

PERFECT PRIMERS

Luminous Putty Primer, £8,
elfcosmetics.co.uk

Ideal for those who want a radiant and glowing complexion, this primer delivers a soft and dewy base for your make-up application. It's also infused with collagen to help plump and hydrate the skin.



SAVE



SPEND

Prime Perfection Hydrating + Pore-Minimizing Face Primer, £14.25,
milanicosmetics.com

This primer is great for mature skin, as the soft and velvety formula helps to smooth the look of fine lines and wrinkles. The SPF will also protect your skin from sun damage.

H&W
QA

ASK THE EXPERTS

Q: Are collagen drinks really worth investing in?

Dr Simran Deo, GP at Zava UK (zavamed.com), says:

A: "Collagen is the most prevalent protein in the body. Alongside building strong bones and muscles, it also plays an important role in the structure of skin. When you reach over the age of 25, your body produces less and lower-quality collagen, which is why our skin loses elasticity over time. Collagen drinks are designed to top up your body's natural levels as you age, but rather than adding collagen into the body, they only trigger the mechanism in your body that creates it. It's believed that these drinks send false signals to the body signalling collagen destruction, which then stimulates the collagen producing cells (called fibroblasts) to produce more of the protein. The research into whether collagen drinks and supplements work is promising for the short and long-term. Collagen supplementation is generally safe and so far there have been no documented side effects, but there are alternative treatments that stimulate collagen production, such as micro-needling, which can be used to stimulate your body's collagen naturally. This can be safe and effective, but always make sure it's performed by a registered medical professional."



facebook.com/
healthandwellbeing



instagram.com/
healthandwellbeingmag

HOW TO STYLE...

loungewear

"Loungewear is becoming ever more popular and is no longer an outfit reserved for slouching around at home," says Susie Hasler, stylist at Styled By Susie (styledbysusie.co.uk). "Thanks to celebrities and influencers, we're now just as likely to see these snugly suits being worn on the street too. The matching sets can look stylish and, yes, you can look as though you have stepped straight off the catwalk."

HOW TO MAKE IT LOOK SMART?

"You can easily style up a loungewear suit by adding a coat or jacket – taking it from sleep style to street style. The options are endless, from a biker to a camo, or denim to a longline coat. Try not to add a puffer jacket, as it will make it look scruffy! Footwear is important too. Don't wear your loungewear with your gym trainers – instead, style it with a

pair of crisp white or metallic trainers. Chunky trainers would also work with this look and if it's chilly outside, wear with white ankle socks, which are on trend."

WHAT ARE THE BEST COLOURS TO WEAR?

"Nothing screams 'dreary' like grey, so try to stick to other neutrals, such as stone, cream, white, black, navy or camel. Hoodies or sweatshirts with slogans work well if you're not keen on plain loungewear. Just ensure there are no Disney prints that could mistake it for being nightwear!"

HOW CAN I ACCESSORISE THE LOOK?

"A simple satchel bag or smart backpack works well with loungewear. Accessorise your set with dainty jewellery such as hoop earrings, stacked rings or a layered necklace. In spring, look for some oversized sunglasses and toss your hair in a messy bun!"



Credit: New Look X Rochelle Humes

GOT A STYLE QUESTION?
Email us at letters@yourfittestoday.com