

Exactly how many skincare products did you use on your face this morning? My line-up included a cleanser, exfoliator, toner, serum, eye cream and moisturiser. My body, however, didn't get quite as much attention – a quick once-over with shower gel followed by hastily applied moisturiser.

We spend a great deal of time and money (£985m in the UK in 2012) on our faces, but what about our bodies? “The skin on your body can show signs of ageing just as much as the skin on your face,” says Marie McKeever, head of treatment development at Clarins. “Sun exposure, pollution and natural ageing all take their toll, so it's wise to give as much thought to your body as you do your face in your everyday anti-ageing routine.” We consulted some of the best skincare experts who revealed the top ways to de-age your body...

GO PRO

If you fancy an expert body treatment, here are three of the best:

1. TRI-ACTIVE BODY LIFT SCULPTOR TREATMENT, FROM £65, CLARINS (CLARINS.CO.UK)

A therapist identifies your skin concerns, then customises a blend of Clarins Pro Mask, Supplement and Body Oil to suit your skin requirements. The treatment begins with a full body exfoliation followed by a massage to boost blood circulation and increase the skin's uptake of oxygen. A blissful foot and scalp massage finishes it off.

2. FIFTH CONCEPT FACE AND BODY TREATMENT, £150, MARIE REYNOLDS AT FOUR LONDON (020 7297 9600)

At salon du jour, Four London, therapist Marie Reynolds' holistic approach to the body starts with a top-to-toe analysis and

explanation of how lifestyle, stress and emotions can affect your skin and general health. A divine facial using Image Skincare is followed by a relaxing arm and hand massage. The treatment ends with a reflexology-style foot massage. You'll leave feeling totally relaxed and loaded up with some great advice.

3. INTENSE REFINING CONTOUR TREATMENT, FROM £100, CARITA (CARITA.CO.UK)

Exfoliation is followed by a vigorous anti-cellulite massage, designed to increase circulation and aid lymphatic drainage. The Ideal Pro-Lift machine, which uses negative and positive electric currents to help break down fat, is then used in conjunction with Carita's Refining Concentrate to leave skin feeling firmer and smoother.

HANDY ADVICE

EXPERT TIP: “Women are getting better at applying daily sun protection on the face but forget that necks, décolleté and hands – areas that are prone to age spots and lines – are just as exposed to UV,” says dermatologist Dr Nick Lowe. “Get into the routine of bringing SPF down your neck and décolleté after applying to your face. Rub the excess over your hands, and remember to reapply after you've washed your hands.”

OUR TIP: To keep hands in tip-top condition, apply Sarah Chapman Skinesis Overnight Hand & Nail Treatment, £35 (sarahchapman.net) before bed.

BRUSH UP

EXPERT TIP: “If I could recommend only one thing to visibly improve ▶

the
body
special

ANTI-AGE YOUR BODY

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