

PRESS CUTTINGS



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by the experts

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'And the Bride wore plastic...'

'AWAKE DURING SURGERY!...'

'The best thing I've ever done...'

*'DOES ANYBODY NEED A
FACELIFT BEFORE 40?...'*



OUR LIVES: *My toyboy asked:*

'Er, exactly how old are you?'

He was young enough to be my son — he just didn't know it. But how long could I keep my lover in the dark?

By Kay Silver, 55

I swayed my hips to the right and then to the left in a hypnotic fashion.

When I'd finished, I turned to my one-man audience and said: 'What do you think?'

'We'll be in touch,' he said.

My heart sank. I knew exactly what that meant.

We'll never call you.

For 20 years, I had worked as a



Me belly-dancing

belly dancer called Persia, after giving up my job as a Playboy Bunny. Although I knew I was one of the best in the business, just lately I had started to find it hard to get work.

I knew why.

Dancing five times a week had given me a figure a woman half my age would have been proud of. But there was one part of me that all the exercise in the world would never reach.

My face.

I was 52 and the years had taken their toll in the form of wrinkles, bags and jowls.

But I had a solution.

I told my friend Carol: 'I'm going



As a Playboy Bunny



Before my operation



The years had taken their toll

to have a facelift.'

'You don't need one,' she said. 'I do,' I replied. 'The head and the body don't match any more. I need it for my career, if nothing else.'

I began looking for a reputable clinic online and discovered Linia Cosmetic Surgery. I spoke to a surgeon, who agreed to carry out a facelift using only a local anaesthetic, which meant I could have my op and be home by dinner time.

At a cost of almost £5000 it wasn't cheap, but I decided it would be the perfect early Christmas present to myself — and my career.

The night before the operation, I looked in the mirror and said a silent farewell to the bits of me that made me look like a pensioner, rather than what I really was — a woman in the prime of her life.

Next day, I felt no fear as the surgeon got to work. A fortnight later, I returned to the clinic to have my bandages removed.

'There,' the surgeon said, handing me a mirror. 'What do you think?'

I gasped at my reflection.

The woman staring back looked like my younger sister. Only it was me. 'You're a miracle worker,' I said. 'Thank you so much.'

Before I knew it, bookings for my belly-dancing had shot up again. And I noticed something else —

'You're a good mover, are you?'

builders started whistling at me when I walked past.

Then one evening, I was out with Carol when one of my belly-dancing pupils, Saminy, introduced me to a man.

'Kay,' she said, 'this is Dean.'

I looked into a pair of bright blue eyes and my tummy did a flip.

'So,' Dean said, 'you're a good mover, are you?'

'Not bad,' I replied.

Later, Carol said: 'He's keen on you.'

'No,' I replied. 'I'm sure he was just being polite.'

Dean was clearly quite a bit younger. Why on earth would he be interested in me? But I couldn't get him out of my mind.

I was in a bar one night when I

old are you, Kay?



spotted a familiar pair of gorgeous blue eyes and my tummy went *flip, flip, flip*.

"You're the belly-dancing teacher," Dean said. "Do you think you could show me a few moves?"

"I might," I replied, "if you play your cards right!"

I couldn't believe I was flirting with him, and a voice inside my head screamed: *Have you lost your marbles, woman?*

But then Dean did something extraordinary. He started flirting back.

I thought: *It's the facelift. He thinks I'm younger than I am.*

We chatted and at the end of the evening, we swapped numbers.

Next day, Dean called and asked me on a date and invited me to be his Facebook friend.

As I was looking through his online profile, I discovered something that made me gulp.

I lifted the phone and rang Carol. "Are you sitting down?" I said. "Dean is 35."

"Blimy, Kay," she said. "That's nearly 20 years younger than you."

"I know," I said. "He's young enough to be my son!"

Carol was quiet for a moment,

Edited by Georgette Culley and Sally Ferguson. Email tab.sally@bauer.co.uk

then she asked: "Does he know how old you are?"

"No," I replied.

She said: "Are you going to tell him?"

I thought about it. Dean was a wonderful man and I really hoped we had a future together. But I felt sure that, despite everything, once he knew how old I was, he wouldn't be able to see beyond the number.

"No," I said. "I'm not."

It wasn't a secret I could keep forever, but I was determined that Dean should get to know the real me before I revealed that I'd been working as a Playboy Bunny in a casino while he was still in nappies.

We started dating and became a couple. At first, it was easy to keep him in the dark as the subject of age never came up. But then our birthdays, which were just weeks apart, began to loom.

One evening, Dean said: "So is this birthday a big one? Do you want anything special?"

"No," I said hurriedly. "It's not a big one and there's no need to get me anything fancy."

"OK," he replied and, to my relief, he left it at that.

Weeks turned into months and Dean was none the wiser about our age gap.

When we had been seeing each other for nine months, he suggested that we go on a romantic getaway to Egypt.

We found the perfect trip online and had to fill in our details on the computer.

I went first. I typed in my name and address in Aldershot, Hampshire, and then I stopped. My hands froze on the keyboard and I stared at the screen.

There, on the online form, was a space for my date of birth.

I realised there was no way I could lie and my hands shook as

'I thought you were my age'

I tapped in the correct numbers.

Then I got up so that Dean could take his turn.

My heart was in my mouth as I saw him peer closely at the screen.

Then he said: "Is this right?"

"Is what right?" I asked nervously. "Your age," he replied.

He paused for a moment and I knew he was doing the calculation in his head.

"Are you really... 54?" he said.

I felt sick.

"Yes," I gulped.

He looked up at me in astonishment and I thought: *Here we go. This is the moment I get the 'we'll be in touch' speech.*

Dean shook his head silently.

