

SKINCARE

Oils, eyes and cleansers

At 35+, your skincare needs a rethink - and it pays complexion dividends to seek out products that deliver a little bit extra in terms of TLC



Facial oils

I like to layer facial oil over my night cream to 'lock in' the moisture. Alternatively, apply a few drops for a circulation-boosting facial massage, delivering nutrients and a boosting glow. Argan+ Rose Night Time Facial Oil*, **3 FOR 2** £12.99/30ml, smells divine, while A'kin Pure Radiance Rosehip Oil*, £18/23ml, winner of a Green Parent Gold Award, is super-rich in age-proofing vitamin A.



Eye creams

Tap these into the 'orbital bone' - never too near the eye, or it can trigger puffiness. Great choices include Argan+ Argan Oil Multi-Action Eye Cream, **3 FOR 2** £12.99/15ml, a blend of argan and other effective oils, alongside moisture-replumping 'hot' skincare ingredient hyaluronic acid, and Balance Me Wonder Eye Cream, £20/15ml - its lightly tinted light-bouncing formula helps to conceal dark under-eye circles.



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Cleansing

It's a crucial first step in an anti-ageing regime (see left), so seek out a cleanser that's a pleasure to use. Neal's Yard Wild Rose Beauty Balm*, £37/50g, melts away the day beautifully and fragrantly, while new Waitrose Pure Cleansing And Exfoliating Powder, £3/25g (in store 23 Oct), borrows from Korean skincare wisdom; cleansing grains are a real 'buzz' right now!

Top tip

*Using a clean muslin cloth or flannel with any cleanser will gently buff away dead skin cells, making for brighter-looking skin. Le Spa Bleu Face Cloth, **25% OFF** at £1.87/each (was £2.50)*