



»NEW SERIES

Look younger for longer

Be the Best that you can be!

»With Lesley Reynolds Khan

Anti-ageing expert for the Harley Street Skin Clinic www.harleystreetskinclinic.com

Best beauty

The supermarket wonder cream!

»Looking good for less isn't impossible – look at the success of **Waitrose Baby Bottom Butter, £2.54**, which currently outsells every other skin cream in store. Not just for babies, women everywhere are raving about its amazing skin benefits. With olive oil, vanilla and chamomile oil, it has antioxidant, antibacterial and skin calming properties. A great little buy.



Waitrose Baby Bottom Butter, £2.54



Your questions answered

Q

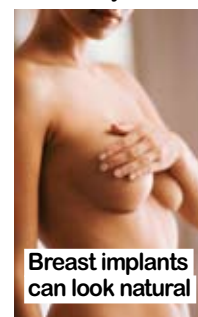
I'm considering breast implants because I'm so

flat-chested, but I don't want to end up looking like certain WAGs! How can I ensure a natural result?

Claire, Ipswich

A

Stem cell enriched breast enhancement is a treatment that creates natural, soft-looking breasts, using your own fat, mixed with stem cells. Fat is removed from the hip, tummy or thigh area, then stem cells are harvested from that fat. These cells are mixed with more fat and injected into the breast.



Breast implants can look natural

The effect is immediate, but it takes three months to see the final results – you could go up a couple of cup sizes. Expect to pay around £4,000.



»CELEBRITY CLOSE-UP

Nicole Kidman

Nicole is naturally beautiful – she obviously cares for her skin and uses sunscreen, but I think she may have gone overboard with the Botox. Her forehead looks unnaturally smooth and tight. She also has heavy eyelids and very arched eyebrows, which often indicates too much Botox.

Fact or fiction?

Make-up gives you spots...

Liquid make-up can harbour bacteria, which can cause spots if you don't cleanse well.



Use 100% Mineral Powder Foundation, £9.99

Mineral make-up won't hold bacteria, so it shouldn't affect your skin if you forget to cleanse (tut tut!).

»Lesley's prescription for...

decreasing dark circles

»TWICE A DAY DIY massage

Start at the inner corners of your eyebrows and slide your fingers along them. Then tap under your eyes with your ring finger. Repeat five times.



»EVERY MORNING

Nivea Visage Anti-Wrinkle Q10 Plus Eye Cream, £10.95

Coenzyme Q10 is one of my favourite ingredients – it helps regenerate skin cells, which refreshes the skin around the eyes.



»EVERY NIGHT

Jan Marini C-ESTA Eye Repair Concentrate, £48 This strengthening serum repairs thin skin under the eyes (veins seen under fragile skin can cause dark circles).



»AS NEEDED

L'Oréal Paris True Match Touche Magique Concealer, £8.16 Use a concealer one shade lighter than your foundation. I like this one, as it's fantastic value and illuminates the under-eye area, keeping dark circles covered all day.



Have you got a burning beauty question you need answered? If so, email our Harley Street expert Lesley at asklesley@natmags.co.uk

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