

Beauty spot

The best heavy-duty hand creams

I don't work with my hands. They hold a pen and a dictaphone, touch a keyboard, find their way round a mug of tea. But now I'm renovating an old, crumbling house and I am developing builder's hands, with the neglected, cracked skin to match. So I've found a new respect for people who work with their hands – and a reason to care for my own with the most hardcore of creams. Some of the most effective are exceptionally rich – **Kiehl's Ultimate Strength Hand Salve** (£14, kiehls.co.uk) has a lovely medicinal smell and is what they call a "barrier" formula, soothing but also protecting against moisture loss. For something fragrance-free, I am also very fond of **Burt's Bees Ultimate Care Hand Cream** (£8.99, burtsbees.co.uk). ■ **MEGAN CONNER**

- 1 Dr Hauschka Hydrating Hand Cream £12.50, dr.hauschka.com
- 2 Burt's Bees Ultimate Care Hand Cream as above
- 3 Hand Chemistry Intense Youth Complex £8, boots.com
- 4 L'Occitane Shea Butter Hand Cream £19, loccitane.com
- 5 Balance Me Super Moisturising Hand Cream £14.50, balanceme.co.uk
- 6 Kiehl's Ultimate Strength Hand Salve as above



Wish list

Bucket bags



Red £240, Michael Kors (houseoffraser.co.uk)



Cartoon £32, rtverisland.com



Fringed £24.99, H&M (hm.com)



Pale blue £65, accessorize.com



Green £89.50, ollverbonas.com



Orange suede £54.99, zara.com



Navy £225, karenmillen.com



Bronze £12.99, newlook.com



Grey £35, asos.com



Tan £30, warehouse.co.uk



White £56, topshop.com



Black with tassel £42, next.co.uk

In your 40s



In your 40s, your lymphatic drainage – the way your body gets rid of toxins – starts to slow, which can make skin look duller. But as Christy Turlington, 45,

shows, with the right skincare and a light smattering of a product with a sheer, balmy texture, your skin can have a glossy, high-shine appearance.

Get a glow

'Christy knows that really well-moisturised skin will prevent it ever looking dull and that's key in your 40s,' says Gucci Westman, Revlon's global artistic director who has worked with

Christy. 'Immaculately smoothed skin also stops your make-up from caking as products tend to sit on top of dry patches rather than allowing you to work them into the skin for a more natural finish.' Gucci recommends Dr Hauschka Hydrating Mask and Rose Day Cream Light, £28 – both have a rich buttery texture that's ideal for nourishing dry skin.

Smart make-up tricks

You can recreate the luminosity of Christy's skin with strategically placed light-catching make-up. Start with a primer – Gucci's favourite is



Dr Hauschka Hydrating Mask, £38

Revlon PhotoReady Primer & Anti Shine Balm, £11.99

Light-reflecting formulas help skin look luminous



Revlon PhotoReady Primer & Anti Shine. It softens lines and can reduce the appearance of pores – in your 40s your pores become more pronounced as the collagen fibres in your skin that used to keep the pore walls tightly packed start to loosen.

Then create polish over the tops of cheekbones, down the bridge of the nose, in the corner of the eyes and above the Cupid's bow using a liquid highlighter, such as Revlon PhotoReady SkinLights in Bare Light,' says Gucci. 'Avoid the T-zone – you don't want to look too shiny.'

For the same glow-giving reasons, warm a little face oil between the palms of your hands then press onto cheeks and the centre of your face – Christy's favourite is Rodin Olio Lusso Luxury Face Oil, £97, a blend of 11 organic oils including jasmine, apricot and evening primrose oil.

Keep the look pared back with a soft lipstick. 'Owing to the loss of collagen, lips lose their plumpness over the age of 40, and the lip line naturally fades,' says Gucci. Use a balm – Gucci loves By Terry Baume de Rose, £35 – then line and fill with a neutral lip liner before applying a honey-toned lipstick, such as Nars Satin Lipstick in Honolulu Honey, £19.50.

the skin, they have powers to heal, protect, repair and nourish.'

