



*“Five years ago it was about focusing on a specific ‘problem area’, say erasing a wrinkle, but now it’s about looking at the face as a whole”*

“**C**heer up love, it might never happen” has to be in the most infuriating sentence in the English language. Especially if, at that precise moment, you’d been feeling quite happy because you’re daydreaming about a tryst with, say Aidan Turner, or deep diving into a vat of Whispering Angel rosé. So why is your face telling a different story? Sad face is the result of our skin shifting southward, gravity taking its toll. The upside-down triangle of youth (cheekbones tapering to a chin) reverses and the cheekbones become less prominent, while the jawline gets fuller and softer.

Dr Tracy Mountford, the beauty editor’s go-to injector, cites gum recession and bone loss in the skull as a contributing factor, “as it reduces the support in the face.” “This means everything becomes a bit concave,” says

Dr Dondos, a cosmetic doctor known for her subtle approach. “The jaw moves back and the nose dips. Also, as we age, we lose fat in our face. This is especially noticeable in the mid-cheek area.”

Alice Hart-Davis, a well respected beauty journalist with a new book called *The Tweakments Guide*, adds that over time, “our default expressions, whether that is a quizzical frown or a pursed mouth, become indelibly etched onto our features.”

Phew, if that all makes for grim reading, the good news is you can very effectively counter this with non-surgical cosmetic treatments and some good skincare. “A facelift would have been the drastic, old-fashioned way to address this, but now it is much smarter to start with a series of small tweaks,” says Alice. If you want to tackle grumpy resting face (GRF), the treatments below are pricey, but they really work.

## 1 BOTOX FOR BROW LIFT, FROWN LINE SMOOTHING AND MOUTH DROOP

“Often, if women come to me with the GRF issue, they’re focusing on the lower face,” says Dr Dondos, “but my advice is to start high. For me, the starting point is very carefully positioned Botox. It’s about smoothing the forehead lines, but very lightly so you can still frown. Plus you can use it to get a brow lift, which is very effective.”

Dr Dondos also uses it around the mouth, targeting the muscles that pull

the corners of the lips down. “It won’t lift here, but it will make the area look firmer and will improve the jawly look.”

**ROSIE’S VERDICT?** In the hands of the right practitioner, I find Botox effective at reducing “cross face” and giving that “you, but five years ago” look.

**PAIN FACTOR?** Minimal. Injections sting, but only momentarily.

**COST?** £270 for one area, £345 for two areas, at [medicetics.com](http://medicetics.com)

## 2 ULTHERAPY TO LIFT AND TIGHTEN SKIN

The treatment involves using a handheld device that delivers ultrasound to trigger a regenerating response in the skin. New technology means it can target skin at the most effective depth, where it stimulates the body to produce collagen and elastin, which in turn leads to skin firming. Each zap feels like a spit of hot fat within your skin.

A single treatment should deliver a subtle lift that appears two to three months hence. That result should last around a year.

**ROSIE’S VERDICT?** Heeding Dr Mountford’s suggestion on combatting GRF, I combine Ultherapy with fillers. This means I can’t be totally sure how much of the very definite lift I see can be attributed to Ultherapy alone, but there is definite tightening.

**PAIN FACTOR?** There’s no denying it’s ouchy. Each zap is tolerable but there are lots of them so it can feel a bit overwhelming.

**COST?** From £1,200 at [cosmeticskinclinic.com](http://cosmeticskinclinic.com) >>

# Can you fix GRUMPY RESTINGFACE?

Has gravity left you looking permanently sad? Rosie Green investigates if cosmetic tweakments can make her look happier

## 3 FILLERS TO DEFINE THE JAW, REDUCE SAG AND ADD YOUTHFUL PLUMPNESS

**Dr Tracy Mountford, famed for her exacting technique, scrupulous standards and a genius eye, is passionate about the effectiveness of fillers to deliver “structure and contour”.**

“Experienced practitioners will inject at different levels within the skin,” says Dr Mountford. She likes



to inject deep, often on the bone, as “this causes less swelling.” Filler on the temples instantly makes a face look more youthful, along the cheekbones acts as “underpinning”, and around the nasolabial folds softens and refreshes. A bit of filler on a bumpy jawline can even it out.

