



about this on my social media, and it blew up. The buccal corridor is more commonly referred to as the negative space present between the back upper teeth and the corner of the mouth during smiling. It appears as a black or dark space. Cosmetic dentists or orthodontists try and eliminate that dark space. Having full buccal corridors mimics smiles like Julia Roberts' and can really support the facial structures. The result is a more youthful, fuller smile." Crucially, Eskander stresses, the shift toward looking natural is also showing itself in the dental chair. People want the best smile they can get, but they want it to look completely natural – obvious veneers or bonding are increasingly unpopular and the booming British dental market, which is still slightly ahead of Ireland in terms of innovation and treatment options – is drawing clients from here. Eskander herself sees

regulars at her Chelsea clinic who fly over to achieve her increasingly sought-after "Chelsea Look".

Cosmetic dentistry is both harder to hide than injectables and less laden with embarrassment. Of course, injectables should not be embarrassing to admit to, especially as it seems that so many of us are benefitting from them in silence and simply neglecting to tell one another, but there seems to be less stigma attached to aesthetic dentistry. According to Eskander, women's teeth can move quite dramatically in their late twenties, so many patients come to see her in their thirties, though she has patients in their seventies who want straighter, more youthful teeth too. Adult orthodontics support facial structure and help prevent hollowing and sagging. It seems that women are getting their aesthetic treatments in the dentist's chair more than ever before. ●

THE TREATMENT LIST

THE TREATMENT: AREOLA RESTORATION

The Location: The Dublin Makeup Academy

Kim O'Sullivan is known as the country's leading brow artist, transforming brows to meet their fullest and shapeliest potential. A lesser-known treatment she specialised in is areola restoration.

This form of permanent makeup recreates the areola and nipple using sophisticated techniques to mimic light and shadow, creating a one-dimensional image that looks three-dimensional and absolutely convincing. After a mastectomy, nipple graft or gender reassignment surgery, this treatment can help restore symmetry and confidence. Go to

Instagram @thedublinmakeupacademy to watch the treatment in progress and see the impressive results.

Cost: O'Sullivan provides this service to those who need it without charge, but waiting lists fill up months in advance

Treatment Time: Two hours

More info:

thedublinmakeupacademy.com

THE TREATMENT: BOTOX

The Location: Fitzgerald Private Clinic, Dublin and Donegal

Dr Deirdre Fitzgerald is medical director at Fitzgerald Private Clinic and a consultant ENT and facial plastic surgeon. While injectables like Botox and filler constitute a quietly thriving industry, it is always better to have them administered by a maximally qualified doctor with an intimate understanding of facial anatomy and the ability to treat you on-site if anything should go wrong. Dr. Fitzgerald takes a minimalist approach, which is essential to freshening a face rather than freezing it, and will tell you frankly when she thinks a treatment isn't right. She will often spend an hour or more talking with a patient about their lifestyle, needs and expectations before deciding on the best treatment.

Cost: Starting at €300

Treatment Time: Up to 90 minutes, including consultation

More info: fitzgeraldprivateclinic.com

THE TREATMENT: ELEMIS PRO-GLOW RENEWAL FACIAL

The Location: The Spa at The Shelbourne, Dublin

Not all aesthetic treatments need involve a needle. Sometimes, a pre-event quick-fix is all you're looking for. This deep-cleansing facial rejuvenates and revives skin, leaving it plump, hydrated and visibly glowing in just an hour. It's an excellent option for a few days before an important event, especially if you find that your skin is looking lacklustre

Cost: €140

Treatment Time: 60 minutes

More Info: theshelbourne.com