

THE SUNDAY MIRROR MAGAZINE 06/06/21

# Notabook

a lot of what you fancy...

## SUMMER STYLE TRENDS

Spoiler alert:  
Bermuda  
shorts are  
back!

## MAKING WAVES

Nautical but  
nice seaside  
interiors

## SCREEN QUEEN

Look your best  
on Zoom with  
these beauty  
tweakments

Brooke  
Vincent

'Giving birth is  
daunting but beautiful  
- thankfully Monroe  
is a very chilled baby'

# Labour of love



## Deputy beauty editor Zoe

20s

I'm only just in the 20s age group these days and I'm sad to say I'm no longer blessed with the baby-smooth skin of a teenager. I've noticed my jawline, especially around both sides of my chin, has become weaker and more jowly-looking - something I know will only get worse over time if left to its own devices.

## THE TWEAKMENT: THE THREE-POINT JAWLINE LIFT

This treatment is essentially strategically-placed jawline filler. My injector was Dr Ioannis Liakas, medical director at Vie Aesthetics, and to my delight he said it wouldn't take much to define my jawline. By filling the two areas

either side of my chin, and a bit in the centre of my chin, I could achieve a better profile (hello, Instagram fame). He used Juvederm Voluma filler (thicker in consistency than traditional Juvederm for the lips) and a micro-cannula and

needle to inject the areas. It took a few minutes for the numbing cream to kick in, then 10-or-so minutes to inject just under 2ml of filler, and I was all done.

**VERDICT:** Dr Liakas really advocated a natural, feminine look, instead of the harsh razor-sharp jawline that he notes as trending on Instagram at the moment. My boyfriend, who didn't even notice when I dyed my hair pink,

asked straight away what I'd had done. He couldn't pinpoint what it was, but he said I looked good - and I feel it. I've hated my profile for years, but having a bit more definition around my chin has improved my pre-jowls and given me a boost of confidence. The filler lasts 9-12 months so I'll be going right back to Vie when it fades.

Jawline filler at Vie Aesthetics starts from £300 for 1ml, see [vie-aesthetics.com](http://vie-aesthetics.com)



# ZOOM FACES FIXES

The Notebook beauty team tries out the latest tweakments to boost on-screen confidence

If the camera never lies, it's the video lens that lays bare the ugliest of home truths. Zoom has become the Notebook beauty team's permanent 'office', and it never spares our feelings at morning conferences. It's ironic to be discussing all things beautifying while silently running through a litany of self-criticism - wrinkles exposed by a harsh side-light, puffy bags no cream can deflate, a sagging on-screen jawline.

There's something universally unflattering about video conferencing, and while those we're talking to never see our flaws in the way we do, it's still a daily crush to the ego.

Research has found people think Zoom ages their face by at least four years, and The Private Clinic sees "Zoom fatigue" as the major cause of a 160% surge in post-lockdown treatment bookings.

But what really works without downtime? The beauty team has been trialling the latest options for its on-screen buddies...

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**Beauty director Lynne**  
As the oldest team member (and a homeschooled survivor) there are multiple system failures going on. My screen time reveals hollowed eyes and my cheeks are as deflated as my mood after an hour on Zoom.

**40s**

I began with a top-down approach by visiting eye specialist Daniel Ezra, who agreed my under-eyes could be subtly padded out with Teosyal Redensity II, a new filler designed for the delicate "tear trough" zone. It sounds squirmy, but the actual injection site was at the top of my cheeks, with Daniel then delicately massaging the filler

upwards. The sensation was no worse than a very fleeting sharp scratch (and I fainted at blood tests). It was a great start but my critical on-screen gaze then shifted down to my flat cheeks and deepening nose to mouth lines. Step forward sculpting pro Dr Nena Bai at her Tempus clinic. She explained she could treat both issues in

## THE TWEAKMENT: NO-KNIFE RESCULPT

**Beauty editor Laura**  
Dark circles have always been a minor bugbear, but on screen they became all I could focus on, coupled with the noticeable beginnings of bags, and extreme puffiness in the morning. My boyfriend would literally laugh out loud at how puffy my eyes looked. No manner of heavy duty concealer could disguise it.

