

THE 20-MINUTE NECK LIFT

After years of worrying about her 'turkey neck', Karen Morgan wanted a permanent solution

I BECAME VERY CONSCIOUS OF MY NECK IN my early thirties because I had what looked like a fat bulge under my chin. When I found an ad in the paper for chin lifts, I thought I'd book myself in, but the doctor said my neck was beautiful and to come back in five years' time. He said it wouldn't make that much difference.

Gradually, though, as I suspected, I got a turkey neck. The skin began to sag and I lost all definition around my jawline. When I spoke, I'd keep my chin down, and I'd look at the ground when I walked because I was so conscious of everyone staring at it.

Every morning I'd give myself a five-minute chin massage with the backs of my fingers, which worked to some extent. I spent thousands on neck creams, but they didn't have much effect, and I would always ask my beautician to work on my neck – this did tighten it slightly, but then it would relax the following day. I also went for a non-surgical treatment every month using a CACI machine, which uses microcurrents to lift the muscles. The lift would last two days, then drop again.

In the end, I decided I might as well have surgery to remove the fat and tighten up

the excess skin. So, five years to the day when I first saw the doctor, I borrowed £2,500 and went back to see him.

The procedure was painless. After having a local anaesthetic, the laser went in through a tiny incision. I didn't experience any trauma or scarring and the treatment only lasted about 20 minutes.

In less than half an hour, I came out a new woman. Now my neck is taut, tight and

I actually have a jawline. I'd have paid ten times the amount for this, without a doubt.

Two months on and I still have a laser treatment called VelaShape that tightens the skin on my neck even more. Six of these sessions should do the trick for good.

I talk to people with confidence now, and I don't hold my head down. I would never actually go under the knife, but this is certainly the best thing I've ever done. ■

Laser neck lifts: the facts

WHAT The neck is resistant to diet and exercise, so people are increasingly turning to the Scarless Laser Neck Lift. Rather than using the Smartlipo MPX system for fat reduction, which is its traditional purpose, laser surgeon Dr Ayham Al-Ayoubi uses it as a tightening and lifting treatment for the neck.

HOW A small incision is made under the chin and the laser inserted. The thermal energy produced by the laser melts the fat, which is sucked



away. The process stimulates the patient's own collagen to tighten and tone the area. The heat causes the skin to tighten and contract, which then gives the lifting effect.



RESULT An instantly smoother, toned jawline and neck area, giving a more youthful appearance, with little or no pain or bruising.

COST From £2,000. Contact Dr Al-Ayoubi at the London Medical and Aesthetic Clinic on 020 8342 1100 or visit lmaclinic.com.