

1 DEFEND YOUR DÉCOLLETÉ

Your chest becomes more vulnerable to environmental damage as your hormone levels change – not to mention the fact that it can often be neglected. Oestrogen levels diminish and your skin thins out and becomes crinkly.

YOUR SECRET WEAPON

A daily dose of sunscreens and proven antioxidants will help protect your skin from harmful UV rays and free radical damage.

“I also recommend a diet rich in protein and antioxidants,” says cosmetology medical practitioner Dr Elisabeth Dancey (elisabethdancey.co.uk). “And an adequate supply of phyto-oestrogens to maintain your oestrogen levels.”

Rich sources include soya products, such as soya milk, tofu, beans and lentils.

YOUR BEAUTY MIRACLES

- Dr Brandt Time Arrest V-Zone Neck Cream, £45.95.
- Chanel Précision Body Excellence Lifting and Firming Bust Gel, £49.
- Clarins Bust Beauty Extra-Lift Gel (1), £38.50.

2 SAVE YOUR SKIN TONE

Brown spots and uneven skin tone, anyone? These are signs of hyper-pigmentation (the over-production of the brown tanning pigment melanin) – usually a result of sun damage, hormonal changes or the ageing process.

YOUR SECRET WEAPON

Try using skin-lightening products containing hydroquinone or arbutin, plus a daily sunscreen. You can also tackle the problem from within. “Green tea, white tea, grapeseed and vitamin E are all effective antioxidants that help protect skin,” says Sarah Chapman. “Nuts, seeds and vegetable oils are among the best sources of vitamin E, as are green leafy vegetables and fortified cereals.”



YOUR BEAUTY MIRACLES

- L'Oréal Paris Age Re-Perfect Pro-Calcium Radiance Restoring Day Cream (2), £15.99.
- Medik8 White Balance Serum, £28.
- Dr Sebagh Pure Vitamin C Powder Cream, £70.

3 PROTECT YOUR HANDS

Your hands are always exposed to the elements but are rarely protected in the same way as your face. UV damage is your hands' worst enemy, as it destroys melanin cells and collagen.

YOUR SECRET WEAPON

“Plump up your hands with creams containing collagen-boosting retinol and retin-A and always apply sunscreen,” says dermatologist Dr Fredric Brandt. For a weekly deep-nourishing treat, apply olive oil to hands, wrap in clingfilm, leave for 15 minutes then gently wipe off excess.

YOUR BEAUTY MIRACLES

- MD Formulations Hand & Body Creme (3), £26.
- Neutrogena Norwegian Formula Anti-Ageing Hand Cream, £3.69.
- Bliss All You Need Is Glove, £48.

4 GET A SHRINK!

You'll start to notice changes in pore size in your thirties and beyond. They'll become enlarged due to collagen breakdown, product overload, excessive sun exposure and harsh beauty treatments.

YOUR SECRET WEAPON

“For a short-term fix, a pore-minimising or mattifying make-up primer will instantly reduce the appearance of pores,” says Lesley Chough of Sisley. If your skin is oily and prone to break-outs, try products containing salicylic acid to unblock and refine your pores and use vitamin A-based skincare. Mild peels can also help.

YOUR BEAUTY MIRACLES

- Sisley Instant Perfect (4), £36.
- Estée Lauder Idealist Pore Minimizing Skin Refinisher (5), £36.
- L'Oréal Paris Derma Pore Minimising Smoother, £14.99. ▷