



Look younger for longer

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

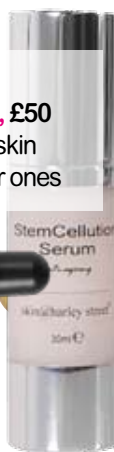
TRY A SUPER SERUM

These days, there's a serum for every skin need. But how do they differ from face cream? Put simply, serums are lighter, meaning they are more easily absorbed, and contain more concentrated ingredients. The molecules are smaller, so nutrients are delivered deeper into the skin. Key ingredients are retinol and glycolic acid, which speed cell renewal, vitamin C which boosts collagen and repairs sun damage and pentapeptides to plump and firm.

TRY...

»**Harley Street Skin StemCellution Serum, £50**
Transforms damaged skin cells back into younger ones

»**L'Oréal Youth Code Serum, £24.99**
Brightens and illuminates dull skin



»**Avon ANEW Clinical Lift & Firm Serum, £29**
(www.avonshop.co.uk)
Lifts and tightens



Serums: like cream but better

My eyes look tired

Q My eyelids are starting to droop, making me look sleepy and older than my years (I'm 50). What can I do? *Joanna, Bolton*

A I believe only surgery to remove excess skin (blepharoplasty) will make a lasting difference. The operation is performed under local anaesthetic and prices start at around £3,300. If you're not keen, my favourite make-up artist, Jamie Pritchard suggests brushing highlighter along the brow bone and onto the inner corner of the eye to detract attention from heavy lids. »Or try **Eye Secrets, £29.99** – sticky strips that you apply to the lid to give a temporary lift. The effect is quite dramatic, making them a great instant boost.



»**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.



»CELEBRITY CLOSE-UP

»Lulu, 62

She certainly doesn't look her age. I love her layered hairstyle – a clever way to take years off your face. I think she may have had some cheek and lip fillers. She also has a very wide-awake look, which could be down to Botox or even an eye lift.

Cheap thrill!

Johnson's 24hour Moisture Hand Cream, £3.99
Absorbs quickly and leaves hands feeling lovely and soft.



»MY PRESCRIPTION FOR... body va-va-voom!

»EVERY MORNING

Dry body brushing stimulates blood flow and speeds up the removal of toxins – it'll give you a glow and may improve cellulite. Brush using long strokes towards the heart. **Superdrug Wooden Cellulite Brush, £2.99**



»TWICE DAILY

Night & Morning Nivea Firming Body Lotion Q10 Plus, £5.10
Coenzyme Q10 is a powerful antioxidant that speeds up cell repair and aids healing.



»2-3 TIMES A WEEK

Harley Street Skin Body Buffer, £10
Contains glycolic acid to slough away dead cells, and deep moisturisers. Your skin will feel incredibly smooth after use.



»SPECIAL OCCASIONS

Barry M Face & Body Shimmer Powder in Light Pink Pearls, £7.99 Sweep a pinkish, shimmering powder across your collarbone, onto shoulders and down the centre of your legs. It'll make you look slimmer and sexier in your LBD.

