

THE SKINCARE YOU (REALLY) NEED

...IS NOT THE SAME AS YOUR BEST FRIEND'S,
YOUR MUM'S OR YOUR FAVOURITE CELEB'S. FIND YOUR
PERFECT ROUTINE HERE. BY ALESSANDRA STEINHERR

What exactly does your skin need to look its healthiest and most beautiful? Ingredients matter, as do formulas, your specific skin type, your lifestyle, oh, and let's not forget genetics. Confused? So am I – and I'm a beauty editor. "With the enormous array of products available, many people don't stick with a programme long enough to see results, because they are already moving on to the next 'miracle ingredient'," says dermatologist Harold Lancer, author of *Younger: The Breakthrough Anti-Aging Method For Radiant Skin*. It's all too easy to get swept up in the hype and end up with a bathroom cabinet filled with barely used tubes and pots – or get so bewildered that you give up altogether. "It is confusing not only because of the vast options out there," adds Paula Begoun, skincare expert and founder of Paula's Choice, "but also because there is so much contradictory information."

The answer? We've asked top skin experts to give us their tried-and-tested, clinically proven skin advice to suit *your* approach to skincare, as well as your level of dedication and budget.

Clockwise from top
Daily Cleansing
And Exfoliation Brush
£50 Magnitone Lucid;
One-Step Facial Cleanser
£20 clarins.co.uk;
Nourishing Cleanser
£43 janescrivner.com;
Ginzing Refreshing
Scrub Cleanser £18.50
origins.co.uk; Rosewater
Glycerin Soap £6
Crabtree & Evelyn (not
to be used on face); Blue
Diamond Concentrate
£295 omorovicza.co.uk;
Foaming Sonic Facial
Soap £16 clinique.co.uk;
Luna Cleanser £145
foreo.com ▶

LEVEL 1

You like a simple routine

This is for you if: you don't have a lot of time to dedicate to your skincare routine, or if you want an uncomplicated regimen

"The basics for any skin type are cleanser, exfoliant and sunscreen during the day, and a moisturiser at night," says Paula. Choose your product according to your skin type and main concerns, bearing in mind that you may need a combination of more than one.

Say you have oily skin, with dehydration around the eyes and minor ageing, then you can use a cleanser to alleviate the dehydration, the exfoliator to target oiliness and an anti-ageing moisturiser. It does take a bit of trialling: "Taking care of your skin, understanding what it responds to, takes time and patience," says Dr Lancer. He advises to add products into your regimen slowly, monitor how your skin reacts and stick with what works.

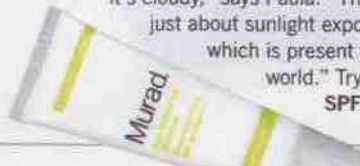
	OILY, BLEMISH-PRONE SKIN	DRY SKIN	DEHYDRATED SKIN	ANTI-AGEING	SENSITIVE
CLEANSER	 Stay Clear Cleanser £26 Evologie	 Cleansing Milk With Alpine Herbs £19 clarins.co.uk	 Perfect Cleanse Omega Cleansing Jelly £32 Nude	 Cleanser £20 Stop... The Wrinkles Before They Start	 Extremely Gentle Cleanser £7.50 Avène
EXFOLIANT	 Doctor's Scrub Advanced £85 Goldfaden MD	 Vitamin C Microdermabrasion £14 thebodyshop.co.uk	 Never A Dull Moment £25 origins.co.uk	 Glycolic Exfoliating Pads At-Home Peel Treatment £55 phadvantage.co.uk	 Gentle Peeling Smooth Away Cream £25 clarins.co.uk
MOISTURISER	 Effaclar H Multi-Compensating Soothing Moisturizer £6.33 La Roche-Posay	 Superskin Moisturizer £39 Liz Earle	 Restorative Night Treatment £65 narscosmetics.co.uk	 Skin-Absolute Ultimate Anti-Ageing Night Cream £99 Filorga	 The Method: Nourish Sensitive Skin £105 Lancer

The #1 skin secret

Wear sunscreen – and not just on holiday. Yes, yes, we know you know, but be honest, do you use an SPF every day? "The product everyone needs for good skin, but top few use, is sunscreen, every day – even when it's cloudy," says Paula. "The accumulated damage isn't just about sunlight exposure, it's UV light exposure, which is present year round, all over the world." Try Age-Balancing Moisture SPF30 £70 murad.co.uk

The speedy facial

COMCIT by Crystal Clear £75
for 45 mins. This facial is all about instant plumping and hydrating. A rollerball made up of tiny (painless) needles creates pinpricks on the face, flushing oxygen, vitamin C and hyaluronic acid into the skin. The result is a super-glowing, radiant complexion that only gets better as time goes on.



