



IS THERE A PORTRAIT IN THE ATTIC?

By Danne Montague-King

I have written over 500 articles on ageing and the endless battles against time but I never thought to set down my personal journey into antiquity until now.

For over forty years I have been driven, mainly by scientific curiosity, to maintain the physical status quo as much

as any human can do, without resorting to witchcraft (although I have been accused of this as well!).

In the last few years, upon meeting me, people have been asking "Is there a horrible portrait of you hidden in your attic somewhere?" referring to Oscar Wilde's immortal tale of the young man who never

aged, while a portrait of him painted at the full bloom of youth depicted the withered and aged monster he really was.

I DO feel humbly privileged to belong to a small club of individuals who seem to have some arrangement with time. There is David Bowie, pop legend Cliff Richards, my old friend and a dear woman, Alfred

Hitchcock star Tippi Hedren, the wife of northern European copper magnate Kari Kivilahti, Kaarina, (Kaarina is one of the most fashionable women in the world and as ageless as Sophia Loren) Kim Novak and of course Raquel Welch.

I first met Raquel at a luncheon on Balboa Island, Newport Beach California, back in the 1960s. Years later I saw her on the deck of a condo at Watson's Bay whilst filming in Sydney, going through her yoga routine at 6 AM! Outside of being a little more full figured, she looked the same as in the sixties.

“So what IS the secret to slowing down time? Is it a miracle ingredient? A treatment? A machine? Surgery? Nutrition-fitness-yoga? Or just good genes? None of the above and yet all of the above.”

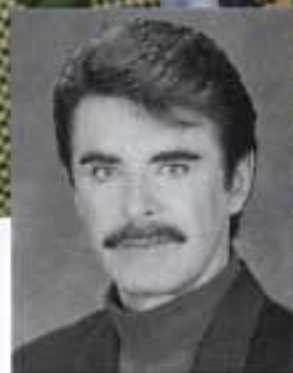
Of course good genes play an important role in ageing. But most of the time this means a person just lives longer. I come from a family that has people who lived to 104 and into their nineties as a normal life span.

But all of them LOOKED like they were a hundred-plus, and there's no fun in that.

Does it take a lot of money for the aforementioned celebrities to maintain their youthful appearance? In most cases yes, but it also takes consistency and early maintenance. Early maintenance costs very little; it's when the fifties and sixties roll around that the dollars roll out as more in-depth and exclusive treatments and procedures are required.

But I can only speak for myself-hence the following saga of Dorian Danne.

When I was a teenager, I was a nerd from a high born family who put me in



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private schools because I apparently had some sort of weird IQ.

I had nearly terminal acne, was introverted and terribly lonely. I was always into chemistry and fiddling about with plants and extracts, so I ignored the treatments that the doctors of the 1950s told my parents to put me on and started working on myself.

Many of the things I did now seem laughable. Tomato and egg masques, endless litres of water drunk every day mixed with green tea and lemons, oatmeal scrubs and oatmeal masques and pine bark sap melted down and painted on my skin until it hardened to a sticky paste!

Somehow all of this did SOMETHING because I was clear as a porcelain bowl by the time I was 18, had developed muscles and a tan and instead of being the shy introvert, I became the most arrogant little hottentot imaginable. My entire personae changed. I became opinionated, precocious and what was known in those days as a 'juvenile delinquent'.

(The only things different now is my approach to chemistry.)

After this period, I cannot remember a time that I did not take care of my skin



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and nutritional needs. Most young people do not really relate to the fact that they will become old someday — not at all. But a teacher once told me that I was 'an old man in a boy's body' (I hated him for that). Apparently he was correct, because I never accepted the gift of youth as permanent and knew by instinct I would have to maintain it more and more as time went by.



That is probably how I got into this business.

