

Lip service



Often neglected, but vitally important to your overall beauty look - not to mention your love life - lips should be beautifully plump without being overinflated or detracting. Award winning aesthetic professional Dr Harry Singh gives us his top tips for a gorgeous pout...

STAY HYDRATED

The Winter months especially can make our lips dry and cracked, so hydration is the key to a perfect pout. The best way to hydrate lips is by drinking water, but for a helping hand, hydrating skin boosters can be injected to replenish moisture and add subtle volume without overfilling your lips.

EXFOLIATE BUT DON'T OVER-MOISTURISE

You may think that applying lip balm will keep your lips smooth but while lip balms can be good for protecting your lips from the elements, overuse can actually trap the dryness in and too much moisturising can make the skin cells lazy, requiring more and more applications. The most effective way to keep your lips smooth is to gently exfoliate the skin to remove dead skin cells. Try using products that contain active ingredients, such as AHAs or BHAs, which encourage cell turn over.

TURN BACK TIME...

While time may heal all wounds, it certainly doesn't do our lips any favours, with the ageing process taking away their fullness, making them thinner and less defined and prone to lines and wrinkles. Dermal fillers can be used to replenish lost volume or add volume to naturally thin lips. They can also enhance the outline of your lips by defining your cupid's bow for a more heart-shaped appearance. Lines and wrinkles round the mouth such a smoker's lines or smile lines can also be diminished.

...BUT DON'T OVERDO IT!

Our lips are a focal point on our face and while 'lip fillers' may be the latest beauty buzz words, we have all seen how overfilled lips can have the opposite effect, making someone look strange and even unattractive. Do your research. Ask to see your practitioner's before and after photos and choose someone who will

give you natural looking results that are in balance with the rest of your face.

DON'T BE TEMPTED BY CHEAP DEALS AND OFFERS

Lip fillers can look great when done well, but they can also cause many unwanted complications from lumps, bumps and bruising to more serious side-effects such as blocked blood vessels and tissue death. Making sure you go to an experienced medical practitioner who is highly trained is the best way to avoid any complications. Don't be tempted by cheap deals and too-good-to-be-true social media offers. Lip fillers are big business and there are many unscrupulous people out there looking to take your hard-earned cash. Don't risk ruining your face for the sake of price. Choose based on skill and experience.

ABOUT DOCTOR HARRY



Dr Harry Singh is an award-winning medical professional and owner of the Botulinum Toxin Club. He runs

training courses throughout the UK teaching medical practitioners the art of injectables. A successfully published author, Dr Singh uses his knowledge and understanding of facial aesthetics to provide an award-winning service that also informs delegates on how to run and successfully market a facial aesthetics business. This led to The Botulinum Toxin Club being named the 'Most Outstanding Business of the Year' at the 2018 Dental Industry Awards.

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