Choosing your natural beauty products carefully also helps protect against what Rose-Marie Swift, make-up artist and founder of RMS Beauty, calls 'green-washing'. 'Authentic natural products contain ingredients from plants and nature and are minimally processed. Organic products take natural several steps further. They are made with non-GM ingredients that are free from chemical herbicides, pesticides, fungicides, antibiotics and preservatives, giving you products with few contaminants. These steps cost more, which is why organic products tend to be pricier.'

WHY BE 'MINDFUL' WITH YOUR SKINCARE?

Working in tandem with Mother Nature's natural rhythms is thought to produce the most potent ingredients and ensure their sustainability. Dr Hauschka's farm in Stuttgart, Germany, plants crops on a full moon and harvests early morning to get the best essential oil extracts.

Our skin has its own rhythm, too. 'It behaves differently during the day than at night,' says Nourish's Dr Hili. 'Our skin is more susceptible to sensitivity in the morning and sebum production is highest overnight, so we can use technology to deploy better solutions for it.'

In terms of a maintenance regime, this translates to using richer moisturising products during the day and non-oily products at night to avoid disrupting the skin's natural functions of secreting waste and pushing fresh cells to its surface. All of which equates to more youthful, radiant skin. ♦



4. ANTI-AGEING

The Organic Pharmacy Gene Expression Lifting Serum, £190

5. WRINKLE REMOVER

Trilogy Certified Organic Rosehip Oil, £16.50

6. NOURISHES

Eminence Organics Citrus & Kale Potent C+E Masque, £49

6 NATURAL POWER PLAYERS

The star ingredients in many natural formulas often seem unremarkable at first glance. But boy do they pack an anti-ageing punch. Here's what to scan the ingredients list for:

KALANCHOE

This tropical flowering plant is a key ingredient for encouraging ageing skin to hold onto moisture despite hormone changes and natural skin thinning. 'Kalanchoe is remarkable because it stores large volumes of moisture in its leaves and stem, while a waxy coating prevents the liquid from evaporating,' explains Dr Robinson.

Find it in:
Dr Hauschka Regenerating Serum, £54



TONKA BEAN

This bean is at the heart of new research into chromatherapy, where an ingredient absorbs natural light but reflects it back in a different colour.

'Tonka bean' extract reflects a blue light out of the skin, which blurs the look of wrinkles, making them less obvious,' says Dr Hili. 'It's excellent for Asian skin, too, by helping to neutralise its often sallow, yellow undertones.'

Find it in:
Nourish Radiance Rejuvenating Peptide Serum, £20



ROSEHIP

High in vitamin A, this is nature's answer to high-tech retinol, which dermatologists swear by for improving the look of wrinkles. Better still, rosehip is rich in nourishing fatty acids so it keeps skin from drying out or becoming irritated, which are two of the biggest complaints from users of conventional retinol.

Find it in:
Trilogy Certified Organic Rosehip Oil, £16.50



GARDENIA STEM CELLS

Stem cells, located in the deepest layer of the skin, are essential for repair and rejuvenation. To stimulate our own repair, plant stem cells have become hero ingredients. Tropical gardenia is one such plant. It contains ferulic acid, an antioxidant that helps skin feel plumper and firmer.

Find it in:
Neal's Yard Remedies Frankincense Intense Concentrate, £65



HIBISCUS

Growth factors are the natural signals produced by your body that control every cell's growth. Age can reduce the amount of growth factors acting upon your skin, but hibiscus extract protects naturally occurring growth factors, improving elasticity and creating a smoother skin texture.

Find it in:
The Organic Pharmacy Gene Expression Lifting Serum, £190



KALE

'This leafy green family is supercharged with the highest levels of antioxidant vitamins K and E,' says Dr Hili. 'It has been found to contain high levels of isothiocyanates. These plant nutrients can help to eliminate toxins from the body and neutralise the free radicals produced by pollution before they damage the skin, causing wrinkles and pigmentation.'

