

How to keep your skin in best shape

■ **IN THE KNOW...** Steve Victor has more than 25 years of experience in cosmetic and medical dermatology.

Beauty

By Diane Parkes

WE ALL want to turn back the clock but what's the best way to do it? Skincare expert Steven Victor shares his advice on fighting off the wrinkles.

■ **Sunscreen** - For every-day wear, even in the winter, sunscreen is the most important thing you can do for your skin, especially on your face.

For years people said SPF 15 was ideal. However, we now understand that the SPF number is a laboratory testing number and we do not live in a lab, so the higher the SPF you start with the better. In the lab, the person does not sweat or move and the sunscreen is applied in a perfect manner. We never do any of this as thoroughly and the conditions in which we live are not so stable. Start with a 50 or 60 and by the time you put on your clothes, rub, sweat and move around, the number goes down.

■ **Water** - Eight to 10 glasses of water is what the doctor always recommended, but if



you can handle it, drink even more. Water is the greatest thing for your cells, your internal organs, digestion and energy. Never leave home without a bottle of water and in warmer weather, increase your water intake, especially if you are perspiring more.

■ **Anti-aging products** - There are those out there who say the latest and greatest products don't make a difference. Clearly they have not used anti-aging products. Years ago companies were selling hope in a jar but now we sell real technology in a jar with real results. Moisturising alone is not going to keep you fresh through the

decades but using products with advanced ingredients, anti-oxidant support, and anti-aging properties is key.

■ **Eyes care** - Don't forget your eyes. The skin around the delicate eye area is not the same as the rest of your face and needs extra care. Dark circles are caused by leaking blood vessels but this can be repaired with advanced ingredient complexes. Another tip, wear sunglasses as much as possible. Bright light makes you squint and squinting promotes lines and crow's feet.

■ **Anti-oxidant support** - Anti-oxidants guard against free radical damage. While that sounds scientific, all you need to know is that free

radicals are bad. There are ingredients out there that can help keep free radical levels down. Take a multi-vitamin daily, eat lots of green vegetables and drink two cups of green tea daily.

■ **Bathing and showering** - Think of each bath and shower as a chance to renew and soften your skin. Use a loofah that will help exfoliate dead skin. Scrub away and use a moisturising liquid cleanser on your skin.

■ **Moisturise your skin** - Make time every morning to moisturise when you get out of the shower or bath. It makes a difference and is cumulative over the years. Always moisturise while skin is still damp and fresh.

Look for a moisturiser that has essential oil extracts because these harmonise best with your natural skin oils.

■ **Facial exfoliation** - Two to three times per week, no exceptions. Look for a product that will polish your skin.

Just because you are exfoliating doesn't mean you have to be stripped of moisture or become red and irritated.

■ **Steven Victor's range of skincare, stevenvictor.co.uk (above), has recently launched its Harvey Nichols. Each product features up to five ingredient complexes to nourish and restore tired skin.**

TriedAndTested CITRUS ZINGS

Boots Mediterranean Grape, Avocado and Lemon Body Butter (200ml for £6)

Rich body butter which is easily absorbed and offers long lasting moisture. This uses organic oils and smells heavenly.



Palmolive Aromatherapy Shower Gel with Pure Essential Oils of Grapefruit, Orange and Cedarwood (300ml for £1.59)

Plenty of gel is value for money and it offers a citrus



Radox Revitalise Handwash with Orange Oil and Olive Essence (300ml for £1.69)

Cleans well and leaves a soft and refreshing hint of orange on the



Boots Heavenly Mandarin and Vitamin C Revitalising Peel-Off Mask (10ml for 89p) Uses vitamin C to liven up tired skin but some of the mask peeled off and the rest stuck in patches.

