

5 CUT POLLUTION DAMAGE

The news

We know it's not good for your health; now we know pollution is a skin enemy, too. Research has revealed that pollution not only increases the ageing effects of UV on our skin, but causes considerable damage of its own.

In particular, soot and traffic pollution cause dark spots and, experts think, play a large role in the development of nose to lip lines.

The fight back

Inspired by computer industry Self-Monitoring, Analysis and Reporting Technology (SMART), **Origins** has developed an intuitive product that only releases its skin-protecting active ingredients when the shells they're in are exposed to UV, ozone and pollution. This means you get extra anti-oxidant protection when it's needed, as opposed to a shorter-lived hit when applying your product in the morning. The product, **Smarty Plants CC**, £28, also has an SPF20, texture improving salicylic acid and mineral pigments to give skin an even, fresh-looking glow, and is moisturising. Our very dry-skinned tester found she needed to use extra moisturiser underneath, but loved the finish.

TOP TO BOTTOM
Origins Smarty
Plants CC, £28.
Sarah Chapman
Skinesis Eye
Recovery, £39. No7
Protect & Perfect
Beauty Serum,
£22.95. Olay
Regenerist 3 Point
Super Cleansing
System Brush,
£39.99 including
cleanser, and 3
Point Treatment
Cream, £29.99



6 THE HEADLINE GRABBER

The news

A study from the University of Reading, which made newspaper and TV headlines a few months back, had us scanning labels for power-player ingredient matrixyl. This peptide doubles the production of collagen in our cells, according to study leader Professor Ian Hamley. This is good news because collagen production slows with age and also sustains cumulative damage, thanks to UV and inflammation. Boost your collagen levels and you should look more youthful.

The fight back

Happily, matrixyl is an ingredient found in a number of best-selling creams, including **Olay Regenerist Daily 3-point Treatment Cream**, £29.99, and the **No7 Protect and Perfect** range, from £16. Facialist **Sarah Chapman** also has included it in her **Skinesis Eye Recovery**, £39, and **Age Repair Serum**, £47 (sarahchapman.net).