

Closer

BEAUTY INSIDER

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Look fab for your age

Keep skin youthful by using the right products for your age

LATE TEENS AND 20s

DR AAMER KHAN OF THE HARLEY STREET MEDICAL SKIN CLINIC SAYS: "After the hormonal upheaval of your teens, the aim now is to keep a clear complexion. It's unlikely you'll have wrinkles to worry about, but if you start taking care of your skin at this stage, you can delay signs of ageing and will have less wrinkles later."

Cleanse your skin daily. Cleansing morning and night is very important to keep pores unblocked and avoid spots, which can sometimes lead to scarring. Try the invigorating **Johnson's 3-In-1 Refreshing Facial Wash, £2.99**, to remove deep grime and make-up.

Look for products with antioxidants and vitamin C. Your collagen levels and elasticity are great now, so use vitamin-packed creams that protect skin from pollution and lifestyle stress. **Clinique Super Rescue Antioxidant Night Moisturizer, £31.32**, will feed your skin while you sleep.

Use a moisturiser with an SPF. Remember your skin has been exposed to the sun for 20 years or more! Use a day cream with a minimum SPF of 15 for protection. **Good Skin Soft Skin Moisture Cream, £12**, ticks all the right boxes with SPF 15 and vitamin C.

DON'T Use sunbeds! Very popular with this age group, but sunbeds can burn skin the same way the sun does and the damage can take 10 years to show up.



Scarlett Johansson, 24, should start her skin regime now

30s



Emma Bunton, 32, looks after her skin

DR KHAN SAYS: "As your growth hormone levels dwindle, fine lines begin to appear and skin begins to lose firmness. So step up your use of products containing moisture-protecting peptides."

Start using an eye cream. A light gel or serum is generally better to use around the eye. **Dr Nick Lowe Age Correct Eye Serum, £11.59**, is great because the peptide formula firms and moisturises. Use a light gel or serum twice a day.

Look for creams containing peptides. These work by stimulating the skin, helping it to produce collagen and stay looking plump. **Olay Regenerist Replenishing Cream, £14.50**, is a great non-greasy moisturiser.

Invest in products containing alpha hydroxy acids.

DON'T Use rich moisturisers. Look for an oil-free cream (like Olay's, above) to avoid clogged skin. Choose one without mineral oils as they absorb vitamins - try Harley Street Skin B-Ti

40s



Ellie Macpherson looks years younger than 44

DR KHAN SAYS: "Your skin has matured by this point and needs a helping hand to keep it in shape. Exfoliation is important to remove dead cells, and hydration is essential for staying youthful."

Choose super antioxidants. Super antioxidants (ie high doses) protect the skin from pollution and the sun's harmful rays. Try **Burt's Bees Line Diminishing Day Lotion, £26.99**, which contains pomegranate to prevent fine lines.

Exfoliate twice a week. Dead skin can make wrinkles appear deeper because it expands the width of the lines. **Australian Organics Exfoliating Facial Scrub, £8.95**, also soothes redness and prevents age spots.

Take supp! Anything with evening primrose oil will help to m

DON'T Go out without SPF 30. And always wear a hat and sunglasses in bright sun!

Stockists Australian Organics at John Lewis 08456 049048, Burt's Bees www.burtsbees.co.uk, Clinique 0800 036 3558, Dr Nick Lowe at Boots 0845 070 8090, Good Skin 0870 034 2566, Holland & Barrett www.hollandandbarrett.com, Johnson's 0845 601 2285, Mured 0800 035 2872. Olay available nationwide. The Harley Street Medical Skin Clinic: 020 7935 0086



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