

ANTI-AGEING SECRETS



ANTI-AGEING EXPERT
LESLEY REYNOLDS KHAN
RUNS A SKIN CARE CLINIC IN
HARLEY STREET, LONDON

Looking good

with Lesley



LESLEY loves...

Liz Earle Energising Hip and Thigh Gel, £16.75 This soothing gel is full of natural ingredients to reduce fluid retention and boost circulation for firmer thighs.

Top 5

ANTI-AGEING FOODS

1 Chocolate! Yes, if you indulge in the sweet stuff once in a while, you'll live about a year longer, thanks to its free-radical-fighting phenols.

2 Almonds High in protein and Omega 3 fatty acids, they help the skin repair itself.

3 Broccoli Packed with antioxidants, this super-veg stimulates collagen production.

4 Orange and lemon rind contains bioflavonoids, which help reduce broken veins. Grate it on the top of yogurt.

5 Porridge Oats contain salicylic acid, which plumps up the skin.



Younger eyes made easy

Squinting, smoking, sun exposure and just plain old genetics all cause crow's feet and baggy eyes, the first signs of ageing. But don't despair, there are some easy solutions! Copy the celebs and always wear stylish sunnies – even if it's dull outside – as they protect the delicate eye area from sun damage and stop you squinting. Use a moisturising eye cream with AHAs to slough off dead skin cells – I love **NeoStrata Bionic Eye Cream**, £27.50. For a home remedy, try very thin slices of potato, dampened with water, as eye patches. It really tightens the skin!



£27.50
NEOSTRATA.COM

Q I'm about to hit 50 and my foundation no longer seems to be working for me. What should I be looking for?

SARAH, HENDON

LESLEY says...

I recommend a mineral foundation. Try it and you'll be converted! Good quality mineral make-up, applied lightly with a brush, covers blemishes and age spots. I like BPC, £28, from www.ilovebeautyproducts.co.uk and also Maybelline Pure Mineral Foundation, £9.78.

woman SMART BUYS



£28
BPC

£9.78
MAYBELLINE

PHOTOGRAPHS IPC IMAGES, SCOPE

IF YOU DO ONE THING THIS WEEK...

Boots are the first to add five-star UVA protection to their Protect & Perfect range, cutting sun damage by 50%. Grab your pot of Intense Day Cream, £21.50, now!



GOT A QUESTION...

for Lesley email her at asklesley@ipcmedia.com
For more information on treatments with Lesley:
www.harleystreetskinclinic.com