

# The cheat's guide to Botox

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A fringe can help hide wrinkles

Nearly two and a half thousand British women chose Botox injections to beat wrinkles in 2000, but some of us may not be too keen on injecting a poison into our foreheads.

If you prefer to beat a furrowed brow using natural methods, help is at hand.

Here Josephine Fairley, author of *Beauty Fixes*, offers a cheat's guide to achieving the same results as Botox but without the injections.

## 1. Grow a fringe

Renowned hairstylist John Frieda says, 'If you have a lined forehead, you should try a fringe before you try anything else. A fringe over the brow can be extremely de-ageing for older women, softening a face and even disguising lines.'

'Steer clear of heavy fringes though, as this look is too severe for women of practically any age. Go for something light and feathery,' he says.

## 2. Use a concealer in the wrinkles

Make-up artist Trish McEvoy suggests using a stick or wand concealer that is slightly lighter than your skin tone to mask vertical lines between the brows.

She says, 'Literally use it to draw down the line, extending the line slightly at either end of the furrow. Then blend by patting with a finger. It creates an optical illusion, making the line less visible.'

A favourite concealer with make-up artists is Yves Saint Laurent's *Touche Eclat*, available from major high street chemists and department stores.

### **3. Use a nonsurgical line filler**

Professional make-up artists tend to advise against using foundation in your wrinkles as it can draw attention to them, but there is one product they do recommend.

Prescriptives make a product - called Magic Invisible Line Smoother - that works like Polyfilla and gives amazing results. It works by being dabbed on lines and wrinkles which then fill up with the silicone-based gel.

It also contains 'optical diffusers' which reflect the light back from your wrinkles, softening them. Do not worry about applying silicon straight to the skin as it is safe to be applied to the surface.

Try using the product before and after applying foundation, dabbing it into areas like crow's feet and furrows between your eyebrows for the best results. Avoid powdering the area afterwards as this can settle into the wrinkles, emphasizing them.

Prescriptives products are available in major department stores. Call 0800 525 501 to find a stockist in your area.

### **4. Try the 'safe alternative'**

A similar product to the Magic Invisible Line Smoother is a line filling gel called Line Up created by Joey New York. They call it the 'safe alternative to Botox'.

It can be used wherever you would normally have a line-filling injection. It works by causing a mild tightening effect on the skin, smoothing out wrinkles.

Joey New York products are exclusive to House of Fraser. For mail order call 020 7963 2000.

### **5. Take up facial exercises**

Fans of facial exercises claim they can combat frown lines and a host of other facial



Practice facial exercises for an unlined brow flaps.

Facial work-out guru Eva Fraser has created the following exercises to eliminate horizontal lines on your forehead.

- Sit in front of a mirror, rest your elbows on a table and place the pads of your fingertips along your hairline.
- Gently push your brow upwards and hold, keeping your head erect.

- Looking straight ahead, bring your brow down in five movements against the resistance of your hand and, as you do so, gradually close your eyes.
- Hold this downward pull for a count of three, then slowly release.
- Don't scowl or push your head into your hands - it can cause tension in the back of your neck.
- Remember to relax and breathe.
- Repeat three times.

*Cheat's guide to botox adapted from Beauty Fixes by Josephine Fairley £7.99 from Vermillion Press.*