own biology – jump-starting the skin to heal itself, boosting levels of collagen and elastin.

Do treatments hurt?

They can. Injectables can feel like a sting and a scratch, some stronger lasers can feel hot.

Do your research to ensure you choose a reputable doctor and avoid cut-price deals – you only have one face. When a treatment is done well it will be as pain-free as possible, but remember to ask for a numbing cream to help.

What about recovery time?

This varies, depending on the treatment. For a manual facial massage or low-energy treatment there is none, for injectables and nano needles there may be redness for a day or so, and higher energy devices may require downtime of up to a week.

Find out in advance to be prepared.

Would you try a no-knife facelift?

As Strictly's Shirley Ballas reveals her radiant new look is down to non-surgical facial rejuvenation, aesthetics guru – and the expert behind Shirley's new glow – **Dr Judy Todd** explains all you need to know before you take the plunge



RESULTS
Shirley before and after the treatment

GLOW
Shirley's skin looks amazing

NEOGEN PLASMA

What is it? A handheld device that heats the skin using nitrogen plasma technology – a form of intensive energy. The 30-minute treatment rejuvenates, reduces pigmentation and tightens the jawline.

What is the process? The device heats the skin at differing depths. This controlled trauma boosts levels of collagen and elastin, which tightens the skin.

Any downtime? Slight redness immediately after the treatment but this will go down overnight.

How long do results last? Results can be seen immediately, but several are recommended (Shirley had five).

Results last over a year, but top-up treatments every three to four months are advised.
Cost? £750 per treatment.
More info: synergygiffnock.co.uk; cadoganclinic.com; thedoorw4.co.uk

TECH
Shirley's face is refreshed



TOP TREATMENTS

30-minute treatment a headset device is placed around the head and neck. It heats the skin to 42-43C.

Radiofrequency energy is also applied.

Any downtime? None.

How long do results last? Three sessions are recommended and best results can be seen after three months. Results last six months. Another session is recommended every six months to maintain.

Cost? From £1,800 for a course of three.

More info: drdil.co.uk

NANO NEEDLES

What is it? These small silicone needles deliver active ingredients into the skin. The treatment can be tailored to individual skin needs such as lack of tone, uneven texture, excessive pigmentation, scarring and loss of elasticity.

What is the process? A handheld device is swept over the skin before serums are applied. The nanoneedles create micro wounds, which allow the product to penetrate more deeply. The healing process stimulates collagen production.

Any downtime? Skin will look flushed for 24 hours.

How long do results last?

You can get results from one treatment but three are advised for optimum results. Results can last up to a year.

Cost? £300

More info: eshoclinic.co.uk

EMFACE

What is it? It simultaneously works on facial muscles and skin to remodel, smooth and tone. Radiofrequency technology heats the dermis and increases collagen and elastin fibres, while muscle groups are targeted to elevate the eyebrows and corners of the mouth.

What is the process? Applicators are placed over the treatment areas for 20 minutes, during which time you

will feel muscle contractions and a warming sensation.

Any downtime? None.

How long do results last? Optimal results are seen after six to 12 weeks and last up to a year.

Cost? From £600 per treatment or from £2,000 for a full course.

More info: btaesthetics.com; drritarakus.co.uk



FACEPHYSIO

What is it? Buccal massage, performed inside of the mouth.

This unique massage technique focuses on the release of tension in the lower face and jaw for a more defined, sculpted appearance.

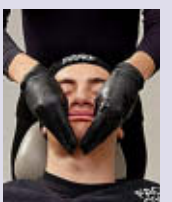
What is the process? A 10-minute treatment sees a therapist use their hands to manually massage inside your mouth.

Any downtime? None.

How long do results last? You should see an instant improvement, but best results are seen with repeated treatments.

Cost? £45

More info: facegym.com



NUCEIVA

What is it? A new botulinum toxin, it works quickly and is very precise. It is specifically used to smooth frown lines between the eyebrows.

What is the process? An injection that works by relaxing the muscles that cause the frown lines.

Any downtime? Not usually. There may be slight pain at the injection site and temporary redness.

How long do results last? Around four months.

Cost? From £245.

More info: elite-aesthetics.co.uk