



Cool for school

By Julie Ann Trainor

As little ones settle back into the new school term, we look at cool accessories to help them get into the swing of things..



Girls' Limited Bow Baker Hat and Gloves Set with Wool £10 from Marks & Spencer. Must-have for fledgling fashionistas. Chic and smart and warm. www.marksandspencer.com



SpongeBob SquarePants Jumbo Colouring Book £2 from Ryman. SpongeBob SquarePants goes down a storm with young children, and this jumbo colouring book should keep them out of mischief for hours. www.ryman.co.uk

Younger Girls' Butterfly Rucksack, £9.50 from Marks & Spencer. This school bag is cute and girly and will make any little angel look adorable. www.marksandspencer.com



Bart Simpson Filled Pencil Case £7.49 from WHSmith. With three compartments full of stationery essentials. www.whsmith.co.uk



Princess Glittering Celebration Lunch Bag £8 from Asda. True princesses can do lunch in style with this gorgeous glittery Lunch Bag. www.asda.co.uk

24 Crayola Coloured Pencils £4.49 from WHSmith. Get creative with these quality and fun drawing products. www.whsmith.co.uk

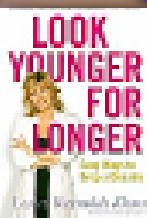


★ DID YOU KNOW? ★

Cosmeceutical products are a cross between a cosmetic and a pharmaceutical as they contain a higher concentration of active ingredients than over the counter creams. They are available from skin clinics and salons. My favourite brands are NeoStrata, MD Formulations and Jan Marini.

★ DID YOU KNOW? ★

There are creams that can relax wrinkles in the same way as Botox. The most commonly used ingredient is Argireline, a peptide that affects the enzyme that makes your muscles work. Not as powerful as Botox, but you should see a difference after three weeks regular use. Try Medik8 Pretox 20.



● ADAPTED FROM LOOK YOUNGER FOR LONGER BY LESLEY REYNOLDS KHAN (RODALE, £12.99), OUT ON SEPTEMBER 27.

(4) Glycolic acid – I'm a big fan of this one, and you can find it in many high street creams, serums and exfoliation products. It's a fruit acid that comes from sugar cane. Fruit acids are collectively known as AHAs (or alpha hydroxy acids), so look out for these. Glycolic acid is brilliant at removing dead skin and boosting cell renewal for a luminous complexion. Wear SPF15+ with it, though, to protect the newer skin from the sun.

(5) Pentapeptides – these amino acids are small enough to penetrate the epidermis (the outer layer of your skin), stimulating collagen production and helping to keep wrinkles at bay. Palmitoyl pentapeptide (commonly called Matrixyl) is one to look out for.

(6) Vitamin C – a powerful antioxidant to intercept skin cell damage, boost collagen production and counteract sun damage. It also has an anti-inflammatory effect. On the packaging it'll be listed as a derivative of ascorbic acid, such as ascorbyl glucosamine or ascorbyl glucoside.

(7) Vitamin E – another super-antioxidant, vitamin E is vital to protect skin cells from UV light, pollution, cigarette smoke, and other factors that produce cell-damaging free radicals. It also increases the effectiveness of sunscreens.

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