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BEWARE OF THE BLACKBERRY SQUINT

By Hannah Thomas on Thursday 3 February 2011

A top cosmetic surgeon has blamed mobile phone screens for the recent rise in women suffering premature wrinkles.

With the rise of the smartphone, women are spending more time than ever squinting at their screens, creating an area of tension around and between the brows from scrunching up the face.

Celebrity surgeon Dr Jean-Louis Sebagh, whose clients include **Cindy Crawford**, says: 'The phenomenon can be seen on anyone who has, and regularly checks, a [Blackberry](#) or [iPhone](#).'

London beauty therapist Nichola Joss, who has worked with Keira Knightley and Scarlett Johansson, has also noticed a growing phenomenon among her clients. 'I've noticed a huge difference over the past 18 months in my clients' faces from constantly peering down at a mini screen.'

There is a natural tendency to squint at the screen when reading messages creating an area of tension and the development of fine lines and wrinkles around the brow.

Smartphone-related wrinkles are the latest condition that doctors attribute to **overuse of technology**, but Dr Sebagh says the problem is easily rectified with a bit of light **Botox**.

But Ms Joss suggests a less invasive **DIY face massage** can also help you avoid those early signs of aging. Relaxing the muscles and stimulating blood flow in the facial area will increase the collagen and renew that youthful, healthy glow.

Why not have a go at home. Try massaging your face in a circular motion, gently sweeping your fingers from the nasal pyramid towards the temples and around the area between your eyebrows to ward off those unwanted lines.

