

Your mum has *fine lines*

Pollution, poor diet and other toxins create free radicals, which cause inflammation in the body – and that's bad news for skin, says dermatologist Dr David Colbert of Colbert MD Skincare.

'Inflammation can eventually generate wrinkles,' he says. 'Antioxidants – found in fruit and green leafy veg – work to protect your cells.'

Skin products can help, too – look for formulas containing vitamin C, Co-enzyme Q-10 and retinol.

Murad Age-Balancing

Moisture, £59.50, uses resurrection plant extract to reduce the appearance of lines.

Colbert MD

Purifying Cleanser, £39, contains antioxidant ginkgo biloba. And Imedeen Derma One, £39.95, is rich in vitamin C and zinc to help protect skin from environmental damage.



PEARL & DAISY LOWE
Model Daisy and mum Pearl know how to take care of their skin



Your mum has *a lack of radiance*

'In our thirties, we begin to experience reduced skin cell turnover, so exfoliation should play a key role in our skincare routine,' says Noella Gabriel, director of product and treatment development at Elemis. 'This will help eliminate dry skin and encourage new cell growth.'

Rather than a grainy formula that can drag and scratch, try a chemical peel. 'An exfoliator with fruit enzymes is far more gentle,' says Noella. B Revealed Glycolic Cleansing Peel, £6.99, Superdrug, comes with a muslin cloth for really deep cleansing and can be used daily or as a mask. Alternatively, swipe the contents of each of the seven tiny vials of Bare Minerals 7 Day Skin Detox, £59, over your skin for a week for reinvigorated, radiant skin. Or leave Elemis Papaya Enzyme Peel, £31, on your face for up to 10 minutes to dissolve dead skin cells and give you a 'just back from a facial' glow.



B. Revealed Glycolic Cleansing Peel
Improves your complexion with Glycolic Acid exfoliant and soothing aloe vera.



JERRY HALL & GEORGIA MAY JAGGER
Georgia May's inherited a great complexion from mum Jerry

Your mum has *dark spots*

Studies show hyperpigmentation – dark spots caused by UV damage – can add up to 12 years to a person's perceived age. They tend to be genetic, so if your mum has freckles, it's your wake-up call to stop sunning yourself. If it's too late, try one of these brightening products.

Dermalogica

PowerBright TRx Pure Light, £55, balances skin tone and protects you from sun damage. There's a serum and a day and night cream which act together to prevent more dark spots forming. Yes To Grapefruit Uneven Skin Tone Dark Spot Correcting Serum, £14.99, promises to visibly reduce skin imperfections in four weeks and Clarins UV Plus Anti-Pollution, £32, has a transparent texture that contains SPF50, meaning it should be central to any city girl's routine.



MELANIE GRIFFITH & DAKOTA JOHNSON
Clowing Dakota and Melanie don't need to worry about hyperpigmentation

Your mum has *open pores*

It's yet another depressing fact that as skin tone slackens, so do your pores. 'When pores become enlarged, skin loses its youthful radiance and begins to look rough, uneven and dull,' says Dr Derek Jones, consultant dermatologist at Kiehl's. Which is why he's ridden to the rescue with Kiehl's Precision Lifting & Pore Tightening Concentrate, £49, a serum that gave 91 per cent of testers firmer and tighter skin. It's full of anti-ageing yeast extract and geranium essential oil and has already earned its stripes with Alexa Chung.

Origins has also identified pores as an issue for its younger customers, targeting its Origins Skin Renewal Serum, £32, at 25-year-olds. The nutrient-rich algae in this formula balances oil production while also shrinking pores.



Words: Jess Spring. Photos: PA