

As MBNS reports a rise in the number of clients wanting hand lifts, Sandra Carter asks...

Do your hands let you down?

IN markets in Vietnam's two big cities, Hanoi and Ho Chi Minh City (Saigon), I kept noticing stalls selling long grey evening gloves. Are the women spending their evenings ballroom dancing? Is this the last secret refuge of debutantes?

I soon discovered who wears long gloves and why. Trendy teenage girls and young women know the damaging effects of sun on skin, so they cover up their hands and arms while tearing round the city on their scooters. Their face masks, sporting a smart fabric flower, are also designed to protect from the sun as much as the pollution.

This holiday experience came back to me when I talked to Marea Brennan Thorns of Medico Beauty Nurse Services (MBNS).

"It's not just our faces that need protecting from the damaging effects of the sun," she pointed out. "Our hands too can age before their time if we don't protect them."

So take as much care adding sun screen to the back of your hands as to the rest of you.

And she passed on another tip: "When using moisturiser for your face, dab some onto the back of your hand before applying it to your face. Then rub the residue into your hands.

"We tend to think of hands as just there doing their work. But it's well worth looking after them."

As more and more people take steps to forestall ageing effects on their faces, through surgery or the increasingly popular non-surgical beauty treatments, attention is turning to hands. "However much people invest in facial treatments, hands can be a real give-away of age," she says. "As we age — in fact from about 40 — our skin thins and loses its structure and substance more easily."

At MBNS, the nurse-led aesthetic team based in Thame, anti-ageing treatment of the hands is proving popular. They remove those ugly brown age spots using Intense



Win a series of treatments that will rejuvenate your hands

Pulsed Light, and provide deep dermal hydration using micro-injections of Restylane Vital, which is the same treatment used to plump up lips and fill in wrinkles on the face. Then sun protection cream is provided containing super potent anti-oxidants.

After four or five treatments hands are left looking smooth, free of age spots and much more youthful.

Marea recently calculated that she and her two colleagues, who are all registered nurses, have given more than 30,000 treatments, ranging from botox to laser therapy for leg veins. They continually train to the highest standards in the field and are now qualified examiners for Vistabel Botox training.

Medico Beauty Nurse Services Clinic, 57 North Street, Thame, mbnsclinic.co.uk, 01844 213007

Medico Beauty Nurse Services is offering a lucky Limited Edition reader the chance to regain youthful-looking hands. The prize is a series of three treatments, each one including micro-injections of Restylane Vital and Intense Pulsed Light photorejuvenation.

The total prize value is £1,100, and the treatments will take place at the MBNS clinic in North Street, Thame.

To enter, send the answer to this question with your name and address by May 31 to Limited Edition/Hands at the address on page 4. At what age does our skin begin to thin? Please mark your entry "no mailing" if you do not want to receive information from MBNS