



Look younger for longer

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

5 turn-back-time miracles

I've received loads of emails asking me to recommend an anti-ageing cream. So look no further – here are my favourite buys...

Best for 35-45

RoC Sublime Energy Day, £40.84
Collagen and elastin production slows down significantly in your 30s, leading to lines and loss of firmness. But this two-part product mimics the body's low-level electrical currents (yes, we all produce electricity!) to speed up skin repair for a brighter, smoother complexion. It also contains SPF 20.



Best for age 45+

Pond's Moisturiser Triple Action, £4.49
Wrinkles, sagging and age spots are common concerns as 50 approaches. This affordable, multi-tasking cream contains glycolic acid to smooth and reduce pigmentation, vitamin A to increase cell turnover and collagen to firm skin and reduce wrinkles.



Best for oily/acne prone skin

Harley Street Skin Care StemCellution Serum, £50
If you find regular face creams too heavy, try this. It contains a concentrated cocktail of anti-agers, such as antioxidants and peptides. If you suffer from acne, you'll find it calming and non-clogging. Use with mineral powder foundation to keep skin matte.



Best for dry/sensitive skin

Neostrata Bionic Face Cream, £27.50 Ideal for use after a peel or microdermabrasion, this gentle cream is also good for people with rosacea or very dry, reactive skin. Key ingredients include gluconolactone and lactobionic acid, which soothe and help reduce sun damage, lines and wrinkles. Wear with sunscreen.



Best all-rounder

Nivea Visage Q10 Plus Anti-Wrinkle Day Cream, £11.08 An excellent moisturiser for all skin types that doesn't cost the earth. Antioxidant Q10 keeps skin healthy and helps stave off wrinkles (it's produced naturally by the body but decreases with age). SPF 15 is an added bonus, too.



NEW!
The sell-out anti-wrinkle sensation

Olay Professional Anti-Wrinkle Kit, £44.99
Comprising Day Moisturiser, Wrinkle Smoothing Cream and Deep

Wrinkle Complex, this has taken the US by storm, selling out in just 17 minutes. And it's due to hit Boots stores on 9 August. In an independent clinical study, it was shown to be as effective

as retinoic acid (a powerful prescription ingredient) at reducing wrinkles. Expect a stamped!



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Fifty plus
Fashion that fits your lifestyle



» Lesley is an anti-ageing expert for the Harley Street Skin Clinic (www.harleystreetclinic.com). » If you have a burning beauty question you need answered, email asklesley@natmags.co.uk