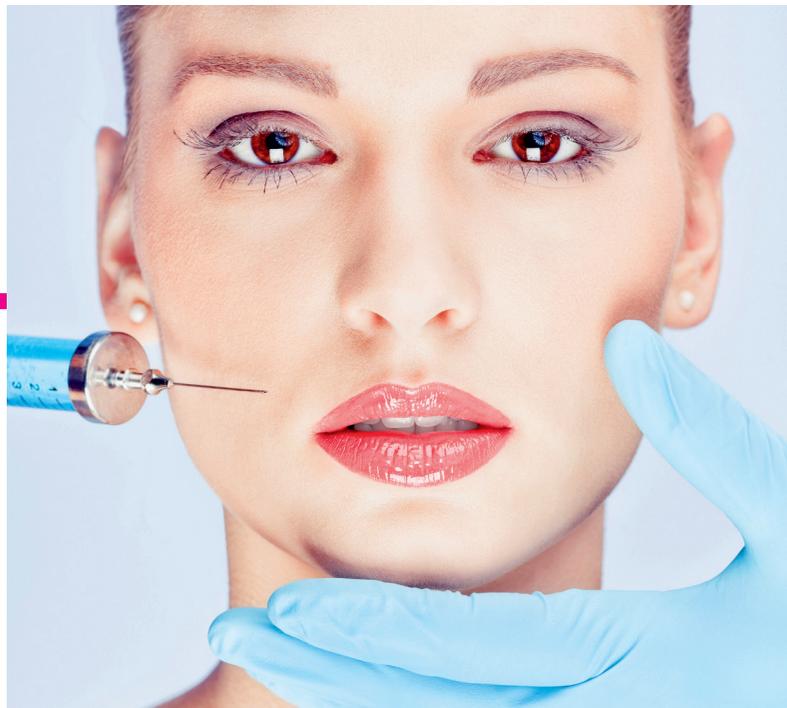


beauty news

Your guide to looking good and feeling great



Marks the spot

The ancient art of face mapping allows you to decode your body's inner workings by studying where blemishes appear on your face. What do your spots say about you?



- Forehead** Spots here can signal a sluggish digestive system – try consuming more fibre and water.
- Nose** The nose is linked to the heart; de-stress to avoid rocketing blood pressure.
- Cheeks** A window to the respiratory system. If you live in a polluted city, try adding plants into your home to purify the air.
- Chin/jaw** Blemishes here are commonly linked to surging hormones. Eat plenty of fruit and veg to help keep things balanced.

2019's new Botox trends

As technology develops, aesthetic clinics are introducing new Botox uses in their treatment menus. Here are the ones to watch...

Robot Botox

Cosmetic doctor Dr Tijion Esho (eshoclinic.co.uk) uses a unique tool for optimum precision. "It administers minute amounts of Botox for more natural-looking results," he explains. "The Juvapen prevents over-dosage."

Meso-Botox

This involves small, superficial injections of Botox with vitamins and hyaluronic acid administered to upper layers of the skin. "It acts on the sweat and oil glands," says aesthetic doctor Dr David Jack

(drdavidjack.com). "There's virtually no risk of the 'frozen face' look."

Derma Botox

Combines micro-needling and Botox applied to the epidermis to reduce oil production and pore size. "It's great for those who suffer with excess shine," says Dr Bernard Hayot, medical director of Epilium & Skin (epilium.co.uk).

Scalp Botox

For those who sweat excessively, Botox administered on the scalp can reduce symptoms. "It reduces the signals from the nerve endings that activate the sweat glands," says Dr Jonquille Chantrey, cosmetic surgeon and international aesthetic lecturer (oneaestheticstudio.com).

FGY

Colour Wow Dream Coat Spray, £24, M&S,



creates a de-frizzing, humidity-proof shield around hair when spring showers strike.

3 OF THE BEST

YOUTH-BOOSTING CONCEALERS

NARS Soft Matte Concealer, £24, cultbeauty.co.uk

Light as air and great for blurring blemishes and redness with a velvety finish.



Collection Lasting Perfection Concealer, £4.19, boots.com

Dark circles? This brightens eyes instantly – no wonder one is sold every 10 seconds.



Delilah Take Cover Radiant Cream Concealer, £22, delilahcosmetics.com

Light-reflecting pigments give dull skin a healthy boost of radiance.

