

Take the years Off

TURN BACK THE CLOCK WITH THESE CHANGES YOU CAN MAKE TO YOUR LOOK. *By Julia Hunter*

Whether it's something as simple as a new haircut or colour, or making a change to your diet and exercise routine, there are changes you can make that really will make a difference.

Make over your hair

TAKE OFF: 10 YEARS

A clever cut can really make you look years younger but the trick is to choose something that not only suits you but that's age-appropriate too. And the best news is, that your new cut doesn't have to be a dramatic hair overhaul.

Hairstylist Shelene Shaer of Tanaz Hair Body and Nails recommends simply having a fringe cut. 'Fringes aren't just for youngsters,' says Shaer. Think of bangs as a great way to reshape your face as well as hide wrinkles on your forehead, she says. But chat to your stylist about the thickness of your fringe.

'I wouldn't suggest anything too bulky or heavy,' says Shaer who explains that this will just weigh you down and create an unflattering 'curtain' effect.

Colouring your hair can also be a

simple solution to your hair's ageing process. Like our skin, our hair changes colour (or rather, loses colour) as we get older. 'Because you lose pigment as you age, your hair's undertone will need to change,' explains Shaer.

Unfortunately there's no hard and fast rule about what colour to choose, as this depends on your skin colour. However Shaer suggests staying clear of one solid overall colour, and opting for a more multidimensional look instead.

Sort out your skin

TAKE OFF: 5-10 YEARS

If skin damage is your issue (think hardened and dull skin made worse by, for instance, the sun and pollution) then a light chemical peel might be your treatment best friend. 'Mild exfoliation treatments, such as chemical peels are usually suitable for all skin types and ages, including women with acne or sensitive skin,' explains Dr Maureen Allem, cosmetic doctor and founder of Skin & Body Renewal clinics.

She recommends this treatment for sun spots, sun-damaged, dry and ageing skin, oily skin with enlarged pores and acne scarring. Hormonal pigmentation

problems such as epidermal melasma can also be treated with chemical peels. 'Fine lines and wrinkles become less noticeable, skin tone evens out, texture becomes more refined and there is an overall improvement in skin colour,' says Dr Allem.

Another option is a microdermabrasion treatment. 'It's a quick procedure that renews the skin by polishing dead cells off the surface with gentle crystals,' explains Dr Allem, who warns that after treatment, it is vital that you use a sunscreen of SPF30 or higher. 'Microdermabrasion can safely treat all skin types without any pain or downtime,' says Dr Allem. It can improve acne, stretch marks, pigmentation, texture, pores and surface irregularities, she says. Four to six treatment sessions are recommended two to four weeks apart.

Whiten your teeth

TAKE OFF: 5 YEARS

Stained, yellow teeth automatically age you and they also suggest that your state of health isn't tip-top either. While brushing with whitening toothpaste can help to a degree, a professional whitening treatment is the best remedy.

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