



## Beauty Lesley Thomas

### Pressure point

*Acupuncture is the way to roll back the years*



I love to compliment a lady. Ladies just love compliments. Not flattery, mind, just straight up knowledgeable, appreciative high-fives for success in their efforts.

My favourite compliment is not really a compliment, and I've been getting it quite a bit recently: "You've had Botox, haven't you? Admit it." This makes me very happy indeed, for I have not had Botox and probably never will. (No strong views on this: I'm just scared of ending up looking scary.) I'll admit, though, that I have had some needles in the face in the past few months. I have had several appointments with an acupuncturist. A fabulous-looking fortysomething friend gave

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me Ross Barr's number in the way I imagine ladies who have Botox do – with a sort of conspiratorial wink, as though I were being allowed into some secret, posh ladies' club or the harem of an A-class gigolo. It turned out that quite a few of my well-maintained acquaintances have been seeing Barr on the sly. I now know why they had wanted to keep him to themselves.

When I finally got an appointment (slots with him go faster than Glastonbury tickets) and walked into his clinic, it was like hitting the pause button for 45 minutes. I blathered on about my hectic, stressful life, why it is the cause of my aggressive frown lines and why I needed his Acupuncture Face Lift. ASAP. Barr listened, exuding calm, humility and understanding. He said I didn't need a facelift. He believes that boosting your internal organs with targeted acupuncture needles is more important than treating crow's-feet, and that in the long run this better health would show on my face.

I was not so interested in the long run, but agreed to needles in my legs and ankles to target my most stressed organ, which, Barr said – quite tactfully – was my liver. I was allowed an acupressure facial massage, which was divine. I had a couple more appointments and noticed an increase in my energy levels. A funny thing happened after a few weeks. My two-glasses-a-night habit became one, sometimes none, without any effort or even intention on my part. My sleep improved. My face looked calmed. Possibly my liver was doing a little dance. People asked for my Botox doctor's details.

Of course, in the end, Barr was forced by my vanity to give me a "facelift". Around ten needles went into key points on my face and a couple in the ankles. Yes, it hurt a bit. But it was worth it. I paid my faded frown lines and tautened forehead several compliments. In truth, I think Barr is not keen on the idea of a 3,000-year-old tradition being considered simply as an alternative to Botox. But for me, frankly, it is. ■

From £65 for a 45-minute appointment (07836 205076; rossbarr.com)

### What we love

Prue White's pick of bright nail colours



FROM TOP: **Essie nail polish in Hide & Go Chic, £7.99** (boots.com). **Nails Inc Latex Effect polish in Shoreditch High Street, £12** (nailsinc.com). **Burberry Nails Nail Polish in Sage Green, £15** (burberry.com). **Nars nail polish in Libertango, £15** (narscosmetics.co.uk). **Clinique A Different Nail Enamel for Sensitive Skins in Sunny, £12** (clinique.co.uk).