

ANTI-AGEING SECRETS



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

Looking good

with Lesley



LESLEY
loves...

**Phytodensium
Anti-age
Shampoo, £10.**

*It has lots of natural
extracts that help
protect hair, give it
a boost and rebuild
it after damage.*



**Liven up
your skin**

Q

*I've got a few age
spots on my
hands, how do
I get rid of them?*

SARAH, HENDON



LESLEY
says...

With age, skin can develop the dark pigmentation we call age or liver spots (solar lentigines), caused by sun damage. The first step is to protect your skin with a hand cream that contains sunscreen. The best treatment is IPL (Intense Pulsed Light), which targets melanin, the brown pigment. Treatments cost from around £45 each, and you must use sun protection afterwards.

Top 3

WAYS TO FULLER- LOOKING LIPS

1 Try using a lighter foundation shade or highlighter on the top of the lip to reflect light, creating the illusion of fuller lips.

2 First thing in the morning and the last thing at night I massage my lips with moisturiser to increase the blood supply and keep my lips super-smooth and hydrated. Try it, it really works and the cost is minimal!

3 SkinMedica TNS Lip Plump System, £35 (020 7491 0150) is great for creating the plumped-up lip effect.



There's nothing better than a balanced diet, but many of us these days are deficient in vitamins and minerals, particularly calcium and vitamin D, and this often shows up in weak fingernails and dull skin. There are lots of top-up supplements, especially when it comes to collagen – famed for its anti-ageing properties – but there's no evidence that the collagen you digest ends up in your skin. Look for supplements that contain Coenzyme Q10 and DHEA which are needed for cell renewal. I take it myself, with my own Skin Food capsules, £9.99. They contain a balance of Omega-3, 6 and 9, which have great skin-boosting qualities.



£20.45
HOLLAND & BARRETT

IF YOU DO ONE THING THIS WEEK...

Be brutal with your make-up bag and throw away any skincare products that you haven't used for the past six months... including fake tans!



GOT A QUESTION...

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