"I can't believe it," he said. "I thought you were my age."

There was a silence,

and then I took a deep breath and said: "Do you mind?"

Dean started to laugh.

"Mind?" he said. "Of course I don't mind. I love you, Kay."

I let out a huge sigh of relief.

"Oh Dean," I said. "Thank you."

Dean and I are going on our holiday in January and I can't wait.

Despite an age gap of 19 years, we are very happy.

But I am under no illusions. If Dean had met me before I had my facelift, we would not be together. In fact, I'm sure he wouldn't have looked at me twice.

I always knew that surgery would help boost my career, and it has — I now have a permanent job dancing at a restaurant — but it has had an unexpected side effect. It has brought me the man of my dreams — and, for \$5000, I'd say that was a bargain!



Has surgery led you to the love of your life? Or has it had the reverse effect?

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Dean and me now

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GERY CLINIC

*After this
I'm going
straight to
McDonald's
- Katrina*



*I can't
believe it
was close
to bursting
- Lisa*



*It doesn't
hurt but
it's an odd
sensation
- Julie*



*After a
good sleep,
I'm going
shopping
- Sara*



"Oh that's gross," she giggles nervously as she puts a chunk of her tummy on the scales. She weighs 230g. The lipo removes 200ml of fat and when she is finally sewn up, she breathes a sigh of relief. After three hours on the operating table she can now go off for her cup of tea. Finally, Julie Inglis arrives. The councillor from St Albans, Herts, is having her PIPs removed and replaced as well as

back £4,600. The married mum-of-two is paying for it out of her savings.

She says: "The older I get, the harder it is to lose weight. Once it gathers on my hips it's so hard to get rid of."

Julie, 57, had a facelift five years ago and felt so good that afterwards she shed more than three stone. But the weight-loss left her with saggy boobs so she had PIP implants to boost her shape. This time she's having a slight reduction.

going from a D-cup to a B-cup. As she arrives, she says: "I'm surprisingly OK. I thought I'd be a nervous wreck."

"The last time it took days to recover, whereas this time I can go straight home and be back at work tomorrow. Running my own company I can't afford to take too much time off, so it's perfect for me this way."

As Dr Aslam numbs her breasts she tells me: "I don't know why I find this a little bit funny. I can feel something. I know it's numb but it doesn't feel like when you go to the

HEALTH: How to beat the bloat**OLEEN:** My man slept with prostitute**PIXIWOOT: Get the Nicki Minaj look****STARS: Russell Grant: Love, cash, careers****I TOP UP MY BOTOX AND FILLERS BEFORE MY HOLIDAY**

Rachel Evans, 42, is a PA and mum to Rees, 11. She lives with her long-term partner, Mike Joseph, 41, an insurance broker, in Essex. She says:

Unlike most women, I don't just blitz it in the gym or cut out carbs a few weeks before I go away – I maintain a bikini body all year round. That said, I always up the ante at holiday time. I spent £4,365 on various procedures before my £3,000, week-long holiday at the Jumeirah Beach Hotel in Dubai last month.

Being beach beautiful is about being immaculate from head to toe. I hate wrinkles so I'm addicted to facial fillers and Botox. I spend about £2,650 every three months getting fillers and Botox injections in my cheeks, forehead, crown, feet and around my mouth. And I always have a top up before I go away on holiday.

Getting a good pedicure is essential when you're going to be wearing sandals. There's nothing uglier than unkempt nails.

Although I take diet supplements for last-minute weight loss, fake tan sheds pounds off your figure and makes you feel sexy. Getting make-up tattooed on is another great tip if you're going to be in the pool or sea, before Dubai, I had mine tattooed on for

RACHEL'S PRE-HOLIDAY SHOPPING LIST:

Facial fillers - £2,600. Botox - £500; tattooed eyebrows - £500; nose and mouth filler - £350; fake tan - £100; bikinis - £500; summer clothes - £200; pedicure - £35 and nails £35; weight loss supplements - £200; macotherapy (purple blaster) £30; highlighters and hair products - £100
TOTAL SPEND: £4,165

I love bodycon dresses from online store Celeb Boutique and have one in pink, coral, nude and black. They cost £120 each but are worth every penny. I try to be respectful when visiting an Arab country, and cover up when necessary with my gorgeous £60 silk scarf.

I bought two Louis Vuitton barrel bags, which are £500 each. They're glamorous yet sturdy, so are great to take on a plane. Because it's so hot, I change my outfit about three times a day and reapply my fake tan throughout the day too. So I have lots of different bikinis and a monokini.

Mike is so sweet, he leaves half his suitcase empty so I can put my toiletries or shoes in it. I'd hate me to leave anything I needed behind. I admit I spent a lot, but I don't save money for grandad. As a single mum I could never afford such luxuries – but then I met my wonderful

partner, who's a successful businessman and wants me to be happy. But I don't scrounge off him. I work hard running my beauty website, MakeOver Essex.com, where I show women how to get the effect of having a facelift with non-invasive surgery and make-up.

While some people will spend hundreds on a night out, I don't drink alcohol and prefer to go to the gym and sculpt my body or get a fake tan. For me, it's about prevention, not a cure.

Walking on the beach last month in Dubai, I had no regrets about what I'd spent. I looked and felt

I went from brunette to blonde and packed 14 bikinis to look glam

Victoria Baglioni, 27, an accounts assistant and model, lives with her boyfriend, Louis Bell, 34, a builder in Broxbourne, Herts. She says:

In May this year, my girlfriends and I went to Marbella on a £300 holiday, staying in the four-star Guadalmina Spa Hotel for a week. On arrival, the hotel receptionist upgraded our room, free of charge, to a villa suite on the beach with a hot tub, walk-in wardrobe and a four-poster bed.

