



## Sam Lewis tries out an 'injectable face lift' the collagen stimulator Sculptra

health & beauty

### IN YOUR FACE

#### Sam Lewis tries out an 'injectable face lift' — the collagen stimulator Sculptra

▷ **The problem**

At 40 years old, excessive exercise has kept my body fairly fit but my face is fading fast. My once plump cheeks are like deflated balloons and I want to turn back the clock a few years or two without going under the knife.

▷ **The treatment**

The room is clinical without even a whiff of a scented candle. I sit in a dentist-style chair under the glare of a spotlight while cold topical anaesthetic cream is smothered onto my face. I've got 10 minutes to wait for it to numb my senses — time to contemplate leaving — but I remain put, least I be branded a coward. As the cream is wiped off, I close my eyes and flinch in anticipation.

Jab goes the first needle, then the next, and the next.

Each time the needle pierces my skin, a small amount of liquid (Sculptra powder mixed with sterile water) is injected before an ice pack is quickly applied. To be honest, the pain isn't that bad and I've endured worse at the dentist under the hands of an overenthusiastic hygienist, but this is my face and I'm a little nervous.

The surgeon is deft and agile, however. The 12 or so injections — I'm holding my breath and not keeping count — take less than 10 minutes and is followed by a deep

massage — not exactly a relaxing facial, but now that the needles are gone, I'm overjoyed.

▷ **The outcome**

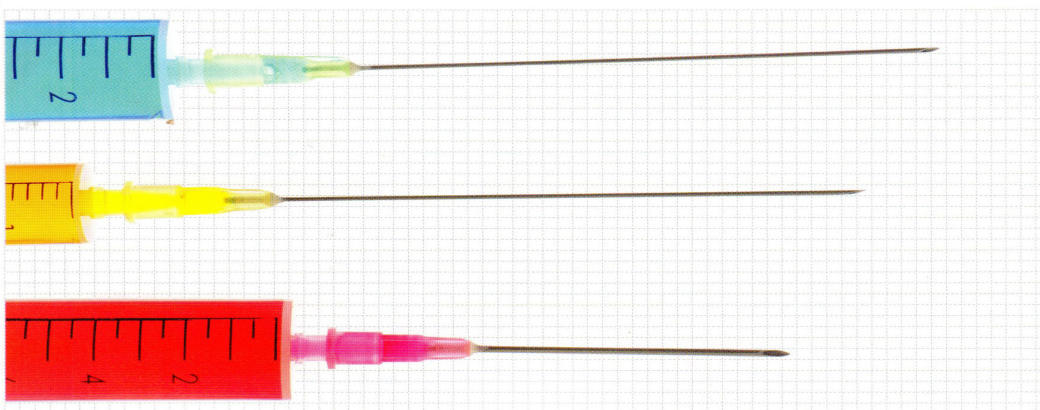
The surgeon offers me the mirror and tentatively I take it. Frankly I'm amazed at my rosy, plumped-up cheeks, even if they are speckled with small pin pricks and the odd smear of blood.

The next morning small bruises have developed, but I vigorously massage my face for five minutes as instructed, and do so for the next five days, morning and night. After several days, the water disperses and my plumped-up cheeks seemingly revert to normal.

So what's the point? The Sculptra powder, a collagen stimulator rather than a filler, remains in place, working its magic gradually and causing only subtle improvement over time. This is a treatment for those who are patient: six weeks later, my skin really is tauter with a noticeable improvement in volume.

I return for my second treatment slightly more relaxed and, after three, I'm done, properly plumped for the next three years. I haven't got a pillow face and I like the fact that there isn't an instant transformation: no-one knows my secret, except you! □

I close my eyes and flinch in anticipation. Jab goes the first needle, then the next, and the next.



### THE DETAILS

▷ Dr Ayoubi offers Sculptra treatment at the LMA Clinic in London from £400. T: 020 3347 1100. [www.lmaclinic.com](http://www.lmaclinic.com)

