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# Roselilies

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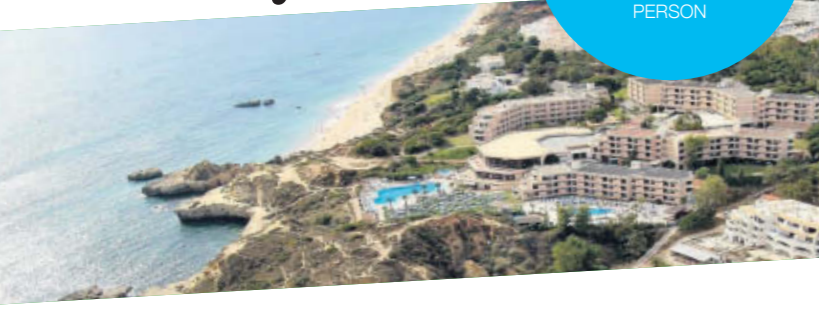
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## expressyourself

# Has your skin lost its bounce?

**C**OLLAGEN is often described as the building blocks of skin. It's a protein that criss-crosses through the dermis, forming a mesh that keeps skin strong, firm and smooth.

As we age, collagen levels decrease – and new research has found this affects women more quickly than men, especially after the age of 50. By the time women are in their 50s, their skin will already have lost 50 per cent of its collagen reserves.

Thankfully however there are ways to boost your levels.

From simple lifestyle changes to super supplements, we reveal how to put the bounce back into your complexion.

### SAVVY SKINCARE

The two collagen-boosting ingredients to look out for are vitamin A (retinoids) and vitamin C.

Both help to reverse the signs of ageing by increasing cellular turnover and promoting new collagen formation, resulting in plumper, more youthful skin.

When it comes to products, a serum is best as it will penetrate more deeply into skin than a moisturiser. **TRY:** Medik8 Crystal Retinal, £59 (medik8.com) is available in



Each week our experts **Dr AAMER KHAN** and **LESLEY REYNOLDS** bring you the latest beauty news and anti-ageing advice

**Q** CAN you get cellulite on the upper arms? Mine are covered in dimples.

**A** YES, and it's exactly the same as the cellulite you can get on the thighs.

This means it can be treated in the same way.

Cellulite tends to form in areas with the least circulation so working out on a regular basis will help improve muscle tone.

### ASK THE KHANS

Concentrate on the triceps, the muscle at the back of the upper arms, using weights and also do at least three sessions of cardio every week to help burn excess fat.

If you are overweight cut out carbs and sugar to help you lose the pounds and if you smoke, quit immediately as this affects the blood supply to your skin, making it thinner.

four strengths. It rapidly boosts collagen production and speeds up cellular turnover.

### SUPER SUPPLEMENTS

Supplements are a fast, convenient way to replenish your skin's collagen. Collagen supplements come in powder, capsule, or liquid form.

The source of collagen can be bovine (cow), chicken or marine but when choosing, remember the quality is far more important than the quantity of collagen used.

So do your research and make sure you are buying a reliable

product. Look out for other nutrients, for example, lysine, which increases calcium absorption and helps form collagen; MSM (methylsulfonyl methane), which is an organic form of sulphur that stimulates collagen and keratin; plus antioxidant vitamin C, which is essential for collagen production.

**TRY:** Rejuvenated Ltd Collagen Shots, £39.95 (cultbeauty.co.uk) are packed with marine collagen,



## We love... CBD BEAUTY

Compiled by **HANNAH BRITT**



- 1 **Herbivore Emerald Deep Moisture Glow Oil, £42** (spacenk.com)
- 2 **Kiki Health CBD Oil Gold Edition 25%, £175** (kiki-health.com)
- 3 **The Inkey List Hemp Oil Moisturiser, £7.99** (cultbeauty.co.uk)
- 4 **MGC Derma CBD & Hyaluronic Acid**
- 5 **Sol de Janeiro Brazilian Kiss, £15** (feelunique.com)
- 6 **Ho Karan Super Nice Trip Shower Gel, £8.50** (hokaran.com)
- 7 **1CBD Skin Balm, £29.99** (1cbd.uk)
- 8 **Milk Makeup Cannabis Hydrating Face Mask, £21** (cultbeauty.co.uk)
- 9 **Holland & Barrett CBD Muscle Balm, £14.99** (hollandandbarrett.com)
- 10 **Dr Botanicals Hemp Stress Relaxing Antioxidant Night Moisturiser, £19.90** (drbotanicals.com)
- 11 **Cubid CBD Rescue Body Butter, £44.99** (cubidcbd.com)
- 12 **Kaneh-B B-First Botanical Defence Balm, £43** (kaneh-b.com)
- 13 **Kiehls Cannabis Sativa Seed Oil Herbal Concentrate, £38** (kiehls.co.uk)

Picture: MEGAN BRAMLEY

# Premium Zero Gravity Rocking Lounger

ONLY £59.99 P&P £4.95  
BUY ANY TWO FOR £114.99

SAVE £40  
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If you only buy one this week...

