

Brigit Grant dips into a honeypot of potions, fixes, solutions and smiles for the new year

BANISH BARCODES



I'VE NEVER LIKED SUPERMARKETS, so I definitely didn't want my own set of barcodes. Just the sound of the cashier's scanner over my kneidel mix made me bite my lip. My old lips! Crows' feet I can live with, and a dash of botox fixes my forehead line, but verticals on the upper lip – no thank you. Too young with no grandkids to be a gurning granny, lipstick seeping into visible perioral lines required immediate action. So I called aesthetician **Deborah Forsyth**, who has been holding back my years since we met.

A trusted expert in facial rejuvenation, Deb has been smoothing the wrinkles of royalty, A-listers and myself for more than 25 years and bar codes – aka 'smoker's mouth' (yuck) doesn't faze her. "It's genetic," she sighs. "But from the age of 30 to 35, you lose 30 percent of your natural collagen and 10 percent of your natural elastin. By the time you hit 60, you'll have 10 percent collagen left." A font of beauty wisdom, she never holds back on cheerless facts, so believe her when she says collagen supplements don't make collagen. "Buy copper peptides instead. They are the amino acids that strengthen collagen fibres." She also tells me that barcodes are caused by slackness in the puckering up muscle, shrinking gums, chewing, fluoride in the water (number one cause of low thyroid action) low fat diets (starve the body of essential oils) and the menopause, which is her speciality.

On with the fix, which required a drizzle of dermal filler being injected into my upper lip to hold it in place. "With age it has lost volume and this will act as a thread to refresh and lift it. Like an underwired bra," she says. "By straightening the vermilion border between the pink of your lip and the skin, lipstick won't feather."

With my lips numbed, Deb injected filler into the edges, Cupid's bow and corners

with a fine needle, then massaged it into place. Be assured this is not for plumping, so you won't turn into a trout, but within minutes the barcodes were swiped and have got fainter every week. A smooth upper up with a more youthful curl is the result and thanks to Deb my lipstick stays on too, as she recommended

Fenty Long wear Fluid Lip Colour (£22) by Rihanna. Told you Deb knows everything. **Contact: deborah@dfclinics.com, 0800 0887873**



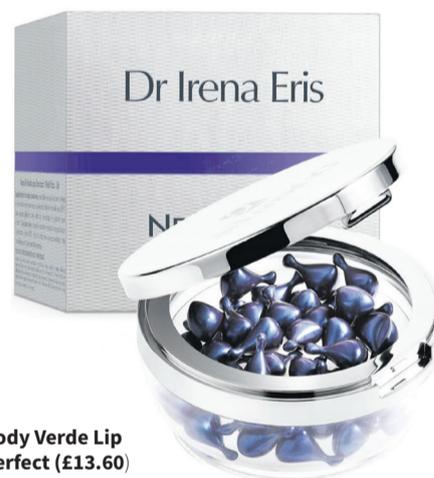
BEAUTY



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PUKKA ALTERNATIVES

Dr Irena Eris Neometric Anti-Wrinkle Capsules (£70.00). This works lips and eyes, so it's a double whammy. The high potency pure retinol concentrate comes in capsule form and applied 2-3 times per week makes the skin feel silky as it reduces the depth of fine lines by up to 1 mm. You'll be delighted by the natural radiance it restores. **debenhams.com**



ANTIOXIDANT ANTIDOTE

Can't afford a face lift? You can with **The Organic Pharmacy Antioxidant Duo (£120)**

The powerful pairing of revitalising, ultra-light gel in one bottle and nourishing oil serum in the other is a vitamin, antioxidant combo set to repair damage, salvage collagen and ignite a glow. Once you see a change keep going.



AUTUMN SHOWERS

I love luxury shower gel, but seldom buy it, until my stock of complimentary hotel minis runs dry. **Urtekram's Rise and Shine Range (£5.00)** is affordable and their hair and body was his full of autumnal orange blossom and warm spices **thefragranceshop.co.uk**



Body Verde Lip Perfect (£13.60) is anti-ageing lip therapy for vertical 'pucker' lines. Perfect for New Year it contains bees wax, plus berries to hydrate, stop dryness, smooth and bring up the natural lip colour. **beautynaturals.com**



The PMD Kiss (£129) minimises pesky mouth lines, but also plumps lips in a sort of suck and grab way. A bit like kissing a fish, the effects last around 3-5 hours, but used daily, your top lip lifts and colour is boosted. It's a real find.

uk.pmdbeauty.com, feelunique.com, Selfridges and Harrods.



POMEGRANATE PERFECT

Pomegranates are the star fruit of Rosh Hashanah and contain enzymes that brighten and even skin tone. That's why Bloomeffects put them in its **Black Tulip Facial Treatment (£90)** along with 31 other extracts of which one is Orchid Stem Cells, to plump skin and smooth lines. It's Dorian Gray in a tub.

