

Health & Fitness

I had 10 cosmetic treatments in one day



Jane Pink, 35, a graphic designer, had a wish list of cosmetic treatments that she wanted to try — but just one day in which to have them. Harley Street, Europe's cosmetic surgery centre, has "pit-stop" procedures available at every clinic. Here, Jane tells **Bonnie Estridge** how she spent £1,700 on 10 treatments in a day and whether she'd do it again

10am: Facial micro-dermabrasion — 25 minutes. Cost: £95.

FOR my first treatment, I chose Cellabrasion, a rejuvenating treatment, as my skin was looking dry and dull. This is a quick way of "resurfacing" the skin by blasting tiny salt crystals onto it to exfoliate the dead cells and then hoovering them off again. This was achieved with a machine which both sprayed on the crystals and sucked them up again. The experience was very pleasant — it didn't hurt at all, and I loved the rich antioxidant cream which was smothered over my face afterwards. An unrecognisably soft-looking pink face stared back from the mirror, the likes of which I hadn't seen for years.

VERDICT: Impressive quick result.

I'd certainly like to go back for regular treatments.

10.25am: Glycolic acid hand peel — 15 minutes. Cost: £35.

I decided to give my hands a treat as they were looking as if they belonged to a Devon farmer, and I didn't like the brown spots that had appeared on them. The MD Formulations Glycolic Hand Peel is based on an alpha-hydroxy acid which is derived from sugar cane and penetrates the skin's undamaged layers while shedding the top layer of dead cells and, hopefully, brown marks. The backs of my hands were cleansed thoroughly and the "acid" applied.

Intensive work: Jane Pink, left, before she underwent the treatments and, above, after her day of cosmetic improvements

It felt cold and tingled for a minute or so, and was removed after 10 minutes. The skin felt a lot softer and looked a little pink — but the brown marks stubbornly remained. Regular treatments, however, would make them fade.

VERDICT: If I was rich, I'd be into this kind of pampering treatment, but I'd rather concentrate on my face.

11.40am: Light laser wrinkle treatment — 15 minutes. Cost £75.

Immediately after my hand peel, I put on goggles and lay back waiting for the laughter lines at the side of my eyes to be "softened" with Depi

Lite. This laser uses "intense pulsed light" which stimulates the production of collagen, eventually making the skin plumper and filling out the lines.

The nurse held the laser — which looks like a pen — just above my skin. I couldn't feel anything at all but could see a red flashing light and hear the clicking of the laser. This treatment was rather uneventful and there was nothing to see afterwards — my lines looked the same.

VERDICT: It's a quick treatment but it's not a quick fix as you need several sessions, with little result to get excited about afterwards.

● Cellabrasion, MD Formulations

Glycolic Peel and Depi Lite at The Court House Clinic, 95 Harley Street, London, W1 (01277 203 000).

Noon: Cellulite-busting — 40 minutes. Cost: £70.

After rushing a couple of blocks north up Harley Street, I am squeezed into an unattractive white body suit and have the cellulite on my bottom pummelled with an Endermologie machine. This machine — guided by the nurse — feels like a toothless "bite"; it also feels like an incredibly deep massage. It's aggressive and intense, but I found myself enjoying it. After

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Minute-by-minute breakdown of Jane's treatments



10am: Cellabrasion for rejuvenating skin



10.25am: the glycolic acid hand peel



11.40am: trying a laser wrinkle treatment



Noon: undergoing cellulite busting



12.45pm: making thread veins fade