

5 DEFEAT DARK CIRCLES

If you're already prone to dark circles, chances are they'll become more obvious as you get older. "Genetics, a poor diet and unhealthy lifestyle, lack of sleep and stress all appear to influence the appearance of dark circles," says facialist Vaishaly (vaishaly.com).

YOUR SECRET WEAPON

Look for an advanced eye cream that protects the delicate skin area, minimises fine lines and dark circles and reduces puffiness. Vaishaly suggests limiting your alcohol intake, as it's dehydrating, and drink hot water with a slice of lemon every morning to kick-start your kidneys, which will help diminish eye puffiness. Also, give your under-eye area a gentle daily massage using your ring finger, working inwards.

YOUR BEAUTY MIRACLES

- **Olay Definity Eye Illuminator** (6), £24.99.
- **Medik8 Dark Circles Eye Formula**, £27.
- **Sarah Chapman Skinesis Eye Recovery**, £38.

6 VANISH THOSE VEINS

People with sensitive or fair skin are more prone to tiny spider veins (known as blood vessel capillaries). But extreme weather, alcohol, spicy foods and harsh beauty treatments, such as facial scrubs and saunas, can also be to blame.

YOUR SECRET WEAPON

Apart from concealers, there are few, if any, over-the-counter treatments that will help. "The most effective treatments are electrolysis for small clusters of capillaries, IPL (intense pulsed light) or laser for larger areas," says Dr Mark Whiteley (thewhiteleyclinic.co.uk). At home, cleanse with warm water, take vitamin C supplements and use vitamin C-based skincare to help support capillary walls.

YOUR BEAUTY MIRACLES

- **Estée Lauder Maximum Cover Makeup**, £24.50.
- **Clinique Continuous Coverage** (7), £20.



6



7 KEEP YOUR CHIN UP

It's a depressing fact that, as you age, collagen breaks down and your face changes shape, brows drop, cheeks lose their plumpness and your face becomes heavier around the jaw and neckline. But there is help!

YOUR SECRET WEAPON

Your first step is to invest in targeted creams that help firm, tone and tighten – helping to 'lift' sagging skin in the short-term. While invasive surgery shouldn't be on the agenda, Botox, which relaxes the muscles in the upper and lower part of your face, is growing in popularity. "Jowls are the result of hyperactive muscle movement," says cosmetic practitioner Dr Michael Prager (drmichaelprager.com). "In some people, these muscles are stronger, causing a sagging jawline over time. Botox can be used to stop them tugging at the jawline." But seek out a fully qualified practitioner before you embark on cosmetic procedures.

YOUR BEAUTY MIRACLES

- **L'Oréal Paris Revitalift Face, Contours & Neck Cream**, £13.99.
- **Clinique Repairwear Lift SPF15 Firming Day Cream** (8), £44.
- **Bliss Thinny Thin Chin**, £32.

8 BOOST YOUR BROWS

As you get older, your brows are prone to thinning. This can be down to hormonal imbalances, iron and vitamin deficiencies and over-plucking – plus hair colour fades and growth becomes sparser.

YOUR SECRET WEAPON

Use a brow pencil or a powder shadow to fill in any gaps or to accentuate the whole eyebrow. Brow expert Sophie Thorpe (sophiethorpe.co.uk) uses a semi-permanent method similar to tattooing to enhance brows. It takes two hours, lasts for up to two years and costs from £300.

YOUR BEAUTY MIRACLES

- **Shavata Eyebrow Shaping Kit** (9), £12.
- **Becca Brow Powder** (10), £17.