

processed, mixed with some of the fat and then injected back into the face to fill wrinkles, and to lift and contour.

RECOVERY: These cells are perfectly suited to your genetic make-up as they are uniquely yours. They take about three months to integrate into your system and become permanent (they're not broken down). This is certainly the way of the future.

COST: From \$US4000. It's not yet available in Australia but a medical trial is underway at Royal North Shore Hospital, NSW.

VISIT: cytoritx.com.

T Tear troughing

WHAT IS IT? This treats the hollow area that can appear under the eyes caused by loss of volume. First, anaesthetic cream is applied, followed by the injection of a dermal filler such as Juvéderm Ultra which is placed just above the orbital rim. The surgeon then moulds the filler into place under the eye to achieve the best contour. This gives added volume to the cavity by filling it up and creating a more youthful-looking eye area. The process takes 30 minutes.

RECOVERY: You should take it easy for the first 24 hours and avoid rubbing your eyes. There can be some bruising and swelling for up to a week.

COST: From \$640.

VISIT: facialrejuvenation.com.au.

U Ultherapy

WHAT IS IT? Ultrasonic energy, dispensed through ultrasound technology, heats the dermis to a depth of four to seven millimetres to deliver a tightening effect to the facial contours – leaving the surface of your skin undisturbed – that lasts two to three months. According to Dr Warwick Nettle, cosmetic plastic surgeon, “Nothing will lift and firm as effectively as surgery, but Ultherapy is an in-office procedure with no down time. I inform my patients the effects are subtle, but real.” The sensation is pretty intense, so painkillers prior are a good idea. The 45-minute face and neck procedure triggers the body's natural healing response, resulting in new and improved collagen.

RECOVERY: Any redness or puffiness should disappear within a few hours.

COST: \$3500 for full face.

VISIT: silkwoodmedical.com.au.

V Vampire fillers

WHAT ARE THEY? Platelet injection therapy involves taking a vial of 10 to 20ml of a patient's blood which is placed in a centrifuge and spun to extract the platelet-rich plasma. This substance helps stimulate the production of collagen. After the application of an anaesthetic cream, the plasma is reinjected into the face in the same way as a regular dermal filler. The process takes around an hour.

RECOVERY: Some bruising and swelling does occur. It takes five days for the face to return to normal and over the next three to six weeks skin should appear more plump and smooth.

COST: \$400-\$1400.

VISIT: facetoday.com.au.

W Wavelength light treatment

WHAT IS IT? Omnilux is a non-surgical infra-red light therapy that plumps skin by stimulating skin cells to boost the production of collagen. This is an ideal photo-facial for complexions that are sun-damaged and which exhibit other symptoms of ageing such as fine lines and wrinkles. Just lie back and bathe in the soothing infra-red light for half an hour at a time. A course of eight to 10 treatments is recommended and the results are cumulative, with many people noticing long-term benefits.

RECOVERY: Nil.

COST: From \$90 per treatment.

VISIT: true-solutions.com.au.

X X-rated

WHAT IS IT? Labiaplasty is a surgical procedure that will reduce or reshape the inner or outer labia. The operation can also correct tears and stretching that can occur during childbirth. This procedure is one for the brave.

RECOVERY: Labiaplasty takes about an hour and patients are usually able to walk comfortably within a few days and resume sex in four to six weeks.

PSST: Now, for those true devotees to all things down below, we have discovered My New Pink Button, a temporary dye created “to restore the youthful pink colour back to your labia”, which lasts 48 hours. For more information, go to mynewpinkbutton.com.

COST: From \$3500 for labiaplasty.

VISIT: plasticsurgery.org.au.

Y Younger hands

WHAT IS IT? Hands which look older than the rest of the body are mainly due to neglect, and the two factors that, in most cases, make them look aged are change of texture and pigmentation. Intense Pulse Light (IPL) therapy is your first line of defence. The pulsed light removes dark spots on hands, improves texture and encourages collagen production. Three sessions over as many months should do the trick.

RECOVERY: Any pigmentation will appear darker for about a week before peeling off.

COST: From \$150 per session.

VISIT: iplhairremoval.com.au.

Z Zzzz

WHAT IS IT? Our favourite post-surgery nighttime recovery cream is Rescue Balm & Mask by CosMedix, an all-natural blend of cherry bark extract, willow herb and copper peptides in a shea butter formula. Trowl this on after any skin abrading procedure. It is anti-inflammatory, antibacterial, high in antioxidants and super hydrating. Oh, and add to that a good night's sleep, which is still one of the best cosmetic enhancements around.

RECOVERY: Slather on overnight to aid in healing.

COST: \$131.

VISIT: advancedskin.com.au.

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