

Women's health & fitness

Your Best

Australia

THE **your age** ISSUE

LOSE THE FAT, KEEP THE MUSCLE

Your spread-proof plan

How food hijacks your hormones

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20s, 30s, 40s, 50s

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How to FEEL GROWN UP



BEAUTY SPECIAL

FOOL YOUR FACE INTO THINKING IT'S 20

Ingredients science says work



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YOUR BEST age
(Flaunt It, Lady)

PAGING

Want to make your skin smoother, clearer and tighter? We consulted some of Australia's top dermatology pros for the best ways to beat the signs of time – from sun spots to spider veins and sunken peepers.



DR ALICIA TESKA,
Cosmetic Physician,
Skin Temple
(skintemple.com.au)

Most dermatologists' interest in cosmetic dermatology starts and ends with Cetaphil cleanser and moisturiser. Those seeking inexpensive, simple and effective anti-ageing skincare should take a look at some of the products on offer from Avene and La Roche-Posay. Both of these are French dermo-cosmetic companies. Culturally, the French have a wonderful understanding of simple skincare that must be acceptable to sensitive skin types, yet effective.

There are also natural, non-cosmetic products that can help reduce the signs of ageing. Think shea butter, cocoa butter,

salt scrubs, Moroccan black soap and Argan oil. I also look out for products with a significant amount of butyrospermum parkii.



DR WILLIAM MOONEY, Cosmetic Surgeon, Face Plus
(faceplus.com.au)

As a minimum, everyone should have a cream-based cleanser, a topical antioxidant serum that is high in vitamin C and E and an oil-based moisturiser. Avoid any products with high levels of dimethicone (silicon), sodium laureth sulfate (detergent) or parabens, as these can block the skin pores and cause breakouts.

There are non-cosmetic things you can do, too. Think about the way you lie down at night. Try to train yourself to sleep on your back rather than on your side – it really does make a difference to facial wrinkling over the years. We also recommend taking probiotics, as gut health can really improve your skin's appearance.

DR. RICH,
Dermatologist, EnRich Dermatology and Cosmetic Surgery Centre (mrch.com.au)

When it comes to preventative skincare, using a UVA/UVB sun block is an absolute must. I recommend topical vitamin C preparations to address pigmentation as well as anti-ageing products that contain vitamin C and E. Retinoic acid preparations such as retinol and retinaldehyde are essential for skin rejuvenation and anti-ageing, while fruit acids or alpha hydroxy acids (AHAs), including glycolic acid and lactic acid, will act as gentle exfoliants to renew the skin surface and help control acne. Niacinamide is another ingredient that's ideal when wanting to improve skin texture and hydration.

Don't expect anti-ageing products to work immediately. They take time. Also, products labelled 'natural' or 'organic' aren't necessarily effective or safer. And be wary of exaggerated claims about the role of proteins, enzymes and peptides, as often these are just unsupported hype.



NAOMI MANCE,
Senior Paramedical Therapist,
Paloma Medispa
(palomamedispa.com.au)

There are a number of natural methods for fighting ageing. The classic cucumber on the eyes trick helps to calm and soothe the area while boosting microcirculation. I also like to make honey masks to cleanse and hydrate. Simply apply honey direct from jar to face, leave for half an hour and remove with lukewarm water. This leaves skin smooth and glowing. You can also mix the honey with avocado (to nourish and tighten), oatmeal (to clean pores and remove dead skin cells) or lemon (to fight acne and scarring). Skin needs to be exfoliated and hydrated regularly to keep it from ageing. The younger you start, the better. There's this common perception that more expensive products have better results, which is not necessarily true. A lot of the time it's about the simple things – rosehip oil, sufficient sleep and exercise.

NOELLA GABRIEL, Director of Product and Treatment Development, Elemis
(elemis.com)

I recommend products with plant stem cells. While most anti-ageing products change the skin's functionality, plant stem cells are designed to work with the skin's natural function. Another fantastic ingredient is seaweed, which we've incorporated into our Elemis Pro-Collagen range.

When applying skincare products, use firm, lifting motions and upward strokes with your fingertips or knuckles. Are you suffering from under-eye puffiness? Try dabbing a small amount of cold milk onto cotton wool balls and resting over eyes for 15 to 20 minutes.

