

New rules for better skin

Follow these ten super-easy beauty commandments and discover your path to enlightenment...

1 Exfoliate regularly

Want peachy, baby-soft skin?

Then exfoliating is a must. Instead of scratchy, grainy scrubs, try one that contains alpha hydroxy acids, which gently melt away dead cells to leave your skin brighter and more refined. 'Misuse of scratchy scrubs can sometimes cause irritation and micro-tears on the skin,' explains facialist Sarah Chapman. 'I prefer an overnight cream exfoliant for controlled exfoliation while you sleep, and brighter, clearer skin when you wake. Professional peels are also good for congested skin, as they work deep into the pores to declog and clear problem zones.'

TRY Sarah Chapman Skinesis Overnight Exfoliating Booster, £57.



2 Upgrade your bedding

Why have cotton, when you can have silk? Yes, it may sound extravagant, but swapping cotton bedding for silk can help your skin no end. Not only is it hypoallergenic, which helps if your skin is sensitive, but it also helps reduce allergies to dust mites, as they can't live in silk. Best of all, silky pillowcases can help prevent skin creases on your face and décolletage, and if you suffer from crazy bed-head hair it can reduce that, too.

TRY Silkskin bedding, from £39 for a pillowcase.



3 Don't lather up

You may think the bubbles in your cleanser are making your skin super-clean, but sometimes they can do more harm than good, especially if your skin tends to be dry and sensitive. 'Foaming cleansers can be drying and sometimes leave the skin feeling tight, which can compromise your skin's natural layer of protection,' says Sarah Chapman. 'Oil-based balm cleansers are best, as they work with your skin's natural sebum to deeply clean without stripping. Oil attracts oil, which allows your cleanser to melt into your pores, leaving skin deeply clean, but not dry and tight.'

TRY Liz Earle Cleanse & Polish Hot Cloth Cleanser, from £14.25.



4 Pop a pill

It's a good idea to boost your skincare regime with supplements, but with so many on the market, how do you know which ones work? Omega and flax seed oils are brilliant for improving the skin's moisture levels, but the ingredient to look out for is something called astaxanthin. According to Shabir Daya, pharmacist and co-founder of victoriahealth.com, this powerful carotenoid has been shown to smooth wrinkles: 'A Japanese study carried out in 2002 involved a group of 40-year-old women taking 2mg of astaxanthin. After two weeks, almost every aspect of the women's skin had improved,' she explained. Another Canadian study also showed a 78% increase in skin density.

TRY Futurebiotics High Potency Astaxanthin, £16.95.