Because we looked so glam, other guests would never have guessed we'd been upgraded. That's why it's important to spend hours grooming in the build-up to a summer break.

It's essential to get Botox a few weeks before you go away because the sun makes you squint, and there's nothing worse than frown lines. I spent £300 on Botox and lip fillers before I went to Marbella and it was worth every penny. My lips looked full and that's exactly the look I was going for.

In November, having been blonde for 27 years, I went blonde in preparation for my holiday. I wanted to see if blondes really do have more fun, especially in the sun. Even though I enjoyed the change, I feel better being a blonde so I went straight back to being one when I returned to the UK. I also got him hair extensions too.

I go on sunbeds in the run-up to a holiday, even though I know it's not good for your skin. I hate being pasty on the beach. I'll usually spend £45 on acrylic nails before a holiday too, and I always get a good pedicure done.

I am quite an excessive person and before Marbella, I went on a serious spending spree, blowing £300 on my new holiday wardrobe. My suitcase was packed to the brim and included 14 bikinis, six pairs of shoes, four pairs of sandals, and lots of nice underwear – even though I rarely wore any of it.

Some people might frown upon how much I spend, but I work hard for my money. The rest of the year, I'm bogged down by stress from work. A holiday is the one time of year you can kick back and chill out – so why not make the most of it?

VICTORIA'S PRE-HOLIDAY SHOPPING LIST:
Botox and lip filler - about £400
Pale tan - £35
Hair colour - £700
Manicure and pedicure - £45
Clothes - £500
Toiletries - £100
TOTAL SPEND: £1,225



Would you have a nip/tuck wedding?

Boob job with your bouquet, madam? Pre-wedding plastic surgery is becoming increasingly popular with British brides. We asked two women if they'd go under the knife to look their best on the big day...



Yes!

says Amanda McMurtrie

I used to be one of those women who was totally against cosmetic surgery. I didn't understand why others felt they needed to take such extreme action on their bodies. However by the time my fiancé Andrew popped the question last year, I had entirely different opinions on the matter.

Having had three children before I was 28, I'd seen my body completely change and it had a huge effect on my self-esteem. My natural DD bust had sagged to the extent that it felt like there was nothing in there, and having put on and then lost five stone during my last pregnancy, I was left with loose skin like an apron on my stomach. I couldn't wear anything tight-fitting round my middle and always had to choose high-necked tops to wear with a very good support bra. When I was invited to a black-tie event, I found it so difficult to find a ballgown that I almost didn't go. It was time to do something about it.

I was fortunate that three of my sisters had already had cosmetic procedures with fantastic results. Having heard great reports about their surgeon, I felt I could trust him with my operation. It took 10 days to recover from my tummy tuck, but the results were amazing and although my boobs ended up slightly larger than I'd expected, I was happy they were shapely and full again. Unfortunately, I was one of the many women out there who were given PIP implants and when it was discovered these were leaking, it was, of course, terrifying. However, going back in for a second boob job before my wedding meant I could have the size slightly reduced too.

Taking the view that if I was happy, he was happy, Andrew was really supportive of my decision. If I hadn't undergone the procedures, shopping for a wedding dress would have been a nightmare, but after the surgery I found a stunning fairytale gown that looked perfect. Now I can't wait to walk down the aisle in it! I even plan to wear a bikini on our 'familymoon' to Turkey – something I would never have thought possible.

WEDDING debate



No!

says Megan Jephson

I want to make it perfectly clear: I'm not totally against plastic surgery – one of my favourite TV programmes is *10 Years Younger*, where they take an ageing, ugly duckling and transform them into a not-so-ageing swan. I can see the appeal of the odd nip and tuck, and who's to say I won't be doing the same in years to come when everything starts to go a bit south?

But what I do object to are these 'nip-tuck-weddings', where the bride-to-be spends thousands of pounds transforming themselves into someone completely unrecognisable. Or is it the husband-to-be who pays for it? "Oh darling, how romantic! You bought me some boobs!" being the appropriate reaction. Just imagine asking your dad to write you a cheque for bum implants. And the price isn't the only problem – recovering from surgery can take weeks. If they haven't healed in time, those scars, cuts and bruises could make your big day look more nightmare than dream-like. And what if you get an infection?

I once went to a wedding where a previously overweight, milky-white blonde had spent months transforming herself into a svelte, bronzed blonde bombshell. Don't get me wrong, she looked stunning. But nobody recognised her!

We all have things we don't like about ourselves, but these imperfections give us character, and they're what make us real. Who, besides Ken, wants to marry Barbie anyway? It's like the song goes: if everybody looked the same, we'd be tired of looking at each other. And let's face it, wedding photos can be samey enough without having to look at pictures of Mr and Mrs Clone.

When my fiancé proposed to me it was the most romantic moment of my life, and I can't imagine thinking about anything else when the big day comes round. Sure, I'll have the make-up, the hair, and maybe a bit of fake tan, but it can all be washed off. After all, your husband agrees to marry you for better or worse – that meanswarts and all! ■

And the bride wore... plastic

Meet the 'bridalplasty' brigade - women who spent more on cosmetic surgery for their big day than they did on dresses



PERFECT! Colette Bacon loves her veneers; Amanda James-Buckett wanted the right bust for a corset top



WORTH IT:
Anna Wyeth-Bell
could show off
her new profile
as she married
James in 2008

FF-cup, which was far too big, but I didn't feel I could justify having further surgery to reduce them.

That was until Andrew proposed to me last year and I knew immediately that if I was going to feel fabulous on our wedding day I'd need another operation to replace the original implants with smaller ones to make my breasts a DD-cup.

