

ISSUE 1425 • 22 JANUARY 2024 • £3.80

OK!

WIN!
A GLITTERING
THEATRE TRIP
FOR TWO IN
LONDON'S
WEST END
SEE P81

EXCLUSIVE PICTURES

FERNE McCANN

TALKS MUM-SHAMING, BODY
CONFIDENCE & SEX AFTER KIDS

*'Breastfeeding is not
attention-seeking, it's an
empowering, beautiful,
intimate experience'*

*'I've drunk my breast
milk – after all, it's good
enough for my baby'*

*'We sleep in separate
beds – it's perfect'*



**ZARA
TINDALL**
RELAXES ON
THE BEACH
IN AUSTRALIA
AND SHARES
A TENDER
MOMENT
WITH HER
HUSBAND
MIKE

PLUS
Jodie Comer
Princess Kate
Golden Globes
Binky Felstead
Fashion, beauty,
travel, food
& more

Export £3.80 / €5.60 / \$6.00 / ¥5.60 / ¥5.99
ESP Comics €5.99 / Pw €5.95 / FR €8.99

OKC1ST 160124
9 771362 288351 03

1 UNDER-EYE REGENERATION WITH POLYNUCLEOTIDES

Tear trough filler became less requested in 2023 with many experts debating the hit-or-miss results it can give. Though still delivered via needle, polynucleotides – long chains of nucleotides commonly derived from salmon DNA – offer a more natural approach

to under-eye rejuvenation by working to boost collagen production and skin quality. DNA messengers in the injectable solution prompt the fibroblast cells in your dermis to produce more collagen, elastin and hydration, resulting in a reduction of dark circles and fine lines over time.



ZOE SAYS: I've considered under-eye filler for a while, but since my problem is dark circles rather than hollowness, Dr Amiee Vyas advised this treatment instead. Now, one month after completing three sessions spaced two to three weeks apart (you have to be patient as it takes a few months to improve the skin quality), my under-eyes appear more plump and concealer sits on the area without creasing.

COST: £1,100 FOR THREE SESSIONS AT DOCTOR AMIEE FACIAL AESTHETICS & SKIN AND SELECT CLINICS NATIONWIDE

2 COLLAGEN STIMULATION WITH SQT BIO MICRONEEDLING

Typically, microneedling uses ultra-fine needles to stimulate collagen production and cell regeneration. The advancement to the treatment for 2024 is liquid microneedling, which does a very similar thing but with microscopic spicules extracted from freshwater sponges. In just five minutes, three million of these natural microneedles are directly introduced into the dermis layer through professional hand massage to promote skin metabolism, resulting in brighter, more youthful-looking skin with repeat sessions spaced three to four weeks apart.

ZOE SAYS: I've experienced a lot of redness after traditional microneedling, so I was delighted to hear downtime is reduced with this no-needle alternative. There was a bit of facial redness visible for a few hours post-treatment and then some mild skin flaking and dryness in the days following, but within a week my skin looked plump and my red acne marks were less visible.

COST: FROM £160 PER SESSION AT ÉLAN LASER CLINIC AND SELECT CLINICS NATIONWIDE



3 "SOFT" LIP ENHANCING WITH FILLER

This year will see a shift from how we've traditionally used filler and Botox in the past to more functional, regenerative methods of skin and feature enhancing with injectables. While there will always be a place for lip filler, doctors and aestheticians are now focusing on the three S's associated with injecting that area: soft, subtle and symmetrical.

A soft filler is used towards the centre of the upper and lower lips, avoiding the outer corners and edges to ensure the lip profile doesn't develop a shelf-like appearance. This softer approach focuses less on the volume of product injected and more on balancing features for tailored results.

COST: FROM £400 AT EMMA WEDGWOOD AESTHETICS AND SELECT CLINICS NATIONWIDE

4 SKIN TIGHTENING WITH FOTONA4D

Laser "facelifts" are set to become more popular than surgical lifts this year thanks to advanced laser technology that promises visible and long-term rejuvenation with minimal risk and downtime.

Fotona4D, in particular, is stealing the spotlight. It combines four different lasers that target all layers of the skin, improving concerns ranging from skin sagging and loss of elasticity to pigmentation from just one session. Downtime is also very minimal, with most reporting some redness that fades after 24-48 hours.

COST: FROM £795 AT CREO CLINIC AND SELECT CLINICS NATIONWIDE

5 FACIAL SLIMMING WITH MASSETER BOTOX

While Botox is definitely not a new treatment, experts are predicting a huge surge of bookings in 2024 for a reason unrelated to wrinkle freezing: facial slimming. When you chew, grind or clench your teeth, the masseter muscle in your jaw kicks in. This is perfectly normal, but in some cases these actions can cause the lower face to look a little "bulky".

By relaxing that overdeveloped muscle, you're allowing it to revert to its natural state. Because of this, many people report a slimmer face and more pronounced-looking cheekbones a few weeks after having the injection. To keep up the contoured results, top-up sessions will be needed every six months.

COST: £340 AT PRIMA AESTHETICS AND CLINICS NATIONWIDE