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The Prisoner bounces back to our TV screens

CRUNCH TIME
Black Jacks and bullseyes: the return of retro sweeties



By Lynnette Peck Bateman BEAUTY

Glad hands

New beauty treats leave mitts softer and younger

Our hands are exposed to the same conditions as our faces but often age quicker as we don't take the same care. Dermatologist Dr Stefanie Williams recommends a sun protection moisturiser of SPF20-50, all year around, and hand cream (eudelo.co.uk). Another option is an oral supplement such as Vitabiotics Perfectil Plus (£16.95 for a month's supply; Boots). It nourishes skin, hair and nails and contains Omega-3 and Omega-6. A cosmetic marvel is Restylane Vital (01753 646 660; restylane.co.uk), with stabilised non-animal hyaluronic acid as an injectible to plump up hands.



Heathcote & Ivory 'Sanderson' A Painter's Garden Hand Cream
150ml £8 (020 7935 1975; heathcote-ivory.com)
We say: This divine limited-edition cream has a design inspired by the works of RA artist Elizabeth Blackadder to mark Sanderson's 150th anniversary of designing wallpaper and fabric. The luxury cream has shea butter and Vitamin E to ensure hands are well hydrated.
Best for: looking fabulous on the bathroom shelf and extreme moisturisation



StriVectin Specialized Hand Care
30ml + 75ml £44 (available from Space NK, Harvey Nichols and Harrods)
We say: Once you have worked out how to use this two-step system it really becomes one of the best available. Contains a self-heating NanoExfoliant to slough off dead cells on the hand and then an Ultra-Concentrate to fully moisturise.
Best for: if you really like to spend time indulging your hands



Australian Organics Rejuvenating Hand Treatment Cream
200ml £3.99 (01622 859 898; Waitrose, John Lewis, Holland & Barrett)
We say: Has a great scent due to the pure essential oils of peppermint, lemon and rosemary and has no synthetic colours or parabens. You get a lot for your money too. It works well on dry hands and nails.
Best for: being an duct that t the earth



Vivaderm Ultra Rich Moisturising Cream
75ml £7.95 (0845 226 0660; scarlettandgeorge.com)
We say: This cream helps calm and soothe very dry, sore and chapped skin. Use three times a day when skin first flares up and gently massage in inflamed areas. Also free of paraffin, waxes and parabens.
Best for: those who suffer from eczema and dermatitis



Barielle Advanced Formula Porcelain Skin Whitening Cream
58ml £20 (020 8280 1023; barielle.co.uk)
We say: If you've had a lifetime of sun-worshipping or gardening then this could be the cream for you. The alpha hydroxy acids will gradually tone down age spots and freckles and lighten skin considerably.
Best for: both face and hands to lessen the appearance of age spots



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Best for: being an organic product that doesn't cost the earth

a Mer treatment
2661; ner.co.uk)
s "treatment" eels very silky us. Massage (or better neone else to), cuticles hydration. ose who y treatment



Lulu's Time Bomb Hand to Hand Combat Hand Cream
75ml £13.50 (0844 800 1694; lulusplace.co.uk)
We say: Specifically made for more mature skin with argan oil (extracted from the Moroccan tree) which plumps and smoothes. Also contains Vitamin E, so is excellent for hands that really need a moisture boost.
Best for: being a deep moisturising cream



Renu Age Defence Balm SPF15 For Hands
75ml £25 (0870 220 9094; monushop.co.uk)
We say: This balm has an essential SPF (which is also natural) and is made with blackcurrant seed oil to specifically target skin ageing.
Best for: being able to reduce the look of age spots and discolouration