

Beauty WISE

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FACE LIFT IN A JAR

Shh! No one tell the posh docs on Harley Street, but this month, we've noticed more than a handful of jaw, neck and skin-lifting products winging their way to the Zest beauty desk. **Elemis Pro-Intense Lift Effect** £55, contains lupin, a natural extract that's clinically proven to improve skin firmness. **Dr Ceuticals Neck & Chest Lift** £19.99, is antioxidant-rich so repairs the damage that can lead to loss of elasticity. And lastly, fans of **Sarah Chapman Sculpting Chin and Jaw Lift** £38 for six masks, say the cloth mask's firming ingredients, collagen, algae and protein, work like a mini lower face lift - minus the surgery scars. Like.



THIS SEASON'S SCENT

INSPIRED BY COUNTRY WALKS AND BLACKBERRY PICKING IN HEDGEROWS, **JO MALONE BLACKBERRY & BAY COLOGNE** £38 FOR 30ML, WILL BLOW AWAY THE AUTUMN BLUES.



BOOK NOW!

LOOK GOOD... FEEL BETTER

Come and meet us at this November's 'Theatre of Beauty' events at Harvey Nichols stores, and raise money for Look Good... Feel Better, which holds beauty workshops for women undergoing cancer treatment. Your £15 ticket includes a makeover, but a £25 VIP ticket will get you a goodie bag and a session with our Acting Beauty Editor, Leyla Rudolf. Find out more at zest.co.uk and lgfb.co.uk.

3 WAYS WITH Vitamin C

As well as staving off colds, packed into a product, vitamin C will protect, firm and repair your skin, too.

CLEANSE

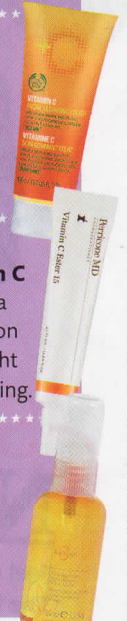
The Body Shop Vitamin C Facial Cleansing Polish £9, gently buffs the skin for a smooth finish.

REPAIR

Perricone MD Vitamin C Ester 15 £99, contains a super-high concentration of vit C - apply overnight for firmer skin by morning.

REFRESH

Herbalife Radiant C Face Quencher £7, is a cooling spray that's perfect for giving dry skin a fast moisture fix.



GYM BAG ESSENTIALS

Remain radiant during your workout - however long it is - with **Maybelline New York SuperStay 14hr Lipstick**, £6.99, which stays put for, you guessed it, 14 hours.



Zest EXPRESS

Fruity shower gel + 1-minute cold shower blast = *Stimulating skin boost*

Words: Leyla Rudolf Photos: Getty Images, Studio 33 See Directory for stockists