

BEAUTY & THE DIRT

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pH Advantage Kinetin Ultra

Rosacea is an increasingly common problem: caused by tiny blood vessels dilating under the skin, **facial redness** is often far worse in winter when we're dipping in and out of hot and cold environments. pH Advantage Kinetin Ultra, £75, is a nourishing and calming cream with **anti-ageing** benefits as well.

With active ingredients including **Co-Enzyme Q10** and plant extract Cytokinin, **Kinetin Ultra** strengthens skin to better withstand external aggressors, such as wind, cold and pollution. According to **Dr Barry Cohen**, founder of pH Advantage, heavy coffee drinking can be a **rosacea trigger**, so cancel that **triple Americano** and opt for green tea or **hot chocolate** instead. www.phadvantage.co.uk

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