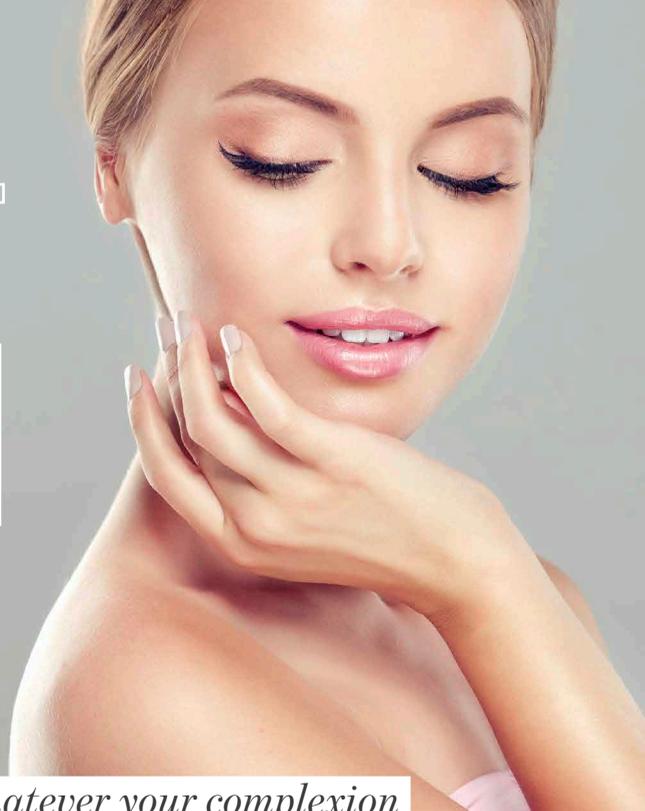


# HOW TO GET YOUR BEST SKIN EVER!



*Gorgeous, glowing skin is within reach! Whatever your complexion complaints, we've got the experts to help you tackle them for good...*

## DRY SKIN

"My skin has always been on the dry side, but it gets worse in cold weather. I'm getting married in February and am desperate to fix it before then. Help!"

### The treatment

*The Ultimate Luxury Facial, Crème de la Mer, £100 for 45 minutes. Exclusively at Urban Retreat, Harrods.* This indulgent facial is tailored to your specific skin concerns and there's nothing better for dry skin in need of a little love. Using Crème de la Mer's iconic Miracle Broth, skilled facialists will leave your parched skin nourished and glowing.

### The product

*Blue Orchid Face Treatment Oil 30ml, Clarins £33.* Nothing tackles dehydrated skin quite like this hero product. Mix



with your usual moisturiser, or apply directly to the skin for a luxe overnight moisture hit.

### The skin expert

*Abi Cleeve, founder of skinSense (skinsense.co.uk).* "The answer to dry skin is a lamellar formula, which delivers active ingredients to retain moisture levels deeper in the skin. Look for ingredients such as Hyaluronic acid (which retains moisture) and trehalose (which rehydrates skin) to keep your complexion looking beautiful all day long on your wedding day."

## BREAKOUTS

"I suffer from breakouts when I'm stressed, but it's now out of hand in the run-up to my wedding. Nothing seems to be helping – it's making me miserable."

### The treatment

*Bespoke facial with LED Light Therapy, Sarah Chapman, £170 for 90 minutes.* If you want to get to the source of breakouts, this treatment is a winner – therapists will create a bespoke facial to help tackle the cause of spot-prone skin, before a session of LED Light Therapy (said to kill acne-causing bacteria).

### The product

*La Roche-Posay Effaclar Duo+, Boots £15.50.* This anti-blemish cream from French pharmacy brand, La Roche-Posay, has something of a cult following thanks to its incredible spot-busting powers. It helps moisturise oily and acne-prone skin,



controls shine, reduces spots and the appearance of existing scars for even the most sensitive skin. Give it four weeks and you'll be hooked.

