



6 Supplement your way to a rosy glow

"Astaxanthin is a relatively unheard of nutrient but one you should get to know if you want to go the extra mile in helping your skin age gracefully and glowingly!" says Jessica Shand, a naturopathic nutrition specialist (www.eatnourishandglow.com) "Astaxanthin is derived from the micro-algae that gives pink flamingos, salmon and lobster their rosy hue and it improves skin texture, elasticity and helps to smooth fine lines."

7 Go for an oil change

"It's not just about serums – reach for the oil too," says Sophie Hughes, founder of Glowb (glowb.shop). "You don't want to strip the skin of vital moisture and

oils. Facial oils can be full of vitamins, omegas and vitamins. They provide a necessary seal for locking moisture in the skin, improving the skin's hydration and the appearance of fine lines and wrinkles."

8 Opt for a gentle cleanser

"From harsh ingredients that could cause skin tears to irritating acids, exfoliating can sometimes have a bad rep," says Sophie Hughes. "However, a gentle cleanser that includes antioxidants and gentle exfoliating ingredients will remove dead cells and reveal a brighter complexion. When you exfoliate, the aim is to remove dull skin cells, promote new cell growth and boost moisture to reveal a more glowing and youthful appearance."

9 Sit back and relax

"Achieving a youthful glow is just as much about the inside as it is the outside," says Sophie Hughes. "Your emotional and mental wellbeing is just as important. Tackle those external stressors by partaking in stress relief and relaxation. In fact, combine the two by taking the time to yourself and indulging in a weekly face mask in a quiet, relaxing bath." Sophie recommends applying a clay mask to draw out pore congestion and boost skin radiance. Look for one containing vitamin E to leave your skin clear and hydrated.

10 Try some facial massage

"For bringing life and vibrancy to the face, a daily massage is a wonderful ritual to incorporate into your skincare routine," says massage therapist Sarah Jane Watson (www.sarahjwatson.com). "Facial massage helps to stimulate blood circulation bringing more nutrients to the area as well as stimulating the formation of collagen which promotes the elasticity of the skin. Give your skin an added boost with the addition of the healing properties of these essential oils:

Frankincense – promotes healthy cell regeneration and skin elasticity

Rose Otto – helps diminish signs of ageing and slows down free radical damage

Sandalwood – softens the skin and helps retain moisture

Add two drops of each essential oil to this mixed base of:

Jojoba oil – extremely hydrating and contains vitamin E

Rosehip oil – a rich source of vitamin C, which aids collagen production, and essential fatty acids which help fight dryness helping to reduce the appearance of fine lines.



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