

STRESS-PROOF your skin

The vitamin shots

What looks like a healthy glow on holiday can look like sun damage later. 'It occurs deep down, and takes a while to show,' says skincare expert Sarah Chapman. So topping up levels of vitamin A, to speed up your skin renewal, and vitamin C, to prevent pigmentation, before you go away is key. 'Do it topically with a cream and internally with a supplement to double the benefit,' says Chapman.



Sarah Chapman
Chin and Jaw
Lift, £38

Olay Regenerist 3
Point Treatment
Cream, £29.99



Sisley Age
Minimizing
After-Sun
Care, £132



Philosophy
Help Me
Retinol Night
Treatment,
£38



Clinique
Even Better
Skin Tone
Correcting
Lotion
SPF20, £35



The miracle workers

You get more sleep on holiday, so your skin slips into self-repair mode, which is why it looks more healthy and plump. 'If you can't bank the same sleep hours when you're at home, fool skin by feeding it repair-boosting sea-derived algae, sea holly, fennel and buckthorn,' says Chapman. Think of it as making every second of sleep count for two.

The moisture boosters

Stressed skin is dry skin, so increase moisture inside and out with hyaluronic-acid skincare and supplements. 'Post-holiday, dehydration lines always return. But as fast as dehydration ages you, a moisture-rich cream can de-age,' says Chapman.

Chanel
Hydra
Beauty
Serum,
£59



Guerlain
Super
Aqua
Serum,
£65.50



Dior Capture XP Ultimate
Deep Wrinkle Correction
Night Concentrate, £88



Elizabeth
Arden
Prevage
Triple
Defense
Shield
SPF50,
£55



The skin energiser

'Put life back into post-holiday skin with plumping omega-rich oils,' says Chapman. Take one as a supplement to boost the effects.

Giorgio
Armani
Luminescence
BB Fluid, £60



Dr Sebago
Purifying
Mask Anti-
pollution, £42



The skin saviours

Don't underestimate the power of antioxidants to protect and repair; topping up levels will stop today's holiday glow turning into tomorrow's damage.

Etat Pur
Micellar
Purifying
Cleansing
Water,
£6.40



Alpha-H Liquid
Gold Intensive
Night Repair
Serum, £42.95



The tan protectors

If you want to prolong the life of your tan, use fine-grain scrubs on holiday, and enzyme- or lactic-acid-based peels when you get back. 'Your tan isn't on the surface - it comes from deeper down, so buffing off the dull top layer not only makes your tan look better, it also keeps it looking fresh,' says Chapman.

PRO TIP:
Eat at least every four hours to prevent your blood-sugar levels dropping, or you'll crave sugary foods and end up feeling worse, says Pete Cohen (www.weightlossguru.com).

LEARN THE DIET DOs and DON'Ts

Mood-boosting foods recommended by Patrick Holford, author of *The Feel Good Factor*

DO ...top up your diet with good-quality protein, including organic eggs, chicken and pulses.

DO ...eat foods rich in vitamin B, like beans, nuts and seeds, and leafy green vegetables, which are also rich in stress-relieving zinc and magnesium.

DO ...eat foods rich in omega-3, such as oily fish, to help your mind and mood.

DON'T ...reach for sugary snacks - they are linked to low energy and morale.

DON'T ...eat too much wheat. Research shows eating less means better moods.

POST-HOLIDAY DIET TIPS

That inevitable vacation weight gain only adds to the post-holiday blues. Rather than reaching for sugary comfort foods, as eight out of 10 of us do when we're stressed, follow our simple steps to beat the physical and mental slump, and lose the weight gain fast.

The five-day plan by Tim Weeks (www.timweeks.com)

- STEP 1 Move** Put five sessions in the diary for the week you get back; you just need to start moving and burning calories. Avoid exercising alone, as your motivation will be low, but build the intensity of each session and keep it simple; short bursts of activity (running, sprinting, swimming or cycling) are perfect.
- STEP 2 Tone** Extra muscle burns extra calories, so you need to integrate mini-circuits of weight-bearing exercises, including press-ups, squats or lunges, with every 'moving' session to lose weight.
- STEP 3 R 'n' R** Look after yourself. You'll only burn extra pounds easily if you make sure you get five good-quality nights of sleep.

The food rules by Vicki Edgson (www.vickiedgson.com)

- STEP 1 Detox** Don't do anything too excessive - a 'crash diet' won't work. The rules are: eat breakfast; avoid sugary foods; ban the big-four carbs (bread, rice, pasta and potatoes) after 4pm; make all of your food from scratch; and don't snack between meals. The aim is to 'purify' yourself.
- STEP 2 Take a 10-day hiatus from drinking alcoholic beverages**; this step will immediately reduce bloating.
- STEP 3 Take A Vogel Cynara** (£9.15 for 50ml; www.vogel.co.uk), a rich artichoke extract, to flush out toxins.
- STEP 4 Say no to bread** - you only ate it because it was in front of you in the basket; get back some control in what choices you make and cut your calorie count instantly.
- STEP 5 Add spirulina and chlorella** to your juices; among the most nutrient-dense foods we have on the planet, nothing helps you shed weight faster.

RE-SYNC YOUR SLEEP CYCLE

On holiday, your body clock naturally resets itself, so you sleep better. But as soon as you get home, when you're overloaded with stimulation and back into the habit of checking your BlackBerry late at night, 'your body can no longer identify when daytime ends and bedtime begins,' says cognitive behavioural sleep specialist Tej Samani. 'Extra worries boost cortisol, which decreases the sleep hormones serotonin and melatonin. Schedule in evening downtime - turn your phone off, take a bath or read - for at least two weeks after your holiday. Soon, you'll find your natural rhythm and sleep better again.'

3 of the best sleep-enhancing apps

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| Awake in a good mood:
Lark Up, free (www.lark.com). | Perfect your dreams:
Dream:ON, free (www.dreamonapp.com). | Audit your sleep: Sleep Cycle, 69p (www.sleepcycle.com). |
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