Over the following years I observed all the facial treatments and diet fads that seemed to blossom each decade and fade the next. Some of these seemed to have the annoying ability to make resurrections many times, even today. Ninety per cent of them were the end result of a bull eating grass, but some of the approaches to skin treatment as developed by the early pioneers were good. These giants were my mentors and a few of them

taught me how to think logically about the cells of the skin and body. Apparently some of the nostrums and homemade treatments I worked with as a kid were not so OTT after all and from that point I started to develop treatment protocol and formulas as tools with which to perform the protocols. I was almost always my own guinea pig in the beginning years.

Those of you that have read me over the years know that I have never used my articles to flog my own company. This time I will have to make an exception and at the end of the day, I don't think it is a

big secret in Australia that Danne Montague-King the journalist is also the developer of DMK products and treatments you see advertised in exclusive clinics and doctor's offices.

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After age fifty came the OTHER things.

TWEAKS

The most promising young surgeons in the world today all agree that little "TWEAK" procedures starting around age forty to fifty give a better and more youthful result than waiting until your skin is hanging like Austrian draperies and having it all whipped back until you look like you are permanently standing in a wind tunnel.

Doctor Michael Zachariah of Sydney is one of these. I have had the great pleasure of co-lecturing with this gifted young man and had a delightful time for a week recently entertaining him at my home in Los Angeles. He was there to study multiple surgeries with the eminent Doctor Lawrence Birnbaum of Beverly Hills, listed as one of the top 1000 surgeons in the world. Michael "tweaked" my upper cheeks with a new filler we had been experimenting with whilst sitting out by my pool. We were in shorts and singlets and were sniggering about what workman renovating my roof were thinking as they looked down at us!

My first tweak was in 1993 when Doctor Birnbaum liposucked some fat from under my chin. I was beginning to look like my Mum from the profile view, so out came the fat. The downside was that I had to wear a chin strap for three weeks to make sure there were even adhesions in the fascia to ensure the skin snapped up nice and tight. I felt like Norma Desmond in "Sunset Boulevard" for a fortnight!

My second tweak was in Sweden when the Q-Med pharmaceutical company was just releasing Restylane. I offered up my lips at a CIDESCO conference where Dr Ralph Sungren, acting on behalf of Q-Med, did the demonstration. This was long be-

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fore the relatively painless injection techniques we now do were refined. I could only bear the upper lip by the time he got through. Yelling in agony, I leaped up off the couch in front of about 50 people. My upper lip looked like Homer Simpson all the way back to the USA, but went down in a few days. Since then I have had every type of filler injected into my lips and other areas known to man. Doctor Aichat Omorova of Russia once injected every line in my neck during a medical class in Kiev Ukraine. That didn't feel so great either, but with her incredible skill, the results were well worth the pain.

The other "injection queen" that I feel has one of the best techniques of combined skin revision treatments and fillers is Dr. Eleana Beveridge of Toronto, Canada. Formerly of St. Petersburg, Russia, Eleana has done much to pioneer aesthetics and medicine in the Northern continent.

The next tweak was early Botox, long before it became the ho-hum procedure done at lunch-time that it is today.

Referring to muscle anatomy, it occurred to me that the law of compensation would work very well with Botox if the injections were precisely placed. When one group of muscles is put to sleep, the peripheral muscles work harder to compensate. Hence the wonderful "lifting" effects we can get with just a syringe and a serum! Of course this is temporary, although the Russians have a version not yet on the market that I have had last me 18 months.

“Face lifts alone are great and, when the time comes, I will have it all. ...”

So, enter my next (and last) tweak. Tired of having to decide whether I wanted my forehead lines removed with Botox or my upper eyelids lifted (you cannot have both) I decided to have a custom endoscopic brow lift. As Dr Birnbaum has his surgery in the same building as our skin revision clinic in Beverly Hills California, I booked for an operation four weeks ago. This involves tiny incisions about two inches back from the hairline just above each eyebrow. There is very little undermining of forehead skin (unlike the conventional, full coronal brow lift), but a very definite customising of where the staples are clamped. Sutures are not used in this operation. The effects were amazing. I had a clear brow AND a lifted upper eyelid without having major facial surgery. The only down side is the healing. After the staples are removed, two mounds swell up like burgeoning Mickey Mouse ears. Fortunately I have enough hair to cover this until it heals and goes down.