Andrew was just as supportive as he had been with my first plastic surgery, reassuring me that he just wanted me to feel happy with myself and to stop hiding away in baggy clothes.

After the operation in February at Linda Cosmetic Surgery in London's Harley Street he took time off work to

look after me while I recovered. At £4,000 the surgery was five times the cost of my £800 wedding gown but without it the dress, with its stunning corset bodice and full skirt, just wouldn't have looked or felt right.

Cosmetic surgery has made the world of difference to how I look and feel on a daily basis but also to how I felt on my wedding day.

I didn't want to look back at our wedding and honeymoon photos in years to come and regret not having taken advantage of all the surgeries that now exist to help women to feel amazing.

Interviewed by
SADIE NICHOLAS



ELIZABETH YOUNG, 45
A WRITER WHO LIVES IN LONDON

“I have always felt proud of the dramatic line across my back. It's been there since my 12th birthday, which I spent in hospital having surgery for a hole in my heart. I remember being really excited about going into hospital – everything was an adventure to me when I was little. It never occurred to me that there would be a scar. I was lucky – my sister had also had heart surgery and was left with two huge, horrible jagged lines that cut right across her chest like a cross. It really damaged her self-esteem and I felt incredibly sorry for her. Maybe that helped me keep my own scar in perspective. Mine is so neat, it has never bothered me. I'll always be thankful that my surgeon took such care. Sometimes when I'm wearing a

summery top people comment, but very few friends have seen it. I'm lucky – if I was less secure I might focus on my imperfections, but I'm happy with my body and who I am. One of the reasons I took part in this photo shoot is that I wanted to show that scars don't have to define you. People who know me will be shocked

as I'm such a healthy, active person – nobody would suspect I had major surgery as a child. As for what men think? I don't worry about that. My scar is in a place where people can only see it if I make a decision to let them. I'd never get that close to a man who might have a problem with something so superficial. I'm more concerned with how I feel on the inside than how I look on the outside – and I'd expect a prospective partner to feel the same.”

“FRIENDS WILL BE SHOCKED”

DENISE DAWSON, 39
A DRIVING INSTRUCTOR & MOTHER FROM BRISTOL

“I've always been slim, but after having two kids no amount of dieting or exercise would shift the fat on my tummy. So in 2004, I decided I wanted liposuction. My husband said he liked me the way I was but agreed to support me as I felt so self-conscious. My research showed a clinic in Belgium was my cheapest option, so I booked the op and flew to Brussels a few months later. I was so excited on the plane, but this excitement turned to nerves when I met my surgeon: he was abrupt and didn't offer reassurance. When I came round from the op, I wished I'd trusted my instincts. My stomach was bigger than ever. They said it was just swelling, but I was told I would see instant results and the swelling would come later. When I returned to Britain, my stomach was lumpy. The

clinic said it would settle, but it didn't. Finally, after months of wrangling on the phone, they agreed to a correction. By then, it was 2007 and I couldn't bear to look at my body and did not want my husband to, either. I hated myself for choosing a cheap clinic. Six months after the correction, my stomach was lummier than before. When the

clinic said there was nothing more they could do, I was devastated. I ended up paying to have it corrected by a surgeon in London. He said too much fat had been removed and I needed a tummy tuck to pull the skin over the affected area. This time I was delighted with the results – the lumps are gone and I have a flat tummy at last. Although there's a scar, for me it marks the point I started liking my body again. It's a small price to pay for the body confidence I have now.” ■

“MY SCAR WAS A TURNING POINT”



AWAKE THROUGH ALL THIS!

Emma fancied a few nips and tucks to get back her pre-pregnancy body. And she wanted to keep a close eye on it all, too...

Latex-gloved hands moved towards my breasts. They were clutching a gleaming scalpel in their powdery, pale fingers. I couldn't take my eyes off the blade.

'Are you comfortable?' the owner of the fingers asked me, and I nodded.

Then he drew the scalpel along the underside of my left breast...

I was 32, a single mum and lived with my lovely kids, 10-year-old Bailey and Sienna, two, in Horsford, Norfolk. But having

them had wrecked my figure. And although I'd had a boob job and tummy tuck when Bailey was two, they had been undone by me having his little sister.

Breastfeeding her had caused my silicone breasts to droop, and her Caesarean delivery had given me a second scar on my stomach. Then I'd eaten my way up to 13st.

The C-section had left me with torn stomach muscles, so I felt exercising was out.

Newly single, I'd opted for surgery again. I went back to see Dr Aslam at the Linia cosmetic surgery clinic in London, where I'd had my cosmetic procedures done eight years earlier.

'I can help you,' he said. 'I can get rid of the excess fat and remove some of the skin from your tummy, then merge the two scars into one neat line. And your

implants can be replaced to give your breasts their shape back, too.'

He recommended a breast augmentation, liposuction and a tummy tuck. When he quoted me £12,000 for the surgery, though, my jaw hit the floor. That was a brand-new car or an extension on the house!

TOTAL CONTROL

I was close to forgetting the whole thing when he told me something that made me think I should still go ahead.

'I could even do the op under local anaesthetic, so you stay awake,' he said. 'You'd be able to see exactly what I'm doing.'

To some people, that would be a nightmare. But to me, it

'As you may have guessed, I'm not too squeamish.'



We spent on a sexy

Dumped and heartbroken, the average woman spends £500 re-inventing her image after a split, says a new study. But for this single lot, that's positively a bargain! **By Jenny Francis**



I dyed my hair blonde then had a boob job

Kirsty Swain, 31, from Ipswich, split from her boyfriend of two years in December 2010. Desperate to move on, she decided to drastically change her look from dark brunette to peroxide blonde and booked something she'd always wanted – a boob job, taking her from a 34B to a 34H.

