

THE A-Z of AGEING BEAUTIFULLY

It's all about dewy youthfulness. Here are the essential secret tips and tricks for recreating – and maintaining – that gorgeous glow...

B

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good to know

is for... **ANTIOXIDANTS**

Free radicals – caused by cigarette smoke, pollution and other stress factors in our daily lives – break down collagen and elastin. What can you do about it? Increase your antioxidant intake. Antioxidants protect cells from the damage caused by free radicals and essentially reverse – or halt – the ageing process.
EAT: Bananas, grapes, kiwi fruit, avocados, tomatoes, figs, strawberries, grapefruit and apples.

ESSENTIAL INGREDIENTS IN SKINCARE PRODUCTS:

Idebenone, Vitamin E, Vitamin C, Retinol, Green Tea and Resveratrol.

TRY: • Dermalogica AGE Smart Overnight Repair Serum, R850 for 30ml • Elizabeth Arden PREVAGE Anti-ageing Moisture Cream SPF 30 PA++, R1125 • SkinCeuticals Phloretin CF, R2602 • Environ Intensive Revival Masque, R866



is for... **BOTOX**

Love it or fear it, Botox (aka botulinum injections, botulinum toxin or anti-wrinkle injections) is here to stay. Dr Maureen Allem, cosmetic doctor and founder of Skin & Body Renewal Clinics, says botox is still very popular because it delivers great results and (if administered by a professional), provides natural and lifting effects. 'We treat the upper face to diminish horizontal wrinkles on the forehead, reduce the appearance of crow's feet on either side of the eyes and relax the vertical dynamic frown line between the brows.'