

Treatments on Trial: Visage Lifestyle Clinic

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No.1's Emma tried out two of the most buzz-worthy treatments at this clinic...

EYELASH REJUVENATION:

Visage Lifestyle Clinic, based in Glasgow, was the first in the UK to introduce the only FDA Approved treatment that has been clinically proven to make your natural eyelashes grow longer, darker and thicker. With such a huge claim I was keen to give it a go and see if the results really did live up to the hype. The first step of the 16-week programme involves a consultation with Consultant Ophthalmic Surgeon Dr Shahriar Nabili, during which the health of your eyes is tested and you are prescribed your first bottle of the miracle solution.

You apply the solution every night in your own home just before bed. Only one drop per eye is needed and you apply it in a similar fashion to a liquid eyeliner – streaking a line close to the base of your upper lashes – the process takes around three minutes tops!

After three weeks I started to notice my lashes getting noticeably thicker – as was explained to me in the initial consultation. Human eyelashes have a natural growth cycle and so it is really around the eight-week mark that the effects become even more noticeable. And, after using the product religiously every night for two and a half months, there was a marked change in my lashes – so much so that I had various people enquiring if I'd had extensions or changed my mascara – I'd done neither, just used the eyelash solution every night.

The great thing about the Eyelash Rejuvenation programme is how naturally 'pretty' the effects are. Unlike the synthetic look of false lashes or extensions, they are all your own lashes – they're just a

hundred times better! And the side-effect of having better lashes is that you automatically look younger – it's like having the kind of thick, curly eyelashes you had when you were a little girl!

Now, it's important to point out that the programme is not cheap – each bottle of the solution lasts a month (you must discard the solution four weeks after opening), costs £65 and you will need three to achieve the best results. But, after the first three months, once you have the optimum eyelash results, you should only need to 'top up' the effects by applying the solution twice-weekly.

MESOTHERAPY:

The second treatment I tried out at Visage is called Mesotherapy. This treatment is something of an insider secret amongst beauty aficionados and celebrities alike... but what is it? During my first session Visage's mesotherapy expert Eileen explained to me that, although very new to Scotland, there is already an underground buzz about the amazing results achieved within just three sessions of this treatment.

Mesotherapy involves a series of microinjections that embed a tiny drop of a 'super' solution made up from a cocktail of vitamins, minerals and amino acids. During my first treatment I wasn't entirely sure what to expect, but Eileen quickly put me at ease and explained where she would be injecting on my face for optimum results. There is no point pretending being jagged in the face doesn't hurt – it does – but only for the duration of the 15 minute treatment and the pain is more than bearable, especially as

EYELASH REJUVENATION RESULTS



Emma's lashes before

Emma's lashes after

MESOTHERAPY RESULTS



Case study before

Case study after

a topical anaesthetic solution is applied to the area before the injections begin. Afterwards there is no residual pain at all, you wouldn't even know you'd had anything done! So what is the purpose of the injections? This is the best bit – mesotherapy tackles sagging skin, crêpey skin, fine lines and wrinkles, leathery skin and a dull complexion. In other words – it's designed to make you look younger, better and fresher. Just look at the case study above for evidence!

I had three treatments in total and must admit that my skin has never felt so 'springy' to the touch. And whilst springy might not

seem like something you are craving in your quest for youth, the difference having thicker, plumper skin makes to your appearance is unbelievable. Think about it this way, if you pinch the skin on the back of your hand how long does it take to spring back into place? Do the same to a 10-year-old and you'll see that the skin springs back immediately. Now imagine the skin on your face feeling as 'springy' as a 10-year-old's!

Mesotherapy costs £150 per treatment and also works wonders on the chest area if you are suffering crepey skin there as well as the face, hands and neck.