



Look younger for longer

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

Aftersun essentials

Q What should I look for in an aftersun? Can you recommend a good one?

KK, by email

A Look for a product containing natural aloe vera, which is soothing and takes away the burn.

Dr Organic Aloe Vera Gel, £5.19 (Holland & Barrett), is great – keep it in the fridge. For your face, use an oxygen serum, such as Oxygen Pur Oxygen Serum, £50, which helps skin to repair itself.



Cheap thrill

Garnier Miracle Skin Perfector Daily All-In-One BB Cream SPF 15, £9.99
Blemish balms (BB) are the new trend from Asia.

They moisturise, brighten and protect.



Is your chest giving away your age?

I see so many women with a smooth, line-free face, but a crepey décolletage – Kate Moss is a good example. The skin there contains less collagen and elastin than the face, meaning that it can quickly deteriorate with age and sun exposure. I recommend twice-daily application of a peptide-rich anti-ageing serum, such as **Olay Regenerist 3 Point Super Serum, £31.99**. A high factor SPF is also a must in the sun, or when wearing a low-cut top. You could also try laser resurfacing, such as Fraxel



Re:pair – which costs from £1200 a session – to rejuvenate and reduce the effects of sun damage. You can't have this treatment while you have a suntan, though.

It's not just your face that can give the age game away

» 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

» MY PRESCRIPTION FOR age-proofing your eyes

MATURE SKIN

Nivea Visage Anti Wrinkle Q10Plus Eye Cream, £11.08

Use this from your late 50s on to tackle wrinkles, sagging and dullness. It contains coenzyme Q10 – one of my favourite skin regenerating ingredients.



WRINKLE-FIGHTING

Harley Street Skin Eye Refining Serum, £16

This contains hyaluronic acid and lactic acid to hydrate and boost skin cell turnover, to lessen the look of lines. Titanium dioxide also proves sun protection.



PROTECTING

Eve Lom Eye Serum, £36

This effective ultra-light serum contains antioxidants – which help to prevent wrinkles – and chamomile to soothe.



BRIGHTENING

Origins GinZing Refreshing Eye Cream, £20

Perk up your peepers with this fabulous buy, which contains caffeine and ginseng to blitz puffiness and those dark circles.

