

Time for a TWEAKMENT?

A little more than a facial, a lot less than going under the knife.
Here's our top-to-toe guide to the next level of beauty treatments...

FOR OVERALL TONING LYMPHATIC DRAINAGE

Don't ignore your lymphatic system – a network of tissues and organs – as it's important in ensuring our immune system operates well, helping us avoid illness. In fact, a compromised lymphatic system can also lead to poor skin tone, excess weight, cellulite, headaches and fatigue. Opting for lymphatic drainage helps stimulate the lymphatic system, reducing excess water in the limbs.

THE COST Body Ballancer at Courthouse Clinics, London, £90 for 45mins. Head to courthouseclinics.com

FOR WRINKLES AND SCARRING DERMAPEN

The process of microneedling involves tiny needles (think prickly sensation, as opposed to pain), being rolled or stamped onto the skin, creating controlled “micro-injuries”, which trigger the skin to heal and repair from the inside out. This helps treat a range of skin concerns, such as scarring, fine lines and wrinkles, pigmentation, enlarged pores and even stretch marks. The result? Even-toned, youthful-looking skin that's brimming with radiance. Redness, itching or flaking may be experienced after the treatment, but it otherwise has very little downtime, although for two days after you'll need to avoid intense exercise, saunas, UV exposure and self-tanning.

THE COST Dermapen, from £150 at Epilium & Skin, London, epilium.co.uk

