

## NOURISH SKIN WITH OIL

Face oils by day can be problematic as they don't make the ideal base for make-up. But when placed in the same bottle as an anti-ageing serum, you get the best of both worlds: the nourishment of an oil and the anti-ageing benefits of a serum in a lighter texture. We're fans of Ren Vita Mineral Omega 3 Optimum Skin Serum Oil, £23.



## BATTLE POLLUTION

Polluted air can age you 10 per cent faster than cleaner country air, due to chemicals that damage proteins in the skin, says research by Procter & Gamble. 'Look for ingredients such as niacinamide, a form of vitamin B3, to strengthen the skin's protective barrier,' says P&G Senior Scientist Dr Frauke Neuser. Find it in Olay Total Effects Day Moisturiser SPF15, £14.99.



## TRIPLE MOISTURISE IF YOU'RE SENSITIVE-SKINNED

Dry, sensitive skin shows signs of ageing, such as wrinkles and redness on the cheeks, faster than any other skin type. 'Apply a layer of serum, followed a few minutes later by a second layer, before sealing in hydration with a top coat of day cream,' says Dr Nick Lowe, consultant dermatologist at London's Cranley Clinic.

## MASSAGE YOUR FACE CREAM

'Warm your moisturiser between your hands before applying to help activate the ingredients,' says Deceler's Fiona Brackenbury. 'Then massage it over your face with little circles. Use firm upward motions from the centre of your face towards your hairline where your lymph nodes are located.' This aids absorption, lifts the underlying facial muscles and shifts any fluid retention.



## SWITCH TO A FACE OIL AT NIGHT

Face oil has become a hero of our night-time regime, as its molecules travel deeper into the skin's layers than any cream. Try Colbert MD Illumino Face Oil, £100, or the more purse-friendly Aroma Actives Omega Rich Face Oil, £14.99. 'Apply a few drops under your night cream and the combination is even more

effective,' says New York dermatologist Dr David Colbert. 'The oil molecules work to allow active ingredients – such as retinol, glycolic acid and vitamin C – to travel deeper into your skin and get closer to the collagen-producing cells.'

## MASK THE PROBLEM

In any one month Google will see 1.3 million searches for 'Can't sleep', a problem that affects your skin in the same way as physical stress. Exhausted skin is grey and dull, but the situation is resolvable. 'If you know it's going to be a short night of beauty sleep, apply a mask to hydrate your skin,' says make-up artist Liz Pugh. Choose a dedicated overnight mask, such as Origins Drink Up Intensive Overnight Mask, £23, which is more concentrated than night cream and packed with hydrating ingredients, including Japanese seaweed and avocado oil.

