



Beauty

ANTI-AGEING: the pros' secrets

The best wrinkle-fighters. The SPF you really need. The wonderfoods that count. Five skincare gurus reveal the whole truth about looking younger

BY MARY ROSE ALMASI PHOTOGRAPH PHILIP NEWTON

Forget a personal chef – if we won the lottery, we'd miss a personal dermatologist to hover by our side so that we'd get the ultimate advice on how to treat our skin. We'd take our doctor shopping for sunscreen and wrinkle-reducing creams. And of course, we'd look to him or her for the whole truth and nothing but. Can we fix eye puffiness? Why is our face taking today, when it wasn't last week? Since we're still waiting for that winning lottery ticket, we decided to go for the next best thing: we queried some of the world's top dermatologists for their little-known anti-ageing advice and discovered truly surprising tips that work for everyone. Judging

THE POWER OF ANTIOXIDANTS
These are the weapons used in protecting delicate skin from damage before it comes within. They're antioxidants. They're antioxidants. They're antioxidants.

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NOT ALL ANTIOXIDANTS ARE THE SAME. Idebenone, CoffeeBerry, and the phloretin CF combo from SkinCeuticals (phloretin with vitamin C and ferulic acid) are the most potent.

2 SKINCEUTICALS CE FERULIC, £124. Favoured by skin doctors, this is a great combination of antioxidants in clear liquid serum form that's easily absorbed by all skin types.

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The power of BRIGHTENERS

Most of us focus on wrinkles, but uneven pigmentation is a real age giveaway. Few people have studied it as much depth as dermatologist Susan Taylor. The founding director of the Skin of Color Center at Duke's Roswell Hospital Center in New York City explains how to treat skin tone issues.

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THE POWER OF RETINOIDS
Very few anti-ageing ingredients have a scientifically proven track record – which is why Leslie Baumann (part hard-core, product-testing doctor, part beauty boss) is so interested in these. She's analysed almost every skincare ingredient in existence for efficacy at the Baumann Cosmetic & Research Institute in Miami, and here she shares the secrets she's learned about her favourite wrinkle-fighters, retinoids.

1 **2** **3** **4**

1 SKINCEUTICALS RETINOL 0.3 REFINING NIGHT TREATMENT £40, is a potent hit of retinol, to be used at night.

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