

4 Get rid of blotches

As if lines weren't enough of a pain, studies show that uneven pigmentation due to sun damage can make you look 10 years older. So a slew of new products focus on lightening and brightening your complexion in clever, non-irritating ways. **NIA 24 Rapid Exfoliating Serum, £60**, and **Dr Nick Lowe Brightening Radiance Cream, £16.99**, employ niacin. Clinique **Even Better Clinical Dark Spot Corrector, £37.50**, boasts unprecedented blotch-fading results thanks to revolutionary botanicals. The renowned skin-brightening **Prevage Face Advanced Anti-Aging Serum, £145**, has been reformulated to be both gentler and more effective. And **Kiehl's Line-Reducing Eye-Brightening Concentrate, £40**, deploys high-strength vitamin C to zap ageing dark circles.



5 Add good vibrations

"At-home devices that help products work better through micro-vibrations are a huge trend," says Dr Adam. They're a subtle alternative to the lasers and needles threatening to give fans an identikit waxen complexion, also known as "clone face".

Beauty pros rave about the **Clarisonic Skin Cleansing System, £150**, a soft, vibrating brush that purges pores, helping skin to absorb anti-ageing products. Vibration also "helps drain stagnant fluids and toxins that cause puffiness", says plastic surgeon Marko Lens. **L'Oréal Collagen Micro-Vibration Eye, £16.99**, teams a peptide cream with a pleasantly buzzing massage wand to tackle bags, circles and lines. Meanwhile, facialist Sarah Chapman has developed a device to emulate her draining, toning and oxygenating massage at home: the **Facialift, £24**, mimics her healing hands with 48 massage nodules to boost the power of your prettifying potions.



are you sensitised?

◆ YOUR PRODUCT MAKES YOUR SKIN TINGLE OR FLUSH

"This is often just a sign that the product is working, so don't panic," says Noella Gabriel, the brains behind Elemis. "However, the tingling (rather than burning or stinging) should be transient and redness should dissipate after a few hours at most."

◆ A FEW HOURS AFTER APPLICATION, SKIN DEVELOPS SMALL, ITCHY BLISTERS

You're reacting to an ingredient in your product. Stop using it, wait a day or two until the problem subsides, then try an alternative product. You may have just been hypersensitive due to stress or environmental conditions, so you could try to come back to your product after a month or two.

◆ YOU SUFFER FROM PERSISTENT REDNESS OR STINGING

You may have contact dermatitis, which means you have developed an allergy to

one or more skincare ingredients. "Stop using everything and get a patch test from a dermatologist," advises Noella. You may also have rosacea, an inflammatory disorder that needs professional treatment. Until you've figured out what the problem is, try switching to **Trilogy Sensitive Skin** products, from £22, designed to cushion and strengthen intolerant complexions, or **Eucerin Anti-Redness Neutralising Day Fluid, £19.09**.

◆ YOU HAVE CRISPY, DRY, FLAKY, RED-HOT PATCHES

That sounds like eczema, which is chronic, unfortunately, so ask a dermatologist for some pointers. Repairing your skin barrier can help (try oils with pure rosehip; see page 191). "Some extracts, such as liquorice, chamomile, feverfew and oatmeal are effective at calming skin," says Warren. We can vouch for **Aveeno Skincare, from £4.99**.