

SMOOTH OPERATOR

While exfoliation is key to bright skin, mechanical scrubs can be very abrasive on sensitive, thin or ageing skin. So we're loving Decléor Resurfacing Gel-Peeling Wrinkle Lift Radiance, €64.50. Inspired by professional peels, it uses a gentle fruit acid concentrate to break down the bonds that keep dead skin cells on the surface to reveal fresher, more youthful skin.



Beauty sleuth

Skin-ironing and posture-perfecting rituals are put through their paces.

TREATMENT ON TRIAL

PELLEVÉ SKIN TIGHTENING

WHAT Having already earned the moniker of the "face-ironing" treatment, Pellevé is causing quite the buzz in medical and celebrity circles, with seemingly ageless beauties like Demi Moore, right, already hooked. **HOW** The innovative procedure promises to smooth lines and wrinkles without needles, scalpels or downtime and has gained the all-important FDA seal of approval Stateside. **THE TREATMENT** On arriving at the **Monkstown Laser Skin Clinic**, rather nervous at the prospect of having my skin ironed, I was put at ease by proprietor **Peggy Stringer**, a former nurse and true skincare authority, who explained that the treatment directs radio frequency waves deep into the skin's many layers and that the heat generated stimulates collagen production and causes the skin to contract and tighten. The effects should last up to six months. The neck and jawline were the target area for my first visit and a protective gel was applied. Peggy warned me to expect a deep warming sensation and as she commenced passing the headpiece up and down the neck area, I quickly realised I'd panicked unnecessarily. The feeling is not unlike that of a sunbed, just more specific and quite deep, but not uncomfortable. For every decade of your age one needs a full pass plus one; 45 minutes later and my first session was complete. **RESULTS** Astonishing. There was an immediate lift in my jawline and the tightening of the neck area was blindingly evident. My skin was significantly smoother, creamier in texture and softer-looking than it had been in years. I was keen for Peggy to Pellevé me everywhere, immediately, but alas, it needs to be administered in sections (chest/face/neck, etc) and with six-week gaps between treatments. The next visit involved a few more passes over the neck before moving up to the lower face to tackle laughter lines and fine lines around my upper mouth, which as a smoker, are a bit too obvious. After two treatments, my skin is firm, has a refreshed appearance and is improving by the week, and I didn't experience any negative side effects bar a little short-lived redness. Sold. I've another session lined up for the fine lines around the eyes and forehead. **DETAILS** €250 per session at the **Monkstown Laser Skin Clinic**, No 9a The Crescent, Monkstown, Co Dublin, 01 284 4431; www.monkstownlaserskinclinic.ie.



BACK ON TRACK

It may sound like a euphemism for something rather rude, but Roling is, in fact, a method of structural integration that re-educates and releases deeply-set postural patterns. Developed by Dr Ida Rolf PhD when trying to resolve her scoliosis, her thinking was that to treat ongoing pain, the entire body must be integrated, balanced and the skeleton aligned. Sessions are like a cross between visiting your physiotherapist, osteopath, chiropractor and going to a yoga class all in one and start with a qualified Rolfer, in my case the bubbly Gillian Duffin, analysing your general posture. This involved me walking up and down in my undies while Gillian assessed the impact of accidents/illness/stress on my body. After establishing that my hips were off-kilter and that my shoulders were all but welded together from years of sitting hunched over a computer and from a childhood accident, Gillian set about trying to release my negative holding patterns by manipulating the connective tissue. Gillian deduced that my back problem was, in fact, stemming from my forearms, which she felt were hanging onto my shoulders way too tightly and were weighing them down, and that my incessant upper back pain is a direct result of this pressure. After working on my arms and hands for what felt like hours, I was amazed at how loose my neck and shoulders felt. Afterwards, I noted I was walking taller and my body felt somehow lighter and a lot more limber after just one session. Ideally, you need to complete ten sessions, as Roling is developed in a sequence to work on one part of the body at a time. For anyone who suffers from the likes of whiplash, carpal tunnel syndrome, old injury pain, scoliosis, or joint pain and has found little relief from standard medical treatment, it's a great alternative or auxiliary treatment. I'm definitely giving up on the massages and signing up for more Roling instead. **DETAILS** €90 for 90 minutes; Love Your Posture centres at Dun Laoghaire, Glenageary and Terenure, 087 121 9867; www.loveyourposture.ie.