



PEELS

We all love the idea of post-peel, baby-fresh skin, but finding time to have the treatment can be impossible. In tests, **Estée Lauder Perfectionist Peel (15)**, £50, achieves the same results as a 30 per cent concentrate glycolic-acid peel, without all the waiting time. Microdermabrasion doesn't just work for the face – it has great results on the body as well. **Origins Modern Friction for the Body (16)**, £28, was specifically created for areas of your body that tend to show the first signs of ageing, such as the décolleté, shoulders and tops of arms. The creamy paste contains naturally sticky rice starch to roll away dead skin and oil, vitamin C to protect against further damage and aloe to soothe and heal.

TUMMY TUCK

Yannis Alexandrides, Harley Street plastic surgeon, recommends that his clients try **Rodial Tummy Tuck (17)**, £100, before going ahead with abdominoplasty. The hot ingredient in this is fig extract, which is known to destroy fat cells.

LIPOSUCTION

Prepare yourself for battle with the babes at Nikki Beach this summer with **Sisley Celluli Pro Slimming Complex (18)**, £85. It contains a rice peptide extract that is exclusive to Sisley. These

peptides stimulate the same energy-burning that takes place during exercise and help to get rid of dreaded cottage-cheese dimples. Meanwhile, skin is smoothed and tightened with extracts of soy, shea and essential oils.

POST-OP

No one need know that you've had work done. There are some marvellous new products available that encourage healing and help cover up tell-tale signs. **Medik8 Red Alert (19)**, £29, is for the body and face. It helps clear bruising, redness and thread veins thanks to its vitamin-K complex, which helps blood to clot properly. Another post-facelift champion is **Cellular Nurturing Complex Anti Redness (20)**, £155, by **La Prairie**. Start with the face serum. It contains prunella vulgaris extract – often referred to as a self-healing herb – as well as kudzu-plant extract and azelaic acid to reduce redness and irritation. Use the balm to spot-treat particularly stressed, sensitive areas with soothing liquorice extract and moisturising natural butters. **Crème de la Mer The Concentrate (21)**, £250, is designed specifically for fragile, recovering skin. It contains a high concentration of the original **Miracle Broth** (made of sea kelp, vitamins and minerals), as well as soothing marine and plant extracts. It helps to

reduce the appearance of scarring and gives the skin's healing process a significant boost.

For post-peel or after microdermabrasion, one of the best products on the market is **Advanced Night Repair Concentrate (22)**, £65, by **Estée Lauder**. Inspired by customer feedback on how **Advanced Night Repair** had soothed redness from insect bites and sunburn, Lauder's scientists made a concentrated version for skin stressed from harsh weather, sun exposure, chemical peels or microdermabrasion. It is packed with potent anti-irritants, including wheat bran, olive extracts and hyaluronic acid, to get the skin barrier back to full working order. **Clinique CX Colour Corrector Red Neutralizer (23)**, £29, does exactly what it says on the tin – algae extracts soothe and calm while antioxidants green tea and vitamin E protect skin. **Chanel Solution Déstressante Calming Emulsion (24)**, £27, forms a film containing almond extract combined with micelles (molecules that emulsify) to protect against further irritation. Before and after laser treatment, try **Guerlain Issima SOS Crème (25)**, £42. The patented formula uses rice extract as an anti-irritant to soothe skin and hyaluronic acid – the skin's natural moisturising agent – to nourish and help skin recover its suppleness. □