

The Secret to Body Confidence:

# Celebrity Beauty Secrets



If there's one thing that most glamorous celebrities have in common, it's that they have all dabbled in cosmetic treatments to keep themselves looking incredible. Whether it's fillers, anti-wrinkle injections, liposuction or rhinoplasty (or unknown surgeries that they will never admit to), you would struggle to find a single celeb these days who hasn't had just a little work done to boost their appearance.

And who can blame them? All that time spent on our screens or on the cover of glossy magazines could make anyone keen to ensure they look their best with some enhancements. Research has also shown that we regular folk are influenced by celebrities to opt for cosmetic treatments of our own.

So, if you're interested to know what kind of work celebs have undergone and how you can get the same celebrity treatment, read on to find out more...

## Forehead

The forehead can give away some of the first signs of ageing, thanks to those pesky lines and wrinkles. There are a number of treatments that can smooth the forehead, like anti-wrinkle injections. Anti-wrinkle injections have become much more normalised over the years, with some people putting it in the same camp as getting your nails or hair done.



Many celebs have been open about getting anti-wrinkle injections, such as Cindy Crawford, Chloë Sevigny, Robin Wright, Gwyneth Paltrow, Kim Kardashian, Nicole Kidman, Katy Perry, Chrissy Teigen, and so many more. In fact, Chrissy Teigen has even been open about using anti-wrinkle injections in her armpits to stop excessive sweating.

## Eyes

The skin around the eyes is another area that can give away ageing, thanks to the likes of crow's feet. Anti-wrinkle injections can also be used to treat these pesky lines, injected just above the natural brow.

Dermal fillers can be injected into the tear troughs (the ridges around the under-eyes) to plump them up and smooth them out. Singer Katy Perry is one such fan of this treatment, employing fillers to minimise her under-eye bags.

## Nose

Alterations to the nose involve more intensive treatments like surgery to change its shape or size. Nose-jobs are another common treatment undergone by celebs looking to create a more symmetrical face.

And it's not just female celebrities who have gone under the knife seeking a smaller nose; actor Ryan Gosling had a more crooked, hooked nose in his younger years that he had corrected as his stardom grew. Jennifer Aniston, Blake Lively, Megan Fox, Jessica Simpson and Angelina Jolie are all thought to have undergone rhinoplasty.

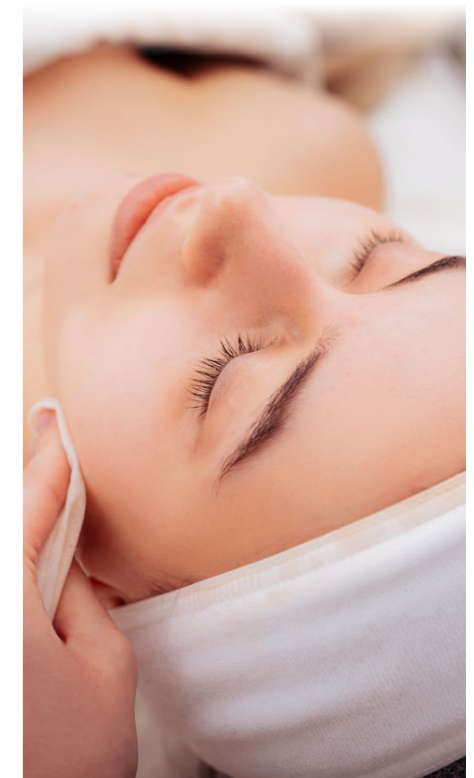
## Lips

Lip fillers skyrocketed in popularity thanks to celebrities, with Kylie Jenner probably the most influential of them all. Lip fillers make the lips appear plumper and more voluminous, giving a natural pout to the mouth.

Other celebs who have undergone this treatment include Lady Gaga, Angeline Jolie, Anna Faris, Bella Thorne, Gwen Stefani and Amanda Holden.

## Skin

Many people might think that celebrities have access to some extraordinary skincare treatments that we ordinary people could never hope to experience, but that could not be further from the truth.



At ASC, we provide both the Hydrafacial and Fire & Ice Resurfacing Treatment. These non-surgical facial treatments are adored by a celebrity fanbase, thanks to their incredible results. The Hydrafacial leaves skin brighter and refreshed, unclogging the pores and providing deep extraction to improve the skin's overall health. The Fire & Ice treatment is an intensive mask treatment that treats fine lines, addresses problematic skin and encourages cellular renewal – celebs who adore this treatment include Gwyneth Paltrow, Halle Berry, Jessica Alba, Michelle Keegan among many more.

At Aesthetic Skin Clinic, our medical professionals are highly trained and have extensive knowledge when it comes to injectable-based treatments. If you've been struggling with your skin this year and want to learn more about our vast range of non-surgical cosmetic treatments that can completely transform your skin and give you a healthier,

brighter look, then contact Aesthetic Skin Clinic today on 736699 or see our extensive website [www.askinclinic.co.uk](http://www.askinclinic.co.uk).

Dr John Curran FBCAM  
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Remember, it's important that you're choosing treatments for the right reasons – and not because your favourite celebrity is promoting it on their social media. We recommend speaking to your consultant about your requirements and desired results, and together, work out a treatment plan that is unique to you.

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