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## Jennifer Aniston credits her youthful glow to this serum

Jennifer Aniston's favourite serum you say? 'Adds straight to basket.'

BY PIONA  
EMBLETON  
14 HOURS AGO

'Hyaluronic acid' has become as much a part of our every day vocabulary as 'banana bread' during lockdown. Now it turns out that it's the key ingredient in Jennifer Aniston's favourite serum.

With the star set to turn 52 next month, the secret to Jen's perennially glowing complexion has turned beauty editors around the world into detectives, sleuthing their way to her skincare secret.

It seems Aniston has credited Swisscode Pure Hyaluron as the product behind her enviable, age-defying looks. Packed with a high concentration of clinical grade hyaluronic acid, the serum claims to increase skin moisture levels by 20 per cent in under two hours. This is also helped along by glycerin - another humectant beloved by dermatologists.



(Image credit: Amazon)

The key to Pure Hyaluron's success would appear to lie in different weights of hyaluronic acid in the formula: small molecules to penetrate into the skin to bind water to collagen and elastin fibres while the heavier molecules sit on the skin's surface, plumping up wrinkles.

As for how to use it, massage 2-3 drops into clean skin twice a day. As far as complementary ingredients are concerned, layer a vitamin C capsule over the top for additional skin-brightening benefits and lock all the goodness in with a ceramide-rich moisturizer.

Jen's former *Friends* co-star Courtney Cox is reportedly also a fan of the serum, as is actress Emma Thompson, so prepare for a sell out.

Swisscode Pure Hyaluron, \$180, Amazon [E133, Skincity]



VIEW DEAL

SWISSCODE  
Woman & Home

woman&home



# Jennifer Aniston credits her youthful glow to this serum



Fiona Embleton

Tue, 12 January 2021, 4:47 pm GMT - 5 min read



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[Swisscode Pure Hyaluron, \\$180, Amazon](#) [[£133](#), [Skincity](#)]



Swisscode Pure Hyaluron Serum

SWISSCODE  
Yahoo!

yahoo!



## Elsa McAlonan's Beauty Upgrades: How to boost your hair colour with toning drops

- Elsa McAlonan reveals a selection of toning drops for boosting hair colour
- She also shares the product Jennifer Aniston uses for radiant skin
- British beauty expert rounds up the best lip plumping glosses to use at each age

By [ELSA MCALONAN FOR THE DAILY MAIL](#)

**PUBLISHED:** 00:33, 18 January 2021 | **UPDATED:** 00:49, 18 January 2021

The super serum, which is a huge hit with Hollywood stars, contains a high concentration of clinical-grade hyaluronic acid, leaving skin plumped up and radiant. It works quickly, increasing moisture levels by 20 per cent in less than two hours, and reduces the appearance of fine lines and wrinkles, too.

JENNIFER'S A-LIST GLOW



Jennifer Aniston (pictured) maintains her youthful appearance using Swisscode Pure Hyaluron

Jennifer Aniston turns 52 next month, yet her skin has never looked more youthful, thanks to Swisscode Pure Hyaluron (990 for 15ml, [pureskinboutique.net](http://pureskinboutique.net)).

SWISSCODE  
Mail Online



## *Elsa McAlonan's* Beauty upgrades

### JENNIFER'S A-LIST GLOW



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SWISSCODE

Daily Mail

Daily Mail Scotland

**Daily**  **Mail**

We earn a commission for products purchased through some links in this article.

# 'I Tried Jennifer Aniston's Skincare Routine - and It's Pretty Lowkey'

You have a bunch of these products already



BY PERDITA NOURIL 26/01/2021



With the star set to turn 52 next month, and her complexion resembling something of new-born babe, it's fair to say that Jennifer Aniston is someone who's become synonymous with the term 'A-list worthy glow'.

So how does she achieve such a healthy-looking complexion that screams effortless Cali girl vibes? Well, thankfully it's no big secret given that her every beauty move is documented. This is the woman who sparked a haircut trend like no other, after all.

So, what do we know about Jen's beauty routine? Well, for a start she owns an infrared sauna, which she uses post-workout. These are renowned for increasing circulation, and reducing wrinkles, which is why [Glow Bar](#) has become one of London's best-loved beauty spots. She's also said to be a big fan of [Thermage](#), a non-invasive clinical treatment that stimulates collagen production in the skin by using radiofrequency waves, helping to smooth and tighten skin in less than an hour.

