

## 1 GO SUPERSONIC WITH SKINCARE

It's all well and good having the best creams and lotions at your disposal, but if they don't reach their target how can they make a difference? While sunscreen works on the top layer of the skin, other creams need to penetrate deeper to be effective. Here's how the skin works: the outer layer holds water and keeps out toxins, which means it's tricky for active ingredients to do their work. Thankfully, there are a raft of gadgets on the market that will literally push the ingredients into your skin. One of the best is Bliss 'Pore' Fector Gadget (£127.70), which uses sonic vibrations to remove dirt from the skin. What's more, it also massages cream into the face. The new tool on the block is the Forea Luna Mini (available at Harvey Nichols). It boosts cell regeneration (translation: you'll look rosy-hued). It also uses sonic waves to dust off dirt and debris and help products penetrate. Skincare from the future.



Forea Luna Mini, £99

## 2 DE-STRESS WITH FACIAL MASSAGE

Going without make-up means having as few lines as possible. A big contributor to wrinkles is, drum roll please... stress. The jaw is where most women hold it, manifesting as grooves from nose to mouth and saggy cheeks. Su-man's remedy: massage. "It increases oxygen intake, activates muscles and leaves the skin ready to absorb products." Massage along the jaw from the chin to the hairline, then use circular upward motions on the cheeks and vertical and horizontal strokes across the forehead. "And never forget the neck," she says. Gotcha..



Georgia Louise Lift + Sculpt Butterfly Stone, £29; Pai Rosehip BioRegenerate Oil, £20

## 3 UNCOVER YOUR NATURAL GLOW

If you've ever wondered what colour you flush without blusher, try this trick. "Use the warmth of your hands to create an instant glow," says Georgia Louise. This British superfacialist splits her time between New York and London and her fans include Emma Stone and Cameron Diaz. "Use a cleansing balm. Good ones contain omegas 3, 6 and 9, so make the skin plump. Use a 5p piece-sized blob and massage in an upward motion with your fingertips and knuckles. Do this for five minutes and the warmth of your hands will rid the skin of debris and bring colour and a springiness to it." Can't say fairer than that.



Clarins Pure Melt Cleansing Gel, £19.50; Georgia Louise Cleanse + Heal Duo Balm, £46

## 4 MULTITASK WITH MOISTURISER

Here's the thing, if you're going to go bare-faced, then you need as big a helping from your skincare as you can get. Sarah Chapman, possibly the world's most famous facialist, whose clients include everyone from Queen Rania of Jordan to Naomi Watts, recommends choosing a moisturiser with light-reflecting particles. "These are often found in make-up to give you that airbrushed look," she says. "But this technology can also be applied to skincare to give a brighter, fresher, no-make up effect." Chapman explains how they work, "Basically, these reflecting particles are made up of micro-mineral particles that blend seamlessly into the skin to reflect light away from fine lines, wrinkles or redness and skin imperfections." Glad that's been cleared up then. Now apply.



Sarah Chapman Eye Recovery, £39; Sisley Radiant Immediate Lift, £134