



# Look younger for longer

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

## Your beauty from within

Anti-ageing isn't just about slapping on the right skincare – what you put inside your body is vital, too. I see clients who spend a fortune on face creams, yet add years with fad diets or smoking. Time to nip bad habits in the bud! I also recommend taking a good beauty supplement.



» **WRINKLE-FIGHTING**  
Reduces appearance of lines and wrinkles. **Imedeem Time Perfection, £40.80** for one month's supply



» **HAIR AND NAILS**  
Contains essential nutrients. **Perfectil Skin, Hair & Nails, £9.15** for one month.



» **COMPLEXION-BOOSTING**  
Has Omega 3, 6 and 9 to improve skin elasticity and moisture. **Harley Street Skin Food, £10** for one month.



## How to repair sun damage

**Q** I'm only 26, but have lines and pigmentation caused by sun beds. Can I reverse the effects? *SG, by email*

**A** Apply a daily SPF30 or higher sun block

(see right), and a repairing night cream with epidermal growth factors, such as **Harley Street Skin StemCellution, £50**, to boost collagen and elastin. A treatment such as **SmartXide Laser, from £150** per session, can tackle pigmentation (you'll need around 3-5 sessions, 4-6 weeks apart).



Eau Thermale Avène Very High Protection Sun Cream SPF50, 50ml, **£13.50**

## Fact or fiction?

**Crossing your legs will give you thread veins**

Not true, but if you are prone to thread veins, then sitting with crossed legs can put pressure on the legs and end up making the problem that bit worse.

## » CELEBRITY CLOSE-UP

### » Pamela Anderson, 43

The signs of sun damage are clear to see – she has a lot of horizontal lines on her forehead and pronounced crows' feet (see my advice on repairing sun damage, right). She doesn't look Botoxed, but may have had some filler in her lips and cheeks. Her heavy make-up adds years.



» **Lesley is an anti-ageing expert for the Harley Street Skin Clinic ([www.harleystreetskinclinic.com](http://www.harleystreetskinclinic.com))**  
» **If you have a burning beauty question you need answered, email [asklesley@natmags.co.uk](mailto:asklesley@natmags.co.uk)**

## » MY PRESCRIPTION FOR... Hair TLC

### » CURLY

**Louise Galvin Treatment Masque for Thick or Curly Hair, £26** Packed with deep moisturisers and curl-defining vegetable proteins, this is amazing and a real must-try!



### » DRY/DAMAGED

**James Brown London Intensive Moisture Mask, £8.16** Shea butter delivers deep moisturisation – a real lifesaver for parched locks.



### » COLOURED

**Tresemme Colour Revitalise Treatment Masque, £4.38**

Leave on as long as you can before rinsing to lock in your colour and keep it looking fresh.



### » FINE

**Aussie Lusciously Light 3 minute Miracle Reconstructor, £4.49**

Makes hair feel soft and healthy, but won't weigh it down – great if regular deep conditioners leave your hair lank.



PICTURES GETTY (POSED BY MODEL)