

## Smooth the lines

**What causes wrinkles?** Mainly, it's loss of collagen. 'Collagen and elastin diminish with age. As a result, wrinkles creep in,' says Dr Obagi. 'Muscle movement also contributes to ageing, and ceases begin to show as lines.'

**What to do** Vitamin C is a known collagen-booster, and peptides – such as hexapeptides and pentapeptides – also boost collagen. 'They work by convincing the skin that it has damaged collagen, encouraging it to produce more,' says

Tom Marnon, research director at Boots. Other peptides stimulate the muscles that

**What to try**  
 1 Estée Lauder Anti-Wrinkle Moisturiser, £40 (0870 250 000) with 'cell-communicating' ingredients delivered via a delivery system.

2 Olay Regenerist Micro-Serum, £22.50, is a bestseller containing cell-regenerating pentapeptides.

3 Le Vin Face Cream, £77 (harveynichols.com), contains active ingredients including GABA (gamma aminobutyric acid), the body's own natural muscle relaxant. The organic formula is packed with anti-oxidants, too.

## Even out your skin tone

**What causes pigmentation?**

Photo-ageing is the major culprit. Freckles are more common in childhood, and tend to occur as an immediate reaction to sunlight, whereas age spots are larger clumps of melanin that develop after a long-term build-up of sun damage. Tom Marnon explains the Clinique approach: 'Pigmentation is now understood to be a form of inflammation caused by sun exposure, allergies or acne, so we use calming, anti-inflammatory

kojic acid can be found in Peter Thomas Roth Potent Botanical Skin Brightening Gel Complex, £26; skinstore.co.uk. Whichever product you choose, bear in mind it takes time for age spots to fade – give it four to six weeks.

### What to try

6 Clinique Derma White Moisture Cream, £26 (0870 034 2566), is a best-selling whitening product in Japan, where pigmentation is a key concern.

7 Boots No7 Lighten & Brighten Age Spot Corrector, £13.25 (boots.com), contains algae, kiwi extract and saphora to even out skin tone. In consumer trials, testers saw more

even results after four weeks.

8 L'Oréal Paris Age Re-Perfect Pro-Calcium Radiance Restoring Day Cream, £15.99, contains vitamin CG to help lift brown spots on over-50 skin.

9 Dr Nick Lowe Brightening Radiance Cream, £16.95 (boots.com), has a complex to break down hyperpigmentation, plus anti-inflammatory liquorice.

10 bT Ceuticals Bio-Therapeutic Accelerate Brightening, £55 for 15ml (01788 550440), contains liquorice extracts, arbutin and ascorbyl glucoside (vitamin C) to help brighten skin and reduce pigmentation. ▶

### Can't identify a particular problem?

**ROC Retin-Ox Intensive Anti-Wrinkle Moisturiser**, £24.95, has retinol to target wrinkles and a special ingredient to give a lifting effect. It filters UVA and UVB rays, too.

**Olay Daily 3 Point Treatment Cream**, £29.99, combines an amino-peptide complex with hydrating hyaluronic acid for plump, smooth and firm skin.



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4 Boots No7 Protect & Perfect Day Cream, £18.50 (boots.com), contains pro-retinol complex with lipo-peptides and white lupin to target UV damage. It also offers a sun protection of SPF15.

5 Garnier UltraLift Deep Wrinkle A, £9.99, contains the active ingredient retinyl palmitate, a non-irritating form of the anti-oxidant vitamin A, as well as ginger, which is renowned for its muscle-relaxing properties. Apply it to lines only and follow with a moisturiser such as Garnier UltraLift Day Cream, £7.99.



**Treat!** As part of 30 Days of Fashion & Beauty, a month-long calendar of events – on now – Boots is giving away 10 packs of Skin Perfection, worth £9.99 each. For a chance to win one, send a postcard with your name and address to Skin Perfection Offer, GH Beauty, 72 Broadwick St, London W1F 9EP by 31 October 2008.\*

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