

# TOP Sante

FEEL, LOOK & LIVE YOUR BEST



### Go back to nature

'I'm a big fan of natural products. I use wild yam

cream every day – it's available from most health food stores. It's great for moisturising and balancing my hormones, which is vital when you're going through the menopause. I also have wild flaxseed oil in the morning with my muesli – it's rich in essential fatty acids and helps keep my skin firm.'

**Susie Fugle, 53, communication skills consultant**



### HAVE A SKIN WORKOUT

'Massage helps skin glow in the same way as when your body responds to exercise. On my face, I apply cleansing cream with my fingertips in upward circular movements which stimulates circulation and improves the texture and tone of my skin.'

**Jo Malone, 42, fragrance and skincare expert**



**Go solo** 'I try to spend half an hour on my own each day. It helps me chill out and feel more relaxed – I definitely look older when

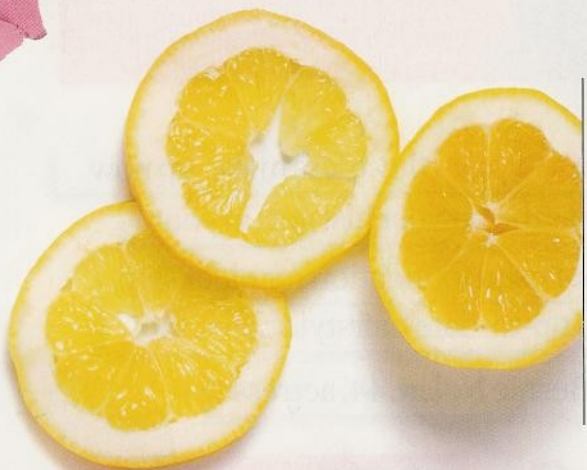
I'm stressed.' **Debbie Owolabi, 30, market researcher**



### MAKE YOUR SKIN GLOW

'I can't live without Qarma Evening Primrose Oil (£7.99 for 60 capsules, from health food stores). I first took it to ease PMS, but now people often comment on my glowing skin and glossy hair.'

**Mina Metioui, 43, store manager**



### Try lemon juice

'I put lemon juice on the age spots on

my hands – it really helps to fade them. And I always wear bright coloured clothes, which gives my complexion a lift.'

**Valerie Griffiths, 60, housewife and mum of two**



### Don't forget to floss

'I floss every day. It helps prevent your gums from receding, which can

happen as you age, adding years to your looks. I use a little device called Flossbrite (£5.99, from chemists), which you use like a toothbrush – otherwise I find flossing too fiddly and would never get round to it.'

**Jane Martindale, 37, company director**



### Chill out

'I keep my eye cream in the fridge so it has a lovely cooling effect when I apply it. I also love

Vaseline – I use it on my lips and eyelashes.'

**Lorraine Kelly, 45, TV presenter**



### Use essential oils

'I can't live without Alpha-H Harmony Infusion (£6.99, from [www.hqhair.com](http://www.hqhair.com)),

a blend of anti-ageing essential oils which

help plump up my skin. I mist it on at least three

times a day.' **Jules McClean, 47, aromatherapist**