WE know the importance of SPF. But many of us still forget to protect our lips. **Soleil Toujours Hydra Volume Lip Masque SPF15, £18** (net-a-porter.com) is the most advanced mineral sunscreen yet, delivering lightweight protection from UV rays for the delicate skin.



### PLUMP IT UP: Eat purple foods to boost collagen levels

alongside antioxidant acai berry, plumping hyaluronic acid and vitamins B and C.

### LIVE YOUR BEST LIFESTYLE

The menopause, smoking, pollution, sun exposure and eating too much sugar can all deplete collagen.

But the good news is that you can help boost levels through a healthy lifestyle.

Exercise, especially weight training, encourages production. Reducing stress levels and improving sleep quality will prevent excessive cortisol levels, which can contribute to decreased collagen.

Avoid sun exposure to slow collagen loss and always wear an SPF30 broad-spectrum cream.

Cut back on sugar as the sweet stuff attacks collagen and causes lines and wrinkles.

### BUFF UP

Exfoliation helps speed up the natural process of skin renewal, while boosting collagen in the process.

Forget harsh scrubs – choose a product that contains glycolic or lactic acid, which will dissolve the glue-like substance that sticks dead cells to the surface of the skin.

**TRY:** Superdrug Naturally Radiant Glycolic Overnight Peel, £5.99 (superdrug.com) contains kiwi fruit and mulberry extracts to help revive skin's radiance and even out skin tone.



### EAT FOR GREAT SKIN

Diet is a great way to boost collagen naturally in the skin. Collagen-boosting foods include fruits that contain high levels of vitamin C.

Mango, oranges and carrots contain beta-carotene, a powerful antioxidant that prevents cell damage, and vitamin A to help restore and regenerate damaged collagen.

Oily fish, such as tuna and salmon, are loaded with omega-3 fatty acids that help create stronger cells.

Protein is known to boost collagen so include high quality lean meat once or twice a week in your diet.

Also, eat plant protein – foods that contain phytoestrogens can help replace the effects of lost oestrogen. Try hummus, nuts, soy and pinto beans.

Purple foods containing anthocyanins, such as beetroot, blueberries and prunes, support collagen production, as do dark green vegetables such as spinach, kale and asparagus.

To avoid collagen loss limit salty and sugary foods as well as alcohol and caffeine.

### SPRINKLES

FOR a super-quick face freshen-up, new Botox treatment Sprinkles could be for you.

Sprinkles is a 10-minute treatment that uses tiny amounts of Botox, which are injected all over face rather than targeting

### Tweakment of the week

specific areas. The result is a softer, more relaxed look. Expect softened lines and wrinkles, reduced pores and a lifted jawline. You'll notice a difference overnight and results last up to six months.

**Cost: From £200**

Take relaxation to the next level with our premium rocking lounger from Garden Gear, perfect for lazy days in the sun or watching the world go by from the comfort of your home. Its curvaceous rocking base will aid you in getting the relaxing experience you are looking for as you gently rock back and forth.

With a combination of style, luxurious comfort and a gentle rocking motion, this is the perfect lounger to lose yourself in. Whether sunbathing in the garden or reclining in your sunroom, this lounger will provide you with both support and comfort, simultaneously.

With its strong, powder-coated steel frame and textile fabric, this lounger is sturdy, easy to clean and offers you complete stability and relaxation. To make you even more comfortable, there is an

integrated footrest and detachable, padded headrest.

Using anti-gravity technology originally developed for astronauts, the reclining position mimics the posture astronauts adopt during take-off and landing. Evenly distributing your weight across the chair, it suspends your body as if in mid-air, reducing joint pressure and leaving you feeling virtually weightless.

Measures L62.7 x W150 x H89cm. Weighs 10.27kg. Maximum user weight is 100kg. Home assembly required.

G3936	Grey
G3937	Mixed grey
G3938	Cream
G3939	Green



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