

The post-filers face

By: Leah Hardy

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Women no longer want the puffed-up face that can result from using fillers. Leah Hardy picks the best of the new firming treatments.

London's smartest women have had their fill of the overfull face. With so many puffed-up celebrity faces, and the latest breast implant scare leaving people much more wary of what they put in their bodies, it's no surprise women are turning their backs on the balloon-faced look which often results from the use of excessive fillers.

But they don't want jowls and drooping eyes either. Instead, they are opting for new treatments that leave skin naturally glowing, taut, and looking elegantly grown up. The role models? Gwyneth Paltrow and Yasmin Le Bon, with their killer cheekbones rather than hamster cheeks. Even Madonna, once a pioneer of youthful plumping techniques, has emerged in recent weeks looking leaner of face - and arguably a lot better.

Cult London facialist Debbie Thomas, whose clients include Sophie Dahl and Billie Piper, says: "I see in

my clients a real backlash against the 'pillow face'. They don't want a wind-tunnel look either, just tighter pores and bouncy, firm skin. And more than ever advanced treatments can deliver natural but noticeable improvements."

The serious sag-buster

Fractora

Cosmetic surgeon Angelica Kavouni has introduced Fractora, an innovative radiofrequency treatment that can tighten skin, and restore firm, taut skin around the jawline, under eyes, on the cheeks and forehead. It also improves skin texture and clarity. The energy, delivered via tiny pins, gets right to where sagging occurs. Recovery takes around a week and two treatments may be needed.

Cost: From £950

Contact: 020 7486 9040

The painless powerhouse

Endymed PRO 3DEEP Skin Tightening

Brand new but approved by the picky US Food and Drug Administration, this treatment tightens skin and builds naturally volumising collagen using radiofrequency waves delivered deep into the dermis. It's particularly effective on sagging jowls and necks. It can feel hot but isn't painful, and it creates a brighter complexion with smaller pores. Results are instant but a course of up to six treatments is recommended

Cost: £200 per session, six sessions for £800 Contact: Jill Zander Laser & Skin Rejuvenation Clinic (01372 471448, jillzander.co.uk)

The high-tech treat

The Magnetic Melt by Venus Freeze

It feels like a relaxing facial massage but the Magnetic Melt takes just 30 minutes to deliver gentle skin tightening and leave skin glowing. It can even be used on drooping eyelids. Yasmin Le Bon and Lisa Snowdon are both fans. The device combines radiofrequency treatment with magnetic pulses that stimulate the skin to produce new collagen and elastin to tighten skin.

Cost: £130 per session or six treatments for the price of five

Contact: Neville Hair and Beauty (020 7235 3654, nevillehairandbeauty.net)

The skin-changing superficial

Debbie Thomas Advanced Skin Treatment

Skin care specialist Debbie Thomas has many years of experience with lasers. Her newest secret weapon is the Fotona Twin Light Fractional Resurfacing Laser, which can tighten sagging necks and jowls and also smooth scars and eliminate broken veins. This treatment is given in the context of a luxurious facial, so is also a treat.

Cost: From £250

Contact: Debbie Thomas, Advanced Skin Treatments, Hari's Salon, 305 Brompton Road, SW3 (020 7581 5211)

The face-tightening massage

Gankin massage

Cult brand Suqqu has just introduced the Gankin massage: for those who fear lasers and high-tech gadgets, this is a new facial that promises to tighten sagging skin using a unique massage technique. It is all about the relationship between stiff facial muscles and sagging skin, the theory being that stiff facial muscles mean lymph flow becomes blocked, making the face swollen and saggy. By loosening muscles and encouraging the flow of lymph, the skin becomes brighter, lifted and, vitally, tighter.

Cost: £40 for 30 minutes

Contact: Suqqu at Selfridges (0800 123400)

The sound wave skin saviour

Ultherapy

Introduced by surgeon Alex Karidis, this treatment uses ultrasound to deliver heat to the lower dermis, which stimulates collagen production and skin tightening. It can also lift and rejuvenate the neck and cheeks. It takes 45 minutes and full effects take up to four months to be visible. It's also painful.

Cost: From £750 for the brow to £2,500 for a full facial treatment

Contact: Alex Karidis (020 7432 8727, nipntuck.co.uk)

The tried-and-tested lift

Thermage Thermacool CPT

Thermage radiofrequency skin tightening is a favourite of the best surgeons for tightening skin but it has always been high on the ouch factor. However, Thermage Themacool PT cools the skin and has a vibrating treatment head to make it far less painful. Dr Nick Lowe was the first doctor in the UK to use Thermage, so is a very experienced operator.

Cost: From £2,000

Contact: The Cranley Clinic, 19A Cavendish Square, W1 (020 7499 3223, drnicklowe.com)