

Healthy eating and exercise? Botox is Mrs Sting's REAL beauty secret

KATIE NICHOLL - 30th September 2007

When Trudie Styler took her place in the front row at a recent fashion show, the 53-year-old looked as wrinkle-free as the youthful models strutting down the catwalk.

'Mrs Sting' has always insisted her age-defying looks are down to healthy eating and a vigorous exercise regime (the couple's Tantric sex sessions are well documented).

But I can reveal that the film-maker and actress has finally succumbed to a little surgical assistance.



Wrinkle free: Beaming Trudie Styler shows off her botox-enhanced face

Sources close to Trudie, who is helping Dustin Hoffman's wife Lisa launch a line of rainforest-based spa products, say she has had a course of botox injections after fearing she was finally losing her looks.

"Trudie had been talking about having some work done for a while," admitted one pal.

"Now, she's taken the plunge and had botox jabs to lift her brow and smooth the lines on her forehead and the creases around her mouth."



Trudie with husband, rock star Sting

I understand the mother of four has been seeing surgeon-to-the-stars Dr Jean-Louis Sebagh, who is based in Wimpole Street in London.

Trudie has had collagen treatments over the years to help smooth over scar tissue from a road accident when she was a child.

But this is the first time she's turned to medical intervention to combat the signs of ageing.

Her decision to follow the celebrity trend for botox is a U-turn for Trudie, who once said of the injections: "I don't like the idea of it."



Surgical assistance: Trudie before going under the knife

Her spokesman confirmed she had been having botox and said: "Trudie works out hard in yoga and pilates classes for many hours each week and eats a healthy, almost entirely organic diet.

"She also uses excellent facial products and makes no secret of the fact that she has made use of botox.

"Ultimately, though, her real beauty secret is that she is a happy woman with a wonderful family."