



Look younger for longer

» with anti-ageing expert **Lesley Reynolds Khan**

Beauty classics that really work

She could fill her dressing table with expensive 'it' creams, but Cheryl Cole has admitted to using good old **E45 Cream**, which costs just £3.85. Whilst I'm always excited about the latest beauty discoveries, sometimes you just can't beat the tried-and-trusted classics. Here's my pick of the best...



Batiste Dry Shampoo, £2.35. Instantly revives hair between washes



Maybelline Great Lash Mascara, £5.19. Thick lashes, no clumping



Elizabeth Arden Eight Hour Cream, £25. For chapped lips, dry skin and cuticles



Guerlain Terracotta Bronzer Powder, £32. Gives a fabulous glow

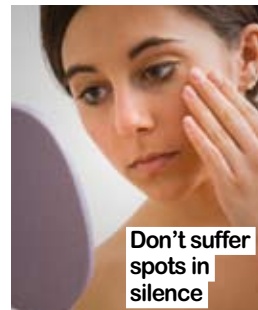


Cheryl doesn't spend a fortune on looking a million dollars

How to reduce acne scars

Q My daughter has severe acne scarring. She's turning 21 this year and I'd like to help her sort it out. What could we try?
Jackie, Birmingham

A Acne scarring can really affect self-esteem. I've seen some severe cases in my clinic, but we've always been able to make a big difference. Treatment can include skincare, facial peels (from £60



Don't suffer spots in silence

per session), laser resurfacing (from £150 to £3,500, depending on the level of treatment) or photodynamic therapy (from £60 per session), which rejuvenates skin and reduces redness.

PICTURES FILM MAGIC: GETTY

»CELEBRITY CLOSE-UP

» Whitney Houston, 47

It looks to me as if Whitney's had a considerable amount of fillers, as her face looks quite plumped up and smooth. She's definitely got the 'pillow face' look.



Fact or fiction?

Shaving your legs makes hair grow back thicker. Fiction – but it can appear true, as shaving makes the end of each hair blunt and coarse.



Product name, Size range, Store name, £00

»MY PRESCRIPTION FOR... perking up dull skin

»TWICE A DAY Remove cleanser with a hot cloth for a radiant complexion. Liz Earle Pure Muslin Cloths, £3.55 for two.

»EVERY MORNING Use SPF face cream Apply UVA and UVB protection, such as Boots Time Delay Wrinkle Prevention Day Moisturiser, £9.69.



»EVERY NIGHT Refresh and resurface PHAs (polyhydroxy acids) help to gently exfoliate dead skin cells, which results in a smoother look. Find them in NeoStrata Bionic Face Cream, £37.



»ONCE A WEEK Scrub up Give skin a polish. Try Harley Street Skin Care Microdermabrasion with Crushed Diamonds, £25.50.



»Lesley is an anti-ageing expert for the Harley Street Skin Clinic (www.harleystreetskinclinic.com)

»If you have a burning beauty question you need answered, email asklesley@natmags.co.uk