At the same time I had him take a little fat from where I seem to have a permanent supply and plump my cheeks up a little. I had this done about two years ago, but about 40 per cent of it dissipated, so I topped it up for a more permanent result.

Face lifts alone are great and, when the time comes, I will have it all. But without fat in the face to give the cheeks that youthful, cherubic look, a face lift can appear flat and one dimensional; the classic stretched appearance.

FAT IS WHERE IT'S AT, BUT THIN IS IN

Fat injected in the face is one thing, but hanging over my belt it is another story altogether and I only allowed this to happen ONCE — about seven years ago. Because of extensive world travel at the time, eating the rich foods that every host in every country loves to trot out, and having a good tailor, I didn't realize that I was beginning to look like Elvis in his last days.

It was only a revealing photo of myself in short pants and a singlet, bending over, looking at a tank of manatee in Florida one summer, that allowed the truth to hit me! A manatee is a huge, gassy underwater mammal and it was impossible to tell in the photo where it started and I left off.

I went back on my type O diet and hired a personal trainer. I learned that real weight loss is what you eat and fifty percent cardio vascular exercise and fifty percent CONSISTANT weight lifting. There are no exceptions, no gimmicks, no magic diets or treatments. If you want a great, youthful and defined body you have to do all of the three aforementioned things, ALL the time. Of course I don't take Charles Michaels, my trainer, around with me when I travel, but I do take advantage of what I am taught and use it

wherever I am staying. Sometimes I wake up and DREAD having to go through my routine. Sometimes I don't feel well and skip it. But never for more than two weeks. The muscles, once developed, have amazing memory but it will fade if you neglect them for more than two to three weeks. Movie action star Van Dam once said that his incredible "gluts" were the result of clinching them tightly, counting to ten and releasing, while standing in long queues at the store or supermarket. I do this and it works. But beware of wearing a spandex garment because the people behind you may either think you are sending out some sort of subliminal signal or have a spastic colon!

In my sixties now, I know that the matrix of the skin can become thin and crepey, especially on the knees, thighs, stomach and the backs of hands. In the case of one ageing rock star, his entire body is a mass of swags and wrinkles. Too many drugs, too much sun for too many years.

But topical enzyme body treatments and body sculpting procedures regularly applied can tighten even his solar elastosis skin. I am leaving for Venice four days after I write this article and I will do a series of these treatments, as always, before I leave the USA.

I also take two magic capsules per day of the only 100 per cent pure evening primrose oil that I know of. It is produced for us in New Zealand, where the air is clean and the soil is volcanic and rich. This miracle essential fatty acid helps to thicken the skin's matrix, restoring its bounce and turgidity in an amazingly short time. In many cases your hair grows a lot faster and, unfortunat-

ly for males, the nails shoot out like talons seemingly overnight!

Last but not least, there is live cell therapy.

I have been going to the grand guru himself once a year for many years. This is the cell therapy pioneer, after Dr. Neihans passed away, Sir Thomas Smith.

Tom (as he likes to be called) has clinics all over the world. But my favorite is in the Bahamas.

It is like going to an anti-ageing club. The same people (many who were mentioned early in this article) all meet there once a year and have injections that are highly individualised according to our physiognomy. We then spend a few days relaxing in the surf and a bit of sun. Only 30 per cent of Dr. Smith's patients go for the regeneration benefits of cell therapy. The rest of the clients are terminal cancer or other life-threatened patients who have exhausted all other treatments. A good percentage of these live on and on. I have one personal friend, celebrity beauty therapist Lenetta Grant of Van Nuys, California, who was supposed to have gone twenty years ago. She is still going strong.

I do a great many other things as well, including cosmetics for men (after all, Elvis wore make up since he was 19) and you would be surprised who else does this too!

But, enough for now. If any more secrets are revealed in this article, that portrait in the attic might make up its mind to start reversing! ■

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