

WHO NEEDS SURGERY? TRY THESE QUICK-FIX EXPERT TIPS

▶▶ Let's face it – as we age, our skin starts to lose its radiance, firmness and colour. We also gain a few lines, age spots and broken capillaries, making our complexion look less than perfect. But that doesn't mean you have to

be stuck with these imperfections – there are lots of treatments and tips available that can help us brighten and tighten our faces, bring back that youthful glow and even reverse the signs of ageing. Here's how ...

Start with your skin

1 PEP UP WITH A MASK
Nothing ages you more than dull and dehydrated skin. A facial mask is one of the quickest and easiest way to pep up skin. Choose a hydrating mask to boost moisture in dry, tired-looking skin, or a clay-based mask if you have an oily or combination skin. If you really need to give skin a super-boost, choose a mask with a specific function, like **Alpha-H 15% Glycolic Hydrating Mask**, 100ml, \$59.95, a soft peel mask that helps to remove dead surface skin. Your skin will look instantly refreshed and revitalised.

2 CLEANSE AND EXFOLIATE
To get the best results from your anti-ageing preparations, cleanse and exfoliate first. This will allow your serums and creams to be readily absorbed and give optimum results. If you have dry/dehydrated skin, use a creamy cleanser and an exfoliant that contains rounded beads, to avoid scratching the skin. For an oily/combination

skin, use a cleansing bar or foaming cleanser, and finish with an alcohol-free toner. A multi-tasking cleanser is **Yes To Carrots Facial Mud Peeling Cleanser**, 100ml, \$29.95, for all-in-one cleansing and gentle skin exfoliating.

3 TONE FOR FIRMNESS
The must-have product for skin firmness is serum. Serums work by creating a film over the skin for moisturisers to bind to, giving you the optimum results from your beauty products. For best results, use serum night and day. **Roc Retin-Ox+ Serum Max Intensive Anti-Wrinkle Serum**, 30ml, \$54, is packed with vitamin A and CollagenOx, to give your skin a brightening and tightening effect.

4 SKIN BOOSTER
After a day outdoors your skin can get very thirsty and feel tight. **Invisible Zinc Vitamin A Booster Serum**, 50ml, \$29.95, is an intensive after-sun and night treatment designed to restore the skin's natural glow. It contains green tea, ginkgo biloba and chamomile to calm, soothe and detoxify skin.



PRIME TIME
▶▶ Using a primer under your make-up will reduce the appearance of fine lines and give you an even, smooth base for make-up to glide onto. You can choose coloured primers, like pink, to add colour to a sallow complexion, or green to diffuse redness, or a clear lotion like **M.A.C Strobe Liquid Lotion Hydratante Lumineuse**, 50ml, \$55.



YOUTHFUL LIGHT
▶▶ A young skin is a luminous skin, so imitate a youthful complexion by brushing your face with one of the new powders that contain the innovative multi-coloured micro particles. These form a pearl powder that accentuates light and conceals your imperfections. **Guerlain Meteorites Illuminating Perfecting Pressed Powder in Beige**, \$115, is one of the best.



HIDE THE WRINKLES
▶▶ A great concealer in the right skin tone will hide a multitude of sins. Choose a concealer with a yellow base, as this will diffuse dark circles, cancel out redness and blend easily with your foundation. **Napoleon Perdis Dynamic Duo Concealer It & Auto Pilot Eye Spy**, \$35, is a dual-texture concealer plus eye primer that work together to give your eyes a fresh, wide-awake look.

FULLER LIPS
▶▶ Plumped-up, full lips are another sign of youth, so invest in a nude lipliner and outline lips just outside the natural lipline. Diffuse line with a cotton bud (sharp lines around your lips will give you a harsh, mean look), then fill in lips with a berry stain. Add a touch of gloss to the bottom lip only, to avoid lipstick slipping into fine lines or the corners of the mouth. **Elizabeth Arden Color Intrigue Effects Lipstick in Bronze Berry Pearl**, \$42, is the perfect berry shade.



Sensitive skin?

If you suffer from sensitive skin, don't panic. Just keep your skincare routine simple and choose products that don't contain active ingredients, like idebenone, vitamin A or coffee berry. Products that sit on top of the skin and are soothing are the best options. Try to avoid perfumes and harsh chemicals like chlorine.

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