

beauty

30 SUMMER ANTI-AGEING BEAUTY TIPS

Whether you're off on a beach holiday or staying at home, sun, sea and humidity can have a bad impact on your skin and hair – but with our expert tips you'll look and feel great all summer

WORDS JESS HENLEY

SKIN ESSENTIALS

1 When you get back from a day on the beach, use a good moisturiser to combat the drying effects of the sun and sea and give your skin a boost with antioxidants. "Choose products that contain retinol, as it helps reverse the effects of sun damage," says Dr Jennifer Jones, a British Skin Foundation dermatologist, who works with Garnier. She suggests **Garnier Ultra Life Deep Wrinkle**, £9.99, which also firms skin.

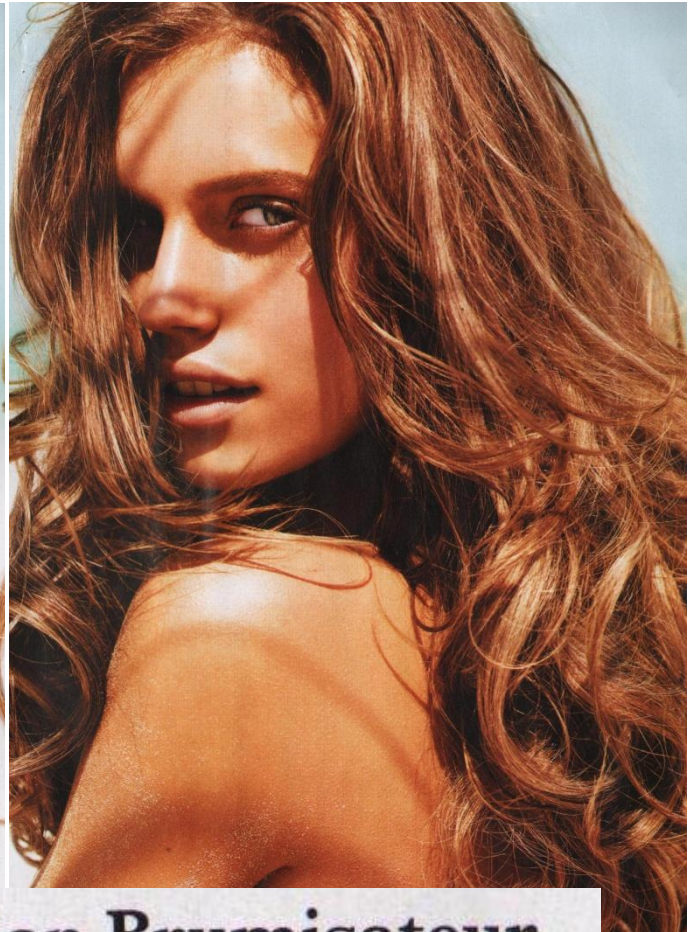
2 "Just because it's summer, don't forgo your skincare routine," says Vanda Serrador at Urban Skin (urban-skin.com). Look out for **No 7 Protect & Perfect Intense Beauty Serum**, £10.75. It's a blend of the

product that took everyone by storm when it was tested on *Horizon* in 2007. This new 'facelift in a jar' has also been independently proven to help restore the skin's structure, improving even *deep* wrinkles by up to a staggering 50 per cent, with regular use over four weeks. We love it!

3 "To avoid overloading your skin, which can clog pores, use an antioxidant serum under sunscreen," says Vanda. We like **Olay Total Effects Instant Smoothing Serum**, £18.99 (8). Or try **Crème De La Mer SPF30 UV Protecting Fluid**, £49.94 (8), or **Simple Sun Sensitive Protecting Facial Hydration SPF25**, £10. Both protect skin and contain light-reflective particles to give radiance.

4 The delicate eye area can be easily damaged by the sun, especially when light reflects off metal-rimmed glasses. Vanda recommends wearing large sunglasses that have dark plastic frames. These will not only look ultra-glamorous, but will also help protect the skin around your eyes and cheekbones. This also helps guard against pigmentation problems caused as a result of overexposure to the sun.

5 Keep an **Evian Brumisateur Spray**, from £1.99, to hand so you can spritz and refresh your skin and make-up when the heat gets too much. It will also help keep skin hydrated and pores clean. Use before topping up your sunscreen. ▷



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