I was 30 when I split from the father of my daughter Nola, one. My style at this point wasn't something

I concerned myself with. I wore jeans and loose-fitting tops to hide the baby weight – I was frumpy and mumsy but didn't have the motivation to change.

The split wasn't easy. We were deeply in love with each other at the start but towards the end, things weren't working out. We realised how different we were and this caused disagreements.

It was tough being a single parent with a newborn





CRUMBS! A CREME EGG CROISSANT

IF YOU haven't gobbled up all your Easter eggs yet, then we have just the brain-busting breakfast for you: a Creme Egg croissant. Simply wrap a fridge-cold Creme Egg in shop-bought puff pastry, making sure to seal the edges well, and brush the top with raw, beaten egg. Place under a hot grill for six minutes until golden brown and gooey. If you want a dinner

bite, freeze your Creme Egg for at least four hours beforehand. Whichever way you eat yours, as holiday recipes go, the Creme Egg croissant blows turkey curry, turkey sandwiches and turkey quiche out of the water.

And it's so indulgent you'll be desperate for some fresh green vegetables by lunchtime.

KATE FAITHFULL-WILLIAMS

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THE 'love lab' experiments of talented relationship psychologist John Gottman have had a profound effect on the way we understand relationships.

Within minutes of interviewing a couple, Gottman is able to predict with 93 per cent accuracy whether the relationship will last.

He is on the lookout for what he calls the 'four horsemen of the Apocalypse' — criticism, contempt, defensiveness and

As surgeons reveal a worrying rise in 30-somethings demanding nip-and-tucks to ward off ageing...

Does ANYONE need a facelift before 40?



by Diana Appleyard

FEW OF us are ever happy with the way we look in our passport photograph. Instead, we simply hide the offending document in a little-used drawer and refuse to show it to anyone except customs officers.

Not so for 35-year-old Sian Morris. For when the mother-of-one noticed she had loose skin around her chin in her photo, she had a rather more extreme reaction: she booked a facelift.

Sian, from Wrexham, North Wales, explains: 'I felt I looked old before my time. I really hated my jowls. I took one look at that passport picture and thought: "That can't be me!" My mind was made up — I needed surgery.'

It may be shocking, but she's far from alone. Increasing numbers of women

under 40 are now being discreetly nipped and tucked in a scaled-down version of the full facelift — even though, in many cases, there's hardly enough loose flesh to lift away.

Leading Harley Street cosmetic surgeon Professor Laurence Kirwan recently reported that he's seen an astonishing 250 per cent increase in short-scar facelifts (SSFLs) — the type most popular with 35 to 40-year-olds — in two years.

It's the facelift Tory MP Louise Mensch, 40, is believed to have had. Other names rumoured to have undergone discreet 'lifts' in their late 30s or 40s include Madonna, Kylie Minogue and Cameron Diaz, though they deny this.

Traditionally, women in their 30s

have opted for non-surgical means of looking younger, such as Botox and fillers. But many are now turning to the knife, as they don't want to develop a 'pillow face' — the too-plumped-up look sported by celebrities such as Carla Bruni and Priscilla Presley.

The SSFL, which involves the skin being pulled upwards and re-draped over the bony structure of the face, avoids this problem. Fat pads, which have dropped with ageing, are then restored to their 'proper place'.

None of this comes cheap. A SSFL with Professor Kirwan costs in the region of £10,000, but he says the scarring is minimal and the results will last up to ten years. 'This is a treatment for young women wanting to cut off the effects of ageing at the pass,' he says. 'They don't want to wait until they look older. They strike in advance, and this is

Under the knife

Women had 90 per cent of cosmetic procedures in Britain in 2011, with breast augmentation proving the most popular

The A-Z of love

I IS FOR INTIMACY

stonewalling. Every relationship displays these traits at some point, but when they are habitual, they become sure signs it is in trouble.

Each, in their own way, destroy intimacy. Intimacy is the lifeblood of love: it is the

way we share confidences, vulnerabilities, secrets, fears and ultimately our lives.

If we criticise our partner and, worse, show them the teeth of contempt, or if defensiveness and stonewalling closes communication, we

cauterise the veins through which our lifeblood runs.

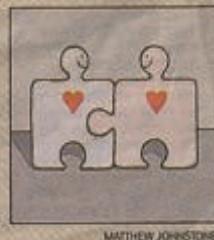
Love is made up of dialogue and transparency, vulnerability and reciprocity. It's more fragile than it sometimes seems. Either shutting down — or the opposite, completely opening up — will eat away at the very thing that nourishes us.

DON'T LET THE HORSEMEN RUN WILD BE SEPARATE, together. Be

close, but not too close. Walk together, but apart.

MAKE IT UP ARGUMENTS are inevitable, resentment isn't. Ensure you make up clearly and sincerely. Anything swept under the carpet will trip you up later.

FIVE THINGS IT TAKES five positive comments to stone for one piece of criticism. Make your apologies count.



MATTHEW JOHNSTONE



REAL LIFE

WHY C WOMEN ARE GREAT

Lula's living with a death sentence – so why was she worrying about her breasts rather than the risk of dying?

If around me, on one of the hottest days of the year, women were wearing low-cut tops and strappy summer dresses.

Yet here I was, sweltering in a black, baggy jumper to cover up my tiny, flat-chested frame. At the age of 22, I had the body of a pre-pubescent girl and I hated it.

A desperate longing

'If only I had boobs,' I thought for the millionth time. *'At least then I'd look slightly more normal.'* I might sound like any other young girl dissatisfied with her figure.