### The Nutritionist

*Consultant Nutritionist Helen Bond, on behalf of The Harley Medical Group (harleymedical.co.uk).* "Research suggests that the balance of foods we eat could lead to skin problems. In terms of breakouts, basing your diet on plant foods is considered by many your best dietary defense. Fruit and vegetables provide a plethora of vitamins and minerals which support the health of skin and help protect cells from damage. Studies also suggest that dairy may worsen or trigger acne by affecting the body's hormone balance, so it may help to cut down."

## DARK UNDER-EYE CIRCLES

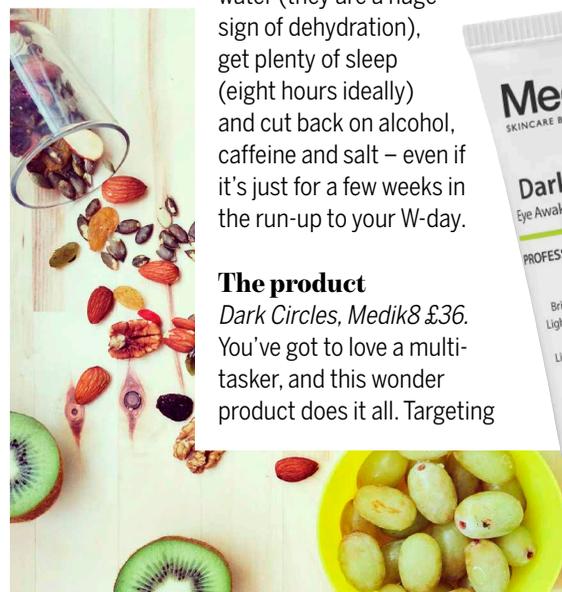
"The dark circles under my eyes are out of control. I am at a loss for what to do, apart from slathering concealer over them."

### The treatment

*All natural.* Sadly there are no quick-fixes when it comes to dark under-eye circles. Drink plenty of water (they are a huge sign of dehydration), get plenty of sleep (eight hours ideally) and cut back on alcohol, caffeine and salt – even if it's just for a few weeks in the run-up to your W-day.

### The product

*Dark Circles, Medik8 £36.* You've got to love a multi-tasker, and this wonder product does it all. Targeting



the underlying causes of tired eyes, this genius cream brightens the under-eye area, reduces puffiness and helps to reduce dark circles with repeated use. It also conceals darkness by evening the skin tone and reflecting light away. Score.

### The Dermatologist

*Consultant Dermatologist Dr Justine Hextall, on behalf of The Harley Medical Group (harleymedical.co.uk).* "Dark under-eye circles most likely mean you are not getting your recommend eight hours of sleep. Also, over time, not removing eye make-up or cleansing skin at night will cause a problem. Thoroughly cleansing skin (being very gentle around the eye area) and applying an emollient that contains anti-oxidants will help. Applying a serum with anti-oxidants will also improve the condition of your complexion before your wedding. And a classic top tip: remember to start each day with a hydrating glass of water!"

## ROSACEA

"I've struggled with rosacea on and off for years – it's never hugely bothered me, but it's getting worse recently and I don't want to dread looking at my wedding photos."

### The treatment

*Visit your GP.* Rosacea is a



EIGHT HOURS OF SLEEP IS THE BEST SHORTCUT TO FRESH, REVIVED SKIN

medically-recognised skin condition, so if it's starting to affect your life, book an appointment with your doctor pronto. They'll be able to advise you of the best course of treatment, which could be anything from topical solutions, oral antibiotics or even IPL (intense pulsed light) treatment.

### The product

*Medical Barrier Cream, Epionce £29.50.* Swap your usual moisturiser for this medical barrier cream, which is fragrance-free, helps soothe skin, reverse inflammation and get redness under control. It's suitable for even the most sensitive and reactive skin.

