

Face value

Forget diamonds – collagen is a girl's best friend, writes **Liz Nicholls**. This is what gives skin the youthful plump, appearance we all crave!

The bad news? We stop producing it at the age of about 25 (which means, depressingly, it's all downhill from there!). The good news? There is a new world of non-surgical cosmetic treatments, including the state-of-the-art Alma Accent technology offered by Marlow Face + Body.

That's how I find myself, a world away from my hectic deadline week and domestic dramas, sitting in the pampered luxury of Elisabeth Bester's therapy room. Elisabeth, a 37-year-old mum of two, is a certified personal trainer who originally hails from Canada ("I still have this ridiculous accent, even though it's been years!" she laughs).

She's certainly a great advert for her craft, because her skin is in great nick (in spite of her modest protests about break-outs), prompting me to crave the same youthful plumpness that seems to have drained from my own face and neck.

While I definitely fall into the 'low-maintenance' end of the diva spectrum (I can't remember the last time I had a haircut, let alone anything as extravagant as a collagen-boosting facial), I'm excited. I have an old friend's wedding this weekend, which is always a surefire way to fan the flames of vanity...

Elisabeth explains: "I've



always been a very results-driven person and I promote this treatment, and all my treatments, equipped with the belief that it achieves real, dramatic results.

"The trick is finding the right technology and the right practitioner. I became Save Face accredited; this is an independent body that vets clinics and practitioners performing non-surgical cosmetic treatments. They're an organisation formed of medical professionals, plastic surgeons and industry professionals and one of their ambassadors is Dr Christian Jessen."

Elisabeth, who is friendly and good company, treats clients in the serene treatment room at her Marlow Bottom home, equipped with COOLTECH and Alma Accent Radio Frequency machines which are otherwise only available by travelling to top-end London practitioners (for double the price). So, I lean back as she gently warms the skin on my face and neck to the magic collagen-enhancing temperature of about 40°C-42°C.

True to Elisabeth's word, I'm thrilled to report a plump, indefinable glow that I haven't had for several, stress-soaked years. And that's with just one treatment (a course is recommended). I'm already mulling over what fat-freezing and body-sculpting delights might give me an extra 'lift'... For now, leaving Elisabeth's treatment room with a spring in my step and a noticeable 'glow' is more than I'd hoped.

● Book your free consultation by calling Elisabeth on **07823 348 780**.
www.marlowfaceandbody.com