

STYLE

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BEST OF BEAUTY

MAKE-UP/HAIR/SKINCARE
THE NEW TRENDS TO KNOW



PLUS
INDIA KNIGHT
ON HOW
TO SOLVE THE
MIDLIFE
MAKE-UP RUT

PHOTOGRAPH KARIM SADLI
MAKE-UP LUCIA PICA FOR CHANEL
MODEL ISELIN STEIRO



WHAT LIES BENEATH

Photograph **Louise Thornfeldt** Words **Malena Harbers**

You may be hibernating, but now is the best time to get your skin ready for summer. Yes, really. Here's how

WE ARE SHROUDED IN TIGHTS AND SWADDLED IN KNITWEAR, but actually there's no better time to start prepping for when the sun shines again. We're not talking military gym regimes and diets that consist exclusively of liquids — because, really, is anyone doing that now? — this is about the tweakments to help you feel good in your skin when you're back by the pool.

“Whatever the season, country, gender or ethnicity, the current No 1 concern is skin complexion,” says the LA-based celebrity dermatologist Dr Harold Lancer. Accordingly, UK sales of hand, body and footcare products are on the rise, with Mintel predicting sales going up by 13%, from £549m in 2017 to £621m in 2022. What's more, body treatments by dermatologists or at skin clinics are becoming as much a part of beauty maintenance as a cut and colour. With that in mind, here's our guide to the treatments you need, and when to have them, to be ready for summer.

THE TREATMENTS

FOR HAIR REMOVAL

Soprano ICE Platinum laser (from £129 per session; efmmedispa.com) is the defuzzing treatment everyone is talking about. Unlike IPL (intense pulsed light) hair removal, it works on fine, light hair and tanned skin. And it's not as painful either — expect a slight warming sensation rather than that feeling of a hot rubber band pinging your skin. The machine has a cooling tip for added comfort.

WHEN TO START

DECEMBER You'll need about six sessions, six to eight weeks apart, to reach hair-free bliss. Results last, but infrequent top-ups might be needed after a year.

FOR SMOOTH SKIN

The Arm Smoothie Treatment (£290 per treatment; eudelo.com). Keratosis pilaris — the medical term for the bumpy red skin found on the backs of arms — gets worse in winter when skin becomes drier, says dermatologist Dr Stefanie Williams. It is caused by keratin plugs in the pores, and this treatment uses seven steps to reduce it, including a peel with glycolic and salicylic acids, hydrodermabrasion and red LED light.

WHEN TO START

DECEMBER Minimise redness with six sessions, two or more weeks apart.

FOR THREAD VEINS

Sclerotherapy (Consultation £50, treatment from £300; cosmedics.co.uk). According to Dr Ross Perry, founder of Cosmedics UK, sclerotherapy is “the gold-standard treatment” for thread veins. Tiny needles are used to inject a sticky substance that shrinks the visible veins. There will be some bruising, which will last for a few weeks, but the treatment itself is pretty much painless: “Most patients happily read a newspaper during the process,” he says.

WHEN TO START

DECEMBER After the treatment, it might take up to six months for your legs to become thread-vein-free.

FOR WATER RETENTION IN THE LEGS

Endospheres therapy (from £90; endospheres.com) is carried out with a handheld lymphatic-drainage device that rotates over the treatment area delivering “compressive microvibrations” to painlessly kick-start microcirculation to help reduce water retention and the appearance of cellulite.

WHEN TO START

DECEMBER For best results have a course of 12 treatments.

FOR MUSCLE DEFINITION

BTL Emsculpt (£3,000 for a course of four sessions; drritarakus.com). This body-sculpting treatment has had rave reviews in America. It uses high-intensity electromagnetic energy to both breakdown fat cells and trigger extreme muscle contractions, resulting in some seriously credible abs — like a gym session in bed. Although neither painful nor hot, as it works on muscles on a deep level, it can feel strange.

WHEN TO START

FEBRUARY Four 30-minute sessions over two weeks are recommended. Expect to see final results several weeks after the last treatment.

FOR STUBBORN POCKETS OF UNLOVED FAT

DualSculpt (from £500 per session; juveaesthetics.com) is the newest non-invasive fat-blasting machine. Placed directly over the treatment area (you can do two areas at once), the laser targets fat cells, heating them up until they break down. The body then eliminates them over the course of a few months. There's no downtime and only a slight discomfort from the heat. So far, it's approved for use on the stomach, hips, thighs and back.

WHEN TO START

MARCH You'll need one to two 25-minute sessions, six weeks apart.

SHORT OF TIME, MONEY AND PATIENCE?

Don't discount the power of products

FOR AN EVEN SKIN TONE

Try Marie Reynolds London Anoint Epidermal Oil (**1** £25).

FOR LUMINOUS LIMBS

Lancer's three-step programme The Method Body includes an exfoliator, a cleanser and hydrator (**2** Polish, £50, Cleanse, £30, and Nourish, £54).

FOR NOURISHED SKIN

Use circular movements to massage in Caudalie Thé des Vignes Nourishing Body Lotion (**3** £18).

FOR SMOOTH SKIN

Dry body brushing with the Mio Skincare The Mio Body Brush (**4** £14.50) will sweep away dead skin cells and promote lymphatic drainage.

FOR A GOLDEN GLOW

Add 2-6 drops of Tan-Luxe The Body Illuminating Self-Tan Drops (**5** £42) to your body lotion for a tan whatever the weather.

