

She ain't heavy, she's my mother!

How I lost four and a half stone after having twins, by Nicola Formby



beauty

Nicola Formby with Isaac and Edith, aged eight months

Now that I can see past my tummy to my legs, I have noticed unsightly thread veins on my calves and ankles. Pregnancy weight, hormonal changes, high heels, leg-crossing and too little exercise are to blame, says cosmetic doctor Nick Milojevic at the Lifestyle Clinic. He advised tiny injections called sclerotherapy that melt the veins, but he said mine were so faint they weren't worth worrying about. I do like a doctor who sends you away without unnecessary treatments, although I was tempted by the vial of Botox sitting on his desk.