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SUN COLUMNIST JANE MOORE ON PIONEERING TREATMENT

# How I lost my turkey neck for Christmas

AT first glance, the photo taken immediately after an appearance on ITV's Loose Women seemed quite flattering.

My make-up and hair had been done by the show's professionals and the wardrobe department had shoe-horned me into a fabulous pink frock that accentuated my fitter physique after recently taking up cycling.

But, oh dear, then I looked closer and saw a turkey neck that clucked loudly to all and sundry that I'm at least a decade older than my 53 years.

Similarly, a photo taken during a recent family holiday to Ibiza was blighted by a tell-tale crepeing that no amount of slathering on moisturiser has helped improve.

In short, I've tried about every cream on the market except Elmlea Double and nothing has worked.

And so, like the clinically obese woman who has a defining moment that compels her to slim, this photo became the driving force behind my decision to do something about my wrinkly lower jaw and neck.

But what, exactly? There was no way I was going under the knife – the thought terrifies me. Besides, I don't want a stretched new face. I want mine, just slightly refreshed and tauter.

### No marks, no bruising

So, other than a bulldog clip clamping the excess skin at the back – might be a bit noticeable with my new, shorter hairstyle – I had to find some other solution.

I started by typing "how to get rid of neck wrinkles" into good old Dr Google and spent the best part of an hour reading about how to banish them "naturally" with facial exercises.

Hmm, one suspects I could spend eight hours a day gurning for Britain and it would be to no avail.

Then, just as I was resigning myself to a lifetime of wearing polo-neck sweaters, I read about a new, non-surgical treatment, Ultherapy. It promises visible results almost immediately and the delightful prospect of your skin getting even tighter in the following months.

It would take only 90 minutes and leave no visible evidence. No needle marks, no peeling, no bruising – important when you have an 11-year-old to pick up at the school gates afterward. And best of all, it lasts for around two years.

During my extensive research, the only slight drawback I could find was that some people found the procedure a little uncomfortable. But hey, no pain, no gain...right? And so, a few days later, I found myself



sitting in the clinic of FreedomHealth, in London's Harley Street, where Lee Garrett scrutinised my neck with the same expression one might have if inspecting the last chicken in the shop.

"What factor sunscreen do you usually use?" he enquired pointedly.

"Er, 30," I replied truthfully. Trouble is, I only started wearing it a couple of years ago and, prior to that, wearing only 15 or under has clearly taken its toll. Lee used a white pencil to divide my lower face and upper neck into sections, then I lay back as he ran a hand-held scanner

over my face – much like the one used for scanning your abdomen while pregnant. Except that this one is used differently and administers a series of stinging sensations as it sends ultrasound rays to the muscle-like tissue under the skin.

According to the "what to expect" pamphlet I was given, the idea is that the ultrasound energy reaches deep below the surface of the skin and initiates your body's own natural repair process. Over time, this should result in the creation of new, healthy collagen and "a variety of positive skin changes."

When the early version of the treatment came out a few years ago, the pain was far worse and some people were reduced to tears. But now it has been modified to be more bearable.

It didn't hurt, as such. But it was uncomfortable at times, particularly around my lower jaw.

But no matter, despite having 800 zaps – some people only need 400, some more – the time seemed to fly by and an hour later, I was done.

As promised, the damage was minimal, with only slightly red cheeks betraying anything had been done.

My skin was very tender for about a week afterward, and there was a disconcerting numbness around the base of my nose. But the pamphlet warns you about that and, in my case, it disappeared after a fortnight.

### Cost of a holiday

The upside was that the skin directly under my chin was now noticeably tauter straight after the treatment and, over the next month, it continued to get firmer still.

I didn't tell my Loose Women colleagues about the treatment, purely to see if any of them noticed a difference.

Just two weeks later, the director – who spends a lot of time looking at close-ups of us via a bank of TV screens – asked me: "Have you had something done to your neck?"

Next day, anchor Andrea McLean said in the morning meeting: "I can't stop staring at your skin. It looks really good."

Basically, I still look like me, just a refreshed version of me – which is exactly what I wanted.

If you have your whole face done – it can firm up forehead wrinkles and eye bags as well – it costs £4,500. And for my lower-face treatment it cost £3,800 – a lot of money by anyone's standards.

But it is the cost of a good holiday so perhaps you might opt to stay home instead and spend the cash on giving your face a quick and easy, non-surgical boost. And just think of all the sun damage you'll avoid.

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Before



After

## Be sure to suss out credentials

By KEVIN HANCOCK, Consultant plastic surgeon

THERE are many surgical and non-surgical "turkey neck" treatments.

The most effective way to remove it is face or neck-lift surgery but, of course, this is an invasive procedure.

Non-surgical treatments all rely on some sort of skin shrinkage so the improvements are usually limited.

Such procedures are normally carried out by aesthetic therapists, not plastic surgeons, so it is important to thoroughly check out their credentials before you go ahead with the procedure.

If you do decide to go for surgery, check the British Association for Aesthetic and Plastic Surgeons website for a list of trained plastic surgeons and more information.

## THE APPY LITTLE HELPERS

SANTA has elves – so why shouldn't YOU get help at Christmas? Here NATASHA HARDING looks at free apps that can ease stress this Christmas.



### WISHER

Allows you to share your pressie wishes. Snap and scan items from stores or add any products or experiences from online.

Then create your own community of friends and families and grant one another's wishes.

So you don't have to fear getting those dodgy socks from your auntie ever again.



### A CALL FROM SANTA!

Perfect way for parents to encourage good behaviour from children.

To request a call, you put in some basic details including the child's age and gender, then say why Santa should call and whether the child is being naughty.

Then simply schedule the call. It's a great idea.



### MANAGE CHRISTMAS

Setting a budget and sticking firmly to it will prevent mounds of debt come January. This app helps you set your spending limit.

Note down the names of the people you are buying for and, each time you buy a gift, the app recalculates how much you've spent and how much you've got left from your budget.



### CHRISTMAS MUSIC

This app has 10,000 free festive songs, including old faithfuls such as Silent Night, We Three Kings and, of course, Jingle Bells.

And so that you can feel good about yourself, it is all completely legal despite not having to pay. Ideal to get the festive spirit going.

1GM 1GM 2GM 2GM