

# How to get younger, plumper lips

From fillers to make-up tricks, there are plenty of options if you want to plump your pout...



**N**o one could deny that full, luscious lips are a great beauty asset, but even the most bee-stung pouts will start to deflate as the years go by. Loss of muscle tone and collagen contribute to the dip in volume as well as the fine lines above the upper lip.

'Our lips are one of the first areas on our faces to show signs of ageing due to a combination of an extremely thin layer of skin, lack of melanin and constant exposure to the elements,' says skincare expert Karen Gould. Fear not, though – there have never been more ways to maintain your pucker...

**TIP** Dab a lighter shade on the middle of your lips to create the illusion of fullness.



## Choose the right filler

Fillers have had some bad press thanks to the 'trout pouts' sported by some high-profile celebrities. But, according to Dr Tracy Mountford of the Cosmetic Skin Clinic (01753 646660), results can be as natural-looking as you want them to be. 'In reality, expertly performed lip treatment is subtle and simply enhances and defines the natural shape of the lips,' she says. 'It doesn't need to be obvious.'

Teosyal Kiss (from £250, 0845 070 1782) is one of the fillers specially designed for use on the lips. Made from hyaluronic acid – which is found naturally in the body – it can be used to reshape lip contours, increase volume, treat wrinkles, support lip corners and even rehydrate the lips.

## Smooth out the lines

Not so long ago, there wasn't much you could do about lines above the upper lip, but thanks to the new generation of fillers, they can be smoothed away. 'Fine fillers such as Restylane Touch and Juvéderm Ultra work well here,' says Dr Mountford. 'These treatments don't make the lips fuller – they just smooth the top lip naturally and subtly. For general crepey skin on the top lip, a product such as Restylane Vital Light will improve the texture and hydration.' The effects of Restylane Vital Light last six to nine months, and you'll need two to three treatments at a cost of around from £400 for the course. Thereafter, annual top-ups cost around £200.

## Semi-permanent make-up

As with fillers, semi-permanent make-up techniques have come a long way. 'It's possible to transform thinning, uneven or even dull lips,' says semi-permanent make-up artist Tracie Giles (0845 838 0299), who uses only medical-grade, mineral-based pigments in her treatments. 'You can increase the size of the lips by about 2-3mm without anyone ever knowing.'

Semi-permanent make-up can last for years, but this depends on your skin type and lifestyle. Treatment usually costs around £295 for a skilled make-up artist, takes around two hours and includes a full consultation. A refresher treatment every 12 to 18 months is recommended.

## Reverse a droopy mouth

As gravity takes hold, the sides of the mouth can begin to droop, which isn't just ageing – it can leave you looking a little downbeat, too. 'Botox in the corners of the mouth can reverse this, causing the sides of the mouth to tip up,' says Dr Mountford. 'It's a simple, highly effective treatment.' Expect to pay upwards of £200, with results lasting for around four months.

## Treat your lips

If you don't fancy getting the needle, a salon session such as The Nora Bode Maxi-Lip treatment, £35 (01775 722243), can give short-term volumising results. It uses the patented Oxyjet system to →





increase collagen production and the moisture content of the lips, leaving them softer and plumper. 'Lips look instantly fuller afterwards,' say beauty guru to the stars Janet Ginnings. 'But results are better and longer-lasting after a course of five.'

## Using lip liner

'So many women are afraid of lip liner, but it's my secret weapon,' says renowned make-up artist Charlotte Tilbury. 'It's like a Wonderbra for the lips! It instantly plumps, while enhancing your lip shade. Apply it to the outer edge of your natural lip line.'

## Keep them young

With the thin skin of the lips particularly vulnerable to the signs of ageing, extra TLC is a must. 'The skin on our lips contains virtually no melanin, which is the body's natural sunscreen. This means they're more prone to burn and need year-round protection from the sun,' says Karen.

Lypsyl Sun SPF35, £2.06 (1; available nationwide), gives high protection without leaving a white residue. For super-soft lips, apply Susan Molyneux Renu Lip and Eye Active Lift, £29.50 for 30ml (2; [www.monushop.co.uk](http://www.monushop.co.uk)), twice a day. Or try Shizen Lip Hydrating Serum, £21 for 15ml (3; from QVC), which contains anti-ageing vitamin A and moisturising organic ingredients.

## Keeping lips smooth

The delicate skin of the lips is more prone to dehydration – and that can mean unsightly chapping and cracking. Counter this with a nourishing balm such as Suki Lip Repair Butter, £10.06 (4; [www.touchmyface.co.uk](http://www.touchmyface.co.uk)), which heals and softens without leaving a waxy or greasy feel. For luxury that won't break the bank, try Kate Logan Beauty Scrumptious Kiss Balm, £6.99 (5; [www.kateloganbeauty.com](http://www.kateloganbeauty.com)), which is handmade to order and contains natural ingredients such as camomile and St John's wort. For a real bargain, pick up Anatomicals Stop Cracking Up Lip Balm, £2 (6; from Morrisons), which contains beeswax and olive oil.

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## Lip plumpers

**Sally Hansen Lip Inflation,**  
£5.95 (Superdrug)

This budget-priced classic now comes in three shades – Sheer Pink, Sheer Blush and Sheer Mocha – so you can get some colour along with volume. It leaves lips smooth and glossy and – better still – they feel conditioned.



**TIP** Wear a high-gloss colour on your lips – this will make them look instantly plumper.

**Skin Doctors Perfect Pout, £19.97 for 15m** (from Boots)

This contains a powerful combination of moisturising and plumping ingredients that work hard to keep lips looking soft, full and luscious. Active ingredients include an amino acid that helps the blood vessels in the lips dilate.



**MD Formulations The Temps Lip Pumping Treatment, £26**

(0870 850 6655)  
This non-sticky lip treatment is lightly flavoured with natural cinnamon. It can be used alone, under your favourite lip colour and as an overnight treatment for lips.



Feature: Trish Lesslie Photos: Getty Images, Lorenzo Mancini, Urbanlip.com