

YourLIFE PLUS

NEW TREATMENTS CLAIM TO TACKLE WRINKLES JUST AS WELL AS MUSCLE-FREEZING INJECTIONS. BEAUTY EXPERT TRISH LESSLIE TRIES THEM

IT may give great results, but the idea of injecting your muscles with poison is scary. Add to that the cost of Botox – from £200 per area treated plus the need for top-ups every six months or so – and there's more than the risk of ending up with a droopy brow to worry about.

Botox – a refined form of the potentially lethal toxin botulism – works by paralysing facial muscles. But while it can work very well, it also has its limitations.

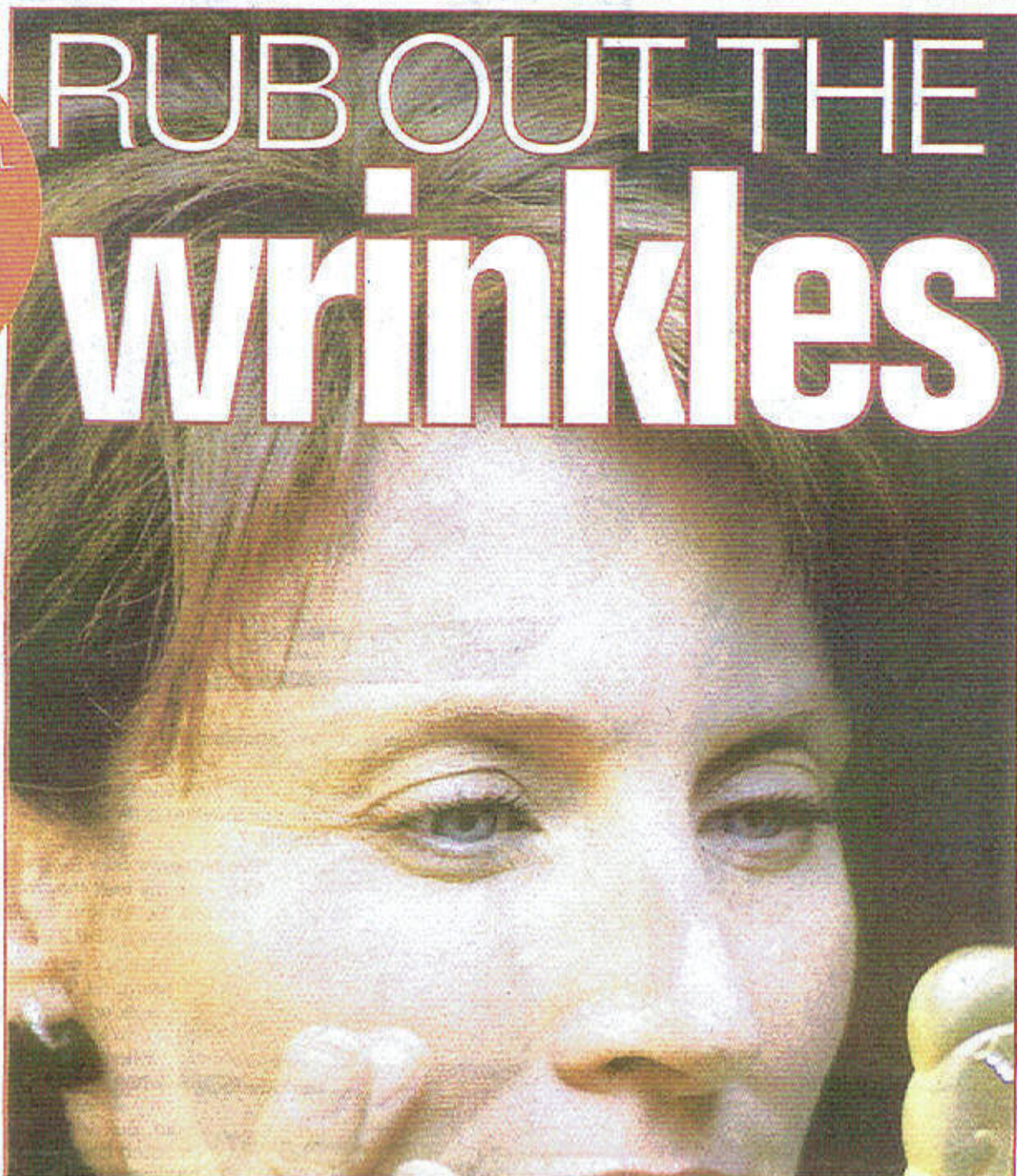
It does nothing to improve the skin's loss of elasticity and firmness and, in any event, not all anti-ageing specialists think freezing muscles is a good way to combat signs of ageing.

That's why the latest lotions and potions relax the skin rather than the muscles themselves while also working to improve skin tone. Here's the low-down on the latest ways to beat sags, lines and wrinkles without getting the needle.

Best for value

Superdrug Optimum Advance Wrinkle Reduc-

RUB OUT THE wrinkles



Best for natural ingredients

Natralox, £49.95 for 30ml
CLINICALLY proven to reduce the appearance of wrinkles by up to 50 per cent in 30 days, this cream's key ingredient is Argireline, which relaxes muscles without paralysing. Wrinkle-busting vitamins A and C are also on hand to help fight free-radical damage, slowing down the appearance of new lines. Available from Holland & Barrett.



Best for added UV protection



Olay Regenerist Rehydrating Lotion with UV Protection, £19.50 for 75ml

HARNESSING the power of proteins called peptides, this lotion promises firmer, younger-looking skin in just three weeks. It contains the same line-smoothing ingredient as the cult skincare cream Strivectin at a fraction of the price (Strivectin costs £135 for 100ml). It will protect you from the sun's ageing UVA and UVB rays, too.

Best for line smoothing

Avon Anew Clinical Deep Crease Concentrate with Bo-Hylurox, £20 for 30ml

IN clinical trials, 94 per cent of women said their crow's feet had been dramatically reduced after using this serum twice daily for eight weeks, and the range – which includes a night cream – achieved great results on forehead and nose-to-mouth lines, too. Buy online at