LEVEL 2

You want a medium routine

This is for you if: you have the basics covered and you're ready to upgrade by adding a few targeted products and treatments

Look after your eyes

It's the first area to show the signs of late nights, poor diet, too much alcohol and fine lines. "To tackle a particular concern, pick a specific eye product with a higher percentage of active ingredients," says cosmetic doctor Rabia Malik.

FOR DARK CIRCLES

Idealia Eyes £23 Vichy



FOR DRYNESS

Mineralixirs Eye Nourishing Oil Balm £26

pareminerals.co.uk

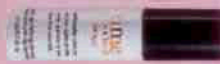


FOR PUFFINESS
Rose Hydrating Eye Gel Cream
£33 fresh.com



FOR FINE LINES

Time In A Bottle For Eyes
£36 philosophyskincare.co.uk



And 2 instant boosters

THE 5-MINUTE LIFTER
Repair System Eye Contour Lift Patches
£53 Institut Esthederm



THE 3-MINUTE ILLUMINATOR

Brightmud Eye Treatment
£45 glamglowmud.co.uk



Consider a serum

Introduce a targeted serum when you spot a change in your skin, so you can anticipate issues before they develop. "Serums are formulated to allow a deeper penetration," says cosmetic doctor Rabia Malik.

One Essential Intense Skin Detoxifying Booster Serum £67 Dior is full of antioxidants that act like a bodyguard for your face, protecting it from environmental (external) and stress-induced (internal) damage.

Hydro-Plumping Re-Texturizing Serum Concentrate £40 kiehls.co.uk. Reach for this when skin feels dry. Plant-based glycerin pulls water into your parched skin layers and floods them with much-needed hydration, while shiso leaf extract prevents hyaluronic acid depletion.

The one anti-ageing ingredient every dermatologist recommends: retinol. "Retinol is pricey, but worth every penny for the difference it will make in your skin," says Dr Lancer. This vitamin A derivative boosts collagen production and helps skin stay supple. Apply at bedtime. If your skin is normal, oily or blemish-prone, try **Clinical 1% Retinol Treatment** £51.50 Paula's Choice – or to avoid irritation on delicate skin, try a retinol-mimicking product, such as the excellent **Younger Pure Youth Serum** £230 Lancer.



3 RESULTS-DRIVEN FACIALS

PH Advantage Signature Facial £110 for 60 minutes (beyondmedispa.co.uk) Medical but non-invasive. After a deep cleanse, massage and exfoliation, the extraction is eye-watering, but clog-free pores and smooth skin are the pay off. This is followed by a peel with salicylic acid to deal with breakouts, and lactic acid for hydration. The facial ends with red light therapy to encourage collagen production for younger-looking skin.

Dermatude Meta Therapy from £130 for 60 minutes (elizabethcaroline.co.uk) Don't expect any pampering massage here. After a thorough cleanse, a digital micro-needling device glides over the face as it makes (pain-free) micro-perforations on the skin's surface, which activates natural cell regeneration and allows better penetration of the bespoke serums. Ideal to fade expression lines and minimise pores.

The Most Hydrating Facial Ever £95 for 60 minutes (antoniaburrell.com) Sometimes the name says it all – and deep moisturisation really is what you get here. Gentle microdermabrasion preps skin for your massage with skin-plumping serums. The star attraction is the silk ceramide mask that feels incredibly cooling and moisturising – you'll emerge with gleaming skin.

Treatment make-up Amplify your skincare by wearing make-up with benefits. The new make-up collection developed by skin ageing expert Dr Marko Lens contains some of the same skin-boosting ingredients as his pro-grade Zelens skincare. We love the **Youth Glow Foundation** £60 and **The Blush in Blossom** £38 zelens.com ▶



TIP

Be stingy with your eye product at night – loading up around this area can make eyes puffy.



