

ASK LIZZIE

She'll sort out your beauty worries



My skin flakes

Q I was wondering if you had any suggestions of how to help with my complexion. After starting an early menopause, my skin, especially on my face, has become flaky in parts and very greasy in others. I have tried different moisturisers, but nothing seems to do the trick.

Angela, 47

Try Medik8 Hydr8 B5, £34. This is a great brand as it's more than just a cosmetic skin-care company – it creates products

specifically for people with sensitive skin. I would suggest using this oil-free gel, as most moisturisers contain perfumes and oils that can irritate the skin. This product not only helps rebalance moisture levels, it also rejuvenates and heals skin, which is great for the flaky areas.



Email Lizzie with all your beauty queries and dilemmas at beautysos@loveitmagazine.co.uk