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expressyourself

A fresh start

FROM innovative skin tonics and body oils that contain precious metals to fast-acting facials, spring's new beauty launches will ensure you look and feel fantastic from head to toe.

Here is our pick of the top new treatments and smartest buys to try.

SKIN-SAVING FACIALS

If you want bright, toned skin with a natural healthy flush try one of these new facials. These results-driven salon treatments may not be the most relaxing but you will see long-lasting results and a natural glow.

● Hydraheal is a new skin-repairing treatment which combines powerful peptides, hyaluronic acid, antioxidants and LED red light along with deep cleansing, exfoliation and extraction. For optimum results a course of six treatments is recommended but after one your skin will feel firm, plump and radiant. From £230 (020 7486 3849).

● A favourite with Sadie Frost, the new Comcit facial uses a



Each week our experts **Dr AAMER KHAN** and **LESLEY REYNOLDS** bring you the latest beauty news and anti-ageing advice

Picture: GETTY



combination of therapies including micro-rolling, plant stem cells and microdermabrasion to turn back the clock. The 60-minute treatment encourages collagen production at a cellular level.

You'll see firmer, plumper skin after one treatment but for best results a course of six is recommended. From £90 (crystalclear.co.uk).

● The Ellipse Nordlys Laser Facial is a new 30-minute treatment which targets pigmentation, age spots, spider veins and blemishes.

You may experience some redness afterwards but it can be easily covered with make-up. From £150 (ellipseipl.co.uk).

WRINKLE SMOOTHERS

This season sees the launch of a number of excellent hi-tech treatments that aim to smooth wrinkles and tighten skin with minimum recovery time needed.

● ThermiTight is a new