

Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Hands show age quickly – from age spots to wrinkles – and, apart from wearing gloves, it can be hard to hide! Here are some great solutions to help you turn back time.

PLUMP UP THE VOLUME

Our hands start to lose muscle tone as soon as we reach our 30s, and changes in our hormone levels also cause skin to become thinner, making veins more visible. Fat transfer is becoming a popular way to rejuvenate the area – this involves simply taking

fat from another area of the body (such as the stomach), which is then treated in a machine before being injected into the hands. Results can last up to five years, and treatment costs from £2,800. If you've no fat, dermal fillers can be used, which costs from £550, for results that last up to a year.

ZAP AGE SPOTS

Continued sun exposure over a long period is the main cause of the hyper pigmentation that shows itself as brown patches. A course of IPL (intense pulsed light) with Lumecca is the ideal remedy for this. The light treatment stimulates the regeneration of cells and boosts collagen, all of which helps to even out your skin tone. A course of three to six treatments spaced 10 days apart sees optimum results. From £150 a session.



THE VAMPIRE LIFT

If the skin on your hands is thin and wrinkly, the Vampire Lift, also known as platelet-rich plasma (PRP), can restore firmness. A vial of your blood is taken and put into

a machine to separate the youth-boosting plasma, which is then injected into your hands, stimulating collagen and improving skin quality. Result last up to 18 months. Prices start from £500.

AND DON'T FORGET...

- Always wear sun protection on the back of the hands, even when driving, as UVA rays can penetrate glass.
- Wash in lukewarm water using mild soap. Extreme temperatures damage skin.
- Wear protective gloves for housework. Household products like washing-up liquid can easily alter the skin's natural pH balance.
- Treat your hands like your face: exfoliate, then use a plumping mask once a week.
- Invest in an anti-ageing hand cream and apply daily. Look out for ingredients like vitamin A and C, hyaluronic acid, omega-3 and Q10.
- Cracked hands? Try rinsing them with apple cider vinegar, which helps restore the skin's natural pH balance.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com

How to live longer!



WHILE WE'LL NEVER BE ABLE TO STOP THE AGEING PROCESS, WE CAN CERTAINLY TRY TO SLOW IT DOWN. DR ELLIE CANNON SHARES HER TIPS FOR ADDING A FEW YEARS TO YOUR LIFE...

We're always being told how to prevent disease and protect our health, but there are some lifestyle choices that can genuinely help you live longer. Thinking about the years you can add to your life is a great incentive to make and keep a healthy resolution. So try one of these ideas today – you may find it easier than you think.

RUN FOR YOUR LIFE

Getting up and going for a run will add years to your life! Research shows that running regularly could see your life expectancy increase by up to three years – for every hour you run, seven hours are added to your life. The great news is you don't even need to be a 'good' runner – you can still pile the years on even if you're not running very fast or very far. It's great all-round exercise.

ENJOY YOUR OILS

Make sure you eat your omega-3s! These oils are known as healthy fats, and are the type you can find in oily fish, such as salmon and mackerel. By having these twice a week, you will be improving your life expectancy. Consuming omega-3 oils lowers your chances of having a serious heart attack or stroke, and also reduces your blood pressure – all of which contribute to a longer, healthier life.



QUIT THE HABIT

Add a decade to your life by giving up smoking. We all know that ditching cigarettes is a proven way to live longer – different studies show that smokers die, on average, 10 years earlier than non-smokers. The sooner you give up, the better. Talk to a pharmacist about their quit-smoking service or ask your GP surgery for aids such as patches. Doctors now also advise that e-cigarettes can help you to quit.

CUT OUT MEAT

Becoming vegetarian could add nearly a decade to your life; however, we must look at the bigger picture. We know that eating more plant-based foods is good for us, and it is certainly on-trend. But while some studies show vegetarians live up to nine years longer, this is actually because they tend to be healthier in other areas of their lifestyles, such as exercise.



SLEEP ON IT

Getting enough sleep helps prevent diseases that shorten lifespan. We know chronic sleep deprivation can increase your risk of heart disease, diabetes, high blood pressure and stroke, all of which can lead to earlier deaths. Getting the right amount of sleep regularly means you wake up feeling refreshed and restored each day. So those early nights could add years to your life!



GO NUTS!

Research from Harvard University in the US has shown that people who snack on nuts every day live longer than those who don't. The study followed a group of people over 30 years and found that those eating nuts every day were 20 per cent less likely to die in that time. Nuts have got so much good stuff in them – fibre, vitamins and healthy fats – that they can help to prevent heart disease and cancer.

FAMILY TIES

Build your support network: family and friends are good for us! It has long been known that having a support network is good for your health, and studies prove this reduces your chances of early death from illnesses such as heart disease. We don't know why this is the case exactly, but it makes sense – having people around to care about and support you will help you live longer.

