

BEAUTY

FOCUS ON GREAT SKIN

By streamlining your skincare routine you can save minutes of precious time while still taking years off your face. With the help of Naomi Watts' favourite dermatologist, we reveal the six products your skin actually needs

Day creams, night creams, serums, eye gels, lip gels, masks, oils, cream cleansers, wash-off cleansers, exfoliants... The days when it was enough merely to cleanse, tone and moisturise are long gone and it is easy to fill your bathroom cabinet or dressing table with numerous different skincare products, each promising miraculous results and with a list of the latest must-have ingredients.

But according to Dr David Colbert, one of New York's leading anti-ageing dermatologists and the man who looks after the skin of the Victoria's Secret Angels as well as that of Naomi Watts, Angelina Jolie, Rachel Weisz, Michelle Williams and Jennifer Lawrence, skincare does not need to be so complicated. For him, it is all about quality rather than quantity. "Skincare should be really easy for the person using it, only challenging for the person creating it," Dr Colbert insists. "As a doctor I need to know what's in my formulations, but as a consumer all you need to know is that they work and they work quickly. And you only ever really need to have five, maybe six, skincare products in your bathroom at any one time."

According to Dr Colbert, the essentials for really good skin are actually fairly simple: "A great cleanser, an easy way to exfoliate, a serum to deliver anti-ageing ingredients, a moisturiser to hydrate and protect during the day and to repair at night and an eye cream. And, if needs must, an oil works well when skin is super-dry and stressed."

Not that we should totally ignore what is in the products we buy. A firm believer in using the best active ingredients, Dr Colbert gives the thumbs up to glycolic and lactic acids, antioxidants like vitamin C, CoQ10 and goji berry extracts, hyaluronic acid and anti-inflammatory plant extracts and oils. But ultimately it is the results that count, and he advises: "Choose a range from a skin doctor you trust or a clinical-strength range that has stood the test of time, and use them regularly – if you don't see a visible difference in eight weeks then it's time to question if they are worth your time and money."

Dr Colbert, whose Triad Treatment – microdermabrasion, laser toning and chemical peeling – is a pre-Oscars favourite with numerous stars, recommends clearing out your beauty cupboard, discarding every half-used bottle of tried (but never really liked) skincare cream or lotion and starting afresh. It may sound radical, but you are likely to be doing your skin a huge favour. "While I offer all of the traditional non-invasive cosmetic procedures in my practice – things like peels, Botox, lasers, IPL and ultrasound skin firming, fillers and light therapy – my job is much harder if someone doesn't follow a good skincare regime at home," he explains. "I can only work with the skin that is placed in my hands. But given time and the right products, I can turn that skin around to leave it healthy and looking its best."

PRESCRIPTION FOR PERFECTION

Designed to deliver clinical results at home, skincare created by some of the world's top dermatologists and skin specialists continues to go from strength to strength – not just in terms of sales but in levels of active ingredients, too. Choose your super six from our list of recommendations for skincare that is not only streamlined but seriously good

Rejuvenating Serums



Colbert MD Stimulate: The Serum, £115, from Space NK

Murad

Murad Resurgence Age-Diffusing Serum, £64, from M&S Beauty

Environ lonzyme C-Quence4, £79.99

Effortless Exfoliants

Goldfaden MD Doctor's Scrub, £65, from Space NK

Colbert MD Intensify: Facial Discs, £52, from Space NK

Perricone Blue Plasma, £78; visit perriconemd.co.uk

Healing Night Creams



Dr Nick Lowe The Secret Is Out Lift & Repair Night Cream, £31

Dr Andrew Weil for Origins Night Health Bedtime Face Cream, £48

Dr Andrew Weil for Origins Night Health Bedtime Face Cream, Soin de nuit pour le visage, net wt./poids net 1.7 oz./50 ml

RéVive Moisture Renewal Cream Supreme, £125, from Space NK

Protective Day Creams



Dr Bragi Age Management Moisturiser, £120, from feelunique.com

Dr Dennis Gross Hydra-Pure Intense Moisture Cream, £76.40, from feelunique.com

Dr LeWinn's Ultra R4 Restorative Cream, £46; visit drlewinns.co.uk

Clearing Cleansers



Dr Sebagh Foaming Cleanser, £25.20; visit drsebagh.com

Zelens Radiance Luminous Facial Cleanser, £40, from Selfridges

Dr Brandt Pores No More Vacuum Cleaner, £39, from cultbeauty.co.uk

Soothing Oils



Environ Hydrating Oil Capsules, £48.99

Colbert MD Illumino: Face Oil, £100

Dr Sebagh Rose de Vie Serum Délicat, £116