

Star tricks to get you in great shape

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BODY TIPS

Bodyblitz

THE VAMPIRE FACIAL

Can a Twilight-inspired treatment make you wrinkle free?

From bird droppings to snake venom, and - hold onto your lunch - human placenta massaged into the skin, A-listers like **Kylie Minogue**, **Victoria Beckham** and **Jennifer Lopez** are putting their hands up to test any treatment that might help reverse time. Now **Angelina Jolie** has gone one better than her stylish peers with her tried-and-tested remedy - the Platelet Rich Plasma (PRP) facial.



Kylie applies snake venom - also known as "nature's Botox" - to her skin to prevent wrinkles.



J.Lo swears by a human placenta mask which results in fresh and glowing skin. It's also great for sun damage.

HOW IT WORKS

Dubbed "The Vampire Facial", blood is drawn from the patient and then spun in a centrifuge to separate the plasma from blood cells. The plasma - containing collagen-boosting platelets - is injected into the patient's face, neck and décolletage to stimulate the body's own healing process and produce new and healthy skin.

WHERE TO TRY

Luckily for the non-squeamish, you don't have to go to Hollywood to try Ange's anti-ageing secret, although it does come with a celebrity price tag. All Saints Cosmedical Clinic in NSW offers PRP combined with the Fractional Pearl Laser treatment, which further stimulates collagen production. Although there is some pain involved and recovery can take up to one week, the procedure doesn't take long and promises rejuvenated skin for years.

THE COST?

PRP costs approximately \$900 for the eye area and from \$3000 for the neck and décolletage. Brad Pitt not included!