Look younger for longer

» with anti-ageing experts **Lesley Reynolds Khan** and **Dr Aamer Khan**

The anti-ageing power pill

A new supplement has made the headlines after being proven to reduce wrinkles. In independent trials, Dove Spa Strength Within, £35 (one month's supply) reduced crow's feet by up to 30 per cent in 14 weeks. Key ingredients include vitamin C and soy isoflavones to increase collagen. I think we're waking up to the fact that looking young is not just about slapping on a face cream, but must also come from within. As well as a good supplement like this one, plenty of vegetables and whole grains, and less sugar and caffeine will help hold back the years.

PRODUCT ON TRIAL...

Freezeframe Instant Wrinkle Freeze, £49.99 (Boots)

Freezeframe claims to freeze wrinkles by over 80 per cent in five minutes, for up to eight hours. It can reduce lines by over 60 per cent in four weeks.

LESLEY'S VERDICT Ingredients include wrinkle-relaxing peptides, smoothing silicone and antioxidant vitamin E. It has an instant effect on wrinkles, but my skin felt dry.

READER REVIEW The lines around my eyes disappeared and I looked five years younger all day. *Fiona, 45*

WHAT'S ALL THE FUSS ABOUT... ANTIOXIDANTS

Antioxidants fight off damage from free radicals – the harmful molecules that destroy cells and age skin. Protect yourself by eating antioxidant-rich foods – berries are a good source. Some skincare contains antioxidants, look out for co-enzyme Q10 (speeds up cell repair), vitamin C (anti-inflammatory and prevents cell damage) and vitamin E (protects skin cells from UV light and pollution).

Try Nivea Q10 Plus Anti Wrinkle Day Cream, **£11.08**

BUY TWO PRODUCTS FROM THE BOOTS 17 RANGE AND RECEIVE THIS FREE FEMME NOIR KIT. WHILE STOCKS LAST. ENDS 1 NOVEMBER 2011.

Do it now!

LESLEY'S 'ME-TIME' CORNER

My pick of the loveliest pampering buys around (because a bit of TLC takes off years, too!)

Dreamy Days Eau de Toilette, **£15** (Marks & Spencer). Amber, lily and magnolia make this the perfect winter floral scent

Corioliss Mini Vintage Hair Dryer, **£25.99**. Travel in style

Heathcote & Ivory Vintage Collection Rose Hand Wash and Hand Lotion Set, **£10.** Add a pretty touch to your bathroom

Laura Mercier Crème de Pistache Body Butter, **£26**. Relaxing, enveloping and super-softening – a real sweet treat

Paul & Joe Nail Enamel in Downtown, **£10.50**. A divine dusky pink

Bourjois Smile Enhancing Gloss in 03 Rose Bright, **£6.99**. Combines a tooth brightening gel and lip gloss – go on, flash those pearly whites

Body beautiful WITH DR KHAN

Considering cosmetic surgery? Your top-to-toe guide starts here. Each week, Dr Khan takes one body part and explains your options.

Youthful eyes can be yours

THIS WEEK... EYE AREA

The area around the eyes is especially prone to ageing. This can start in your 20s, when you may see the beginnings of fine lines. In your 30s, these lines can develop into crow's feet. You may also notice hollows appearing under the eyes (known as 'tear troughs'), caused by fat loss in the upper cheek. From 40, the delicate skin around the eyes may start to look thin and crêpey and the veins underneath may become more visible, causing dark circles

WRINKLE FIX BOTOX, FROM £200. As well as forehead lines, Botox works very well on crow's feet. It is important to allow movement in this area, and a good cosmetic doctor will take the 'less is more' approach. Results last up to six months.

DARK CIRCLE SOLUTION Pellevé, from around £300 per session, is an effective treatment for the entire eye area. It firms and thickens the skin, so blood vessels underneath are not as visible. Your therapist will pass a handpiece over the skin to heat its lower layers, boosting collagen levels. A course of three treatments is recommended. Results last around six months and will continue to improve during this period as more collagen is produced. Patients generally just feel a warming sensation.

HELP FOR HOLLOWS If under-eye hollows have become pronounced, hyaluronic acid fillers, such as Juvéderm and Restylane, from around £200, can be injected into the area to plump it up.

Q MY MOTHER HAS SAGGY SKIN AND I DON'T WANT TO INHERIT IT. I'M 34 – IS THERE ANY HOPE FOR ME? *AB, by email*

DR KHAN Yes, while genes do play a role in the way our skin ages, there is hope. Skin sags as collagen and elastin fibres break down. UV light can accelerate this, so wear SPF 30 sun cream daily (SPF 50 on holiday). Smoking has a similar effect, so quit if you do. Losing weight too quickly can also leave skin saggy. Use glycolic acid products, such as Harley Street Skin Glyco Serum, £20, which trigger collagen formation.

CELEBRITY CLOSE-UP

Cat Deeley, 34

Cat is very tanned – I hope it's fake or the quality of her skin will go downhill rapidly. She should use a good quality SPF 50 if she's spending time in direct sunlight. I'd guess she's had some Botox, as her forehead is smooth and a little shiny – a common giveaway – but overall she looks natural and glowing.

PICTURES GETTY (POSED BY MODELS)

» Lesley Reynolds Khan and cosmetic doctor Aamer Khan run Harley Street Skin Clinic (*www.harleystreetskinclinic.com*). If you have a question for our dynamic duo, email lookyounger@hearst.co.uk