



EXERCISE

▶▶ Exercise is a key factor in offsetting ageing. **Aerobic exercise**, such as fast walking, improves our cardiovascular health, which keeps our metabolism running well, to maintain a healthy weight.

FOUNDATIONS

▶▶ **Skin-brightening and light-diffusing foundations** can give you a youthful radiance. Apply them evenly with a damp make-up sponge, beginning down the centre of the face and working outwards. This helps stop a build-up around the hair line.

HYALURONIC ACID

▶▶ A naturally occurring sugar chain that exists in our skin, it keeps skin hydrated, firm and healthy. As the skin ages, we progressively lose hyaluronic acid, giving the skin a drier, more deflated look. It's been added as an anti-ageing ingredient to **L'Oréal Paris Derma Genesis Day Cream SPF 15**, 50ml, \$29.95, to plump and smooth skin.



MASKS

▶▶ Masks are a quick and easy way to revitalise, tone and nourish the skin. Use a clay mask to soak up excess oil and lift dirt, and a nourishing mask to moisturise and revitalise tired, dry skin. One of the hottest masks around is the **SK-II Facial Treatment Mask**, \$25 for a single sachet or \$132 for a box of six.



IDEBENONE

▶▶ This synthetic antioxidant has been undergoing research since the 1970s as an oral treatment for Alzheimer's disease. Researchers found that when used on the skin it has a similar structure to other antioxidants, but it penetrates deeper into the dermal layers. **Priori Smooth Lines Serum With Idebenone**, 30ml, \$190, was the original product to incorporate it. It provides the highest level of topical free radical protection and helps smooth out fine lines and wrinkles.



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JUVEDERM

▶▶ **Juvederm injectable gel** is used to create a fuller, sensual lip that looks and feels natural. Plastic surgeon Dr Steven Liew, from Sydney's Shape Clinic and MediSpa, says, "The aim is to create a look that everybody will notice, but nobody will know." Find out more at www.shapeclinic.com.au

KOJIC ACID

▶▶ Kojic acid treats pigmentation and age spots. Derived from a fungus, it's effective as a lightening agent, inhibiting the production of melanin (brown pigment). Professional treatments like the **Jan Marini Factor-A Resurfacing Peel** can reduce hyperpigmentation and scars. Visit www.shapeclinic.com.au

GLYCOLIC ACID

▶▶ The secret to a smooth body is to exfoliate on a regular basis using a body scrub containing glycolic acid. This removes dead surface skin and smooths rough or calloused areas. **Jan Marini Skin Research Bioglycolic Resurfacing Body Scrub**, 360ml, \$64, combines glycolic acid and polishing granules to exfoliate and enhance smoothness.

LUMIN8

▶▶ Freshen dull skin with **Lumin8** – an active product that combines a mild vitamin A, botanicals and skin lighteners to improve the appearance of fine lines. Hollywood celebrities Amber Valletta, Naomi Watts and Sadie Frost swear by it. **Lumin8 Botanical Skin Brightener**, \$88. ▶▶

