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How to get younger plumper lips

From fillers to make-up tricks, there are plenty of options if you want to plump your pout. By Trish Lesslie Our lips are one of the first areas on our faces to show signs of ageing due to a combination of an extremely thin layer of skin, lack of melanin and constant exposure to the elements,' says skincare expert Karen Gould. Fear not, though - there have never been more ways to maintain your pucker...

Keep them young

With the thin skin of the lips particularly vulnerable to the signs of ageing, extra TLC is a must. The skin on our lips contains virtually no melanin, which is the body's natural sunscreen. This means they're more prone to burn and need year-round protection from the sun,' says Karen. Lypsyl Sun SPF35, 2.06 (available nationwide), gives high protection without leaving a white residue. For super-soft lips, apply [Susan Molyneux Renu Lip and Eye Active Lift](#), 29.50 for 30ml twice a day. Or try Shizen Lip Hydrating Serum, 21 for 15ml which contains anti-ageing vitamin A and moisturising organic ingredients.

Keeping lips smooth

The delicate skin of the lips is more prone to dehydration - and that can mean unsightly chapping and cracking. Counter this with a nourishing balm such as Suki Lip Repair Butter, 10.06 which heals and softens without leaving a waxy or greasy feel.

For luxury that won't break the bank, try Kate Logan Beauty Scrumptious Kiss Balm, 6.99 which is handmade to order and contains natural ingredients such as camomile and St John's wort.

For a real bargain, pick up Anatomicals Stop Cracking Up Lip Balm, 2 (from Morrisons), which contains beeswax and olive oil.

Using lip liner So many women are afraid of lip liner, but it's my secret weapon,' says renowned make-up artist Charlotte Tilbury. It's like a Wonderbra for the lips! It instantly plumps, while enhancing your lip shade. Apply it to the outer edge of your natural lip line.'

3 of the best ...lip plumpers

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Sally Hansen Lip Inflation, 5.95 This budget-priced classic now comes in three shades - Sheer Pink, Sheer Blush and Sheer Mocha - so you can get some colour along with volume. It leaves lips smooth and glossy and - better still - they feel conditioned.

Skin Doctors Perfect Pout, 19.97 for 15m This contains a powerful combination of moisturising and plumping ingredients that work hard to keep lips looking soft, full and luscious. Active ingredients include an amino acid that helps the blood vessels in the lips dilate.

MD Formulations The Temps Lip Plumping Treatment, 26 (0870 850 6655) This non-sticky lip treatment is lightly flavoured with natural cinnamon. It can be used alone, under your favourite lip colour and as an overnight treatment for lips.

Top tip

Dab a lighter shade on the middle of your lips to create the illusion of fullness.

Thinking about a lip treatment? Here's the low down on ...

Fillers

Fillers have had some bad press thanks to the trout pouts' sported by some high-profile celebrities. But, according to Dr Tracy Mountford of the Cosmetic Skin Clinic (01753 646660), results can be as natural-looking as you want them to be. In reality, expertly performed lip treatment is subtle and simply enhances and defines the natural shape of the lips,' she says. It doesn't need to be obvious.' Teosyal Kiss (from 250, 0845 070 1782) is one of the fillers specially designed for use on the lips. Made from hyaluronic acid - which is found naturally in the body - it can be used to reshape lip contours, increase volume, treat wrinkles, support lip corners and even rehydrate the lips.

Semi-permanent make-up

As with fillers, semi-permanent make-up techniques have come a long way. It's possible to transform thinning, uneven or even dull lips,' says semi-permanent make-up artist Tracie Giles (0845 838 0299), who uses only medical-grade, mineral-based pigments in her treatments. You can increase the size of the lips by about 2-3mm without anyone ever knowing.'

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Semi-permanent make-up can last for years, but this depends on your skin type and lifestyle. Treatment usually costs around 295 for a skilled make-up artist, takes around two hours and includes a full consultation. A refresher treatment every 12 to 18 months is recommended.

Short term lip treatments

If you don't fancy getting the needle, a salon session such as The Nora Bode Maxi-Lip treatment, 35 (01775 722243), can give short-term volumising results. It uses the patented Oxyjet system to increase collagen production and the moisture content of the lips, leaving them softer and plumper. Lips look instantly fuller afterwards,' say beauty guru to the stars Janet Ginnings. But results are better and longer-lasting after a course of five.'

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