

# The Natural Botox Effect

Want a smooth and blemish-free complexion without resorting to needles and fillers? Celebrity make-up artist Sarah Jagger looks at the best holistic alternatives

**Botox, fillers, nips and tucks.** Medical cosmetic procedures are more popular than ever and there's no doubt about it... these methods deliver results but for those of us who don't want to go down the road of injectables, surgery or chemical-loaded treatments, surely there must be a more natural alternative to anti-ageing and self improvement?

I road tested the latest paraben-free, natural based products on the market and discovered some that really work!



## The author

Sarah Jagger is a fashion makeup artist and author of *Magic Makeup Tips & Techniques*

When Sarah isn't behind the camera working her magic she can be found dishing the dirt on all the latest beauty trends around. She is a resident makeup expert on ITV's *This Morning* and one of the show's 'Beauty Belles'. She's also been an expert for *Boots*, *GMTV*, *Live on 5* and many more.

## The Natural 'Botox'

You'd be forgiven for being sceptical about creams that claim to have the same effect as Botox. After all, Botox is a neurotoxic poison that relaxes the contraction of facial muscles by blocking nerve impulses. What kind of cream could do that? Well, the reality is that there really isn't anything that has the same wrinkle-relaxing effect; however there are some seriously sophisticated new potions around which use natural ingredients and actually do the job of reducing fine lines, delivering smoother, firmer, plumper looking skin.

Planet Skincare is my new cosmetic crush. Within two weeks of using their new day and night products, I watched in wonder as the fine lines around my eyes and mouth decreased and friends started telling me how great my skin looked. Both the Platinum Crème Excellence (£125.00) and Wrinkle Defence Moisturiser (£65.00) contain the scientifically proven, award winning 'Syn-ake': a cocktail of safe and natural compounds designed to inhibit the release of those neurotransmitters which cause facial lines and wrinkles. Moisturising passionflower, skin softening squalane, soothing calendula and the powerful antioxidant Vitamin E make moisturising a thoroughly enjoyable ritual ([planetskincare.co.uk](http://planetskincare.co.uk)).





## The face sculptor

In recent times, we've seen a backlash against the 'pillow face' look. When asked who I recommend for an anti-ageing facial in London, I always suggest Sarah Chapman in South Kensington, who uses lymphatic drainage massage in her signature Skinesis facial to lift, firm and contour the face. Now we can benefit from Sarah's expertise at home with the Sarah Chapman Facialift (£25.00) – a massage tool that takes DIY facials to a whole new level. As eight massage heads and 48 nodules work their way along the face, you can really feel the skin being lifted. Use Facialift together with Sarah Chapman Overnight Facial (£45.00) – a serum containing a potent blend of omegas, Vitamins E, C and A combined with jasmine, rose and hemp seed oil. Simply apply at night and wake up looking like you've had a facial! I used it during a flight and my skin looked better than before I'd boarded! (spacenk.co.uk)



## The gentle microdermabrasion

When it comes to the complexion, few treatments are as effective at resurfacing the skin as professional microdermabrasion, whereby an abrasive substance (usually crystals) is blasted across the surface of the face to remove the top layer of dead skin cells. The result is smoother skin but for many, the treatment is uncomfortable and can leave sensitive complexions feeling sore and looking red.

Think of Bliss Peeling Groovy (£49.10) as 'liquid microdermabrasion' for delicate complexions. A blend of vitamin C and amino acids replace irritating AHAs (found in most home exfoliators) to not only gently dislodge dead skin cells but to act as a magnet for moisture too. Apply like a serum to reveal healthy new cells, minimise large pores and reduce stubborn pigmentation. Use it regularly and you'll notice that moisturisers and face oils absorb more effectively when there are no more dead surface cells to prevent them from working. (blissworld.co.uk)



## Naturally plumper lips

Lip fillers (usually hyaluronic acid-based) certainly make for a more plump pout but the treatment needs to be re-injected approximately every three months and can leave you with a swollen, bruised mouth for many days afterwards... not to mention the expense. A lip contouring cream won't enhance the lips as effectively as injected filler but it can smooth fine lines on and around the lip to create a firmer, younger looking mouth. Dr Brandt Lineless, Lines No More Lips (£25.00) fills and minimises the depth of vertical lines, while restoring moisture and creating a smoother base for lipsticks. Team with By Terry Baume de Rose (£32.00), a lip balm with a pale pink hue to make lips appear fuller and you'll achieve a subtly plumper looking pout. (spacenk.co.uk)



## The peroxide-free tooth whitener

Brighter, whiter teeth make us look better and that's a fact. The problem is that tooth whitening usually contains peroxide which can cause damage to enamel and in extreme cases chemical burns on the gums. Many people are also hyper-sensitive to the treatment and find the process painful and uncomfortable. Botanical White (£44.95) is the first non-peroxide whitening kit in the UK, using a formula containing chamomile, aloe vera and vitamin D to not only whiten the teeth up to 11 shades but also soothe teeth and gums as it helps to strengthen the teeth. (botanicalwhite.co.uk)

## The 'eye lift' in a pot

I always keep two teaspoons in the fridge on standby because there is nothing quite like the feeling of cold metal to sooth tired, puffy eyes. But for chronic puffiness, dark circles and loss of firmness around the eyes one needs something significantly more advanced than a couple of cold spoons! Step forward Chantecaille Nano Gold Energising Eye Cream (£230.00). Chantecaille, having recognised the anti-inflammatory benefits of metals, included the most precious kind of all in their Nano Gold range. I don't think I'm alone when I say that I expect a lot from a product priced at the top end of the luxury skincare market so I was impressed to find this eye cream really effective.

The science behind the formula is this: nanoparticles of 24-carat gold bind themselves to silk microfibers to carry the healing, firming and lifting properties of the metal to the skin cells. In other words, it works...and feels lovely on worse-for-wear eyes. (spacenk.co.uk)



## The 'Facelift' in a jar

It's rare to find a skincare product that delivers results on first use but Faithlift (£50.00) does just that. After arriving with a warning attached to 'not be alarmed at the mask's extreme lifting effect', I was instantly intrigued and promptly proceeded to plaster it all over my face and neck. The effect is indeed alarming – especially considering the product's main ingredients are pure, organic essential oils and herbal extracts. Within ten minutes of the mask drying, I looked as if I'd come through a wind tunnel at high speed as my skin tightened and my facial expressions froze completely. Fortunately the startled look went away after removing with warm water; however the firming effects of the mask remained. My skin felt softer and appeared more toned (especially around the jaw line where most help is needed) for around 24 hours. (tibbyolivier.com)

