

MOORE'S MONTH

TIRED OF LOOKING, WELL, *TIRED*, OUR COLUMNIST, LOOSE WOMEN STAR **JANE MOORE**, LIFTS THE LID ON HER RECENT EYE SURGERY

‘**O**oh, you look tired. Long day?’ enquired a shop assistant recently when, actually, I was feeling fairly energetic.

Clearly, she needs to be trained better in customer relations, but her comment played in to a narrative that had been going around my head for a long time. That my ‘resting face’ made me look a lot more clapped out and disinterested in life than I actually felt.

It wasn’t ‘resting bitch,’ as the famed description goes. At best, I look bored, at worst, utterly exhausted. And I know that the main culprit was my increasingly saggy – or hooded, as it’s usually described – eyelids.

As a regular on ITV’s *Loose Women*, I’m lucky enough to get my make-up applied by a professional before each appearance and, every time, they would apply beautifully artistic eyeshadow, only for most of it to disappear out of sight the second they let my lids drop back in to place.

On top of that, I had two deep furrows between my eyes that made me look permanently cross.

‘Ooh, I could tell that Jane wasn’t pleased by what so and so was saying today,’ was a common, post-show remark on social media when, in fact,

I had simply been listening intently to someone’s viewpoint.

But, of course, rectifying these facial characteristics was going to involve far more than a non-invasive ‘tweakment.’ It would mean going under the knife and, therefore, required a *lot* of thought.

Blepharoplasty – as the surgical procedure is known – can be performed on the NHS if the problem is so pronounced that it seriously impacts your vision. But mine didn’t. It was purely cosmetic and, therefore, would have to be done privately.

As a journalist, I know the importance of good research. And never more so than when it comes to our highly delicate eyes, where one mistake could prove life-altering. And my concern was not just for the procedure itself, but the result. I wanted to look like a refreshed version of myself, rather than someone who *looked* like they’d had work done.

So, after much deliberation and the recommendation of a friend who’d been to him and was thrilled with the outcome, I ended up at the door of Daniel Ezra, a specialist ophthalmic and oculoplastic consultant.





Pic Stitch

After measuring my face and discussing my expectations, we agreed that I would have just upper lid blepharoplasty. Some have a brow lift at the same time, but I decided to just stick with the eyelids and a smidgen of Botox in each frown line to smooth them out.

On the day, I arrived at 8am, was heavily sedated by 8.30am and, after a little kip and a sandwich in a side room, was home by 11.30am. I had no pain (though some might experience a little discomfort), and made sure to follow the instructions of regular icing and eyedrops.

I had appeared on *Loose Women* on the Monday and Tuesday, had the blepharoplasty on the Wednesday, my stitches out the following Tuesday and was back on air two days later. In between times, I went out and about wearing a pair of mildly tinted glasses, and you couldn't see the stitches because they were mostly hidden in the crease of the eyelid. At worst, I just looked like I was wearing red eyeshadow for a few days.

And now? I actually have eyelids like I did in my thirties, and the make-up artists at work are thrilled that their artistry no longer disappears under an overhang of skin. I am very pleased with the result, particularly when a friend who didn't know I'd had anything done kept saying, 'You look so well.'

Daniel told me that many of his patients simply wish to look less weary and, as they see it, more approachable. If you check out the 'before and afters' on his website, you can see some of the results.

It's not for everyone, and it's entirely up to you if it's something you're interested in or not. But, if you are, then I hope this article helps.

I paid full price, so there's no commercial obligation for me to write this. I'm doing so purely because, a) I like to be honest about such things and b) I like to recommend excellence where I find it.

The total cost of Jane's surgery, including appointments, anaesthesia, and use of clinic facilities was around £7000; danielezra.co.uk



Buy of the month

I am *terrible* at drinking water, even though you're supposed to drink around two litres a day, if you can. A water bottle seems to be the new must-have accessory, so I bought one. Mine has messages encouraging you not to give up before you reach your goal. I love the colours and, so far, I'm hitting the goals (£8.49, amazon.co.uk).

Regulars



Jane's diary

I have always wanted to visit Croatia, so when a girls' trip was suggested to the island of Lopud recently, I leapt at the chance of some sun and culture. But the rain was biblical for three solid days. Here I am, in a hastily purchased pac-a-mac, about to board the ferry to stunning Dubrovnik. We're British you know; the rain can't keep us away! The sun eventually emerged for my last day.

Look of the month



I love this linen/cotton blend midi dress in tangerine orange from The Fold. The ruching twists into the waist, which I find very flattering, and I love the capped sleeves and hem length. It's also incredibly comfortable. It's not cheap (£395, thefoldlondon.com), but you'll wear it forever, as its so versatile. There's a gorgeous shirt version, too.