

Get sexy skin - without surgery

Now that The X Factor's Dannii has abandoned Botox, the trend for cosmetic procedures seems to be waning. Try these products instead to keep your skin youthful

Dannii Minogue has had Botox, but recently said: 'I'm not doing it now. For The X Factor, it's quite useful to be able to have facial expressions!'

HOW TO... SMOOTH WITHOUT BOTOX

Surgery-free secret Facialist Emma Hardie (emmahardie.com) has revolutionised skincare with her non-invasive lifting and sculpting facial and is about to launch her new range at Space NK. She says: 'Toned skin isn't just about great products - it's how you apply them. Using gentle finger pressure on the face stimulates the lifting of the tissue.'

Youthful skin boosters Olay Regenerist 30 Second Wrinkle Filler, £24.50, reduces fine lines. Avon Anew Reversalist Renewal Serum, £26, helps kick-start the natural skin repair process.

Planet Skincare Anti-Ageing Daily Moisturiser, £60, irons out frown lines using synthetic snake venom.

QUICK GET-YOUNGER FIX Pixi Eye Bright Kit, £24, is a genius kit containing refreshing brighteners, highlighters and cover-ups.



HOW TO... DE-AGE WITHOUT LASERS

Surgery-free secret The secret of youthful skin is a natural foundation, with primer underneath and cheek-defining blusher on top. 'Everyone looks younger with a flush of blush. The trick is to use sculpting techniques,' says Daniel Sandler. First, use a nude tone under the cheekbone to create a contour. Next, apply a rosy pink to the apples of your cheeks for a perky glow. Lastly, a shimmery shade over the highest point of the cheekbone will give a lifting effect. 'Overlap the shades so that you aren't left with stripes,' says Daniel.

Youthful skin boosters Brighten skin with Benefit That Gal, £19.50, a silky primer. For great coverage, use By Terry Eclat Opulent Nutri-Lifting Foundation, £85, inspired by cosmetic filling techniques. Sculpt your cheeks with Daniel Sandler Watercolours in Secret, Cherub and Ice, £11 each.

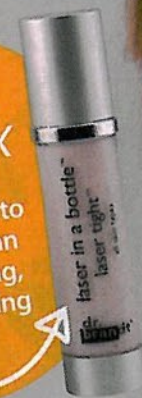


HOW TO... PLUMP WITHOUT FILLERS

Surgery-free secret Dermal fillers can help to iron out deep nose-to-mouth lines and plump up lips - but use too much of them and you risk looking freaky. 'Signs that a person's used too much filler are lumps and bumps under the skin and oddly shaped and stretched lips,' warns Dr Thierry Vidal of Skin Health Spa. Instead, get a gorgeous, kissable mouth with the help of a little professional know-how. 'Plump up your pout naturally by applying a little foundation underneath your lippy,' says Daniel Sandler. 'Then slick on some super-shiny gloss over the top to give the illusion of volume.'

Youthful skin boosters L'Oréal Wrinkle De-crease Collagen Filler, £15.99, smooths out unwanted wrinkles and furrows - great for those nose-to-mouth lines. Too Faced Lip Injection Extrême, £17, is a plumping serum containing a collagen booster that leaves your pout instantly fuller. For voluptuous colour and shine that won't leave a sticky residue, apply Bare Escentuals Buxom Lips, £16.50.

QUICK GET-YOUNGER FIX Apply Dr Brandt Laser Tight, £79.28, to cleansed skin for an instant tightening, firming and lifting effect.



HOW TO... BRIGHTEN WITHOUT MICRODERMABRASION

Surgery-free secret Microdermabrasion uses refined crystals to polish the skin - but according to Sally Penford of the International Dermal Institute, DIY exfoliants can be enough to encourage healthy skin renewal. 'The buffing action leaves skin with a smooth finish, which means that moisturisers sink in better,' says Sally. 'Add a radiance cream and you're ready to glow.'

Youthful skin boosters Dermalogica Daily Resurfacer, £52.30, is a leave-on treatment with hydroxy acids to smooth skin. Pick-me-up in a bottle Matis Radiance Revealing Serum, £39, combines a gentle exfoliator with protective antioxidants. Anti-ageing moisturiser Philosophy Divine Illumination, £68, has light-diffusing pigments to give a showgirl shimmer.



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