

As the celebrity trend for reversing cosmetic procedures takes off, more and more women who have had non-surgical work wonder if it's...

TIME FOR AN ABOUT-FACE?



With her long blonde hair and dazzling smile, Molly-Mae Hague looked preened to perfection when she entered the *Love Island* villa in 2019.

But the 22-year-old has since admitted that she regrets some of the cosmetic procedures she has been through, telling social media followers she'd "[got] things done that I didn't necessarily need to get done and didn't think through at the time".

She also warned, "Wait a good few years until your face has matured and then make decisions about cosmetic work and stuff. Please don't make the same mistakes I did."

Some 1.6 million people have watched a YouTube video of Molly-Mae having her lip fillers dissolved while a further million have watched her reverse her composite bonding – a treatment that involves adding material to the teeth to create a desired look.

And she's not the only one joining the "explant movement", with stars such as Chloe Sims, Megan McKenna and Kylie Jenner undoing some of their procedures to return to a more natural look.

A report by business consultancy The Future Laboratory has even noted a rise in quick-fix solutions being replaced by "more measured, long-term beauty rituals".

So what's driving this switch from fake to natural? And what does reversal actually involve? Here, we speak to the experts...



On *Love Island* in 2019



Molly-Mae in April, after having her lip fillers dissolved

She shared images of the procedure last October

THE FACE: SAYING FAREWELL TO FILLER



Cosmetic nurse Nina Prisk, from Update Aesthetics, says there's no gain without pain when it comes to dissolving filler in the face and lips

"We're mostly seeing women who had treatments in their early twenties at the hands of non-medical practitioners, with undesirable results – a lot of lips, cheeks and jaws that just don't respect natural human anatomy. There's still a market for overfilling but we're becoming wise to how social media and editing apps warp perspectives on beauty, so more women are feeling inspired to look like themselves again.

After all, there's no one size fits all when it comes to getting filler, and so when practitioners advertise prices for 0.5ml, 1ml, or 2ml, they're not taking into consideration that every face is different. You should pay for the skill, not the mill.

If hyaluronic acid filler has been used, then it will break down naturally over time as the body metabolises it. However, collagen fillers are more permanent. And

THE TEETH: DITCHING THE HOLLYWOOD DAZZLE



Cosmetic dentist Dr Kamila Azimova pinpoints a specific moment that inspired patients to "work with" their natural teeth – and explains how removing added resin is quite straightforward

"When Katie Price went to Turkey last year to get veneers and posted a YouTube video showing her natural teeth filed down to pegs, it scared a lot of people – her teeth were completely destroyed. People are now trying to work with their natural teeth, which is music to my ears!

The enamel that coats our teeth is superior to any product on the market, as it has a natural shine and is actually the



Katie shows off her new gnashers on YouTube

strongest bone in the body. So it's much better to try things like invisible braces, whitening treatments and a little bit of composite bonding if needed. Porcelain veneers should be the absolute last resort.

Composite bonding, which lasts between five to seven years, is reversible, as it adds material to the tooth rather than taking any away.

Removing it isn't usually painful as there's no drilling involved, but it can take up to four hours. It's a very simple process – we simply file down the composite bonding. I don't charge for reversing composite bonding as I consider it part of wider treatment, but it can cost between £200 and £1,000.

Having any treatments locally is important in case anything goes wrong. People have come to me after suffering from root canal infections or deep cavities that need urgent treatment within weeks of travelling to Turkey to get veneers.

You can also get gum diseases, which can cause a smell, or the nerves in the teeth can be destroyed, which causes great pain.

Getting veneers is really like going to the casino – it's a huge gamble. If someone has them in their twenties, they're entering a lifetime commitment. But when done properly and with regular check-ups, veneers can last for more than 10 years."

Katie is renowned for her cosmetic transformations



The image of her filed-down teeth shocked fans

while the process of getting fillers is a little uncomfortable, dissolving them can be quite painful.

We use a prescription-only medication called hyalase, which only a medical practitioner can obtain. A patch test must be carried out a few weeks before to rule out allergic reactions. Then, on the day of the treatment, the whole process should take less than an hour.

Hyalase is an enzyme that, when injected, breaks down the hyaluronic acid ingredient in fillers. This happens within minutes – as you massage the area, you can feel it breaking down between your fingertips. Your body will then naturally reabsorb it over the next few days.

The pain will get worse before it gets better and there's likely to be a lot of swelling and bruising, especially if you're having filler dissolved in the lips, as there's more vascular area (a network of blood vessels). The cost will be around £150.

There can be emergencies that require women to have reversals – like vascular occlusion, which is where the filler is injected into a blood vessel, cutting off oxygen supply and leading to potential tissue death. That has to be dealt with very quickly."

Writer Josie Copson learnt to embrace her natural looks in lockdown, thanks to a little help from a Love Islander



"Waxing, eyebrow threading and acrylic nails every four weeks, a pedicure and hair extensions every eight, teeth whitening and lip fillers every six months, and eyelash extensions as a pick-me-up. My list of pre-pandemic beauty treatments went on. I felt like a product constantly on the verge of expiring. My bank balance suffered, too. I was the real-life version of that *EastEnders* meme of Ian Beale crying, "I've got nothing left!"

Then lockdown hit and we were all forced to wave goodbye to salons. Which, of course, in the grand scheme of things was not a big deal. Within months, my lips began to return to their original state, I was forced to remove my extensions at home, my eyebrows became overgrown and even make-up application was a rarity.

When I looked in the mirror, I didn't feel like me. Those moments before a video call, staring at your own face on the preview screen, became my personal version of hell and I was glad to have a reason to not venture outdoors too often.

Then I stumbled on Molly-Mae Hague's YouTube videos. I began to remember my beauty treatments weren't what made me who I am. My obsession with Daisy May Cooper's *This Country*, my inability to say the word "human" and my loud laugh are far more interesting things about me. People care far more about whether I'm happy than what I look like. In fact, they aren't really bothered about my appearance at all – and why would they be?

Now, I'll happily go out having set my natural curls free and with a big old spot on my chin. The clip-in hair extensions I got to ease myself off the fake hair have not been touched for months. I do have a new addiction to buying teeth-whitening strips, though – I couldn't give everything up.

But if going natural is good enough for Molly-Mae, it's good enough for me!"

Cosmetic trends come in and out of fashion. Here are the stand-out moments of recent decades

- 1970s: Ski-slope nose
- 1980s: Jane Fonda physique
- 1990s: Big bust
- 2000s: Kardashian bum
- 2010s: Full pout



Get more information from cosmetic dentist Dr Kamila Azimova at drkamila.co.uk and aesthetic nurse Nina Prisk at update-aesthetics.co.uk