

Tuck or Treat?

Need an anti-ageing fix but not sure what's right for you? Plastic surgeon Jan Stanek and *Top Santé's* beauty writer Sophie Qureshi are here to explain the options

Q When I wear high-heeled shoes, the balls of my feet always really hurt and ugly calluses start forming. How can I stop this?

TUCK IT Jan says: 'Apparently, some Hollywood stars have collagen or Restylane (a type of temporary filler) injected into the balls of their feet to give more cushioning when wearing high heels, but this treatment isn't common in the UK. The treatment is supposed to last about three to six months but, at around £600, it's not cheap and I'd also imagine it's extremely painful!'



TREAT IT Sophie says: 'Emma Supple, a fantastic podiatrist I met recently, suggests going to dance shops for party shoes that won't cripple you – they still look glamorous but the strap gives your foot more support and stops all the pressure landing on the balls of your feet. Stick some Scholl Party Feet Gel Cushions, £4.99, into the front of your shoes too for extra cushioning – I live in heels and they're a lifesaver. Look out for foot creams containing urea, like Scholl Rehydrating Moisture Mousse, £5.99. This penetrates and plumps up the top layers of skin to stop calluses forming. Lastly, see a podiatrist who'll be able to get rid of all the hard skin that a pedicure just doesn't touch. Log on to www.feetforlife.org to find one near you.'



SOPHIE QURESHI
Sophie is *Top Santé's* beauty writer and resident product-junkie. Email your questions to sophie.qureshi@emap.com



JAN STANEK
Jan is a leading cosmetic surgeon who featured in Channel 4's *10 Years Younger*. Visit www.janstanek.com

Q In the last few years my hair has become really thin. I'm 45 – what can I do about it?

TUCK IT Jan says: 'Women usually start to experience hair loss in their late 40s and 50s but the process is largely hereditary, so it's likely your mother encountered the same problem when she was your age. Unfortunately, there's no surgical option available at the moment that works well for women. Men suffering male-pattern baldness (a receding hairline and thinning on the crown) can have hair transplants, where tiny grafts of skin are taken from areas of normal hair growth and "planted" into the area of hair loss. However, this wouldn't work for you as your hair is thinning all over. There are trials going on at the moment, though, to inject hair follicle cultures into the scalp to encourage new growth. This could be a groundbreaking cure for the future – so watch this space!'

TREAT IT Sophie says: 'I'm afraid what you're going through is very common – nearly 50% of women in the UK complain their hair looks too thin. Stress, dieting and medication can make the problem worse, so it's worth visiting your GP to see if there's an underlying cause. If you get a clean bill of health, your hair thinning is probably just a natural part of the ageing process, I'm afraid. It's not all doom and gloom though, because the right products can really make your hair look fuller. Nioxin is an amazing hair-care range specifically designed for this problem. It removes build-up on the scalp that can increase hair loss and nourishes your hair and scalp with vitamins, proteins and antioxidants. Use it regularly and your hair will look really shiny and bouncy too – in fact, some women just use it to make their hair look more glossy. Try the Starter Kit, £34.50. Call 08454 589 350 for more information.'

Q I have two deep grooves from my nose to my mouth. What can I do?

TUCK IT Jan says: 'The simplest way to treat deep lines is with a filler injection to plump out the skin. Temporary ones, such as Restylane, cost from £250. A similar effect can be achieved by inserting grafts made of skin, fat or man-made substances like Gore-Tex, which cost from £1,000. The last option is to pull back the skin with a face-lift. This is very invasive and expensive (from £6,000) and I wouldn't recommend it just for these two lines.'

TREAT IT Sophie says: 'Try using Elizabeth Arden Targeted Line Concentrate, £45. This skin-plumping 'pen' contains argireline, which relaxes the facial muscles to smooth out deep wrinkles. Apply it directly into your expression lines morning and night and massage in with your fingertips.'

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