

PRIMA beauty

HOW TO... get smoother skin

From cleansers to night creams, there's a whole range of products specially designed to give you a radiant, polished complexion. Here are some of the best skin smoothers around...

Best cleanser

Stimulate the skin's natural renewal cycle as you cleanse with **Elemis Tri-Enzyme Resurfacing Facial Wash (1), £25 for 200ml** (01278 727830), part of a four-step regime for up to 91 per cent improvement in texture in 28 days.

Perfect for those who can't tolerate granular exfoliation, the unique blend of three enzymes helps break down dead cells while speeding up cell renewal. Use it both morning and evening for best results.

Budget buy: A little less high-tech but still packed with skin-loving ingredients such as organic camomile, rosemary and lemon essential oils, the new **Organic Surge Gentle Cleansing Lotion (2), £4.99 for 200ml** (from Boots) was formulated to enhance the skin's radiance without causing any irritation.

Soothing and calming, its delicious sherbet-lemon-like fragrance make it a real joy to use.

Best moisturiser

It may be light as a feather, but you'll find **SkinVitals Everyday Illuminating Lotion (3), £12 for 15ml** (from Debenhams), is so deeply hydrating, it helps to plump out fine lines and wrinkles for a softer and smoother-looking surface.

Brightening vitamin C and white peony combine with light-reflecting particles to give an immediate polished look, as well as long-term effective anti-ageing benefits.

Budget buy: Using a moisturiser with an SPF will help keep skin smoother for longer by preventing sun damage, and the marvellous daily treat, **Soap & Glory Catch A Wrinkle In Time Day Moisturiser (4), £9.79 for 50ml** (from www.boots.com) does just that. It contains skin-stimulating tripeptides, and light reflectors that leave skin with an instant healthy glow.

Best exfoliator

Sloughing doesn't get much more gentle than with **MD Formulations Face & Body Scrub (5), £26 for 250ml** (0870 850 6655), which cleanses and removes dry, rough skin with the finest of spherical granules, to smooth. The 250ml bottle should last for months, so it's far better value than the hefty price tag might suggest.

If you prefer not to scrub, check out the award-winning **Heaven Skin Polish Exfoliator, £45 for 100ml** (01952 461888). This no-grains exfoliator has aloe vera and sugar solution to reduce fine lines and extract grime.

Budget buy: For a truly budget option, **Nivea Visage Natural Beauty Radiance Boosting Daily Scrub (6), £5.85 for 150ml** (available nationwide), contains particles to leave skin glowing without scratching the surface. A little goes a long way, and you only need to use it weekly.

Best night cream

An over-night skincare treatment with exclusive ingredients to help restore the texture of your skin and even out tone, **Lumecin (7), £29.95 for 40ml** (from Boots), promises results after four weeks of regular use. It works to reduce pore size and fade brown spots while you sleep, it is also designed to brighten and hydrate skin without.

Budget Thera Boost Cream for 50ml Sainsbury's oils and covers

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Our top 3

THE BEST SKIN-SMOOTHING FACIALS

PERFECTOR NANO CURRENT LIFTING FACIAL, FROM £35 per session (01202 299228)

A gentle electronic facial that consists of programmes to address skin problems including age spots and acne scarring. It gives skin an immediate - if temporary - lift, reducing a canning law, cheek and neck



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