Clockwise from top left:
Blue Plasma Orbital £53
Perricone MD; Aromaessence
Neroli Essential Night Balm
£46.75 decler.co.uk; Deep
Exfoliating Mask £59 drsebagh.com;
Excellence Sublime Redensifying Night
Cream £97 decler.co.uk; Ultimate Lift
Eye Gel £36 Ole Henriksen; Deep
Exfoliating Mask Sensitive Skin Formulation
£59 drsebagh.com; Supermud Clearing
Treatment £39.99 glamglowmud.co.uk;
Repairwear Intensive Night Cream £54
clinique.co.uk; PreVage Anti-Aging Neck And
Décolleté Firm & Repair Cream £85 Elizabeth
Arden; Ideal Hydration £72.50 carita.co.uk

LEVEL 3

You seek an advanced routine

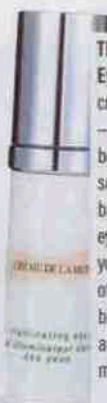
This is for you if: you're a skin pro. You know your retinol from your glycolic acid, and you're ready to look beyond skincare to cutting-edge treatments

THE BEST IN LUXURY SKINCARE

While a higher price tag may not always reflect superior quality, these products stand up to their splurge-worthy promises



Blue Diamond Supercream £275
omovicza.co.uk – firming peptides, collagen- and elastin-boosting copper amino-acid and oxygenation-stimulating arabinogalactans (designed to penetrate skin optimally) make this a true anti-ageing, skin-refining powerhouse.



The Illuminating Eye Gel £100
cremedelamer.co.uk – you'll love it initially because it's so light, soothing and instantly brightens the under-eye area. Long-term, you'll see the benefits of the fatigue-busting antioxidants and smoothing mineralised algae.



Re-Nutriv Ultimate Diamond Sculpting/Refinishing Dual Infusion £255
esteelauder.co.uk
There's something special about this luxurious elixir – after one month, we saw how much brighter, fresher, glowier and, yes, even more defined we looked. One serious skin breakthrough.



Extreme Repair £100
radicalskincare.com
A powerful blend of 18 active ingredients known for their skin-firming and plumping properties. This emollient-rich cream is a go-to for very dry, fragile skin in need of effective, yet gentle repair.

The don'ts of layering

"Mixing and matching some active ingredients can do more harm than good," says Dr Malik. Read the labels and avoid using these together:

- AHAs (Alpha Hydroxy Acids) or BHAs (Beta Hydroxy Acids) + vitamin A – this will over-exfoliate and potentially irritate skin.
- AHAs or BHAs + vitamin C – acid de-activates vitamin C, making it ineffective as an antioxidant.
- Benzoyl peroxide + vitamin A – these two ingredients de-activate each other.

THE SUPERMASKS

These ingredient-loaded fabric masks might make you look scary while they're on, but their transformative powers are highly impressive

Aurealex Mask Intense Radiance Hydra-Infusion £110 (for a pack of 6) Dolce & Gabbana. Drenched with replenishing olive oil extract and energising vitamin B3, it's ultra-hydrating.

Skinesis 3D Moisture Infusion £39 (for a pack of 4) sarahchapman.net. The next best thing to a facial with Sarah, this 15-minute treatment tackles de-hydration, redness and fine lines.

Face-Lift In-A-Bag £15 Skyn Iceland. This three-part gel mask targets forehead wrinkles, crow's feet and smile lines with a cocktail of active ingredients. A definite face boost.

Serious investment treatments

Though the results aren't as dramatic as surgery, these low-invasive, high-tech treatments make a visible difference

THE FULL WORKS

PHI 360 Facial £750 for 120 minutes (phiclinic.com)
This seven-step treatment packs in microdermabrasion, lymphatic drainage, three types of painless lasers (VBeam to target redness; Revlite for pigmentation and lines; Emerge for age spots, spider veins and acne), LED light therapy to stimulate skin repair and a soothing biocellulose mask to repair skin. Two hours later, you emerge – if not transformed – vastly improved with long-lasting results.

THE RESCULPTING LASER

The Ultralift £700 for 60 minutes (drsebagh.com)
Performed by the undisputed world authority on lasers, Dr Diana Piana-Mariton, this revolutionary ultrasound treatment immediately tightens the contour of the jaw, neckline, cheeks and brows. Warm pulses of ultrasound energy cause the muscles to contract, strengthening the skin from below. Expect to stare at your reflection incredulously – we couldn't believe such a short and painless procedure could produce such stunning results. And as our reflection only got better over the next weeks, we now know why her youthful-looking A-list clients keep coming back. ☺