



LOOK YOUNGER FOR LONGER

WANT TO HOLD BACK THE YEARS WITHOUT RESORTING TO SURGERY?
BEAUTY EXPERT LESLEY REYNOLDS KHAN SHARES HER INSIDER TIPS

1/ THE PROBLEM:
EYE WRINKLES
THE SOLUTION: TRY
GLYCOLIC ACID

Look for an eye cream containing glycolic acid, as it helps to remove dead skin, which can make wrinkles look deeper. It's a powerful ingredient, so use your eye cream sparingly – every second day should be plenty. A good one for all skin types is **Jan Marini Bioglycolic Eye Cream**, £40. Always follow with an application of sunscreen (at least SPF15) to protect the newer skin from damaging UV rays.

2/ THE PROBLEM: PUFFY
EYES AND BAGS
THE SOLUTION: BUY
MORE PILLOWS!

There are a number of reasons we get puffy eyes, including fluid retention. Sleeping on your back with your head raised high on pillows can help.

3/ THE PROBLEM:
FOREHEAD WRINKLES
THE SOLUTION: PAPER OVER
THE CRACKS

Try **Frownies**, £18.50 (frownies.co.uk). These brown paper facial patches are

legendary in the beauty business. They aim to retrain your muscles so you stop frowning. Simply dampen them with water and apply to wrinkles. For best results, wear them overnight for 30 days.

4/ THE PROBLEM:
A PUCKERED POUT
THE SOLUTION: GIVE YOUR
LIPS SOME TLC

The upper lip area ages faster than most other areas, so needs special attention. Use a good cream with peptides (to help support collagen and elastin and plump out fine lines), and AHAs (to get rid ▷