But aside from expensive treatments, she keeps her day to day skincare routine surprisingly simple. So simple in fact, I couldn't resist giving it a go. Here's what happened when I decided to switch out my products for hers...

## 5. A Serum

According to the brand, Jen is among a handful of celebs to have credited Swisscode Pure Hyaluron as the product behind her enviable glow. Formulated with the highest possible concentration of clinical-grade [hyaluronic acid](#), it's said to increase skin moisture levels by 20% in under two hours while enhancing the skin's absorption of [Vitamin C](#) by three times.



Swisscode Pure Hyaluron

skincty.co.uk  
£85.00

SHOP NOW

I'd recommend this for those with really dry skin because it really delivers on the hydration front. Fine lines also look less obvious. The only downside is that at 90 a pop, it's not cheap.

SWISSCODE  
Women's Health

Women's Health

# 'I Tried Jennifer Aniston's Skincare Routine - and It's Much More Lowkey Than You Might Think'

Perdita Nouril · 22 hrs ago



With the star set to turn 52 next month, and her complexion resembling something of new-born babe, it's fair to say that Jennifer Aniston is someone who's become synonymous with the term 'A-list worthy glow'.



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© iStockphoto - Swisscode Pure Hyaluron

£85.00

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**A typical day:** Every morning, I make up at A. Since I get my two days rest into the golden hour, I'll make coffee and take a cocktail of supplements which include vitamin C and E, biotin, zinc, and vitamin omega-3 from algae. I arrive at my clinic at 8.30am and will check emails and social media while waiting at my desk for breakfast. My first client arrives at 9am, and then I'll be back to back carrying out laser-based skin treatments until 5pm. I try to have a 20-minute lunch break, when I'll eat a plant-based Buddha bowl. On my off-days, I write press articles, train with my Pilates or work on my own skincare range. I'm taking my time with it because I want it to be perfect. When I'm organised, I'll respond to a press and media call, then two to three times a week. I've also discovered the benefits of skipping – it's an effective workout, and easy to fit in around a busy schedule. Plus, I walk the dog, which I find relaxing. I'm usually in bed by 10.30pm.

**Skincare philosophy:** Keep it simple and opt for hand-working products. I love multi-taskers that contain two to three active ingredients, target concerns and boost overall skin health. Being vegan, I choose cruelty-free, sustainable products which don't strip or use natural or organic. I like vitamin-led brands that are ethical. I find natural brands rarely have impactful results on the skin.

**Skincare non-negotiables:** SPF. I wish I could fit more glowing on, then I'd have less sun damage. As well as protecting skin from cancer, a good SPF can slow the aging process by preventing dark spots, redness, broken blood vessels and the breakdown of collagen. Not many people realise 80% of the visible signs of aging are due to oxidative and unbalanced sun exposure.

**Made skincare conscious:** Building adult acne, which has been with me for 20 years. Most of the time, my skin behaves, but there are times when it flares up and can take weeks or months to calm down.

**DAY**

**BYONIK ILLUMINATING EYE BALM, £32**  
This is packed with de-puffing ingredients such as cucumber and oat, plus light-reflective particles that brighten dark circles. It has a blurring effect, instantly concealing imperfections. I love that I can use it alone or layer it under my foundation. Medik8 is a favourite of mine as its products are effective, usually three and six-in-one, so it fits my ethical, multi-use. It's British, too.

**BYONIK C-TRIA INTENSE SERUM, £59**  
This is a daily dose of goodness for the skin. It's packed with vitamin C, a potent antioxidant that protects your skin from damage caused by UV rays and pollution, as well as internal stress, like lack of sleep. It keeps your skin's defenses strong, which ultimately helps to delay the signs of aging. The serum also acts subtly underneath my other daily products.

**PCA WEIGHTLESS PROTECTION SPF41, £40**  
Most SPFs I've tried flake up on allergic rash, however, this has been a godsend for my bleached-green skin. The formula glides on seamlessly and, unlike some mineral-based formulas that sit on my skin, it doesn't.

**NIGHT**

**JO MALONE LIME BATH & MANDARIN BATH OIL, £48**  
I love a bath-soak, and this has notes that are calming and evoke happiness. It's you feel with sweet almond, yuzu and mandarin, which is an natural combination that helps soften and smooth the skin.

**BYONIK SKIN ACTIVE EXFOLIATING WASH, £32**  
This cleanser contains glycolic acid, which is thought of as a new-generation glycolic acid as it's highly effective but less likely to cause irritation. Noxolite is the generator of glycolic acid. It was one of the original brands to use it and, in the years since, has developed some of the most well-balanced glycolic products to date. The botanicals in this cleanser also help to soothe and hydrate my skin.

