

THE NATURE GIRL

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Age 29



**The area around my eyes** is my biggest skin issue. Sensitive, dark and puffy, one glance will tell you how late I've stayed out. Tata Harper's Restorative Eye Crème (£60, cultbeauty.co.uk) is the only one that brightens without over-drying.

**Maggie Gyllenhaal** inspired me when I heard she was a fan of MV Organic Skincare's Energizing 9-Oil Skin Tonic Cleanser (£56, cultbeauty.co.uk). You can use it as a serum, but I love it for removing make-up.

**I was in a car crash** a few years ago, which left a scar above my eye. Trilogy's Rosehip Oil Antioxidant+ (£16.50, trilogyproducts.com) reduced the scar to almost nothing. It works on stretch marks, too.

**I love a good scent.** Neal's Yard Remedies' Wild Rose Beauty Balm (£37, nealsyardremedies.com) not only smells divine, but is a true multitasker. Use with a warm muslin cloth as an exfoliating treatment, leave on overnight as a nourishing mask, or apply a little to cuticles.

**I set aside one night** a month for pampering. I'll run a bath and apply Éminence Organic Skin Care's Eight Greens Phyto Masque (£37, theskinsmith.co.uk) letting the steam from the bath open my



THE HIGH-TECH DEVOTEE

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**Antioxidants** are my skin's best friends, and SkinCeuticals C E Ferulic (£129, skinceuticals.co.uk) is pure anti-ageing gold. I apply it underneath an SPF for double protection.

**The beauty director at my first job** got me hooked. I'm talking about Estée Lauder's Advanced Night Repair (from £43, esteelauder.co.uk). She swore by its skin-smoothing power and I've been using it ever since.

**There's only one product** that my sensitive eyes can handle, and that's Crème de la Mer's The Eye Concentrate (£130, cremedelamer.co.uk). LOVE! I pat it on right up over my brow bone.

**I love a multitasker.** SkinCeuticals Phyto Corrective Gel (£50, skinceuticals.co.uk) calms skin, erases redness and is big on hydration. It's used to soothe models' stressed complexions backstage.

**Gadgets are my thing.** I can't get enough of Foreo's Luna Mini skin brush (£99, selfridges.com), which is the ultimate power-cleaning tool. It gives me that super clean feeling without irritating my sensitive skin.

**I'm too lazy** to use a make-up remover and a cleanser, so Nude's



Perfect Cleansing Oil (£28, spacenk.com) ticks off two steps in one.

**My dehydrated skin** can't cope without Sisley's Hydra-Global (£145, sisley-paris.co.uk). I love the gel-cream texture of this plumping classic.

**I detox my skin** once a week using Ren's Glycolactic Radiance Renewal Mask (£30, renskin.com). I'll leave it on for ten minutes before removing with a warm muslin cloth.

**I hate foundation,** but I love a CC cream. Origins' Smarty Plants CC (£29, origins.co.uk) is the last step in my skincare regime. I love that it gives a hint of colour plus an SPF.

**BEST ADVICE** Most skin conditions – acne, sensitivity or rosacea – are caused by inflammation, so you can't go wrong with a calming, hydrating serum.



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pores so the antioxidants can get to work.

**As you might have guessed, I'm a fan of rose products!** The essential fatty acids and vitamins in Darphin's Rose Aromatic Care (£44, darphin.co.uk) work brilliantly on my combination skin. I apply it every night before bed.

**You can exfoliate every day,** something I learned after using Pai's Organic Kukui & Jojoba Bead Skin Brightening Exfoliator (£20, paiskincare.com). The tiny beads are completely spherical, so they roll over skin rather than jarring it.

**BEST ADVICE** Take 15 minutes a week for a DIY facial steam. It drains toxins, boosts circulation and, best of all, it's free.

