



Princess Skin

TIRED, STRESSED SKIN? OUR SKINCARE QUEENS DR UZMA OLBRICH AND DR REBECCA HIERONS SHARE THEIR EXPERT TIPS ON HOW TO RESTORE YOUR RADIANCE...

A season full of society balls, fashion parties and glittering social shindigs, is it any wonder that we develop stressed skin just when we want to be looking our most fabulous and radiant?

STEP AWAY FROM THE G&TS

Don't panic we're not recommending total abstinence but moderation is important. Alcohol dehydrates your skin. Too much can leave your skin looking lifeless and can deprive it of vital vitamins and minerals. Swap every other G&T or glass of wine for a glass of water and try to drink two litres of water every day.

FACING FACTS

Those in the know always have a good face wash. We're not talking a quick twenty second splash with an ill thought out cleanser. When you wash your face the most important things are getting rid of the dead skin cells, reducing excess oil and removing impurities to purify your skin. This process takes 60-90 seconds to do well. Use a medical skincare range, as advocated by reputable skin clinics or dermatologists. If you want effective skincare that works, products bought from beauty halls just don't cut the mustard and can add to your skin problems.

WE LOVE

If you suffer with oily skin we recommend ZO Oilacleanse Cleanser, a great cleanser, it removes impurities, targets excess oil and helps prevent and clear acne. If you have dry skin try ZO Normacleanse Cleanser which has been specially formulated and is packed full of a peptide/collagen boosting complex, helping to firm, nourish and calm whilst removing impurities.

VIP PROTECTION

Get a good night's sleep, so your skin can repair and regenerate. Don't smoke! Pollutants from smoking are big risk factors for premature ageing, sallow and dull looking skin. Wear SPF! Yes even in winter. We've all heard about UVA and UVB rays, but even more harmful are high energy visible (HEV) rays. These penetrate deeper into the skin and can cause more damage. Unfortunately they are present all the time regardless of cloud cover. Always choose an SPF with HEV cover too.

WE LOVE

We swear by ZO Smart Tone Broad Spectrum SPF 50. It contains an exclusive 12-hour release antioxidant complex which guards against UVA, UVB and HEV rays. It also features a universal tint of colour designed to match any skin colour so it gives you a lovely healthy glow and is a great base for make up.

GLAMMING UP...

Many make up ranges contain an abundance of chemicals that can cause skin irritability or acne cosmetica. This is a common form of acne which is characterised by blocked pores and reddened bumps on the chin, cheeks and forehead, and occurs when oils from your makeup collect in and clog up your pores. Excess oil in your skin can also be prematurely ageing.

Makeup containing parabens, talc, fragrance and preservatives can increase your risk of developing damaging skin conditions, like eczema and dermatitis - not quite the dewy look we are after during the festive season!

Contrary to popular belief, it's okay to wear makeup daily. Look out for ranges that are mineral based, talc free and have non-comedogenic properties (oil free and packed with ingredients to minimise acne and blocked pores).

WE LOVE

Glo Mineral Makeup Range. This is an award winning makeup range designed for skincare professionals and their clients. We love it because it delivers great coverage, great colour, fabulous glowing skin (all the diamond technology they use) and it allows your skin to breathe. We know it is working for our skin, not against it, and it has UV and environmental protection with antioxidant complexes. It is talc free, paraben free, preservative free, and non-comedogenic (less spots). It really is a clinically advanced mineral makeup that covers, corrects and protects all at the same time. Oh and it looks truly fabulous on our skin.

BUST THE BEAUTY MYTHS

Moisturiser is the bad boy sitting on your bedside table. Unless your dermatologist has clinically diagnosed you with dermatitis, psoriasis, eczema on your face it is unlikely your skin type is dry and needing moisturiser. Moisturisers will sit on the very top layer of your skin, providing a greasy barrier and clogging pores. There is no such thing as 'combination skin'. Chances are



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your skin is oily and the misuse of products such as moisturiser has affected the skin's ability to repair and hydrate itself, leaving you with dry patches in places. Get away from moisturisers and look for hydrating creams that have the ability to repair and regenerate your skin from cell level outwards.

Most commercially available, department store anti ageing creams and serums don't work. So don't buy into the hype. There is only one product that has a solid history and reputation for reversing fine lines, and that is retinol. Also sold under the name 'vitamin A', these creams or serums penetrate the skin and increase skin cell turnover. Multiple studies have shown them to be effective at treating acne, reducing fine lines and reversing the effects photo-ageing or sun damage. Retinol or Vitamin A cream sold in a department store or over the counter will not have the potency required to sort out your lines and wrinkles.

WE LOVE

ZO Advanced Radical Night Repair Serum 60ml. This is a high concentration of slowly released retinol. Get yourself a hotline to your skincare expert for this amazing wonder product. An absolute hero product for addressing the multiple signs of ageing.

CELEB SPEED DIAL

Skincare isn't just for Christmas. With skincare you need to have a proper skin regime. A good daily skincare regime is a must all year round, but gains even

more importance as the weather changes and winter sets in. The art of looking after your skin on a daily basis isn't easy as the sheer number of products on the market can make this process very confusing. A medical grade skincare programme is a big step in the right direction and allows you to address the concerns you have with your skin in a clinically proven fashion.

RECOMMENDATION

At Queensway Skin Clinic, we love the multi award winning ZO Skincare Range so much we have decided not to stock any other skincare products. It is the Ferrari of the skincare world. Developed by renowned dermatologist Zein Obagi, and used by industry skincare leaders world wide, this is a range with a wide spectrum of daily skincare products alongside therapeutic products and treatment protocols that can be tailor-made to create and maintain healthy skin just for you.

Bespoke skincare is a must for ensuring you have a fabulously glowing complexion fit for any season. And the best tip for A-list looks? Borrow the ultimate insider secret of celebrities and models and get a medically trained skincare expert on speed dial, then just sit back and prepare yourself for all the compliments.

Have a fabulous new year all!

• Dr Uzma Olbrich and Dr Rebecca Hierons practice at Queensway Skin Clinic. www.queenswayskinclinic.co.uk

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