**30s**

I visited the chic Chelsea clinic of aesthetic practitioner Natali Kelly who came up with her "injectable concealer" treatment following a rise in clients complaining about "Zoom face". It uses super-light Juvederm Volite, a hyaluronic acid skin booster inserted in a multi-layer technique under the eye area, using a needle and a micro-cannula. It's a great first step for tiring signs of ageing around this area, giving the skin support where needed but also

## THE TWEAKMENT: INJECTABLE CONCEALER

like you've got a filler on." It hasn't completely banished the discoloration but now if I reach for any concealer at all, it's a sheer glowy one rather than something that resembles Poyfilla. I also loved Natali's approach - helping people to look like how they feel on the inside, rather than the tired, grumpy or unhappy looking version that may be staring back from the screen.

**VERDICT:** The results were subtle but notably noticeable to me - the ridges that marked the early signs of bags had disappeared, and the under-eye area appeared brighter. Even the aforementioned charming boyfriend remarked, "You look

not "done". Injectables aren't something to be trivialised, and you need to do your research, but when treatments are done in a skilled, subtle way, I don't see them as THAT different to getting my grey roots done. I'm just putting back what time has taken away, not trying to create something I never had.

Tear trough filler at from £700 at Daniel Ezra, see [daniel-ezra.co.uk](#). Juvederm Voluma filler, £650 for 2ml and Juvederm Volt is £480 for 1ml with 1ml fill, see [costs-and-locations](#)



one by gently redefining my cheeks with Belotero Volume filler which would, in turn, help lift out those lines. Again, it was quick and involved minimal discomfort. As the icing on the anti-aging cake, she inserted a tiny cannula at the sides of my mouth and smoothed a liner filler (Juvederm Vollit) upwards to plump the smile lines.

**VERDICT:** There was virtually no bruising or swelling, and in both cases I think I just looked fresher.

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MORIS LYNE HYLAND, LAURA MALLEY, ZOE CHIPS



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SUNDAY EXPRESS

6 JUNE 2021

**EASTERN FEASTS**

Recreate the fresh and fragrant flavours of Vietnam

**MAKING WAVES**

Nautical but nice seaside interiors

**PLUS!**

Meet the winners of our short story competition

Leslie Ash

'I'm happy to be working and flying the flag for 60-something grandmas'



# Zoom face fixes

The S magazine beauty team tries out the latest tweaks to boost on-screen confidence

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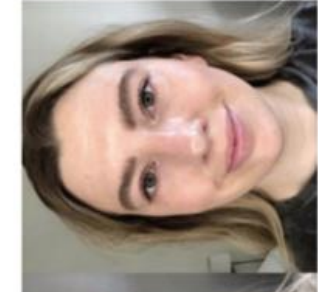
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Dark circles have always been a minor bugbear, but on screen they became all I could focus on, coupled with the noticeable beginnings of bags, and extreme puffiness in the morning. My boyfriend would literally laugh out loud at how piggy my eyes looked. No manner of heavy duty concealer could disguise it.

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Injectable concealer, £500 with Natali Kelly. See [natalikelly.com](http://natalikelly.com)

## 40s

Beauty director  
**Lynne**

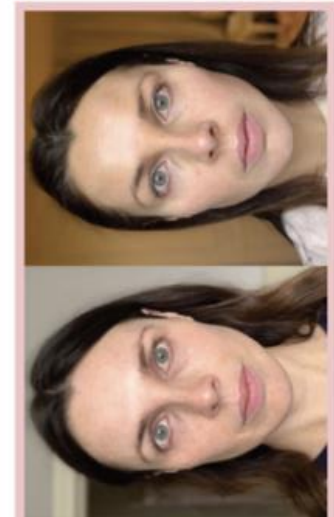
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Tear trough filler is from £720 with Daniel Ezra. See [daniel Ezra.co.uk](http://daniel Ezra.co.uk). Belotero Volume filler is £650 for 2ml and Juvederm Volift filler is £480 for 1ml with Nina Bai. See [baibeautyclinic.co.uk](http://baibeautyclinic.co.uk)



WORDS: LYNN HYLAND, LAURA KELLEY, JOE CIPRES