

# High Maintenance

Achieve flawless skin with tips from beauty specialist Sarah Chapman and treat your mum with our pick of the best pampering gifts, writes Laura Johnston



### Shine bright

For skin in need of some serious hydration turn to Chantecaille's Jasmine & Lily Healing Mask, £60. Containing 91% botanicals, including a healing base of pure rosewater, this mask soothes, brightens and hydrates dry, irritated skin. Space NK, 3 Kensington Church Street, W8 4LB, uk.spacenk.com

### Power of plants

The beauty boffins at Origins have once again come up trumps with their Plantscription™ anti-ageing collection. The formulations contain Anogeissus tree bark extract, a sacred tree from the Republic of Ghana. New this month is the Anti-Ageing Treatment Lotion, £25, and the Anti-Ageing Cleanser, £25. Boots, 127A Kensington High Street, W8 origins.co.uk



### Treat Yourself

Neom has created a new organic candle called Contentment which has a luscious blackcurrant scent by using pure plant oils from the South African Buchu plant. It's also peppered with spicy nutmeg and warming ginger, providing the perfect comforting blend. Enjoy 50 hours of burn time, £39.50, neomorganics.com



## SKINCARE SECRETS

from expert facialist Sarah Chapman



### What are your skincare rules?

Invest in your cleansing regime and always wear an SPF. Plus indulge your face with health and radiance boosting massages and drip feed your skin with the vitamins and nutrients it needs to improve health, ensuring you use high doses of vitamin A.

### What product can't you live without?

I can't live without my Overnight Facial, £45, which is designed to capture the results of a Skinesis facial overnight. I have packed it full of omega oils, high doses of vitamins A, C and E, antioxidants such as Coenzyme Q10 and Renovage to prolong cell life and Dermaxyl peptide. All of these combine to lift, plump, hydrate and brighten the skin. It is the one product that all of our clients get addicted to!

### What is the most common skincare mistake?

I see so many congested skins in my clinic as a result of clients scrimping on their cleansing. I often give my clients a two week cleansing challenge with my oil based balm cleanser Ultimate Cleanse, £40, as it melts into the pores to clean deeply without stripping. The next time I see my client, their skin is softer, glowing and less congested.

### How should we update our skincare routine for spring?

I would ensure that your day cream has an SPF to give yourself some basic protection against UVA and UVB rays as the sun gathers strength. I would also look to my neck and chest area as this will be on show more.

Sarah Chapman Clinic, 106 Draycott Avenue SW3 3AE; 020 7589 9585, sarahchapman.net



Skinesis Clinic



### The hero product

For when skin is in serious need of a pick-me-up turn to Sisley's new Botanical D-Tox Detoxifying Night Treatment. It's highly concentrated in plant extracts with detoxifying properties to fight the signs of fatigue and after four weeks skin will be revitalised.

£134, Sisley, House of Fraser, Westfield Shopping Centre, W12 7GA, [sisley-cosmetics.com](http://sisley-cosmetics.com)

### Scrub up

After months of cocooning your body in woolly knits it's time to prep your skin for show. Sai-Sei's Mineral Invigorate Body Scrub, £28, and Mineral Revive Body Veil, £22, contain essential minerals from Japan's ancient hot springs, known as Onsen. Skin will be left feeling silky soft and invigorated.

Space NK, 3 Kensington Church Street, W8 4LB, [uk.spacenk.com](http://uk.spacenk.com)

### Cover up

We all need a helping hand for flawless skin and MAC's new Mineralize Moisture Foundation with SPF15 is lightweight and feeds skin with mineral-rich nourishing hydration all day long.

£26, MAC, 28a Kensington Church Street, W8 4EP; 0870 192 5165, [maccosmetics.co.uk](http://maccosmetics.co.uk)



## Top 3

Gift sets for Mother's Day



1. ELEMIS' luxury collection includes an indulgent array of skincare favourites to nourish and rejuvenate, including their Skin Nourishing Body Lotion and Quiet Mind Relaxing Bath Elixir. Time for You Spa and Skincare Collection, £39, [timetospa.co.uk](http://timetospa.co.uk)

2. Clarins Eau Ressourçante gift set includes the fabulous Rebalancing Fragrance, Bath and Shower Milk and Silky-Smooth Body Cream. £29, Boots, 127A Kensington High Street, W8 5SF, [clarins.co.uk](http://clarins.co.uk)

3. Comfort Zone's new Tranquillity Relaxing Kit, £20, includes a luxurious body lotion, shower cream and face cream – hero products from the tranquillity range. Adamina Spa, 276-280 Kensington High Street W8 [adaminaspa.com](http://adaminaspa.com)