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THE EDIT

Ingredients to look out for:

Azelaic or lactic acid As relatively gentle exfoliants, these star ingredients won't irritate skin conditions such as acne. Improving texture by sloughing off dead surface cells and promoting collagen growth, the anti-inflammatory and exfoliating properties also slow melanin production. What works: Deep Exfoliating Mask by Dr Sebagh

Glycolic acid Often used in chemical peels, this acid reacts with the skin's upper layer and loosens dead cells. What works: Glycolic Acid 10% Toning Complex Clarifying Toner by Peter Thomas Roth

Retinol Derived from Vitamin A, retinol repairs collagen and elastin and prompts cell turnover. Hands down, the most effective anti-aging ingredient. What works: Skinesis Overnight Facial by Sarah Chapman"

CHOOSE CAREFULLY:

"Try a lighter exfoliator with the RIGHT ingredients"

SARAH CHAPMAN, FACIALIST



2. HYDRATE

Dehydrated skin exacerbates visible signs of aging: from wrinkles and fine lines to pigmentation. Get plenty of moisture to those deeper layers, as there's nothing more youthful and vibrant than plump, dewy skin. Don't just reach for your regular cream, though, you need a product designed to rejuvenate tired skin.

The serum Midnight Secret Late Night Recovery Treatment by Guerlain This is the beauty editor's pick for long-haul flights – and with good reason. A serum that hydrates, the yeast extract's antioxidant properties improve luminosity within hours.

The moisturizer Re-Nutriv Intensive Age Renewal Creme by Estée Lauder An ultra-rich cream, this is packed with algae, amino acids and antioxidants –the building blocks for a revived and nourished complexion.

The at-home facial The Hydrating Facial by Crème de la Mer These cotton masks are saturated with moisture-replenishing marine extracts to give skin a plumped appearance. Beauty industry insiders say they can spot Crème de la Mer skin anywhere.

HOW TO HYDRATE:
"The majority of worthwhile HYDRATION comes from the food you eat rather than DRINKING water"

IAN MARBER, NUTRITIONIST



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