Yet I was obsessing about how I looked when I had something much greater to worry about – a death sentence hanging over my head. Because I had life-threatening cystic fibrosis (CF), which meant my internal organs and lungs were filled with sticky mucus.

I needed daily medication and physio, and I was always in and out of hospital with chest infections. I also knew

sufferers of CF rarely lived beyond their 30s.

So why was I worrying about my figure? Why did it matter what I looked like when my life was limited anyway? Surely the simple act of living was what really mattered?

But just because I had cystic fibrosis, it didn't mean I was indifferent to my appearance.

Mum had brought me up to have as normal a life as possible. Yet I'd always been an outsider.

Playing with other kids, I'd get out of breath quickly. And I had so much time off school, I struggled to make friends.

Then, when I hit my teens, it got even worse. While the other girls' bodies developed, mine hardly changed at all.

My breasts stayed a tiny AA cup, and my consultant explained it was yet another side-effect of my disease.

Stoofers tend to have larger ribcages and flat chests,' he explained, and anger surged through me. So now I looked different from everyone else, too.

Ashamed of my barrel chest and boyish body, I never got changed in front of anyone else. And I'd hide my body under layers of shapeless clothes.

celebrities with 'trout pouts', but I knew I could trust my surgeon, so just after I turned 20 I had my lips done. I thought they were too big at first, but the number of compliments I had was incredible. My friends were all envious.

"Now, the only problem was my breasts. Going under the knife for the sake of your looks might sound drastic to some people, but I was 22 and had been waiting for this moment since I was 16 – and there comes a point when you just get fed up of padded bras.

"When I sat down and told my parents, my dad was dead against it. He kept saying, 'This is a serious operation. Have you really thought about the risks?' But my mind was made up.

"I took them to meet Dr Al-Ayoubi, so he could explain the procedure; I needed my parents' support. He reassured them that he would only go up to a DD cup – if I wanted to go bigger, I could find another surgeon.

"I remember waking up after the anaesthetic with a very heavy chest. Seven days later, I stood in front of the mirror for the first time and thought, 'Wow! They didn't look false.'

"Since having my breasts enlarged, my confidence has soared – to the extent that I think it's saved my relationship. Now that I'm happier in myself, I don't get jealous any more.

"It's true what they say about cosmetic surgery: having one procedure makes you less scared of having other things done, so last October I also had CO₂ laser treatments to fix the dark skin pigmentation under my eyes.

"So far I've spent more than £6,000 on procedures. My attitude is: if you're unhappy about your appearance, do something about it. But there is a point when you have to stop. Some girls see celebrities like Katie Price and want to look like her, which is worrying.

"Plastic surgery has brought me out of my shell. And because I did it young, it's moulded me into the confident adult I am today."

Holly Schofield is a debt collector. She had her first breast augmentation when she was 18. Now 25, she lives in Essex and has just got married.

"I noticed that my breast had changed shape and consistency, and when I pushed it, I could hear a weird popping sound."

"I'm a very self-conscious person, and would say that my appearance is extremely important to me. I know that plastic surgery can't solve all your problems, but to be honest, I'd have everything done if I could."

"I first started thinking about having a breast enlargement when I was 17. Working as a club promoter in London, looks are everything – and I was completely flat-chested. My mum used to sew padding into all my bras to make me feel better.

"The most embarrassing thing was that men always look at women's boobs – and I didn't have anything there to look at. I already had the idea of surgery in my head. When I found out that both my aunt and my best friend were getting their breasts done, it made me determined to do it, too.

"When I rang up to book a consultation, my mum was behind me all the way. The surgeon talked us through the procedure and asked me questions about shape, size and why I wanted them done. I told him I wanted them just to look natural.

"Having your boobs done is such standard procedure now, it's almost like having your tonsils out. In the past it used just to be for Hollywood actresses and glamour models – but now anyone can have them done.

"After the operation, the biggest difference wasn't the way I looked; it was the way I felt. I was just so excited to have my own breasts for the first time.

"I didn't have any problems with my implants, until May 2010, when I was driving to work one morning and someone ploughed into the back of my car at 60mph. A month later, I noticed that my breast had changed shape and consistency, and when I pushed it, I could hear a weird popping sound. I had a scan and was told that my implant had ruptured in the impact of the crash. They were gel, so there was no danger of them seeping into my body – but I still had to have them replaced as soon as possible.

"This time, my operation was done under local anaesthetic, and I cried the entire time. You can just feel things moving about inside your chest – which is a weird sensation.

"I can see myself having more surgery in the future. I'd like to have Botox in my forehead, liposuction on my legs, and a nose job. My surgeon keeps trying to put me off having Botox and tells me, 'You're too young, you don't need it.' It really is a never-ending cycle: if you have one thing fixed, there is always going to be something else that you want done.

"The problem is that our society is too image-obsessed. I shouldn't compare myself to other women, but I do. It does upset me when I see really skinny girls everywhere, because I'd love to be skinny, but I don't let it get me down. When you read about all the earthquakes, tsunamis and wars going on around the world, you realise that there are far more important things to worry about. I might not like the way I look sometimes, but life could be a lot worse."



Maria Walker, 28, has, since the age of 19, had breast implants, Botox and CO₂ laser treatments. She lives in London and works in restaurant hospitality.

"Now, I couldn't give a damn about what people think of me – but at 19 I cared a lot and knew that a boob job would make me happier"

"I don't think anyone would look at me and think, 'She's definitely had plastic surgery.' Apart from my boobs, Botox and laser treatments, I'm actually quite a natural person. My motto is, 'Everything in moderation.'

