

New Year, New Tweaks: How to look fresher for 2020

It's time to get glowing

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Flagging necks can also benefit from **Profilo**. Aesthetic doctors and derms are raving about the injectable skin-booster, which contains un-crosslinked hyaluronic acid that spreads beneath the dermis like honey – but for the most precise application, head to 23MD in Chelsea. Here, Dr Suha Kersh injects with care, in precise doses that work to hydrate the skin and bring a newfound tautness. ‘It energises the face,’ she explains – ‘And it brings a lovely smoothness to a crêpey neck’.

Though – aesthetics aside – bio-identical hormone specialist Dr Martin Galy believes that the most fundamental change can be brought about by reducing our stress levels. ‘The body responds to stress by producing adrenalin and cortisol,’ he explains – ‘But if this is prolonged over weeks and months, it becomes tired and eventually suffers from exhaustion’. The trick, he says, is to restore adrenal function: ‘BHRT using bespoke compounds will help – but so can supplements like ginseng, radiola and chroimium. Plus, of course, addressing emotional issues, releasing physical tension and ensuring you get good-quality sleep’. Which is the root of it all, really.

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