



ELLEbeauty

BEAUTY EXTREMIST

THE £50K WOMAN

From BOTOX to peels, LIPO to lip implants, Avril Mair's done it all. But was it WORTH it?

Photograph by DAVID SLIJPER



I'm the sensible sort. I wear sunscreen. I vote. I care about the state of the nation and about what those five-inch Louboutins might do to my feet. But I still dream that one day I might look like Lara Stone (from the neck down only; I was never meant to be a blonde). We all need to enter the world of beauty with a sense of perspective. Booking any treatment while thinking – or even hoping – you will turn into someone else, someone younger and prettier, will only lead to disappointment, then possibly the kind of obsession that ends up turning you into Heidi Montag. You can only ever make the best of what you've got.

Having said that, after two years as ELLE's Beauty Extremist – that's two years exploring the frontiers of science and vanity, testing more treatments than any other editor – I now know what will work. More importantly, I also know

what's a total waste of money. I've tried countless things in order to find out, from the weird to the wonderful, via the undignified and excruciating, from the truly life-changing to those that defy both common sense and medical credibility. I've tried Botox, Restylane, Perlane, Juvéderm, Sculptra, mesotherapy, platelet-replacement therapy, intense ➤

ON FACE
£15,165

RESTYLANE VITAL (from £250 x 3), and SCULPTRA (£400 x 3 sessions), all with Dr Ayham Al-Ayoubi at LMA, CLINIC
Sculptra has also firmed and plumped my skin in a way that's much more natural-looking than most injectible fillers

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To book an appointment with Dr Ayoubi,
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