**ROSIE’S VERDICT?** I had always steered away from fillers before, scared of chipmunk face, but in Tracy’s capable hands I don’t look done, just lifted and refreshed. My jawline is less heavy and my face definitely less grumpy.

**PAIN FACTOR?** A weird sensation as the filler goes in, but totally bearable.

**COST?** From £350 at [cosmeticskinclinic.com](http://cosmeticskinclinic.com)

### EXPERTS’ TAKE?

**OLIVIA FALCON, beauty journalist and founder of beauty concierge Editor’s List ([editorslist.co.uk](http://editorslist.co.uk)):**

I am a big believer in combination treatments – the best, most natural results come when you take a 360-degree approach and have a structured game plan that works on all layers of the skin. It’s not just about getting a shot of Botox to soften wrinkles – to cheer up a grumpy resting face, you need to think about radio frequency or ultrasound treatments to tone and tighten the deeper muscles of the face, and injectable skin hydrators like Prohilo to work on the texture and to boost collagen.

**ALICE HART-DAVIS, beauty journalist and author of *The Tweakments Guide: Fresher Face*, £14.95 ([thetweakmentsguide.com](http://thetweakmentsguide.com)):**

If you notice that your mouth is developing a tendency to pull down at the corners, try a spot of Botox to release the muscles that are pulling it down. Plus, a drop of dermal filler to prop up the corners of the mouth where it may be collapsing can work wonders.

Also, get your eyes tested. If you can see properly, there is far less reason for squinting or frowning. The non-surgical way to a smoother brow is to stick a few Frownies (£20.95, [frownies.co.uk](http://frownies.co.uk)) onto your face. These are sticky-backed paper, which will pull tight whenever you move your facial muscles. Then all you need to do is learn to be more mindful of your facial expressions in order to avoid frowning and your brow will stay smooth.



### NEW HEAVY LIFTING SKINCARE

To address GRF, “ramp up your skincare by adding in a vitamin C serum in the morning and a retinoid in the evening,” says Alice. Applying a good SPF daily is also essential.

**RETINOL** Origins Plantscription Retinol Night Moisturiser with Alpine Flower, £49.

**PLANT STEM CELLS** Elemis Pro-Collagen Definition Face & Neck Serum, £92.

**VITAMIN C** Vichy Liftactiv Vitamin C Skin Brightening Corrector, £28.

**SUNSCREEN** Dr. Sam’s Flawless Daily Sunscreen, £29, [drsambunting.com](http://drsambunting.com)

### WONDER FACIALS

**+ GLOW REHAB** A combination of powerhouse procedures tightens, brightens and lifts. Think PRP Microneedling (your own blood injected into the skin to stimulate collagen), Laser Genesis to target fine lines and uneven skin tone, and Prohilo to plump and intensively hydrate skin. **From £1,500 with Dr Maryam Zamani; [drmaryamzamani.com](http://drmaryamzamani.com)**

**+ FACIAL REMODELAGE** It begins with a deep cleanse, using specific hand movements to manipulate and release facial muscles and emotional

tensions. This is followed by deep but gentle manipulation around the lip and eye area to drain toxins and reduce water retention and unsightly puffiness. **£160 for a 45-minute session; [martinederichville.com](http://martinederichville.com)**

**+ COSMETIC ACUPUNCTURE FACIAL** A-list facialist Sarah Bradden has devised a highly effective, energising and rejuvenating treatment that uses a combination of specialist acupuncture techniques to relax facial tissue, define, sculpt and encourage renewed circulation. **£225 for 90-minute treatment including full consultation; [sarahbradden.com](http://sarahbradden.com) w&h**