

FOR YOUR EARS ONLY

Blooming bud chandelier earrings
£29.50, banana republic.gap.co.uk

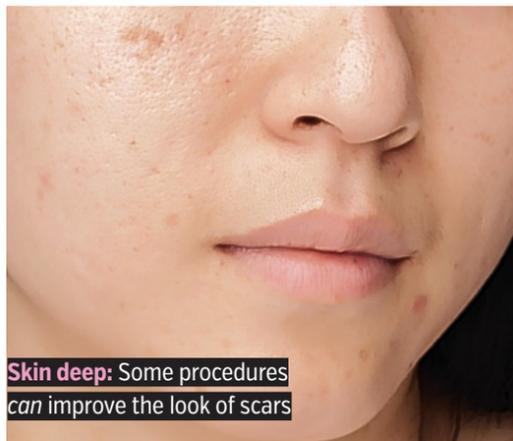
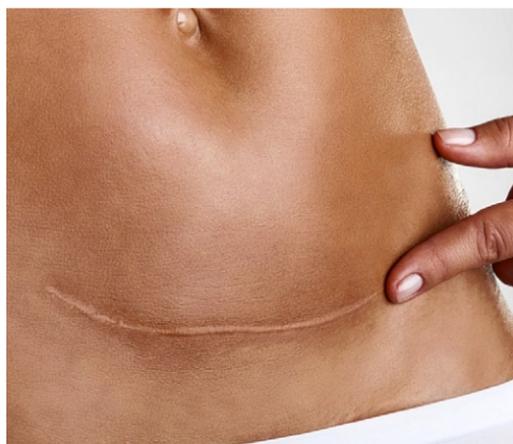
Begada dancing peacock earrings
£100, ilove designer.com

Beaded chandelier earrings
£6, forever21.com

Pineapple and palm tree earrings
£12.99, zara.com

Gold Mayon earrings by Black & Sigi
£40, silkfred.com

Mawi deco stacked tube chandelier earrings
£335, thefollyboutique.com



Skin deep: Some procedures can improve the look of scars

TRY IT AT HOME

BodyVerde Miracle Skin Renew serum uses the power of plant extracts to accelerate skin's ability to heal itself. **£7.45, health monthly.co.uk**

Kelo-cote scar gel is a silicone-based gel that claims to act like a second skin to trap moisture and hydrate the scar, which flattens it out. **£29.99, kelo-cote.co.uk**

Re-Gen Oil has vitamins A and E plus extracts of lavender, calendula, chamomile and rosemary, which aid skin regeneration and lock in moisture. **£5.99, regenoil.co.uk**

Scar treatments that really mean business

There are heaps of procedures promising to improve the look of skin imperfections – but which ones work? We found two that hit the spot

Fractional 1540 Laser Skin Resurfacing Treatment

What is it? This uses fractional laser energy to target any area on the body and reduce the appearance of stretch marks and scars (it doesn't work on keloid scars). The laser sends its energy straight down into the skin (the deeper the scar, the deeper the energy setting), heating it up and encouraging the skin to renew. It also promotes collagen production to remodel the skin.

What happened?

Surgical scars have to be a few months old before it's safe to perform the treatment so I visit Woodford Medical in London when the scar on my knee is four months old. I'm given an anaesthetic cream to apply to the area before I leave for the clinic (it takes 30min to work). When I arrive, my reassuring therapist Kerys pops me on the treatment bed and I'm given some protective goggles to wear. I'm a bit nervous and there's a lot of whirring as the machine fires

up. Kerys explains the number of laser shots depends on how long the scar is. I need six shots and this is repeated three times along the scar line. Each shot feels like a hot pin prick, as if a spit of hot fat has landed on me, but thanks to the numbing cream it's bearable. The whole treatment takes less than five minutes. I'm told to avoid hot baths, saunas, steam treatments and the sun for 28 days afterwards as the treated skin is more sensitive to heat.

Did it work?

It was a gradual process and I went for six treatments in all. After each treatment my scars looked red but they weren't sore. After two treatments I started to notice a slight fading and after four an incredible improvement. After six weeks, I was astounded – the scar had disappeared in some areas and the rest of it is now thin and faint. **VICKI-MARIE COSSAR**

From £195 per session (four to six recommended), available nationwide, woodfordmedical.com



Target practice: Laser energy helps the skin regenerate

Cryo Oxygen Microchannelling Collagen Induction Therapy (Comcit)

What is it? That's a lot of fancy words but this is quite a fancy treatment. Comcit brings together four different anti-ageing systems that smooth, soothe and reduce the size of scars.

What happened?

Three of these systems are applied by one magic wand, a small spiky roller that 'crushes' the scar by breaking down the excess tissue, which then kick-starts the body's natural healing response by encouraging it to produce more collagen in the area. That spiky roller also leaves micro channels in the thick scar tissue, allowing a vitamin C and hyaluronic acid-rich serum – shot out of the wand – to soak into the incisions to reach the deeper levels of the dermis. Without these channels, the nutrient-rich liquid would simply sit on top of the skin. The small

spikes might sound painful but while the roller rolls over my relatively young scar – it's just a year old but is both red and thick – the wand shoots out ice-cold oxygen that creates a numbing and energising affect at the same time. I'm aware of the roller but far more aware of the icy oxygen, so it's a relatively painless hour. The final stage is another blast of

warmer oxygen that stimulates all of the above. See, I told you – fancy.

Did it work?

By the fourth treatment the red scar on my back was flatter, thinner and, in parts, the same colour as my skin tone. To ensure the skin recovers, it's best to avoid hot showers for 24 hours and leave two weeks between treatments. With each treatment my skin became more efficient at healing and the redness disappeared rapidly each time, so it didn't affect my routine at all. **LISA SCOTT**

From £90 per session (six recommended), available nationwide, crystalclear.co.uk



Magic wand: A roller creates channels in the scar tissue