

Young hands

A new injectable technique is being used to plump the skin on the hands, taking years off their appearance.

"Hands are always exposed and are often sun-damaged. This thins out the dermis prematurely," says Sydney plastic surgeon Dr Michael Miroshnik.

"I use Restylane Vital, an acid-based filler which is basically a sugar. There's no need for a local anesthetic, it's just a number of tiny injections that draws water from your circulation and plumps the skin up."

Australia's Next Top Model judge Charlotte Dawson tried the procedure. "I was amazed when Michael told me about it," she says. "It was just a little experiment for me and really it only took 10 minutes and was relatively painless. I think they look much better and certainly more youthful."

Cost: \$1000. **Lasts:** Eight to 12 months.

Dr Michael Miroshnik, Double Bay. Phone 1300 889 050.