

expressyourself Beauty

ALICE SMELLIE
tests the latest
age-defying
beauty products

Plump for more youthful skin

AS EVERY woman knows our faces can lose their youthful glow as we age. Once we hit the quarter-century collagen levels fall at a rate of 1.5 per cent a year. How do we replace it? I tested eight products claiming to boost collagen, smooth wrinkles and turn back time.

Consultant dermatologist Veronique Bataille, spokesman for HarleyStreet.com, also gives her verdict.

TITANIUM DERMAROLLER, £50, Medik8 (skinbrands.co.uk)

What is it? A roller with 0.2mm-long titanium metal spikes that you roll over your face up to 10 times a day. Wounding the skin forces it to heal by stimulating collagen production.

Alice says: This proves beyond doubt that beauty is pain. My teeth were gritted and my skin slightly raw and inflamed.

However my face did look instantly luminous if a bit flushed. Devotees swear it fills out lines and plumps up the skin within a month. A reasonably high pain threshold is needed but it produces great results.

Veronique says: There is evidence that when you cause injury to the dermis you stimulate collagen to produce fibroblasts (a connective tissue cell). I don't recommend doing it on a



daily basis in case skin becomes oversensitive. This is one of the few areas in which there is proof of efficacy.
Score: 9/10

COLLAGEN BOOSTING SERUM, £10.95, Nurture Skin Care (nurtureskincare.co.uk)

What is it? Containing phytoestrogens from soya-bean extract that mimics natural oestrogen, the serum helps replenish this skin-plumping hormone and collagen. Use under moisturiser for a boost.

Alice: A hit with testers (70 out of 94 said their skin looked plumper after two weeks), the serum smells delicious and leaves skin feeling soft. After a week using it under my normal cream my skin looked a little filled out especially around the nose-to-lip lines.

Veronique: Oestrogen on the skin in perimenopausal or menopausal women is very



beneficial but unnecessary in younger women.
Score: 6/10

TUA SPA, £195, tuaspa.com

What is it? This hand-held gadget looks like a slender mobile phone. A microcurrent stimulates cell activity and collagen production and increases blood circulation to the skin bringing more nutrients to the surface.

Ultrasonic waves promise to improve hydration levels.

Alice: The most advanced setting combines sonic and microcurrent in a three-minute super facial.

Wet the face and move the nodes slowly over the cheeks and forehead. It is like being gently tickled.

After three minutes my skin looked phenomenal, smooth, plumped up and glowing. This



can be used on a daily basis. Optimum results should be seen after a few weeks.

Veronique: This works using the same process as the Dermalroller, annoying the dermis and forcing it to produce extra collagen by waking up the fibroblasts.
Score: 10/10

FINE-LIGHT MASK, £400, Innovate Photonics (fine-light.co.uk)

What is it? Red light is used in salons to stimulate collagen

and elastin in the skin. Now it's available in this mask, which is placed over your face for 30 minutes every couple of days. The collagen plumps up the whole face.

Alice: Put on the goggles to protect your eyes then lower the vast mask over your face.



The light is so bright you may need to close your eyes.

I felt a soothing sensation of gentle warmth bathing my face. It's very relaxing and after half an hour my face looked radiant.

Use for a few weeks for optimum results. It's pricey but can be used every day. I've taken half a mark off for the price.

Veronique: Red light may penetrate deep into the skin and may have some effect.

The science sounds interesting but I'd want to see clinical studies in order to comment on efficacy in plumping skin.
Score: 9.5/10

SUPER COLLAGEN AND VITAMIN C TABLETS, £12.99 for 90 tablets, NeoCell (superdrug.com)

What is it? Part of the trend for beauty from within. Take daily to boost collagen levels.