



◁ ‘bee-sting’ welts, I couldn’t believe the difference. It was like having a photographic filter across my face; my skin glowed and fine lines had been obliterated.

Hooked on the power of injectable hydrators, I visited Dr Frances Prenna Jones in her Mayfair clinic. Also a fan of Prophilos, she goes one step further in subdermal injectables with her bespoke mesotherapy: a couture skin-cocktail of hyaluronic acid mixed with vitamins, minerals and essential amino acids to intensely hydrate the dermis. These ingredients are important, she explained, in producing the collagen that we cannot get from our diets; and as they are injected more superficially than Prophilos, the hyaluronic acid molecules attract water, which quenches dry skin. Dr Prenna Jones uses iced rollers to numb the face,

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then goes in with strategic injections. Again, you leave resembling a facial dart board – but the following day, you rejoice. Plump perfection.

I learned much from my perfect skin odyssey. At my age, it is essential to use a retinol product at night. But more importantly, in midlife, having your skin hoiked up with Botox and fillers is no longer the answer. If your skin isn’t hydrated and pliable, paralysing it can look ageing. Instead, you need vitality in your complexion, so that you radiate a more youthful vigour.

Alas, you can’t achieve this just by slapping on any number of serums and creams. Like self-esteem, beauty comes from within; albeit with skin boosters and microneedling. During the menopause, looking – and more importantly – feeling good is about acceptance and enhancement. I’ve spent the cost of a decent holiday (around £3,500) to improve my skin quality, but the results are longer-lasting than surgery. I can’t airbrush the past but I can now celebrate: I have finally achieved in my fifties what impressed me in my youth – Rich Girl’s Skin. □

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