

OK!

MIDDLE EAST

FIRST FOR CELEBRITY NEWS

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AT HOME WITH...



THE DUBAI ONE
PRESENTER
PUNAM VERMA

SPECIAL REPORT:
KATE MOSS



IS JAMIE HINCE
REALLY THE ONE?

ANOTHER OK! EXCLUSIVE!

'I THINK IT'S HARD
TO FIND TRUE LOVE'

BEYONCÉ KNOWLES

THE NEWLYWED
STAR IN HER MOST
REVEALING
INTERVIEW YET!



AMANDA WALSH

When it comes to ageing, women take their skincare very seriously. But there comes a point when no matter how many creams, potions and lotions you lather onto your complexion, you're just not getting the results you're looking for. This is where professional treatments make a real difference - and the hottest method of the moment has to be light therapy, IPL or photorejuvenation. *OK!* Middle East sheds some more light on this fantastic procedure.

How does it work?

A broad spectrum of light is transmitted over the skin. The light penetrates the tissue and is absorbed by either the blood when treating thread veins or the melanin when treating pigmentation. The body's natural processes then remove the injured tissue giving the skin a more even and youthful appearance.



Above: Biolite Skin Clinic



Left: The Marvel-Mi hand-held device

Light therapy - the latest way to combat skin problems - already has a number of celebrity fans.

The age of enlightenment



CONSTANCE ZIMMER



DEBRA MESSING

Is it painful?

There is a mild sensation, almost like that of a rubber band being snapped onto your skin.

How soon will I see results?

Best results can be seen from three days to one week after the treatment, when the skin begins to repair itself.

How many treatments will I need?

It depends on the degree of damage in your skin, but usually four to six treatments, with 10 day intervals.

Will I need any after-care?

You can return to work immediately after a treatment, there may be some very mild redness but this fades within a few hours. The most important thing to remember is to avoid direct sunlight and don't go anywhere without your SPF – we recommend at least an SPF25.

What does light therapy treat?

Age spots, thread veins, acne, pigmentation, crow's feet and wrinkles.

How do I achieve maximum results?

Combining microdermabrasion with IPL is an excellent option for a truly radiant glow. This is a fantastic option a few days before a big event such as a wedding or engagement party.

But does it really work?

Independent research by the Dermatologic Surgery, Volume 33 concluded after surveying 5,700 patients that radiofrequency is an effective means of nonsurgical facial skin tightening.

In my personal experience as a Beauty Editor, it is not often that I find a treatment that really wows me, but this one most certainly does! I found best results after my second treatment – my skin looked more uniform, light freckles had faded and I could even ditch the oil blotters!

Which celebs are jumping on the light therapy bandwagon?

Debra Messing, Constance Zimmer and Amanda Walsh.

AT-HOME SOLUTIONS

The first major breakthrough in light therapy equipment for personal use is Marvel-Mini. A hand-held LED device that stimulates the skin's fibroblasts to produce collagen and elastin proteins, the Marvel-Mini produces astounding results with minimal effort – just 30 minutes a day, three times a week. This treatment miracle comes in three variations – green for hyperpigmentation, red for fine lines and wrinkles and blue for acne. We love the fact that it causes no inflammation, needs no downtime and is portable for all our travels. Available exclusively at Faces.

Photorejuvenation and microdermabrasion available from **Biolite Skin Clinic**. Tel: 0375 2122 www.biolite.co.uk