

'I'M 52'

'I'M 47'

# 'WHAT'S OUR AGE-DEFYING SECRET?'

They look 25, they're actually all over 45. And, no, their amazing bodies aren't down to magazine jiggery-pokery, but each woman's personal quest to hold back the years. Turn the page to find out what keeps them so young

**WIN! YOUR OWI**

**TOP Sante**

**FEEL, LOOK & LIVE YOUR BEST**

**Sally Farmiloe**  
MY YOUNG BODY SECRET:  
'I DO DIY MICRODERMABRASION'

**A battery-powered brush gives author Sally Farmiloe her youthful-looking skin**  
'I tried salon microdermabrasion on my face three years ago and I was amazed at the results. It removed my dead skin cells and afterwards my skin looked really good – and young! But at £60 a pop, it was too expensive to do regularly. Last year a friend gave me a home kit – and now I'm addicted. You apply a cream all over, rub it in with a battery powered brush and then start to feel your skin tingling. It only takes 20 minutes and I do it once a week all over my body, particularly on those giveaway areas like my hands, chest and knees. Since I started, friends comment on how well I'm looking – and my husband says my skin feels like satin!'

**Home Microdermabrasion Kit by Dr. Denese, £19.95, from [www.drdenese.co.uk](http://www.drdenese.co.uk)**  
**Sally's book, *Sensual Pleasures And The Art Of Morphing Into A Health Goddess* (The Book Guild and Delancey Press, £16.99), is out now.**

'I'M 52'

