

Trinny says



◁ (from £800), a laser that tightens and lifts the skin, especially around the jawline. My pain threshold is quite high when it comes to vanity. I use Fraxel in conjunction with Polaris (from £400), another laser treatment that gives a more immediate brightening and tightening effect, at the French Cosmetic Medical Company (tel: 020 7637 0548). For the first few days after a Fraxel session the skin dries up, leaving a slightly rough surface, then two weeks later

the positive effects start to show, and after three months you can really see the results.

I am always fascinated by what is happening on the beauty scene outside the UK. Recently I was introduced to the new Manhattan skin queen, Dangene McKay-Bailey (tel: 001 212 249 8172). She believes she can get your skin to a place where you won't need foundation. When I heard that, it was like she was speaking my mantra. Her technique is to thoroughly assess what you need and then perform a combination of treatments in one sitting. I

started with microdermabrasion, then had a glycolic peel followed by a very light application of Fraxel. Another laser was used to remove any dark spots on my face and hands, and finally I had some pulsed light therapy on my liplines. I left her looking like I'd had a two-week holiday

I visited the new Manhattan skin queen and left her looking like I'd had a holiday