

# I had a face lift without going under the knife

When Botox no longer stopped her wrinkles, Lesley Hook, 55, tried a revolutionary new treatment

## How it works

Dr Roger Amar, who invented FAMI, says:

Deep cells are buried as the muscle anti-aging cure. They're able to regenerate, but not always in the area you need them. They've been used to repair the skin of burn victims for years, because they keep growing, the results get better over time and you should only need one treatment. I always get a photograph of the patient and know where to inject the fat, and inject it deep so to be buried for a natural look. Facelifts often give a stretched appearance, and Botox can give a frozen, 'ballerina' quality, but I prefer to give my patients a smooth, fresh look. I've now treated over 400 women, including my wife, and they are delighted with the results.

Lesley Hook had always taken care of her skin in a bid to look youthful. But two years ago, at the age of 53, she felt horrified every time she looked in the mirror. "I just saw a haggard, gaunt old woman looking back," she says. "It really began to knock my confidence."

Having already tried everything from expensive skin creams to Botox injections, Lesley started researching the most up-to-date anti-aging techniques online. That's when a revolutionary new treatment – only available through the inventor in Marbella in Spain – caught her eye. Called FAMI (for *Anti-Aging Muscle Injections*), it involves fat being taken from other parts of the body and injected into the face to help plump it out to give a youthful appearance.

"It sounded strange but the before and after pictures on the website of people who'd had it looked fantastic," she says. "And I was really excited by the fact that it wouldn't mean having to go under the knife – and I'd be able to go home after a few hours."

– and the fact that it was such a new treatment – meant that it



**BEFORE**

Lesley hated her 'haggard' look

was a year before Lesley contacted the clinic in September 2006. Six months later, she flew from her home for her consultation and procedure with FAMI. Dr Amar "wasn't nervous because I'd discussed it thoroughly with the doctors," says Lesley. "I'd given



**AFTER**

She's thrilled with her fuller, softer face

"When I came around, my face was covered in bandages but I didn't feel any pain," she says. "Half an hour later, I felt the clinic so much on my head." It wasn't until seven days later, though, after the swelling had gone down, that Lesley was finally able to see the results.

"My face looked so much fuller and softer, without looking fake," she says. "I went shopping that day and kept being surprised by my reflections." And she's not the only one to have noticed the difference.

"It's subtle, but all my friends

have said that I look so much healthier and happier," she says. "It's just so strange to think that fat from my knees has made me look youthful again." The FAMI facelift may have cost Lesley £10,000 of her savings, but she reckons it's an investment. "It should last a lifetime," she says. "Besides, now I feel so much more confident and that's worth every penny."

For more information, contact The Amar Clinic, Marbella on 0800 812 7475 or go to [www.marbellacosmeticsurgery.com](http://www.marbellacosmeticsurgery.com).

## Have these celebs had treatment?

Dr Amar points out potential t



Has Halle dated?



Let's fatten up!

Most stars seem to sport a perfect go. But swollen lips are always as natural as they seem. "If you fillers injected no wrinkles around it means it can push off the lips into an unnatural position for several months."

## The future of

New anti-aging methods are s



**SMALL LIFE**  
As you age the fat beneath skin, which adds years, begins breaking up and then this fat is injected thermal into the skin to melt the fat and stop from flowing moving to keep the looking younger

