



Skin Science

Celebrity Interviewer and former Editor of OK! Middle East, **Sarah Bladen**, shares tips on how to look and feel younger...

HOT SUMMER HIGHLIGHTS

Long Lashes

While you might be able to get away with dramatic falsies at a late-night party, they look ridiculous during the day – unless, of course,



you're Lady Gaga! Eyelash extensions are all the rage in Hollywood and for good reason. Done well, they can really open up your eyes and give you a gorgeous, flirtatious flutter. For long, dark natural-looking lashes, I recommend eyelash extension expert Laila Nazari at Tilia & Finn – she has a long list of celebrity clients and does the best lashes in town.

Level 1, Emirates Towers Boulevard. **Tel** 04 386 1364

Amazing Anti-Wrinkle Serum



I have just started using a wonderful anti-ageing serum called Immune Shield by a paraben-free brand called Frownies. This serum keeps wrinkles at bay thanks to 40 percent Vitamin E oil from whole oats. Besides powerful antioxidant benefits, Vitamin E is absorbed quickly into the skin and it also helps to diminish scars and sunburn as well as erase dark bags under the eyes. It can be used on the lips, on the belly when pregnant and also to soften nail cuticles. This is a brilliant, non-greasy multi-purpose serum, so give it a whirl.

To purchase go to **www.frownies.me**. **Cost** Dhs235

New Face Mask

Herblin Essentials gets top marks for their Papaya Face Mask. It acts as a natural facelift due to the powerful properties of papaya. Papain, an enzyme from the papaya fruit, effectively reduces pigmentation and blemishes while vitamin C, vitamin E and beta-carotene promote elasticity.

A winning detoxifying mask!

Available in Boots pharmacy, **Cost** Dhs140

A Beautiful Smile

Ideally you should go every six months for a clean and a polish. I recommend Dr Michael's Dental Clinic – the specialists are highly skilled and deliver outstanding results. If you are after a dazzling Hollywood smile,



look out for visiting celebrity dentist Dr Michael Apa, who has treated the likes of actress Chloe Sevigny and fashion designer Vera Wang. He creates amazingly natural-looking veneers.

www.drmiichaels.com **Tel** 04 349 5900.

WORST SUMMER LOOKS

Cheap, Fake Nails

In the 1990s, beach babes may have got away with acrylic French manicure nails. Now, having long artificial talons can look cheap and nasty – and even more so if you're on the wrong side of 40.

Tattooed Eyebrows

Why would you do this to yourself? I just don't get it. If you happen to have tattooed eyebrows and no-one has noticed, count yourself lucky. Sometimes they can end up looking like hideous arches or dark, straight lines that give the impression that you are annoyed. Stay away from dodgy permanent procedures.



OTT surgery

While we all wouldn't mind Angelina Jolie's lips, Kelly Brook's cleavage and J.Lo's behind, many women are going overboard in the quest for so-called perfection. Statement surgery seems to be a perma-trend in the Middle East and yet some results can look awful. If you're going to go down this route, choose a reputable, well-qualified surgeon, who has a long list of happy, attractive looking clients. I've heard excellent things about the latest expert in town,

Dr. Francisco de Melo is a consultant plastic surgeon at Aesthetica Clinic. Tel 04 342 8383

Unregulated Beauty Clinics

There are countless beauty salons along Al Wasl and Jumeirah Beach Road and while many have excellent beauty treatments, some offer unregulated cosmetic surgery under the table. Sadly consumers often learn the hard way – and I know of one (nameless) beauty clinic where an under-qualified medical practitioner carried out liposuction and left a patient with horrific health problems post-op. Don't take a gamble – check the credentials of all your doctors carefully before putting yourself into their hands.

FOUR VITAL QUESTIONS TO ASK COSMETIC SURGEONS

1. Where did you study/qualify to become a cosmetic surgeon?
2. Can I see some before and after photos?
3. Can I talk to one of your previous patients about the procedure?
4. How many procedures like mine have you performed?

PARABENS LINKED TO PREMATURE AGEING

Check on the label of any cosmetic product and chances it might contain parabens – which are essentially chemicals



used as preservatives to fight bacteria and lengthen the shelf life of your shampoo or face cream. However, besides being linked to breast cancer, a Japanese study has linked them to ageing – somewhat ironic since lots of anti-ageing creams still contain this toxic substance. The study showed that when products containing methylparaben (a widely used antifungal agent) are combined with ultra violet light, there is increased damage to your skin and DNA. Stick to a paraben-free anti-ageing cream and you don't need to worry.

TOPTIPS

- Oral supplements can work wonders to improve the condition of your skin, hair and nails. Go for a packet of Imedeem.
- Anti-ageing guru Dr Eric Braverman suggests ditching 'white' carbs (bread, sugar and rice) and replacing them with a colourful, vitamin-filled 'Rainbow Diet' which will help you look younger and live longer.
- Spice up your breakfast cereal by adding some fresh, organic raspberries and blueberries on top.

STARS WHO LOOK BETTER WITH AGE

These Hollywood faces aren't just ageing gracefully they actually look sexier now they are older. 50 is the new 30!



KATE WINSLET AGE: 36

The award-winning actress has really blossomed in her mid-30s. Radiant and glowing, and her curvy yet toned figure is better than ever.



JENNIFER ANISTON AGE: 43

Those sessions of yoga and pilates have done the A-list star a world of good – she's got a body most 30-year-olds would envy.



KYLIE AGE: 44

The pint-sized singer is looking absolutely gorgeous in her 40s. While her stunning complexion probably isn't just down to good genes, Kylie gives us a master-class in how to look youthful.



OPRAH WINFREY AGE: 58

The superstar has definitely become more attractive with age. In the early days, Oprah had some pretty questionable hairstyles. However, these days the media mogul's award-winning hair stylist, Andre Walker, makes her camera-perfect.

