

# Face facts, this could be a better option than botox

In search of 'tighter, younger skin', **Cheslyn Baker** was intrigued to find out about Time Net, a non-surgical facelift procedure pioneered in Leicester. The results pleased her as well as the family and friends

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## FORGET BOTOX AND

dermal fillers and hold that thought if you are considering going under the knife for a surgical facelift. The Time Net, a new way to take the years off, has been pioneered right here in Leicester. It's like a non-surgical facelift, with longer lasting results.

Natalie Manroe, pictured, director of Time Net, invited me to try it out. The idea of tighter, younger skin certainly appealed – I have a husband 12 years my junior and would love to get away with looking the same age as him. Of course, I was sceptical; that comes as a given after years of journalism. But intrigue combined with hope made it easy to accept her invitation.

Swiss-born Natalie is an aesthetician with 14 years of worldwide experience, who has settled in Leicester. Together with consultant cosmetic and ENT (ear, nose and throat) surgeon Anil Banarjee, from the Spire Hospital, she has worked to fine tune, patent and present The Time Net.

The science behind the method is impressive and reassuring. Put very simply, it involves inserting tiny pockets of collagen into the skin, which then work on a time-release basis, improving the look and elasticity and (the best bit) improving it as months go by.

"You won't need another treatment for nine months to a year," says Natalie. "It's like the gift that keeps on giving."

Natalie is 39 and still looks as fresh as a daisy, so she would know.

Tiny filaments containing collagen are inserted just beneath the skin. The materi-



FRESH FACED: Cheslyn, left, before her Time Net treatment and, right, afterwards. The initial bruising and swelling soon faded



al used is allergy-free and has been used to provide soluble stitches in the UK by the NHS and others for 21 years, so is 100 per cent safe. The filaments are then threaded in strategic places to provide more lift, if and where needed, and improve the look and texture of the skin by plumping it out.

Only medically qualified people are allowed to even train in the technique, which is another tick in the right box for those who may be wary of treatments such as Botox and dermal fillers.

My treatment was carried out by Dr Irum Khan at her clinic, IK, in Stonegate, Leicester. Natalie supervised the aesthetics side of the procedure, using photographs of my face. She had meticulously mapped where the collagen threads would be most beneficial, and what type was needed to improve and tone.

It turned out I needed quite a lot, which came as no big surprise. Once I was on the treatment couch, Dr Khan gave me a local anaesthetic. An hour later, it was all done.

To be honest, it did hurt, but the pain was bearable and disappeared quickly. I felt fine afterwards, although admittedly I was a bit bruised and swollen.

Dr Khan explained the bruising in my

case would be greater than in a younger person or different skin type.

Once again, the flexibility of the product was highlighted. It's not just one size fits all. Every person gets the exact care that will benefit them and how they look.

I wrote this only three days after treatment and, apart from slight swelling and bruising, the improvement is already evident, according to family and friends.

Having previously tried Botox and fillers, I found them okay for a short-term fix lasting about three months, but it could be expensive to keep up. Some women continue to have treatments four times a year, costing from £275 to £600 a throw.

Face Net treatments vary in price according to requirements, but my full treatment would cost £800 plus VAT and will last up to a year. Half a face (say neck, chin and jawline) would cost from £540. So, it seems to be cost-effective as well as giving a better result.

It's exciting to think Time Net has been devised and launched here in Leicester.

As far as my experience goes, I can only see it spreading far and wide. Today, Leicester – tomorrow, too. [www.thetimenetacademy.com](http://www.thetimenetacademy.com)

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