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active peptide
day cream

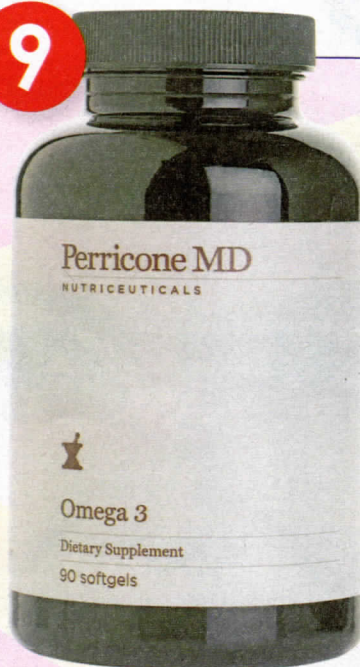
Appliance of science

Sceptical about anti-wrinkle product claims? I was, too, until boffins showed that an ingredient called Matrixyl can dramatically stimulate skin's collagen production. Find it in **Dr Darren McKeown Active Peptide Day Cream SPF 20** (£20.99; 0845 671 0709).

Fats of life

Omega-3 fats are essential for healthy skin because they keep cell walls flexible, allowing nutrients in and toxins out. Most of us don't get enough from our diet alone, so top up with a quality supplement. I like **Perricone MD Omega 3 Softgels** (£31; 0800 917 8698).

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Sleeping beauty

Skin is more receptive to the products you apply before bed because cells are in maximum repair mode between 11pm and 3am. Strengthen your complexion's nocturnal healing habits and wake up younger with **Estée Lauder Advanced Night Repair** (£41; 0870 034 2566).

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eye secrets

Lift your eyelids - without surgery
Instant results
Easy to apply - comfortable to wear
Transparent and discreet

Lift the lid

You don't have to go under the knife to perk up lazy-looking lids. **Eye Secrets** (£29.99; 020 8454 7379) are transparent sticky strips that push hooded skin to the back of the socket so eyes look instantly bigger and younger.

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Smooth operator

Facialists rave about the turn-back-the-clock benefits of facial massage, which boosts blood flow for a rosy glow. Get your hands on **Sanctus Spa Lipid Recovery Facial Oil** (£22; 0845 521 4567) then use your knuckles and fingertips to knead life back into your skin.

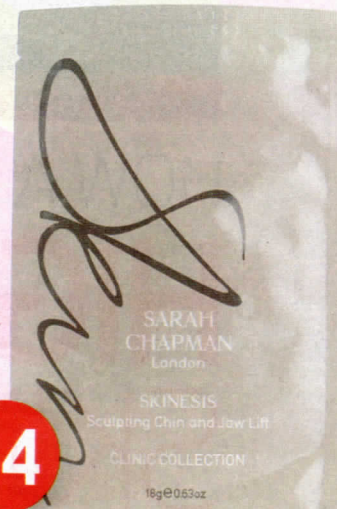
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Pillow talk

Sleeping on your front or side can cause wrinkles. Rest on your back or vary positions and try this **Holistic Silk Rejuvenating Pillow** (£47; 020 8965 0075). It causes less friction on skin and won't absorb night cream.

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Keep your chin up

After wrinkles, a recent survey found British women worry most about jowls and a slack-looking neck. For a temporary lower face-lift, try **Sarah Chapman Skinesis Sculpting Chin and Jaw Lift** (£38 for six masks; 020 7589 9094). These fabric chin slings are worn for 10 minutes to help the skin-tightening serum soak in.