



Look younger for longer



» with anti-ageing experts **Lesley Reynolds Khan** and **Dr Aamer Khan**

Winter-proof your skin

Despite a scorching start to October, winter is on its way – and that means all sorts of issues for your skin. Cold air, biting winds and central heating can leave it dehydrated and irritated. My advice? Use an exfoliator daily. I know that's considered a no-no by some experts, but removing dead cells allows skin to absorb more moisture. Try The Body Shop's gentle Vitamin E Cream Exfoliator, £8. Sensitive skin types can buff away dead cells with a muslin cloth instead. A rich, fragrance-free moisturiser is a winter must-have. I love Neostrata Daytime Protection Cream, £27.50, which has SPF15 (the sun's ageing rays hit our skin in all weather) and gluconolactone, to strengthen the skin's protective barrier.



DO IT NOW!
WASH YOUR BRUSHES! MOST OF US WEAR MORE MAKE-UP IN WINTER, SO KEEPING TOOLS CLEAN IS A MUST. USE SHAMPOO AND TEPID WATER.

PRODUCT ON TRIAL...

Elemis Pro-Collagen Body Cream, £49

Elemis' Pro-Collagen Marine Cream has a huge fanbase, so the brand has launched this version for the body. As well as nourishing natural oils, it's enriched with a marine extract, which helps firm and lift.

LESLEY'S VERDICT It leaves a lovely sheen on the body. The lifting effect is subtle, but you can feel it. It's pricey, but does a lot more than moisturise.

READER REVIEW My body felt firmer and tighter. It had a lovely shimmer, too. I wouldn't fork out nearly £50 – it will have to go on my Christmas present list!

Philomena, 56



Considering cosmetic surgery? Your top-toe guide starts here. Each week, Dr Khan takes one body part and explains your options.

THIS WEEK... EYELIDS

The main problem in this area is drooping of the upper eyelids. This occurs when the skin loses its elasticity and when the forehead starts to sag, pushing down on the brow and lids. It can give a tired, miserable appearance and make eyes look smaller. Genetics play a part, but smoking (which affects the quality of your skin) and lack of sleep can also contribute. Lower lids may also droop, causing bags under the eyes. Sagging lids can sometimes become a medical problem, as they can affect vision. We'll refer such patients for surgery on the NHS,

otherwise, we suggest these procedures. **FIRMING TREATMENT PELLEVE**, FROM AROUND £300 PER SESSION, can firm up mildly sagging skin on upper and lower lids. The lower layers of the skin are heated up, boosting collagen. You should see an instant firming effect and improvement continues over six months. We recommend three treatments spaced one month apart. There's generally no pain and no recovery time required. **SURGICAL SOLUTION EYELID REDUCTION (BLEPHAROPLASTY)**, FROM AROUND £3,000,



Firmer lids can make eyes look brighter

is a delicate operation to remove excess loose skin around the eyes. Performed under general or local anaesthetic, it involves making an incision across the natural crease of the eyelid and removing fat and excess skin. The incision is stitched and pads are applied. Stitches will be removed around five days later. Expect bruising and swelling, which will subside in one to two weeks, although some patients require up to four weeks to recover.

LESLEY'S 'ME-TIME' CORNER

My pick of the loveliest pampering buys around (because a bit of TLC takes off years, too!)

L'Oréal Super Liner Luminizer in Black Amethyst, £6.49. A purple-black liquid liner to emphasise brown and hazel eyes.

Jo Malone Wild Bluebell, from £36 (30ml) Fresh, soft and oh-so-British.

Asda Invigorating & Reviving Shower Scrub, £1.50 | A spa treat at the supermarket!

Essie Nail Colour in Carry On, £9.95 | Sultry, glossy, sexy... need I say more?



Denise McAdam Moisture Master Hair Masque, £3.80 (Tesco). From the Queen's hairdresser, so we can all give our locks the royal treatment.



Rimmel Kate Lasting Finish Lipstick in 003, £5.49 | Want to try the nude lips look? Go for this flattering hue.

WHAT'S ALL THE FUSS ABOUT...RETINOL?

It's the wonder-ingredient in countless creams, but what does it do? Put simply, retinol is a form of vitamin A that boosts cell turnover and increases collagen production for smoother, plumper skin. Try Vichy LiftActiv Retinol HA Night, £29. Retin-A, a stronger form of vitamin A, is only available on prescription. It's often used to treat sun-damaged skin or acne.

I'M CONSIDERING HAVING FILLERS, IS IT SAFE TO SEE A BEAUTY THERAPIST FOR THESE INJECTIONS?

MF, Bromley

DR KHAN This is a controversial issue. At our clinic, we only allow our cosmetic doctors to administer fillers. There are some excellent beauty therapists, but this is a skilled medical procedure that comes with risks. A cosmetic doctor, in our opinion, has a more in-depth understanding of the face and skin and will be better equipped to deal with medical emergencies. See www.cosmeticdoctors.co.uk.

CELEBRITY CLOSE-UP

Simon Cowell, 51

I think Simon has had some work, but it's subtle. Compared with earlier photos, his ears look further back, which may suggest a lower face and neck lift. This would explain the apparent lack of movement in his lower face, as this can cause stiffness for up to 18 months. His eye area is smooth, indicating some help here, too. He has admitted to Botox in the past and may still be having some.

