

Fashion & beauty

HOW TO LOSE THE HANGDOG

South Park has always been ahead of the curve. It is too crass for some, but Matt Stone (the Jewish one) and Trey Parker are attuned to the zeitgeist, hence the episode in which the town's women are all wearing crop tops to show off their six-packs, acquired through dieting and exercise.



Sounds familiar? Blame it on the silent epidemic that's swept across the community: Ozempic. Maybe your friend has come clean about using the weight-loss injections, but many magically shrink without ever admitting to the weekly jab. Being bikini slim for summer is fantastic, but if you're past 40, rapid weight loss lands on your face. Hollow cheeks, droopy jowls and thinning hair? Don't panic. There's an arsenal of science-backed gizmos and potions designed to lift, hydrate and stimulate your way back to the old (younger) you.

VAMPIRE FACIAL (PRP MICRONEEDLING)

Israeli model Bar Refaeli (left) is a fan of Platelet-Rich Plasma (PRP) Microneedling, but don't expect to look like her after it. For this facial, a small amount of your blood is taken, spun in a centrifuge to separate the plasma (rich in growth factors) then microneedled back into your face. The aim is to supercharge your skin's natural repair process and collagen production. It's not painful and the next day you look fresher-faced, almost glowing and gradually your skin's scaffolding rebuilds from the inside out. As the London mayor's 20mph limit exacerbates stress, avoid town and have your vampire facial at Eternal Aesthetics in Barnet with calm and experienced aesthetician Adina Miron (above). A PRP course of four is recommended and yes, £350 per session is pricey, but you leave healthy pink and plump in the right way.

Visit eternalaestheticsclinic.com for a 10 percent Life magazine discount. Tel: 020 8868 7777



Omnilux Contour Face & Neck

There are many LED masks, but Omnilux (£348) has Kim Kardashian's approval for getting clinic results at home. It's an incredible piece of kit with a medical-grade red and near-infrared light to stimulate collagen and elastin while firming and plumping where fat has faded. The Contour Face Mask is a whizz at reducing fine lines, wrinkles and sun damage and improves eczema and rosacea. Ozempic effects are minimised to the point of disappearing with the neck and décolleté version, which can be worn while moving as it focuses below the chin, where submental fat loss makes you look like a turkey.

omniluxled.com

Vol.U.Lift

To help the two million UK women using Ozempic, plastic surgeon Dr Marc Ronert created Vol.U.Lift (£108), the first and only GLP-1 4D skin rebound complex to combat facial deflation, dehydration and sagging skin. It's a smart product full of antioxidants such as Bakuchiol, kangaroo paw extract, ectoin, astaxanthin-rich micro-algae and vitamin C, and clinical study results are outstanding. It is the most luscious cream with a hint of tingle that works even if you're not on Ozempic. Hooray.

volulift.co.uk



Neal's Yard Hyaluronic Acid Hydrating Booster

Weight loss doesn't just zap fat, it dehydrates skin. The result? A papery, drawn look around the mouth, neck and eyes. This booster, costing £28, delivers multi-molecular hyaluronic acid into the deeper layers.

Translation: It gives bounce-back to the bits that have caved in. It's a quick fix with long-term benefits and is a damn sight cheaper than many alternatives.



nealsyardremedies.com