



Look younger for longer

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

Shades to flatter grey

Q I'd like to make the most of my grey hair. Which make-up shades will work best?

JT, by email

A Black eyeliner can look harsh, so use navy or brown. Skin loses colour with age, so pick a foundation with a peach tone. Lightly sweep blusher across cheeks for a glow, and use peach shades on lips. Avoid shimmery make-up, which is ageing. And fill in brows with slate or grey-brown.



» 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



Stressed out?

Chances are, your skin is too. Under stress, the body produces adrenaline that constricts blood vessels, reducing the nutrients skin gets. It can also affect hormone levels, which can lead to spots and wrinkles. A new range, LP Skin Therapy (by psychologist Dr Linda Papadopoulos) claims to boost feel-good chemicals in the body to de-stress you. I'm yet to be convinced they'll make a difference to your mood, but it pays to pamper your skin.

LP Skin Therapy 6 Piece Anti-Ageing Discovery Collection, £20.40, QVC



» CELEBRITY CLOSE-UP



» Jessie Wallace, 39

Jessie looks good, but she is a little shiny on the forehead, which might be down to Botox. I also think that her cheeks may have had some fillers. Her hairstyle and colour are a bit 'hard' – I'd go for a much warmer hue and cut to soften her look.

Cheap thrill

Optimum Apple Day Cream, £9.99. Made with apple stem cells known for their anti-ageing abilities, it's light and great for combination skin.

Optimum Skin Renewal Cream, Superdrug, £9.99



» MY PRESCRIPTION FOR... Blissful bathing

MOISTURISING

Elemis Skin Nourishing Milk Bath, £39.90

Milk protein, oat extract and camellia oil rehydrate thirsty skin. This is simply heaven!



RELAXING

Nelsons Arnicare Bath & Massage Balm, £8.15

Wonderfully calming when added to a warm bath and it can also be used as a massage balm to melt tension.



UPLIFTING

Bronnley Apricot & Almond Bath & Shower Gel, £x.xx

Fantastic if you're feeling sluggish – the gentle scent will help give you a boost.



DETOX

Dead Sea Source De-Tox Seaweed Bath Soak, £5.49

This is full of Dead Sea minerals to really purify skin and leave it feeling lovely and soft.

