

10 things to know about anti-ageing skincare

There are 10 anti-ageing beauty ingredients every woman should know about right now. We explain what they do and which skincare products to find them in. By Yanar Alkayat



Sunscreen

According to internationally dermatologist Dr. Russo, sunscreen is the number one skin saviour. 'Any product that has capability to prevent UVA and UVB damage is top of the list because prevention is better than cure, otherwise cells are damaged and collagen breaks down.'

Where do I find it?

Dermalogica Dynamic Recovery SPF 30 - a cocktail of skin protecting antioxidants and sunscreen technologies for daily use

£49.70, www.dermalogica.co.uk; 0800 591818



Peptides

Skin is mostly collagen and elastin - two proteins that provide strength and thickness - but external and hereditary factors eventually break these proteins down, which is why our skin weakens and sags. This also triggers the formation of peptides, so one strategy is to feed skin peptides so it thinks it needs to make more collagen. Clever eh?

Where do I find them?

Nude Age Defence Moisturiser - contains natural peptides to work in harmony with the body

£52.85, www.nudeskincare.com

Alternatively, Olay Regenerist Daily Serum is a more wallet-friendly way to get those peptides in

£24.49, www.boots.com



Hyaluronic acid

A moisturising agent that surrounds collagen and forms the scaffolding in skin - it attracts and retains water making it crucial for hydration and 'plumping'. In 2003, the FDA approved it as an injectable-filler and now it's commonly used to add volume to skin to smooth-out wrinkles.

Where do I find it?

SkinMedica Dermal Repair - a moisturiser that hydrates dry skin with hyaluronic acid and vitamins

£75, www.skinbrands.co.uk; 020 8997 8541

pH Advantage Most Moisture Mask - perks up tired skin with its mix of aloe vera gel and hyaluronic acid

£40, www.phadvantage.co.uk and Beyond MediSpa at Harvey Nichols



Rosehip seed oil

A beauty oil full of essential fatty acids to replenish lost moisture, as well as beta-carotene, vitamin C and vitamin A for repairing and protecting skin from new damage. If you have scars, pigmentation, age spots or stretch marks, get this oil into your beauty regime now.

Where do I find it?

Trilogy Certified Organic Rosehip Oil - sinks into skin immediately and can improve its appearance within weeks

£15.95, www.boots.com and **John Lewis**



Vitamin C derivatives

Vitamin C is great but can be ineffective in skincare because it's so unstable. Vitamin C derivatives offer the same wrinkle-fighting and collagen-boosting benefits without the drawbacks. The most powerful one is Tetrahexyldecyl Ascorbate.

Where do I find it?

Medik8 C-Tetra contains 3% of this ingredient. Simply use a few drops every morning to protect skin from further damage

£34, www.medik8.co.uk



Natural actives

'Natural actives used at high therapeutic levels can produce some amazing results,' says Kirsty Goodger, founder of skincare line Elemental Herbology. Sacha inchi oil from the Amazon and kumbucha, a fermented yeast enzyme, are two of Kirsty's favourites. Pomegranate, African red tea and green tea are other highly effective natural extracts that make a big difference.

Where do I find them?

Elemental Herbology Cell Plumping Facial Hydrator SPF 8 - a daily treat full of effective natural ingredients

£35.23, www.spacenk.com



Retinol and retinoic acid

Retinol is a form of vitamin A and retinoic acid is its active, more potent form, but only found in dermatologist-prescribed products. They work on a molecular (cellular) level so can reverse signs of ageing and sun damage but always use good sunscreen as skin will become more sensitive to sunlight.

Where do I find it?

RoC Retin-Ox Wrinkle Correxion Daily Moisturiser - the latest launch with less retinol but greater efficacy and less chance of irritation

£26.99, www.boots.com

**Alpha-lipoic acid**

A fatty acid that is also a powerful antioxidant, helping to protect cells from damage. Sarah Chapman, founder of Sarah Chapman Skinesis combines it with other ingredients for maximum benefits. 'A product should fight against free radical damage, help DNA repair, promote collagen production and support the cell membrane.'

Where do I find it?

Sarah Chapman Skinesis Age-Repair Serum - contains antioxidants, peptides and vitamin A for all-round skin protection

£45.02, www.spacenk.com

**Kigelia**

This ingredient - aka 'the African sausage tree' - is one to watch. Margo Marrone, co-founder of The Organic Pharmacy, hails it as her favourite anti-aging ingredient. 'It really helps lift and firm the skin and also has a potent anti-inflammatory action, helping skin to repair itself.'

Where do I find it?

The Organic Pharmacy Rose Plus Brightening Complex - an intensive serum to put a spring back into skin

£83.19, www.theorganicpharmacy.com



Idebenone

A synthetic version of the powerful antioxidant, Coenzyme Q10, this compound attacks free radical damage and prevents skin from premature ageing.

Where do I find it?

Priori Even Tones - evens skin tone and reduces pigmentation with idebenone and lightening agents

£68.50, www.cosmestore.co.uk; 0845 555 2121

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