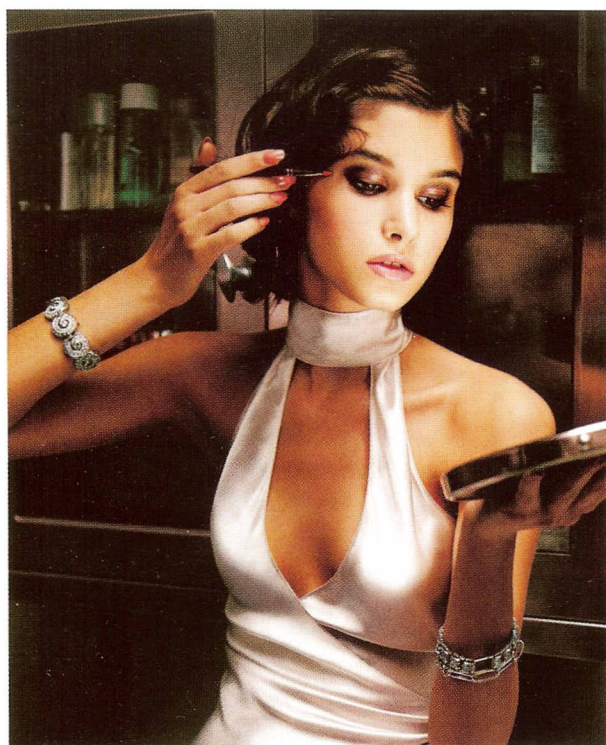


assome of the other treatments listed here but, in terms of overall anti-ageing benefits, purple corn is proven to prevent inflammation of the skin and joints (a major cause of ageing). A study at Ohio State University found that foods rich in anthocyanins can also help prevent colon cancer.

Where can I have it?

Drinks and even some raw chocolate brands, such as Rawlntent (Geri Halliwell is a fan), are now adding purple corn to their recipes. But by far the most controlled way to take it is in a pill. Try Solgar South American Purple Corn, £21.95 for 60 capsules, from health-food stores.



3 The new skin smoother

A much more precise version of microdermabrasion, CACI FaceUp stimulates collagen production. Unlike more traditional microdermabrasion, which uses loose crystals to exfoliate, and a vacuum to suck them back in (both of which can drag the skin), this treatment uses a rotating head on a hand-held wand to gently remove the surface layer of the skin and promote a brighter glow. The device also sends out tiny massage pulses to stimulate the skin and improve circulation.

Best for: Women in their thirties and early forties with the first signs of sun damage, age spots, scars, pigmentation, fine lines and dullness.

What's the risk? Skin looks smoother, clearer and fresher after one treatment. However, if you're having any other no-knife anti-agers, Wendy Lewis suggests a course of traditional microdermabrasion beforehand, saying, 'As an accompaniment to laser or radiofrequency therapy, traditional microdermabrasion can help such treatments penetrate.'

How much? £60 for a 45-minute treatment. Six to eight treatments recommended.

Where can I have it? CACI Face-Up is available in selected CACI salons nationwide, 020 8731 5678.

4 The no-surgery eye bag fix

Harley Street consultant ophthalmic and oculoplastic surgeon Dr Raman Malhotra is one of the most talented surgeons for those who want their eye bags lifted the traditional way -

'Purple corn is five times more wrinkle-zapping than blueberries'

through gruelling 'blepharoplasty'. But, over the past 12 months, he has been treating the majority of patients who request eyelid surgery with a revolutionary non-surgical treatment that not only comes with far less risk and down time, it's a fraction of the cost. New Restylane Tear Trough treatment involves small injections of a gentle, water-soluble filler, called Restylane Perlane, to the under-eye area. The tear trough is the line under the eye, just above the cheek hollow. As some faces age, these tear troughs become more prominent and can make people look tired, or lead to dark circles and bags.

Best for: 'For the right candidate, Restylane Tear Trough can erase under-eye shadows and bags: says Dr Malhotra, 'and it can last between nine months and a year.' But your under-eye shadows or bags will need to have a distinct 'line' or groove in the tear trough area (as opposed to being dark shadows or puffy sacs) that the filler can effectively fill, otherwise it won't work.

What's the risk? 'You really have to be careful who you go to, because injections around the eyes come with risk: says Wendy Lewis. But the advantage of this filler is its hyaluronic acid. 'The skin around the eyes is unforgiving and, at times, a filler can look lumpy: says Lewis. 'With hyaluronic acid, if you don't like the result, doctors can inject an enzyme to break it down so, in effect, it's reversible.' About 10 per cent of patients will get lumpiness and ask for their treatment to be dissolved. The results we've

seen have been really impressive, especially in thirtysomething women whose eye bags were making them look tired - but you need to be prepared for about a week of bruising.

How much? About £600.

Where can I have it? Dr Raman Malhotra has practices at The Harley Street Clinic and Gatwick Park Hospital. Call 01883 712 888, or visit ramanmalhotra.com.

5 The age-defying amino acid

L-Glutamine is the most abundant amino acid occurring naturally in our bodies but, during periods of stress or exhaustion, we don't make as much as we need. Our natural production also decreases with age and muscle loss. It's especially important for anti-ageing, not only for maintaining a healthy, toned body, but also to help stabilise the muscles beneath the skin of the face.

Best for: Anyone concerned about ageing, who also leads a stressful life and tends to diet.

Worth trying? According to dermatologist Dr Nicholas Perricone, L-Glutamine is an anti-ageing essential, as it slows the breakdown of muscle tissue that comes with age, stress and dieting (when you're getting older, maintaining or increasing your muscle to fat ratio is essential). It's a key part of his natural 'face lift' diet loved by celebs, like Jennifer Lopez.

Where can I get it? Dr Perricone's L-Glutamine Powder With Blueberry & Probiotics, £49.50, from nvpmc.co.uk 181.

6 The at-home line eraser

Looking for something to do in front of the TV that could help you lose a few years? The Tuo Viso is a new DIY non-surgical face-lifting treatment, brought to the UK by facialist Tina Richards, who has treated Jamie Lee Curtis and Julia Roberts. No bigger than a telephone handset, you use the device to perform a set routine of facial 'exercises', shown to help expand and build up facial muscles, lessening the appearance of wrinkles. Activate varying degrees of micro-currents to stimulate facial muscles.

Best for: People with five to 30 minutes a day to spare, who don't fancy injections or other 'high-tech' anti-ageing therapies.

What's the risk? Scientific studies have shown that the stimulated muscle becomes larger after about 10 sessions of five minutes. We witnessed one convert, who had been using the Tuo Viso for 12 months, who looked 25 at 37! The workout requires getting used to, and the involuntarily twitching feels a bit strange. 'The face is improved not only by the toning up--'