**BYONIK SEAL, £54**  
This gel/serum hybrid helps to strengthen the stratum corneum – the outer layer of the skin that's responsible for keeping out bad bacteria. I'm a big fan of this product because it doesn't leave a greasy residue, nor does it aggravate my sensitive skin.

**MAKE-UP**

**TARTE LIGHTS CAMERA LASHES MASCARA, £29**  
This is a new product for me and I honestly get such excitement. Also, a lot of times we mistake my eyes or aren't really there. I'm so happy to find a mascara that makes a lot of oomph to my lashes without causing redness.

**BYONIK SKIN FOUNDATION, £45**  
This is so much more than just a foundation. It was developed specifically to counteract skin conditions such as acne, rosacea, seborrhea and psoriasis, but it also helps to tone and smooth the skin thanks to an ingredient called Ceramide. It doesn't clog pores, it multi-targets, includes SPF20 and it can be applied in a light layer or built up for more coverage.

**CHARLOTTE TILBURY FILIPIN BLOOM & GLOW, £49**  
This lightweight powder helps to achieve a natural-looking complexion. I'm never tempted to oil for the skin.

**SIGNATURE SCENT**

**EDEN PERFUME NO 475, £18**  
I have never felt behind in my search for a cruelty-free scent. It's perfumed because it does the job, so the science of blending perfumes, but you know they've been created responsibly and with respect for the planet.

**Debbie Thomas**

The award-winning skin expert shares the eco-conscious and science-backed beauty heroes that form the building blocks of her routine

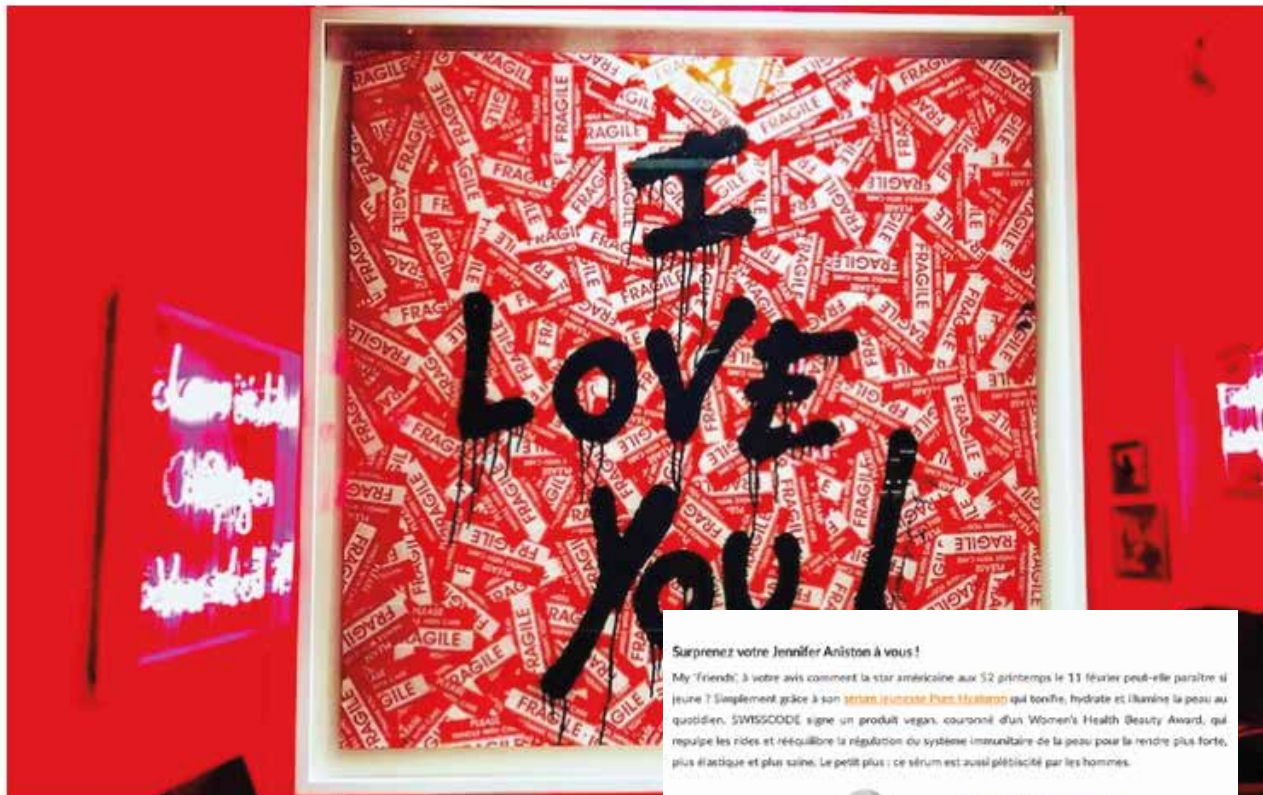
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BYONIK Women's Health

