

# SKIN



**Cosmetic dermatologist Dr Sam Bunting is the perfect glambassador for her own brand of straight-talking advice, ideas and accessible recommendations on everything skin.**

**T**o keep your skin healthy and youthful-looking, it's about avoiding sun exposure and keeping your weight stable. Yo-yo dieting takes its toll on your face, affecting facial volume. What you eat is important, too. I got a Vitamix blender last year and it has changed my life. I don't have time to whip up lovely salads and vegetables, but it's easy to throw some spinach and broccoli in the blender. And there's a definite improvement in my skin - it's brighter and clearer.

Pollution is another skin ager, which is why there's an argument for using cleansing brushes unless you have a compromised skin barrier, as rosacea and acne sufferers do. But if your skin is fairly well behaved and you spend time outdoors in a polluted environment, there's a role for extra-thorough cleansing. Antioxidants also offer protection against pollution. I like Obagi's Professional-C Serums, from £63 ([obagi.uk.com](http://obagi.uk.com)), and Skin Ceuticals CE Ferulic, £129, and Phloretin CF, £150 ([skinceuticals.co.uk](http://skinceuticals.co.uk)). Good ones are hard to find at the cheaper end of the market and I think they're worth the splurge.

## GO FOR A GLOW

Using heavy, matte-coverage foundations and powder ages you. There's a general perception that shine is bad, but skin looks its best when it is dewy and glowing, with a slight sheen. Use blotting papers instead or just keep light powder to the T-zone. Of course, layers of heavy make-up also mean extra cleansing is necessary, so maybe it's a beauty industry marketing ploy!

*'If you don't use sunscreen, you're wasting money on any other anti-ageing buys'*

## DOCTOR'S ORDERS

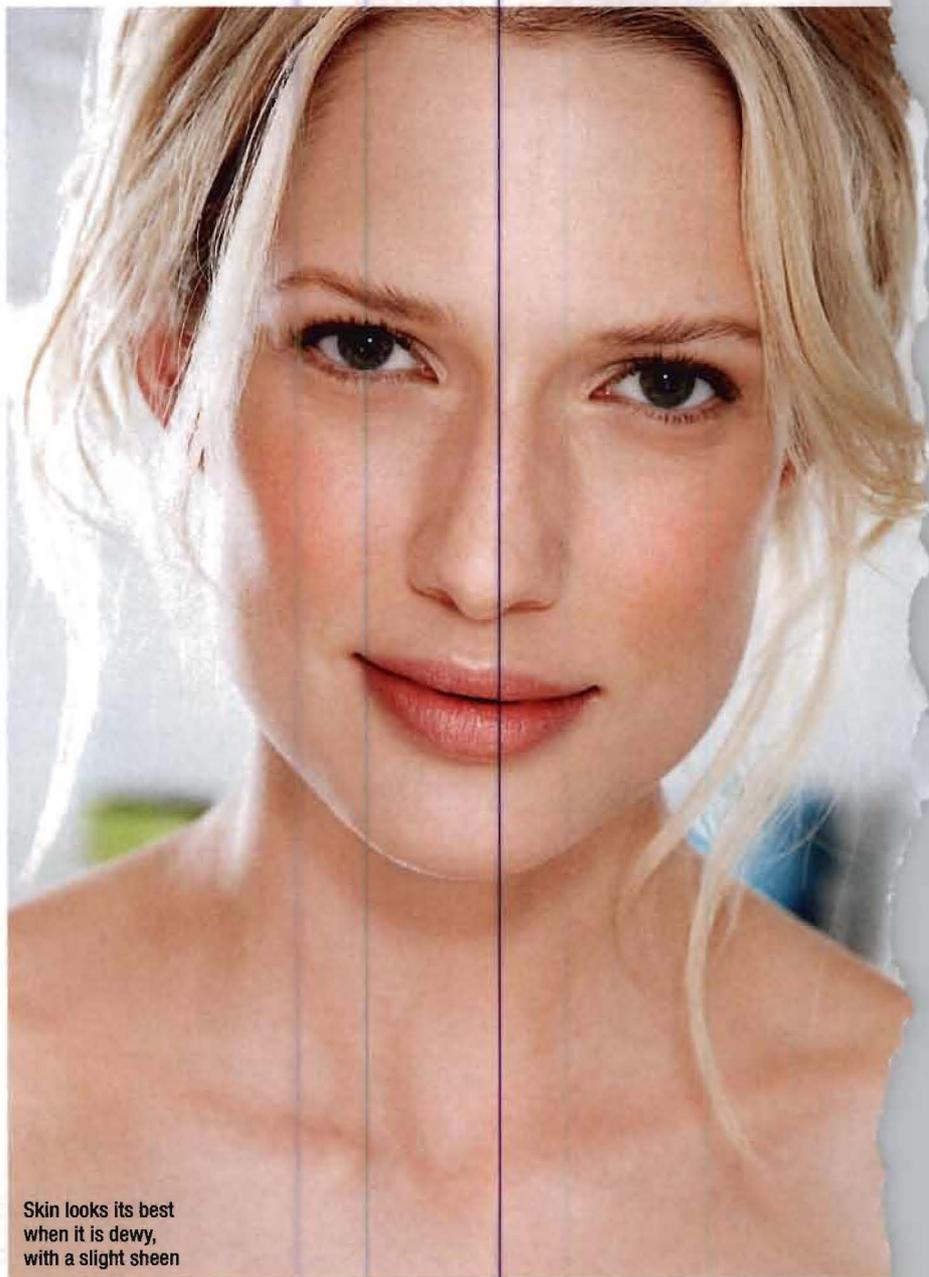
I use a mixture of pharmacy basics, prescription products and a few luxe items. My cleanser, eye make-up remover and basic moisturiser are from brands like La Roche-Posay, Cetaphil and Bioderma. I use La Roche-Posay's Anthelios sun protection, from £9.50 (Boots) - sun protection should be part of everyone's daily basic skincare.

SPF is key if you want to keep your skin looking youthful. If you don't use it, you're wasting money on any other anti-ageing products you buy. And you should use it around your eyes, too. Don't mix sunscreen in with your moisturiser or foundation as some women tell me they do. Apply it over moisturiser, over

your face and neck and decollété. And don't forget your hands.

It's a myth that you should buy skincare based on your age - skin is skin, and at any age it can be oily, dry, congested or prone to redness. So buy skincare based on your skin type and concern, not because of your birthdate.

I get retinoids on prescription (there are a variety of different brands your dermatologist can prescribe for you), which suppress breakouts as well as providing proven anti-ageing benefits. I can always spot a woman who uses them, because she'll have a real luminosity and radiance to her skin and it will look bright and healthy.



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