

# THE SUPERNATURALS

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A LEAP AWAY FROM THE FACELIFT FAD OF THE LAST DECADE BEAUTY TRENDS NOW  
LEAN TOWARDS LESS INVASIVE TREATMENTS TO SCULPT A MORE NATURAL YOU

## TAKE A LOOK AROUND YOU.

EVER GET THE feeling that you've seen a female celebrity before? That there's a strange synergy between the way say, Jennifer Aniston and Courtney Cox look, where there wasn't before? That the Minogue sisters, who didn't even look like first cousins 20 years ago, now seem to be morphing into the same person?

Over the past decade, we've seen a definite look emerge among female celebrities over 30 — preternaturally plump upper lips, dramatically arched brows, full contoured cheeks and, of course, a forehead so taut you could bounce a R5 piece off it. The voluminous face comes courtesy of the dermatologist's needle, rather than the surgeon's knife, and since the Food and Drug Administration (FDA) approved Botox in 2002, it's become as ubiquitous as the wind-tunnel effect facelift (as rocked by Joan Rivers et al) was in the 90s.

But fashions come and go. Aesthetic ideals may take a decade, rather than a season to change, but change they do. Listen closely to recent celebrity soundbites, and you may be able to detect a subtle, but telling, shift. Kylie Minogue, as smooth and glowing now as she was 20 years ago, marked her 42nd birthday by swearing off Botox, saying: "I've tried [it]. But I'm preferring to be a lot more natural these days."

Cox, Geri Halliwell, Amanda Holden and Kylie's little sister Dannii have all admitted to trying injectables, but swiftly add the coda that they no longer use them. Last year, at the grand old age of 25, Amanda Seyfried was advised to have Botox. She flatly refused. But if this had happened five years ago, you get the feeling she might have capitulated — just look at Lindsay Lohan.

And it's not just a matter of changing faces. Since 2007, requests for breast augmentation have been steadily dropping in the US. It's a swing echoed in the casting for *Pirates of the Caribbean 4*, which stipulated that all extras

had to have natural breasts. Victoria Beckham, whose implants were memorably described by one columnist as "two halves of a navel orange stuck on her chest", has recently had her Double Ds reduced to a more manageable 34B.

Beckham, Solange Knowles and former WAG -in-waiting Cheryl Cole have chopped off their trademark extensions; VB now rocks a sleek, abbreviated bob, while Cole's hair spent the summer bouncing round her collarbone (although at last sighting they'd both gone back to long again). Meanwhile, Rimmel's new face Knowles is now rocking a close-cropped fade. And those pearl drop teeth that used to come as standard issue for celebs? Over. Since Lara Stone, with her off-white, gapped smile became the world's most wanted woman, New York dentists have seen huge demand for subtly stained veneers.

So what's going on? Celebrities look no less luminous today than they did two years ago. It's unlikely that crows' feet and stained teeth will be making a comeback any time soon. And yet, if you cast your mind back to 2006 — an age of jutting clavicles, visible hair extensions, immobile foreheads and frozen brows — it's obvious there's been a sea change.

After a decade of cosmetic intervention, celebrities are now reverting to a comparatively natural aesthetic; themselves, only better; the super natural look, if you like. And they're aided and abetted by a new range of no trace treatments, otherwise known as baby or lite options, as popularised by softly-softly aestheticians like Dr Jean-Louis Sebagh and Johannesburg's Dr Maureen Allem. These procedures leave patients with the sort of glow you get from a two-week holiday; the difference is discernable, but the work itself impossible to detect. Aniston, who once said: "Botox made me feel as if I had a weight on my head," is rumoured to have had baby Botox, a variation of the treatment that sees the toxin

administered in very light doses. British magazine *Grazia* speculated this year as to whether Madonna, herself an eerily ageless 51, had had a Dream Lift (aka stealth surgery), which uses non-invasive laser work, radio waves and hyaluronic acid to restore a youthful glow. Demi Moore, no stranger to cosmetic work, is also said to be a fan. Meanwhile, Angelina Jolie, a woman who seems to be getting better and better with age, reportedly uses the Derma Roller, a needle-covered instrument that apparently encourages collagen production. Painful? Possibly. Invasive? No. Of course where celebrities boldly go, the public at large usually follows. Which means we can expect recourse to untraceable treatments sometime soon. From here on in, the watchword is subtle.

## 3D Skin Rejuvenation

*What it promises:* If you're reluctant to take the filler route, but are finding the average aromatherapy facial just doesn't cut it any longer, the 3D facial is a good halfway house.

*How it works:* The facial uses three types of beam -infrared Titan, Photo Genesis and Laser Genesis -to boost collagen and improve colour.

*Tabitha's results:* It sounds bracingly high-tech, and as I'm handed a pair of dark goggles on arrival I find myself shivering with new-patient nerves, but it turns out to be totally painless. In fact, the warm beam is quite relaxing, and leaves you feeling as if you've spent half an hour lying in the sun. Results take 90 days to show up properly, but Dr Maureen Allem stopped the treatment halfway through so I could see the difference between the two sides of my face, and the side that had been worked on looked undeniably lifted; the skin plumper, the cheekbone infinitesimally higher.

*From R2 200. Skin Renewal, 011 447 97 31, www.Skinrenewal.co.za*