Find it in:
Eminence Organics Citrus & Kale Potent C+E Masque, £49



Beauty notebook Tried and tested: moisturisers

The first in a monthly series: each tester tried at least five products and selected their two favourites – one under and one over £20



Krissy Turner, style assistant • Bioderma Sensibio Rich Soothing Cream, £14.50 for 40ml, escentual.com. This has a lovely thick, creamy consistency that glides on and sinks in quickly. It made my skin brighter, more supple and less red than usual. I would say it is too rich for daily use though. • Clarins Gentle Day Cream for Sensitive Skin, £37 for 50ml, clarins.com. Light in texture, this absorbs easily and has a fresh, plant-like scent. It left my skin looking quite matt so would be good to wear under make-up, but on barefaced days I would top up as its thin consistency wouldn't withstand the weather. My skin looked more even after a week.

Sensitive skin



Problem skin



Sophie de Rosée, fashion features editor • Avène Cleanance Expert, £12 for 40ml, feelunique.com. I'm biased because I'm addicted to anything from a French pharmacy, but this lightweight emulsion soaks in quickly and keeps oil production at bay. Intended for skin with mild to moderate blemishes, it smells delicious and in time reduces redness. • Soveral Moody Skin Balancing Moisturiser, £47 for 50ml, alexandrasoveral.co.uk. All Soveral's products are natural, organic and hand-blended in London, and this delivers on its promise to hydrate, protect and regulate sebum production. The lavender and citrus scent wakes me up as soon as I open the pot.



In all my years of searching, Moody Skin is honestly the best I've found'

Combination/oily skin



'Clinique promises 24 hours of "happier" skin – I second that'



Katy Young, online beauty editor • La Roche-Posay Effaclar Mat Sebo-Regulating Moisturizer, £14 for 40ml, boots.com. With its fresh, lemon-based fragrance, this dry gel doesn't sink in but rather creates a gorgeous matt veil on your face, for a silky, porcelain, finish. It reduces shine, boosts hydration, and its antibacterial ingredients clear up oily skin. • Clinique Moisture Surge Intense Skin Fortifying Hydrator, £34 for 50ml, clinique.co.uk. This is a cooling, quenching, watery gel formula without the usual delayed tightening effect of a gel, and it is gorgeous to use. It sinks in fast for a gel (give it 30 seconds).

Normal skin



Aurelia Donaldson, fashion editor • Salcura Zeoderm Skin Repair Moisturiser, £9.99 for 50ml, salcuraskincare.com. Although Zeoderm is specifically for problem skin, I found it worked well as a daily moisturiser. A tiny amount (all that's needed) of this natural product left my skin really soft and hydrated. • Sisley Paris Ecological Compound, £87.50 for 50ml, sisley-paris.co.uk. I normally find moisturisers thick and suffocating but this is lightweight, rejuvenating and hydrating. It absorbs quickly, making it easy to apply make-up on top, and I actually doubled it up as a night cream as well, to justify the hefty price tag.



'After using Sisley Ecological Compound my skin looked a lot brighter'

Dry skin



'Dr Hauschka is worth the money for all its organic ingredients'



Tamsin Blanchard, fashion features director • Argan + Super Charged Day Cream, £16.99 for 50ml, waitrose.com. Despite the fact this is a very thick cream, it sinks in easily and leaves a matt finish. It has a medicinal scent, but this is not unpleasant and you can also smell the argan oil. It made my skin feel hydrated and smooth – my husband loved it too! • Dr Hauschka Rose Day Cream, £28 for 30ml, 0800 055 6604. The perfect texture – light to medium-weight, and it can be softened in your hands – this smells of roses, so feels calming even before application. It sinks in well and leaves a protective film on the skin's surface.