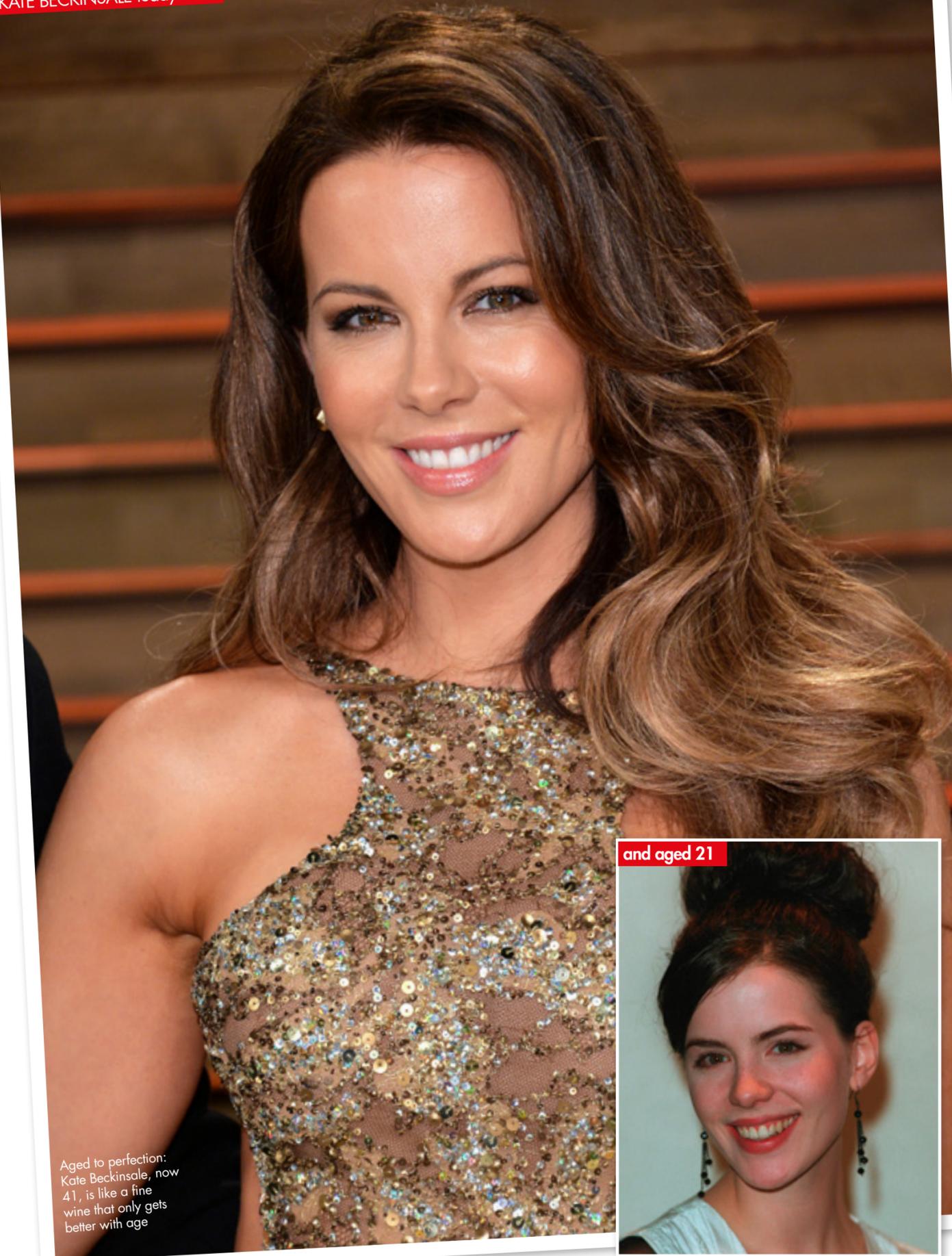


KATE BECKINSALE today at 41



Aged to perfection: Kate Beckinsale, now 41, is like a fine wine that only gets better with age

ELLE MACPHERSON at 30



and 50



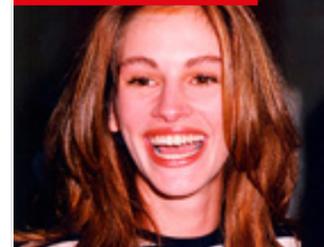
HALLE BERRY at 28



and 48



JULIA ROBERTS at 26



and 46



SHARON STONE at 26



and 56



BEAUTY

How to Have a **FIT FACE**

Is your face fit? With the help of a top skin doctor, we unlock the secrets of A-list-style ageless beauty. And while cosmetic doctors certainly seem to play their part, there are plenty of products you can use at home to keep the ageing process at bay

From Jennifer Aniston to Julia Roberts, Kate Beckinsale to Halle Berry, plus Salma Hayek, Elle Macpherson and Sharon Stone – a growing number of famous faces prove it is possible to look as good in your forties, and beyond, as you did in your thirties. And if these celebrities seem to have the secret of ageless beauty all worked out, that is because they all have what one of London's leading skin doctors has dubbed a "fit face".