### The Dermatologist

*Leading Dermatologist Dr Sharon Wong (drsharonwong.com).* "Typically, those with rosacea have sensitive skin, so avoid heavily-fragranced products and those containing common irritants and allergens such as SLS and parabens. Micellar solutions are a gentle and effective way to remove make-up, followed by a soothing cream-based cleanser. Make sure you always use a high factor (SPF50) sunscreen, as for many people, UV exposure can aggravate symptoms. Alcohol is also a trigger for rosacea in over 70% of patients, with drinks like red wine having a worse effect than others. Try and determine which alcoholic drinks flare your rosacea and avoid those – it's more realistic than cutting out alcohol completely!"



GET YOUR SKINCARE ROUTINE NAILED FOR THE BEST COMPLEXION

WORDS: SARAH DAWSON IMAGES: BETTY IMAGES

## DULL SKIN

"I've been so stressed and exhausted recently, and it's really starting to show on my skin. I look ancient and knackered – definitely not the definition of glowing bride. Argh!"

### The treatment

*Microdermabrasion, DestinationSkin, from £60 for 30 minutes.* This exfoliating treatment is a skin game-changer. First your skin is cleansed and prepped, before your practitioner applies a gentle blast of aluminium oxide crystals using a hand piece, to buff your skin and remove dead skin cells. You're then slathered in a healing mask and hydrating serum to leave skin silky smooth and glowing. Prepare to become addicted!

### The product

*Decléor Aurabsolu Intense Glow Awakening Cream, Escentual.com £50.* Radiance in a jar! This lightweight but deeply moisturising day cream helps improve skin tone, smooths fine lines and offers a serious hit of hydration – just the ticket for skin in need of TLC.



### The skin expert

*Liz Earle Treatment Ambassador, Sarah Carr (uk.lizearle.com).* "To help combat the effects of stress and exhaustion, which can leave you with dull skin, I'd recommend booking a facial to gain expert advice and to learn how to create a bespoke skincare routine. The three steps of cleansing, toning and moisturising are the foundation of great skin, so don't skip them! Use a gentle exfoliator twice a week and a brightening treatment mask two to three times a week to boost radiance. It's so important to make sure you're drinking two litres of water a day, as it will hydrate you from the inside out. Boost your circulation with regular exercise – it's great for your skin and will help you sleep better (another must for a radiant complexion!)"

## FINE LINES

"I'm in my early thirties and have noticed a few fine lines across my forehead and eyes. I'm not freaking out (yet!), but what can I do to keep them at bay?"

### The treatment

*Elemis Pro-Collagen Age Defy Facial, Various spas across the country, £115 for 60 minutes.* Elemis really know what it's doing when it comes to targeting fine lines and wrinkles. This relaxing treatment (including a dreamy facial massage) is a real treat, and promises visible results after just one session – although a course of six is recommended.

### The product

*Olay Firm and Lift Night Cream, Boots £10.49.* Don't be fooled by the price tag, this little skincare gem packs a real punch in the fight against fine lines. Use every night and you should see a visible



reduction in lines and wrinkles in just 14 days, and your skin will look and feel firmer in 28 days. All for around a tenner? We're sold!

### The celebrity facialist

*Famous facialist (currently in residence at The Away Spa, W Hotel London awayspalondon.com) and founder of the Su-Man skincare line (su-man.com).* "There are many factors that lead to the appearance of lines, such as loss of water and collagen, lifestyle and ageing. Keeping skin hydrated is utterly essential for a smooth face. Have facials once a week for a month before the big day, to ensure your skin is in tip-top condition, then give yourself a facial massage once a day and apply a hydrating mask, like my Su-Man Facial Glow Rejuvenating Mask, £42, once a week. All simple steps, but they work like magic in the long term. Last but not least, don't lose too much weight for your wedding as it really does contribute to the appearance of fine lines!" 

THE RIGHT FACIAL IS STRESS-BUSTING AND LINE-BUSTING = BINGO!

