

Diary of Sam aged 48

I've always prided myself on looking after my skin and getting enough sleep but after a very stressful 18 months my face had aged 10 years, was grey looking (no matter how many facials I had!) and the lines down the side of my mouth made me feel miserable and certainly didn't match my personality.

I've had Botox in the past, but I was left with droopy eyes. I just assumed that was my natural fate! After my initial consultation with Sophia & Debbie the Ultra V Lift was recommended.

I had the treatment explained again (what would be done today and the next steps) as I didn't know what to expect and had been advised some patients felt the odd needle - yuk! Debbie applied the anaesthetic cream and I was left for my face to numb before an initial thread (which was injected through a fine needle).

Apparently I have 'good thick skin' and can honestly say I didn't feel a thing other than a pressure rather than any kind of discomfort. I didn't want it to end as I was enjoying relaxing on the bed instead of running around as normal!

I had slight swelling, warmth and tightness was felt but having held a cold face cloth to the area it soon went down. I was advised I could continue as normal and had no problems eating or sleeping.

I am so impressed with how fresh my skin is looking and the way my jowls have lifted.

I'm amazed at the compliments I'm getting who say its taken years off me and don't look my age. To be honest the main change is in me and how I feel - I am now more confident in my looks and have changed my hairstyle to show my face more. I am excited with the results and know that it is improving daily.

I'll need a check up annually to see if any areas need to be touched up and visit twice a year for filler and Botox - but that's nothing to keep on top of it! It is just like visiting the dentist but without the pain.

Would I recommend it to my friends? I already have!