

WRINKLE WARRIORS

**Primer Plus+ Skin
Adapter Anti-
Pollution, £14.99,
goshcopenhagen.com**

This unique multi-functional colour-release primer enhances any skin tone, creating a healthy, even glow and a smoother, more radiant finish.



**Caudalie Resveratrol [Lift]
Face Lifting Soft Cream,
£42, caudalie.com**

Twice as effective as retinol, Caudalie's new face cream combines resveratrol and hyaluronic acid – a power couple that helps to aid natural collagen production for a firmer, younger looking complexion.

**H&W
QA**

ASK THE EXPERTS

Q: *How can I curb adult acne?*

Dr Adam Friedmann, consultant dermatologist for Stratum Dermatology Clinics (stratumclinics.com), says:

A: "Acne is a condition that around three percent of adults over 35 in the UK suffer from. It's characterised by blackheads, whiteheads, cysts, papules, pustules and nodules, and often caused by a combination of overactive sebaceous glands, hormonal changes and bacterial infection.

Beauty products are one of the most common causes of worsening adult acne. Moisturisers, sunscreen and especially make-up that may be too thick and oily may clog pores, resulting in acne. Switch to oil-free alternatives to help avoid clogging the pores. Also, get plenty of sleep and try to have a healthy, balanced diet, as this will have a positive effect on the immune system. A healthy immune system minimises the risk of acne flare-up, something that can occur when people are feeling run down and exhausted."



facebook.com/
healthandwellbeing



instagram.com/
healthandwellbeingmag

HOW TO STYLE...

a bright suit

Stylist Susie Hasler, who runs Styled By Susie (styledbysusie.co.uk), says:

"A trouser suit is a great addition to every woman's wardrobe. It's timeless and you can easily dress it up or down in so many different ways."

WHICH SHADE WILL SUIT MY SKIN TONE?

"If you tan easily or have a warm skin tone, look for peach-toned pinks, which include salmon and coral. Try to avoid pale, baby pinks as these will wash you out. If you have pale, dark or black skin, look for either baby or hot, fuchsia pinks, which will look great on you."

WHAT ACCESSORIES DO YOU RECOMMEND?

"A necklace would get lost with this outfit, particularly with the jacket. For a casual sports luxe look, go for big hooped earrings and a white tee with trainers. If you're wearing the suit for work, choose a smaller, drop earring and a pair of loafers."

CAN I TAKE IT FROM OFFICE TO EVENING?

"If you want to take this from work to out-of-office events, go for big, bright 80s-style earrings and some strappy heeled sandals! Pop a camisole underneath and opt for stiletto or kitten heels as opposed to block or wedges – they're a bit too chunky for a dressy do."



DEBEN-HAVES

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