

## Save your skin

'If you've stayed out of the sun since you were a small child, keep your system free of cigarette smoke and pollution and moisturise diligently; your skin will simply not age significantly until well into your fifties,' says professor of dermatology Dr Nick Lowe. But if you're not quite such a skincare saint, wearing a daily high-antioxidant SPF15 moisturiser is essential. 'Team with a regenerative night lotion to truly hold back the years,' says facialist Anastasia Achilleos.

But what if the damage has already been done?

Don't panic, modern skincare can improve your skin.

**DISCOLOURATION** From as early as your mid-twenties, you may start seeing dark blotches, particularly if you're on the Pill or pregnant. Hormones may play a part, but any irregular pigmentation is worsened by UV light, so slap on that sunscreen.

Fade discolouration and brighten a dull complexion with a gentle AHA product such as Dermalogica Daily Resurfacer, £52. It speeds up cell turnover and helps new skin cells rise to the surface. Alternatively, vitamin C, bearberry and liquorice all help even skin tone and fade brown spots, or try a treatment such as Chromalite IPL, from £50 (call 0800 037 1090).

**LINES** Retinol has been lauded for its line-fading properties, but can occasionally cause irritation. If you have sensitive skin, try a cream containing peptides instead. 'Peptides boost the skin's self-repair mechanism faster and more efficiently than retinols

can,' says Dr Daniel Maes, Estée Lauder's vice president of research and development. And keep your skin's protective lipid barrier intact with ingredients like ceramides and essential fatty acids.

**SPOTS** Rising stress levels are the main culprit for breakouts in your thirties and forties. Avoid alcohol-drenched teen acne remedies and choose oil-free moisturisers and treatments with gentle skin-clearers like salicylic acid and zinc, such as Ole Henriksen Roll-On Blotch Attack, £20.

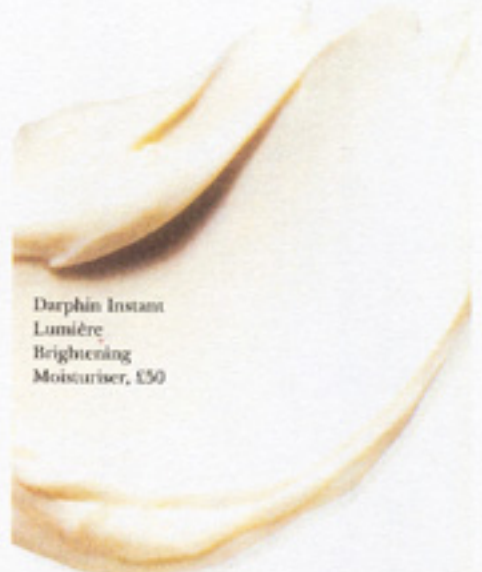
### YOUR PRESCRIPTION

● **In your twenties** Darphin Instant Lumière Brightening Moisturiser, £50, for day, and Garnier Skin Naturals Regenerating Nutritionist Night Cream, £8.49, overnight.

● **In your thirties** Estée Lauder Future Perfect Anti-Wrinkle Radiance Moisturiser SPF15, £39, for day, and Prescriptives Custom Concentrates Skin Tone Correcting Serum, £37, overnight.

● **In your forties** Lancôme Primordiale Optimum Visibly Smoothing Moisturiser SPF15, £39.50, for day, and Olay Regenerist Continuous Night Recovery, £19.50, overnight.

● **In your fifties** Susan Molyneux Renu Restoring Cream, £29.95, for day, and Barefoot Botanicals Rosa Fina Intensive Radiance Face Oil, £21.95, overnight.



Darphin Instant Lumière Brightening Moisturiser, £50



Lancôme Primordiale Optimum Visibly Smoothing Moisturiser SPF 15, £39.50

## 'Still getting spots? Rising stress levels are the main culprit for breakouts in your thirties and forties'



Sisley Sisleya Daily Line Reducer, £185



Givenchy No Surgetics Plastisculpt Cream, £45

### Cheeks and chin

The lower half of your face can be quite bothersome: it can flush, sag, develop disconcertingly deep lines and sprout unsightly hairs. But you can help combat these – let battle commence...

**REDNESS** With age (and general skin abuse), capillary walls can weaken and become permanently dilated – hence the constantly flushed cheeks and red veins around the nose that may rear their heads in your thirties. Sunlight, alcohol, spicy foods and strenuous exercise make things worse, so go easy. Repair your skin's lipid barrier with a cream like Eucerin Lipo-Balance Intensive Nourishing Cream, £11.50, then seek out polyphenols, ginkgo and red raspberry extracts to reinforce your capillaries.

**WRINKLES** It's hard to stop wrinkles getting deeper where skin's constantly folded into 'expression lines', but targeting the base of these lines can help. 'Soy peptides re-awaken skin's collagen-producing powers at the wrinkles' base,' says Roger Renou, scientific director at Sisley, 'so that wrinkles can repair themselves from the bottom up.' Try Sisley Sisleya Daily Line Reducer with soy peptides (pictured, above left).

**JOWLS** If you've spotted the first signs of turkey gible or jowly cheeks, try some facial exercise. Holistic health guru Leslie Kanton suggests: 'Let your

head and neck hang off the side of a table or firm bed, on which you lie on your back, with knees up and feet flat. Lift your chin to your chest to the count of five, open your mouth and jut your lower jaw out as far as possible. Hold for five counts, then let your head flop back with your jaw still out. Hold for another five counts and relax. Repeat six times.'

**CHIN HAIRS** Finding rogue hairs that sprout overnight on your chin? 'It's usually due to a hormonal imbalance, which may or may not be linked to the menopause approaching,' says dermatologist Sean Lanigan from Skin at Lasercare. You can safely trim or tweeze them, even if they spring from a mole – provided the mole's even in colour and shape and hasn't changed recently.

### YOUR PRESCRIPTION

● **In your twenties** Calm redness with Dermalogica Gentle Soothing Booster, £34.90.

● **In your thirties** Plump out deepening lines with Sisley Sisleya Daily Line Reducer, £185.

● **In your forties** Tighten skin with Givenchy No Surgetics Plastisculpt Cream, £45.

● **In your fifties** Re-define facial contours with Clarins Extra-Firming Day Cream, £41.