

7 WAYS TO HAPPY SKIN

It's about zoning in on what your face *really* needs, says **Sarah Jossel**

Do you take notice of your specific skin gripes? Most of us are confident with our cleansers and moisturisers, but is this enough? "It's vital to have targeted products for different skin conditions," says Marie Reynolds, lead aesthetician for Eve Taylor Aromatherapy. Here's our pick of the new buys...

1 LACKLUSTRE SKIN Wrinkles, pores, marks and acne can make your complexion look uneven and less than glowing. **THE PRESCRIPTION** Lancôme's new 4-in-1 skin corrector has a unique ability to reach all layers of the skin, setting off a series of chain reactions that target these key problems. **Visionnaire Advanced Skin Corrector** £57 lancome.co.uk

2 DARK SPOTS "Pigmentation occurs when the body produces excess melanin," explains Reynolds. **THE PRESCRIPTION** To reduce the level of melanin reaching the skin's surface, try **Pigment Regulator** £75 SkinCeuticals.

3 LINES "Ageing is the obvious reason, but pollution, sun exposure and stress also contribute," says Reynolds. **THE PRESCRIPTION** To keep skin nourished and line free, apply **Pro-X Wrinkle Smoothing Cream** £34.99 Olay Professional to your face and neck in the evenings.

4 REDDENING "Harsh weather, spicy food or too much salt in your diet can cause this," says Reynolds. **THE PRESCRIPTION** If your skin flares up, try **Red Alert Anti-Redness Serum** £29 Medik8. Use three drops daily and you'll see results in four weeks.

5 BLEMISHES "Sebaceous glands overproduce sebum, which clogs pores," says Reynolds. **THE PRESCRIPTION** These one-step pads exfoliate while treating blemishes with the key ingredient, salicylic acid. **Acne Treatment Pads** £48 Cane+Austin

7 ENLARGED PORES "These are the result of over-active oil glands and an increase in dead skin cells, plus sun damage and genetics," explains Reynolds. **THE PRESCRIPTION** Dior's new moisturiser uses mineral perfectors to refine, mattify and brighten. **Hydra Life Skin Perfect** £48 Dior

6 DARK CIRCLES "Hormones, lack of sleep, too much salt and not enough wholegrains or fresh fruit in your diet all play a part," says Reynolds. **THE PRESCRIPTION** Armani's eye rejuvenation serum is targeted to de-puff and improve circulation. The applicator is easy to use, so you can banish tired eyes, no matter what time you went to bed. **Regenence 3.R** £45 Giorgio Armani