"I call it that because someone like Jennifer Aniston really looks like she takes care of herself," explains Dr Vicky Dondos, who along with her husband, cosmetic surgeon Dr Geoffrey Mullan, runs Medicetics. "Her face is the outward expression of health – her skin is luminous, her weight is stable, everything that she has had done is true to her. If you look back at the re-runs of *Friends* you can see that she hasn't changed her face in any way – she has simply maintained it."

For Jennifer and many other A-list stars, maintenance plays a key role in their beauty regime. "It's a question of constant daily upkeep and regular, minimally invasive procedures like Botox, subtle filler and laser work, which are designed to gradually replace and restore what is lost with age without altering the shape or planes of the face so that it appears different," adds Dr Dondos. "Having watched these famous faces – and also my own and those of my clients – over the years, I know what works in terms of the best skincare, but also what treatments give that seemingly ageless appearance that we all want."

So what are the essential qualities for a fit face? The main giveaway, says

Dr Dondos, is luminous, radiant, clear, firm and plump skin that has lines when you laugh, smile or are expressing emotion, but does not have deep lines permanently etched into your skin. "The secret is daily skincare that works with minimally invasive procedures to reverse any signs of ageing."

She truly believes that the right skincare products can make all the difference and recommends a daily SPF, retinoids, regular exfoliation and antioxidant skincare. Best of all, these products are easily available and, according to Dr Dondos, as effective as the stronger, prescription-only alternatives. "For years I prescribed Retin A, but more recently I have seen studies saying that retinoids, which are non-prescription yet deliver ingredients that are converted to retinol in the skin, are showing a real difference. They are proven to get deep into the skin to boost collagen production and to stop pigment irregularities."

For her, one of the single most effective things you can do for your skin is to exfoliate regularly. "Previously I thought it was all superficial, but now I see that clinical peels, three or four times a year, give great results. At home I like an exfoliating wash to help get rid of the dead skin cells and make-up and an overnight salicylic acid and glycolic acid lotion or serum."

In terms of clinical treatments, she says tackling loss of volume is essential to maintaining a more youthful face. "People often come to see me and want Botox to erase lines, but it is loss of fat from the face that is most ageing. Botox is great for premature wrinkling or to get rid of that line between the brows that makes you look angry. But you do not want to

'The secret is daily skincare that works with minimally invasive procedures to reverse any signs of ageing. Your face moved when you were 20. It wasn't frozen or puffy – it was luminous and glowing – and that's the look you want to aim for'

and aged 21



leave the telltale sign where the upper face is smooth and lineless and the lower face has sagged. It is actually loss of volume over the cheekbones, in the temples and around the eyes that is the main difference between a face in its twenties and thirties. The secret is to put back just what you had, not to overfill in an effort to erase lines."

While a few fine lines will not make you look old, an over-filled pillow face most definitely will, so a subtle approach to filler is essential. She recommends using it on the temples, the tear troughs under the eyes, a little over the cheekbones, some in the vermilion border where the lips meet the skin and some in the area just either side of the nose – "as this tends to lift the smile lines out".

Before working on your face Dr Dondos, like most of the best skincare doctors, asks that you provide her with a picture of yourself in your mid-twenties. "There is nothing better than having a visual reference to see what needs gently replacing," she explains. "What the skin texture was like and to see the shape of the face before it started to age. That way, you can stay true to a person's face, not distort it."

In your forties and fifties you can also start to introduce laser and Intense Pulsed Light and Radiowave treatments that will tighten skin, get rid of age spots, pigmentation and redness and give you back that healthy glow. "But remember," warns Dr Dondos, "your face moved when you were 20. It wasn't frozen or puffy, it was luminous and glowing and it looked fit, and that's the look you want to aim for." ❑

• Dr Dondos is available at Medicetics. For information and to book a consultation visit medicetics.com



DOCTOR'S ORDERS

We asked Dr Dondos to reveal the products she recommends, having used them on her own face as well as those of her clients....



1. **Epionce Lytic Tx**, £46.50; visit epionce.co.uk. "Helps to improve the appearance of skin tone and texture"
2. **Philosophy Help Me Retinol Night Treatment**, £38.50; visit philosophyskincare.co.uk
3. **Obagi Nu-Derm Sun Shield SPF50 Matte**, £59, from goodskindays.co.uk. "Offers good protection, is not oily, doesn't smell strongly and you can wear foundation over it"
4. **Heliocare Color Gelcream Light SPF50**, £28. "A tinted base with a sun filter – ideal in an emergency if the sun breaks through when you are out and about"
5. **SkinCeuticals Retinol 1.0**, £47.50, from strawberrynet.com. "A great high street retinol product"
6. **Epionce Intense Defence Serum**, £120; visit epionce.co.uk. "An effective daily antioxidant-rich serum"
7. **NeoStrata Skin Active Exfoliating Wash**, £31, from effortlesskin.com