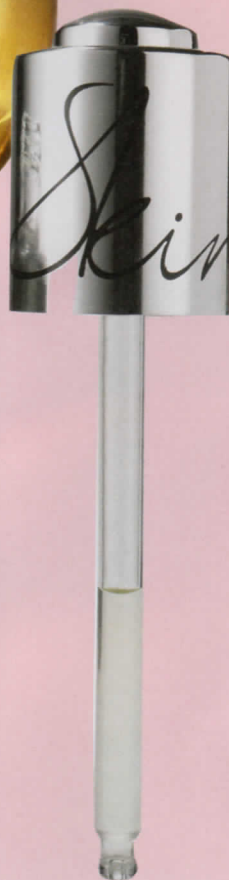


SKIN HAZARD: YOU'RE AN EXERCISE ADDICT

If you're a gym devotee, it's important to remember that while a good sweat clears out the toxins, it can also clog your pores. 'Sweat mixes with skin's surface oils to form a greasy film,' says Dr Tom Mammone, Clinique's executive director of skin physiology, 'so it's important to shower soon after an intense workout.'

SORT IT OUT: To compensate for the drying effects of frequent showering, choose a moisturising body wash and cleanser, and follow with a face and body cream. Keep Skyn Iceland Glacial Face Wash in your gym bag - it deep-cleans while leaving the skin's moisture balance intact.



SKIN HAZARD: STRESSFUL SITUATIONS

If you're planning a wedding, changing careers, or going through a break-up, chances are your skin is suffering. 'Someone experiencing stress is more likely to have red, flaky and inflamed skin,' reveals Dr Geyer, 'as it impacts the functioning of the skin barrier.'

SORT IT OUT: Stress-busters include vitamins to fight free radicals and omegas 3 and 6 to soothe inflammation. 'Apply them topically and take them internally,' recommends Chapman. Nourish Relax Calming Moisturiser, £14.95, contains omegas, vitamins and lavender oil, while Kiehl's Skin Rescuer Stress-Minimizing Daily Hydrator, £29.50, goes a step further, blocking stress signals to the skin's surface.

SKIN HAZARD: SLEEP DEPRIVATION

Whatever's keeping you up, your skin will miss its vital window of self-repair. Its function slows, so you'll wake with a less-than-radiant complexion, dark circles and puffy eyes.

SORT IT OUT: Skin is most receptive at night, so apply a super-strength night cream when you do hit the pillow. Biotherm Blue Therapy Serum-in-Oil Night combines the nourishment of oil with the repair actives of a serum, or try Chanel La Nuit, £60, which drip-feeds moisture into skin so it can rest and recharge. If you pay for a lack of sleep with puffy eyes, use a caffeinated eye cream before bed.

SKIN HAZARD: AIR-MILES OVERLOAD

You trot the globe, so you know the dehydrating, pore-super-sizing effects of altitude on your skin.

SORT IT OUT: Keep Sarah Chapman Skinesis Intense Hydrating Booster to hand, and apply Nuxe Nirvanesque Contour des Yeux, £19.50, under your eye mask. And don't face the harsh toilet lighting without L'Oréal Paris Skin Perfection Magic Touch Instant Blur, £12.99. 'Pores appear to get larger as the skin around them loses moisture and plumpness,' reveals Dr Lowe. This gem will smooth over imperfections to guarantee a pap-worthy arrival. ■