



FACTS

PAUL GRAYDON HADN'T THOUGHT ABOUT FACIAL REJUVENATION UNTIL A FRIEND MENTIONED IT TO HIM AS HE WAS APPROACHING 40. NOW HE SAYS HE WOULDN'T BE WITHOUT IT. WE MET HIM TO CHAT FILLERS AND BOTOX...

We can't help scrutinising Paul's face as he arrives. The shoot is taking place in broad daylight which can be punishing but there are no signs of tight skin or a shiny forehead and he has a full range of facial expressions. We honestly wouldn't know he had had anything done, instead he looks well and rested and considerably younger than his age.

Over the last few years increasing numbers of men have been having facial rejuvenation but few are confident enough to talk about it openly for fear of being judged. The professionals report that men have treatments for a multitude of reasons. Some cite the need to keep a youthful appearance for their chosen career or profession. Others, like

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Paul, have a milestone birthday approaching or are getting married.

Paul had full face rejuvenation using dermal filler and Botulinum toxin to restore volume and contour the face at Queensway Skin Clinic with Dr Uzma Olbrich. "I wasn't sure what to expect," he admitted. "A female friend had recommended Queensway to me so I knew that I was in safe hands but I didn't know if it would make that much difference."

The dental clinic environment was also a major factor in his decision making process.

"Initially I liked the fact that I could sit in reception and no one would know what I was about to have done," he said. "Now I am quite confident but when I first looked into having the treatment, I liked the fact it's very discreet."

"I had a consultation with Dr Uzma and she explained that we were aiming for a subtle, refreshed look. She works like an artist and looks at the face as a whole, rather than focusing on certain areas. I have a small line between my eyes caused by wearing glasses and she advised me to keep that so the whole effect was more subtle and natural. I wasn't sure at first but she was absolutely right as it helps to keep my look really natural. It would look artificial for a man my age to have no facial lines," he explains, "and I still look like me, but a better version."

Paul was delighted with the results and has been back.

"I was really surprised that the improvement was noticeable within a couple of days," he said. "I have had so many compliments about how good I look but no one has even guessed that I have had any work done. It's changed the way I feel about myself, I just feel much more confident and comfortable in my own skin."

• *Queensway has a dedicated men's section at www.queenswayskinclinic.co.uk*