

Insider secrets

What these experts haven't learnt about looking and feeling your best, without tanning. Get ready for some youth-boosting wisdom



FIND THE RIGHT CLEANSER

Use a cleanser that's gentle and suitable for your skin type. Look for ingredients like salicylic acid, which helps unclog pores, and niacinamide, which helps improve skin texture. Avoid harsh soaps and alcohol.

'I love peach blushes on olive skins. They're great for creating the sense that your face is softer and fuller. I prime directly under my eyes in a straight line going out towards the cheekbone, and then a little beside the ears.'

Suzi Westman, professional makeup artist and creative director

Practice yoga

Every posture is practical, oxygenating skin, toning muscles and keeping the mind alert. I like the idea that I'll be able to touch my toes in my old age.'

Kathy Phillips, beauty editor and founder of This Works

DRINK WHITE TEA

It's a really high antioxidant, even higher than green tea. I have been taking it every day.'

Dr Shafiqah Williams, dermatologist

REINVENT YOUR LIFE

'I left London and moved to Cornwall in 2000, married, got married and became a freelance artist.' Sarah Stacey, winner of The Anti-Ageing Beauty Bible (by the author, also) and co-editor of BeautyBlogger.com

'Invest in a good haircut, good shoes, good skincare and good posture.'

Carole Kilgore, founder of Soak & Glow and FitFlo

Anti-ageing happens when we work on becoming better versions of ourselves internally, not just externally.

Arabella Phillips, founder and CEO of ambassador

'My secret anti-ageing weapon is my attitude. Bring on the silver hair – my mother's is lovely. When it happens, I'll wear mine long with a slash of crimson lipstick.'

Kate Chapple, beauty editor at Telegraph Magazine and co-founder of myoldage.com

Pay attention to your neck

Apply anti-ageing creams and serums around the back of the neck and ears – this is where skin starts to lose elasticity if it doesn't receive daily attention.

Sarah Chapman, facialist and founder of Skinesis