"I've always had a great body; the only thing I didn't have was boobs. By the time I turned 19, I thought, 'The sooner I get these sorted out, the better.' What's the point in waiting till you're 50, when it's too late to enjoy them?"

"Now, I couldn't give a damn about what people think of me – but at 19 I cared a lot and knew that a boob job would make me feel happier. I spoke to one friend who had just had her breasts done and she said, 'Do it! You'll love them.' My mum had a boob job 15 years ago, so she completely understood, but my dad was much more wary. He said, 'I don't understand you women, wanting to mess around with your bodies. First your mother, and now you.' Eventually he gave in and agreed to help me out with the money."

"When I first visited the surgeon, I said, 'I want to go bigger,' but he convinced me to calm down a bit. He said, 'It's your first serious surgery. Let's play it safe.' We decided to go for a D cup. When I walked out of that consulting room, it felt like the beginning of a new life. A month later, I had the operation."

"Once I'd had my boobs done, I wanted to try Botox too. I had lines on my forehead and around my eyes from too much sunbathing and thought, 'If I can hold on to my youth, then why shouldn't I?' I was dubious about having something injected into my face – but everyone around me was having it done, and they didn't have any problems. Afterwards, my lines disappeared and my face didn't look frozen at all."

"I can understand why people get carried away. Since the Botox, I've also tried CO₂ laser treatment, which takes a few layers of skin off to reduce the appearance of lines."

"I'm happy with my body now, but if I had loads of money I'd have a few things done. I've got a good figure because I eat healthily and work hard in the gym four times a week. If I could have got these boobs through going to the gym, then, believe me, I would have."

Instant implants



Ayham Al-Ayoubi

It's enough to make your eyes water. Imagine having your chest cut open and breast implants fitted while you are awake. This is what increasing numbers of women are doing.

It's cheaper, it avoids the need for a general anaesthetic and you go home an hour or two later.

If it sounds too good to be true, that's because it is. The hype over lunchtime implants is misleading, says surgeon Ayham Al-Ayoubi.

Mr Al-Ayoubi, director of the London Medical and Aesthetic Clinic, explains: 'It is not like having an anaesthetic at the dentist's. We give our patients sedatives as well as the local, because most people would find being in an operating theatre quite scary. They are conscious,

but relaxed and woozy. The advantage is that sedation wears off much more quickly than a general anaesthetic.'

'I make it very clear to patients that this operation is not to be taken lightly. There will be pain and discomfort for two to three days and they will need to take it easy for at least a week. It is not suitable for patients who are very nervous.'

Most patients ask to increase by a couple of cup sizes, he says.

'Some patients want their breasts to look as they did before they had children. Some women find that when they diet, a lot of the weight comes off where they don't want it to — on the breasts. Others are unhappy because they have flat breasts in a society where bigger breasts are valued.'

Breast reduction is a bigger operation that he always carries out under general anaesthetic, he says. It costs about £6000.

Victoria's story

The best thing I've ever done

Victoria Buglioni had been thinking about having implants since she was 16, and finally went ahead last year at the age of 25. She told her Harley Street surgeon, Mr Azhar Aslam, that she wanted to go from a 34D to a 34DD. Her operation cost about £4000, paid in three instalments. Victoria, an accounts assistant and part-time model from Enfield, London, explains,

'I really liked the idea of going home the same day, although I had nightmares the week before the op. But on the day I felt relaxed.'

'The only painful part was when they injected the local anaesthetic into my breasts. I was given a couple of sleeping tablets to help me relax when I first arrived at the clinic, but I'm not sure they worked. I was chatting to the surgeon and the nurses all the way through. Although I could feel Mr Aslam's movements as he operated on me, there was no pain.'

'After he'd finished, he tilted the operating table so I was sitting up and showed me the result in a mirror.'

'I said: "Wow!" It was just what I'd wanted. Afterwards, I relaxed on a sofa for about an hour and ate some sandwiches, and then I went home.'

'I felt some pain over the next couple of days, but the painkillers helped and I'd been warned to expect it.'

'The operation was the best thing I've ever done. My clothes look better and I'm more confident and proud of my figure.'



Victoria: before, and after having implants

Lucy's story

It felt like the implant was punched in

Lucy Smith's experience of same-day surgery, also in Harley Street, was very different from Victoria Buglioni's (below, left). Her parents disapproved of the operation and her friends tried to talk her out of it, although her dad accompanied her on the day. Lucy, a 22-year-old shop worker from Essex, admits she has a low pain threshold.

'I was very nervous and shaky when I arrived and they decided I needed sedation,' she said. 'It took the anaesthetist about five attempts to find a vein. When the surgeon started cutting I told him it hurt, and although he kept giving me more local anaesthetic injections, it kept on hurting.'

'It felt like the implant was punched in. The stitching hurt too. Afterwards, I was dizzy, shaking and very cold. The train home was crowded and I had to stand for an hour, which didn't help.'

'My breasts were very painful for several days afterwards. If I could turn the clock back, I'd still have implants, but I'd save up for longer and have it done under general anaesthetic.'

The right bra



'I see women in ill-fitting bras all the time, particularly in the summer when everything's on show,' says Katie Givens, who runs family lingerie business Pandora's Box in Ormskirk, Lancashire.

'The usual mistake is that the cup size is too small. Many women are wearing a 36C when they really need a 32B or E. The breast is overflowing at the top and underneath. It is not a good look if your outline under your T-shirt shows four boobs or even six. I stop myself from going up to women and telling them to get a bra fitting.'

Julia Mercer, Marks and Spencer's bra expert, agrees. She says nine out of 10 women wear the wrong size. M&S customers are most likely to think they are 34B when they are 36D.

