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A younger, fresher **YOU**

Women are living increasingly busy lives juggling family and work commitments. These stresses combined with long days and late nights wreak havoc on the body, but show mostly on your face. Many women approaching their mid-forties and fifties want to look as vibrant and youthful as they feel.

The term facelift covers a range of techniques that aim to improve the signs of facial ageing and correct sagging, a crepey neck and jowly jaw line. Traditional techniques involved just tightening the skin and resulted in an unnatural-looking 'wind-swept' result. Modern, short-scar techniques tighten and reposition the underlying layers that have been displaced by gravity.

When a lift is done well, the changes are naturally pleasing and the owners simply look much younger than their chronological age. Shaping the face by removing, repositioning or adding soft tissue, rather than by just tightening the skin and muscles, is the key to achieving the most harmonious results in facial rejuvenation.

Facelifts combined with liposuction to the jowls and neck, micro fat transfer to the cheek and deeper wrinkles with eyelid rejuvenation and a minimally invasive brow lift produce a more harmonious, natural looking result than a face lift performed in isolation. Pre-operative and post-operative skin conditioning with a light chemical peel or laser treatment will further enhance the final result.

Most people will only have one facelift in their lifetime, but others may have a second surgery seven to 12 years later, when the tissues will probably have relaxed again. Maintaining the result of your surgery by keeping your weight stable, using a moisturiser with sun protection and perhaps the occasional light chemical peel will optimise your investment and keep you looking fresh.

Janice, aged 57, underwent an endoscopic brow lift, upper and lower blepharoplasty, facelift and fat transfer to the upper lip and the nasal labial folds and marionette lines. She is delighted with her more youthful, fresher appearance.

As with all cosmetic surgery, it is important to check that your surgeon has the training and experience to perform the technique. Accredited plastic and cosmetic surgeons are members of the British Association of Aesthetic Plastic Surgeons (BAAPS) www.baaps.org.uk or by calling the Advice Line on 0207 405 2234.

