

SPRINKLER SYSTEM

Beat the water ban and quench a parched summer complexion with products specifically designed to lock in moisture and also plump-out wrinkles.

FACIAL FATIGUE

Hot weather, harsh sun and sea winds can leave skin looking withered and flaws more visible. Normal to dry complexions are likely to suffer most from signs of facial fatigue - a deepening in fine lines - wrinkles and crows feet combined with a taut, uncomfortable feeling are common.

Tiny horizontal lines, particularly in areas like the cheeks and centre of the forehead, are an indicator that your skin is seriously dehydrated. Thankfully, according to Claire Haynes, instructor for The International Dermal Institute, it's easy to remedy superficial dryness by using products that give the complexion a long-lasting 'drink' of moisture.

SHOWER POWER

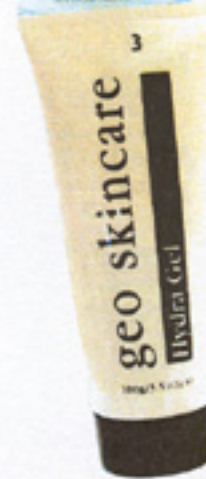
Ingredients that help bind moisture into the outer layers of the epidermis are crucial in combating dryness. Hyaluronic acid, aloe vera and essential

fatty acids all help to saturate surface cells making skin more pliable and resilient to environmental aggressors. (1) Origins Dr Weil Mega-Mushroom Face Serum, £40, is the new kid on the anti-ageing block, calming inflammation, skin sensitivity, puffiness and extreme dryness with a cocktail of natural substances including three types of mushroom. (2) Christian Dior HydrAction Deep Hydration Sorbet Crème, £24, treats water evaporation, and consequently the cyclical nature of dryness, by draping a fine, invisible layer of moisture over the skin to limit loss. For

irritated, sunburnt complexions, REAL loves the incredibly cooling, soothing effect of (3) Geo Skincare Hydra Gel, £16.95, a liquid-light blend of aloe vera gel, calendula essential oil and arnica extract. Alternatively, try (4) the gorgeous Cavallieri Anaplastiki Regenerating Cream, £42.50, a miracle tube packed with nutritious, circulation stimulating ingredients like ginkgo biloba, licourice root and calendula, which is suitable for the prickliest of complexions.

EXPRESSION ERASERS

There's never been a better time to invest in trendy, over-sized sunglasses to ward off the fine lines and wrinkles that are often all too obvious following a day spent squinting into the sun. Keep up the good work indoors too, with skin treats targeted at softening and blurring expression marks. (5) Spa Sciences Collagen Beauty Mask, £9.99, contains plumping collagen and algae extracts producing visible, glowing results and balanced hydration and sebum levels. (6) SkinVitals L-Soothe Cloth Facial Treatment Mask with Lavender & Green Tea, £2.99, is a great, value-for-money home-spa option that helps ease tight, sore skin, or try (7) the instantly uplifting Susan Molyneux Rénu Flash Relax Mask, £22.75. To put your wrinkles into relaxation mode on a daily basis, opt for (8) Imedeen Expression Line Control Serum, £74, whose key ingredient is kinetin, a plant-growth hormone which can help to reverse signs of ageing such as fine lines, skin texture and moisture retention.



FIVE FAB WATER THERAPY TREATMENTS

For an invigorating burst of refreshment, mist your skin with a floral water packed with essential oils and conditioning extracts.

- 1 NHR Organic Geranium Floral Water, £9.75. Beautiful on the skin and the nose - it smells like roses dipped in icing sugar. Treat yourself today!
- 2 Caudalie Grapewater, £5. Stow away in your handbag for sticky face, hands and feet emergencies. Rich in protective antioxidants.
- 3 Kosmea Hydrating Rosewater Mist, £24.95. This

- high-quality product is like youth juice for mature, dry and sensitive skins.
- 4 Crystal Clear Skincare Revitalising Tonic, £14.95. Contains a water-loss limiting complex, re-balancing mineral salts and skin-healing marine trace elements including zinc.
- 5 Shu Uemura Depsea Water, from £9. Extracted from 360m below the sea and containing 60 minerals, Depsea Water is a portable plunge pool for summer-stressed complexions. ▶