

Exactly how many skincare products did you use on your face this morning? My line-up included a cleanser, exfoliator, toner, serum, eye cream and moisturiser. My body, however, didn't get quite as much attention – a quick once-over with shower gel followed by hastily applied moisturiser.

We spend a great deal of time and money (£985m in the UK in 2012) on our faces, but what about our bodies? "The skin on your body can show signs of ageing just as much as the skin on your face," says Marie McKeever, head of treatment development at Clarins. "Sun exposure, pollution and natural ageing all take their toll, so it's wise to give as much thought to your body as you do your face in your everyday anti-ageing routine." We consulted some of the best skincare experts who revealed the top ways to de-age your body...

## GO PRO

If you fancy an expert body treatment, here are three of the best:

**1. TRI-ACTIVE BODY LIFT SCULPTOR TREATMENT, FROM £65, CLARINS (CLARINS.CO.UK)** A therapist identifies your skin concerns, then customises a blend of Clarins Pro Mask, Supplement and Body Oil to suit your skin requirements. The treatment begins with a full body exfoliation followed by a massage to boost blood circulation and increase the skin's uptake of oxygen. A blissful foot and scalp massage finishes it off.

**2. FIFTH CONCEPT FACE AND BODY TREATMENT, £150, MARIE REYNOLDS AT FOUR LONDON (020 7297 9600)**

At salon du jour, Four London, therapist Marie Reynolds' holistic approach to the body starts with a top-to-toe analysis and

explanation of how lifestyle, stress and emotions can affect your skin and general health. A divine facial using Image Skincare is followed by a relaxing arm and hand massage. The treatment ends with a reflexology-style foot massage. You'll leave feeling totally relaxed and loaded up with some great advice.

**3. INTENSE REFINING CONTOUR TREATMENT, FROM £100, CARITA (CARITA.CO.UK)** Exfoliation is followed by a vigorous anti-cellulite massage, designed to increase circulation and aid lymphatic drainage. The Ideal Pro-Lift machine, which uses negative and positive electric currents to help break down fat, is then used in conjunction with Carita's Refining Concentrate to leave skin feeling firmer and smoother.

the  
body  
special

# ANTI-AGE YOUR BODY

Want to look younger? The SECRET might be beyond your face... BY JESS TIBBITS

## HANDY ADVICE

**EXPERT TIP:** "Women are getting better at applying daily sun protection on the face but forget that necks, décolleté and hands – areas that are prone to age spots and lines – are just as exposed to UV," says dermatologist Dr Nick Lowe. "Get into the routine of bringing SPF down your neck and décolleté after applying to your face. Rub the excess over your hands, and remember to reapply after you've washed your hands."

**OUR TIP:** To keep hands in tip-top condition, apply Sarah Chapman Skinesis Overnight Hand & Nail Treatment, £35 (sarahchapman.net) before bed.

## BRUSH UP

**EXPERT TIP:** "If I could recommend only one thing to visibly improve >

Round Body Brush, £8, The Body Shop (thebodyshop.co.uk)



the skin on your body, it would be daily dry body brushing," says McKeever. "It removes dead skin, improves circulation and helps break down cellulite. Always brush in firm, long, sweeping movements from the extremities of your limbs towards your heart."

**OUR TIP:** Body brush first thing in the morning – it's the perfect wake-up call for tired skin. Use two brushes, one in each hand, to save time, making it easier to fit into your morning routine.

COVER STORY

**EXPERT TIP:** "Rocking a cute summer dress? Perfecting the skin on your arms, legs and décolleté is just as effective at giving you a youthful appearance as tinted facial moisturiser,"

says skincare expert Sarah McNamara. Miracle Skin Transformer Body SPF 20, with jojoba oil, plumping hyaluronic acid and a light skin tint, is like a skin-perfecting BB cream for your body. One sweep over skin on show

will hide pigmentation, stretch marks and dry patches, plus it dries quickly and won't transfer onto clothes.

**OUR TIP:** Before applying skin-perfecting body creams, get your skin smooth and glowing naturally with the best possible prep, starting in the shower. Body wash is the equivalent of cleanser for your face, so it's worth investing in a high-quality one containing

moisturising ingredients to leave skin soft and hydrated. We love Ren's Moroccan Rose Otto Body Wash, £17 (renskincare.com), packed with nourishing rose otto and geranium oils. Next, apply a serum, just as you would to your face. Decléor's Aromessence Sculpt Firming Body Serum, £44.20 (decleor.co.uk)

contains a cocktail of eight essential oils, including lemon, grapefruit and myrrh, that work together to improve the skin's tone and elasticity. Finish by highlighting with a rich body moisturiser that has a golden shimmer to highlight. We love Roger & Gallet's Bois d'Orange Crème Sublime Or, £15

(marksandspencer.com).

CLOSE SHAVE

**EXPERT TIP:** "Shaving helps exfoliate skin by removing dead skin cells, but can also deplete moisture, creating ageing dry patches," says facialist Nathalie Eleni. "Battle body dryness by using the genius new razor from Gillette Venus – it's infused with Olay moisturising ingredients to help lock in your skin's moisture."

**OUR TIP:** Make shaving the last thing you do before you get out of the shower – the longer you leave skin in warm water, the more pores will open and the more hair will become

pliable, making for a closer, more comfortable shave that's less likely to result in shaving rash.

SCRUB UP

**EXPERT TIP:** "You should use a body exfoliator once a week to keep skin looking its best, paying particular attention to elbows, knees and feet," says McKeever. "If you exfoliate more than once a week, use an exfoliator with a creamy texture and fine granules."

**OUR TIP:** Tailor your exfoliator to your skin type. Add in extra loose granules such as Bobbi Brown's Buffing Grains for Face, £27 (bobbibrown.co.uk) for extra buffing power. Need more hydration? Add some of your body moisturiser.

SPOT ON

The skin on our body is just as prone to breakouts as the face, especially on the back and chest. As with blemishes on your face, drinking plenty of water, eating plenty of green vegetables and avoiding sugar will all help clear them, but if you are stuck with spots, follow these steps to shift them:

1. Cleanse the affected area, then apply a clay-based mask. The clay will help draw out impurities, clear excess oil and refine pores. Try Balance Me Radiance Face Mask, £18, (lookfantastic.com).
2. Apply a spot treatment containing salicylic acid to fight bacteria, dry out oil and seal the spot. Try Origins' Super Spot Remover, £13 (origins.co.uk).
3. Use a green-tinted, anti-bacterial concealer such as Clinique's Anti-Blemish Solutions Clearing Concealer, £13 (clinique.co.uk) to hide redness. □

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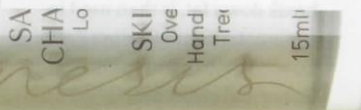
Miracle Skin Transformer Body SPF 20 (and top right), £26, Sarah McNamara (o800 123400)



Venus & Olay Razor, £10.99, Gillette Venus (gillettevenus.co.uk)



Skinesis Overnight Hand & Nail Treatment, £35, Sarah Chapman (sarahchapman.net)



SA CHA Lo SKI Ove Hand Tret 15ml



Buffing Grains for Face, £27, Bobbi Brown (bobbibrown.co.uk)