

The ultimate ROUTINES

So, how do you mix products, treatments and diet into one all-over gorgeous-skin prescription? *Bazaar's* beauty gurus divulge their own daily recipes for perfection

Sophie Forte

I use a hi-tech/organic mix to combat ageing and balance my mid-thirties skin's tendency towards dehydration.

SKINCARE I like Sisley Creamy Mousse Foaming Cleanser, £65; Skinceuticals Phloretin CF Gel, £150; Alexandra Soveral Forever Young Anti-Ageing Face Oil, £49; and a mix of Skinceuticals Brightening UV Defense SPF 30, £35, with Estée Lauder DayWear BB Creme, £32. At night, I use Liz Earle Cleanse & Polish, £14.25, then massage with Estée Lauder Advanced Night Repair, £44.

HOME TREATMENTS I use Dr Veronique Simon Gold Acid-Free Micropeel, £120, before a thick layer of Sisley Black Rose Cream Mask, £90, or Estée Lauder's new Re-Nutriv Intensive Age Renewal Creme, £130, twice weekly; to bronze, Sisley Self Tanning Hydrating Facial Skincare, £78.

FACIALS Alexandra Soveral (020 7266 3577) does brilliant massage-based facials.

AESTHETIC TREATMENTS Polaris laser at Dr Sebagh's clinic has transformed my skin.

SUPPLEMENTS I ingest green superfoods and omega oils to nourish my skin.

DIET I drink Teapigs Organic Matcha, £25, constantly and avoid diet food (low fat is a byword for high

sugar or sweetener, both awful for skin).

SKIN FINISHING

DiorSkin Nude Creme-Gel, £36; Bare Minerals SPF 30 Sunscreen, £25 (it mattifies and protects); and Elizabeth Arden's new Eight Hour Cream Lip Gloss, £20 (to give lips a plump, smooth finish).



Newby Hands

After 20 years in the beauty industry, I have my routine down to a fine art.

SKINCARE Clinique's Facial Soap Mild, from £11, by day and oil balms at night. I am obsessed with serums and mix up a daily blend of hydration (Dr Sebagh Serum Repair, £69), repair (Lancôme Génifique Youth Activating Concentrate, from £56) and antioxidants (Estée Lauder Advanced Night Repair, from £44).

HOME TREATMENTS I love a good peel, like Dr Sebagh's Deep Exfoliating Mask, £59; plus Clarisonic Classic, £155, which I use with my cleanser, and even face peels, masks and scrubs. I adore Chanel Soleil Identité in Intense Bronze, £29, for the face.

FACIALS No one gets the blood flowing and the skin glowing and de-puffed faster than Yvonne Martin (020 7266 2127).

AESTHETIC TREATMENTS Dr Sebagh for Botox to prevent eye lines, and Dr Nick Lowe to tackle sun spots.

SUPPLEMENTS Equazen Eye Q capsules, from £8.16. In Paris, I stockpile Urgo Vital Magnesium Vitamine B6 pills, about £6, to aid sleep and digestion.

DIET Lots of organic food, no exclusion diets, and always protein at breakfast.

SKIN FINISHING I use Estée Lauder DayWear Sheer Tint



Moisturizer SPF 15, £36, mixed in with Dior Skinflash, £26, Garnier Anti-Dark Circles Tinted Eye Roll-On, £10.20, and Laura Mercier Invisible Loose Setting Powder, £29.

Katy Young

Now I'm in my thirties, I've perfected a routine that really makes a difference to my combination skin.

SKINCARE I layer Shu Uemura UV Under Base Mousse SPF 30, in Beige, £29, over Lancôme Rénergie Éclat Multi-Lift, £39, or Garnier Miracle Skin Perfector BB Cream, £9.99. I cleanse with Emma Hardie Amazing Face Moringa Cleansing Balm, £34, boosted by Clarisonic Classic, £155, followed by an anti-ageing serum medley of L'Occitane Immortelle Precious Serum, £42, La Prairie Cellular Power Charge Night, £310, and Estée Lauder Advanced Night Repair, from £44.

HOME TREATMENTS I do two-week DIY courses with nightly glycolic pads (by Bliss or MD Formulations) followed by a Retin-A cream (Vichy LiftActiv Retinol HA Night, £29) to keep cell turnover ticking and prevent dullness.

FACIALS Sarah Chapman (020 7589 9585) rebalances my skin when it acts up.

AESTHETIC TREATMENTS I go for tiny amounts of Botox to relax frown lines.

SUPPLEMENTS I've taken Imedeen Derma One, £35.23, for years for plumper skin.

DIET Raw & Juicy (www.raw-and-juicy.com) juice cleanses when I'm rundown.



SKIN FINISHING

Water-based foundations for undetectable coverage without weight. I love Chanel Vitalumière Aqua, £32, and Estée Lauder Invisible Fluid Makeup, £27.