Katie believes that a good bra reduces backache and improves a woman's posture and confidence. It can make breasts look bigger too. But it is essential to get the right fit and to try a bra every time you buy.

If you are relying on the straps for support the bra is a poor fit, she says. If the bra is sliding up your back, it is a



A well-fitting bra can work wonders

disastrous fit. The band (lower, flat part of the bra) should provide most of the support. Slide your bra straps down. Your bosom should stay supported and if it doesn't your bra is a poor fit.

She emphasises that bras need to be fitted every time. You can't assume that if you are a 38D with one manufacturer, all 38Ds in the shop will fit.

'It costs nothing to be fitted and you could save money as you will wear what you buy and not push it to the back of a drawer. Cheap bras do not provide enough support for big-breasted women.'

For information on how to find a well-fitting bra, visit www.thelessyouwear.com/fitting-room/bra-fitting/bow-a-badly-fitting-bra-looks

Denise Dawson, 32



LIP & TUMMY TUCK:
£7,500



Driving instructor Denise, from Bristol, had liposuction and a tummy tuck.

'Although I'd managed to get down to a size 12 from a 14 after having my two kids, I struggled to get my flat tummy back. No amount of sit-ups helped and I felt frumpy, so in March 2005 I decided to have surgery.'

'In the UK, liposuction costs around £5,000, but I found a clinic in Brussels that did it for half the price. I didn't think twice about the safety and even signed an agreement saying I wouldn't sue if anything went wrong.'

'Unfortunately, when I first saw my tummy the day after the op, I was shocked. It was a mess - swollen like a balloon with dents all over - and I didn't look any thinner. My surgeon told me to wait for the swelling to go down, but it never did.'

'For years I was left self-conscious because of my lumpy tummy. I wore baggy tops and loose trousers to hide the lumps and the thought of wearing a swimsuit made me feel sick. My confidence was so low that I couldn't even get undressed in front of my husband Colin [46]. He told me I was beautiful, but I knew I needed help.'

'I didn't dare risk cheap surgery again, so I went for a consultation on London's Harley Street in February. The surgeon explained

I'd need a tummy tuck at a cost of £5,000. I saved up £2,000 and put the rest on my credit card.'

'It was worth every penny. The lumps are gone and even my scars are fading. I've gone from 10st to 9st 4lb and have lost tin from my tummy. I never thought I'd feel comfortable in a bikini, but the op's put the spark back in my marriage and Colin can't believe how positive I am now. It's taken a while, but I'm finally beach-ready.'

Caroline Moore, 22



Caroline used to be a 32A cup

Mum of two Caroline, a hairdresser from Gloucester, shelled out for a boob job to get 32E breasts

'As a teenager I waited for my boobs to develop but by the time I was 18, I still only just filled a 32A bra. I used to get asked for ID all the time when I was out and I was convinced it was because my boyish chest made me look younger.'

'When I first met my boyfriend Luke, who's now 34, I worried he wouldn't find me attractive, but he told me I was the sexiest girl he'd ever seen. After a few months'

I fell pregnant - and my body changed dramatically. I went up a dress size and finally got the curves I'd dreamt of. While breast-feeding our daughter Lauren-Ann, now three, my bra size increased to a 32C and I loved it. I had my second baby Elijah just over a year later but when I lost the baby weight, my breasts disappeared. My tiny size As were back - and droopier than ever.'

'I booked a breast augmentation operation in February, which cost £3,950 - I paid half and Luke paid half, although I'm paying him back each month from my wages. As soon as I saw my new 32E cups, I couldn't stop giggling. I also

they made me feel - so confident and sexy. I used to want to stay in, but now I enjoy getting dressed up for romantic dinner dates and cocktails with the girls.'

'I'd always dreaded having to wear a bikini by the pool or on the beach. Now, for the first time, I can't wait. I went bikini shopping recently and got really excited, although I found it harder to get swimwear in my new size - suddenly I had to choose bikinis with good support and in the right cup size. Surgery isn't for everyone, but it gives me the confidence

Now - REAL LIFE



BOOB JOB:
£3,950

'My new boobs make me feel confident'



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LINIA TESTIMONIALS

1.

An absolutely cracking team of staff. From my initial consultation through to surgery and aftercare the experience has been amazing. The team at Harley Street were so caring and professional. Husband got very well looked after thought out the time he was looking at Harley St. so much so I think he could have moved in :)

Would have no hesitation in recommending Linia.

2.

After many consultations with various doctors, I was thrilled to find Linia cosmetic surgery. Mr. Aslam was exceptional in making me feel at ease, his extensive knowledge in the practice was hugely reassuring and the entire team, Sobia especially, made me feel very comfortable with the experience.

Ever since I had my breast augmentation my confidence has soared. I have been able to go clothes shopping, feel proud of my appearance and wear tops and dresses that I would never usually buy.

It all thanks to the wonderful service provided by Linia, I can't thank you enough.

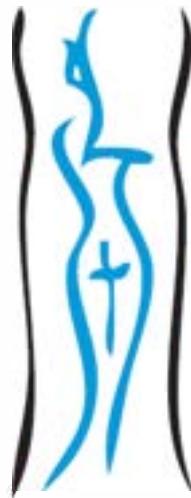
3.

Very good all around. Caring sensitive and most of all the take the time to listen and reassure me. Mr. Aslam is very kind and knowledgeable regarding his advice.

I would recommend Linia to my friends or family. Whenever I visit I am always made to feel very welcome.

4.

Mr. Aslam is a real kind doctor shown sincere support towards me. The hospital looks outstanding and all people I have met so far through Linia under its new management have been very kind and professional. A+ Keep up the Great Work!



LINIA

Cosmetic Surgery

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