Women's Health

# St-Valentin : 14 idées cadeaux originales pour fêter le 14 février

Par **Laurent Colin** | Publié le 04/02/2021 à 21:13 | Mis à jour le 07/02/2021 à 15:53



Surprenez votre Jennifer Aniston à vous !

My 'Friends' à votre avis comment la star américaine aux 52 printemps le 11 février peut-elle paraître si jeune ? Simplement grâce à son [sérum hyaluronique Pure Hyaluron](#) qui tonifie, hydrate et lissant la peau au quotidien. SWISSCODE signe un produit vegan, couronné d'un Women's Health Beauty Award, qui repulpe les rides et rééquilibre la régulation du système immunitaire de la peau pour la rendre plus forte, plus élastique et plus saine. Le petit plus : ce sérum est aussi plébiscité par les hommes.



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## SWISSCODE Le Petit Journal

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FRANÇAIS ET LES FRANCOPHONES

## Beauty brains

### Annabel Jones

The vital skincare step you shouldn't overlook



One year on from the beginning of the first lockdown, I have noticed that I obsess a lot about how to maintain nice-looking skin. This may be mainly because I am wearing less make-up now that I'm working from home and staring down a Zoom lens that, for all its usefulness, is highlighting my lack of luminosity.

Perhaps you can relate? There is much talk these days about getting a healthy glow, but that is rarely achievable without a healthy skin barrier. In other words, you can't expect a gorgeous finish if you ignore the basics.

The reason I bring this up now is that there is a new wave of barrier mists with probiotics launching this spring. Yakult for your face? Loosely speaking, yes.

In essence, your skin has its own microbiome, similar to your gut, made up of various bacteria that keep it balanced and doing its job effectively – which is to fend off toxins and keep moisture in.

Loosely speaking, these mists are like Yakult for your face

Along with these vital bacteria, the outer layer of our skin, the stratum corneum, is made up of keratin and lipids as well as skin cells, which can be compromised when we throw acids or harsh cleansers at it. If you think of the lipids (fats) in your skin as

the glue that keeps it watertight, like the seams in an umbrella, then when we strip these lipids away, holes begin to appear, and your skin barrier becomes sieve-like, allowing water to escape and pollution particles and chemicals from products to be absorbed. The problem is that in order to make real changes to the way our skin appears, espe-

cially as we age, powerful active ingredients need to penetrate the barrier in order to encourage the cells to make more collagen and elastin. Popular ingredi-

ents such as retinol, vitamin C, and exfoliators like salicylic acid are all known to do a sterling job at rejuvenating the skin's surface, making it appear brighter, firmer, blemish- and pore-free – but not without some compromise to the outer layer.

While this may seem like a difficult choice, you don't have to favour youthful-looking skin over a leaky skin barrier, you just need to make sure you replenish what you take away. This can be done by strengthening and rebalancing the skin with a probiotic mist such as Drunk Elephant's Sweet Biome Fermented Sake Spray, which you spritz on to clean skin before applying your chosen serum.

Not only will this help to balance your microbiome, it will create a damp surface to help ingredients absorb better and can also be misted over make-up throughout the day for extra dewiness. Once your serum and/or moisturiser is applied, the next best thing you can do is to apply a ceramide gel or cream that will replenish lost lipids and help to seal the gaps where moisture can escape. I like Seal by Byonik, a ceramide gel that is light and non-greasy.

In any case, if you suffer from chronically dehydrated skin or unexplained blotchiness, your lipid barrier could well do with some maintenance. Try these fab five barrier fixes...

#### PROBIOTIC SPRITZ



Sweet Biome Fermented Sake Spray, £36, Drunk Elephant ([drunkelephant.com](http://drunkelephant.com))

#### TRIED and VERIFIED



Molecular Serum Probiotic Treatment Mist, £97, Allies of Skin ([alliesofskin.com](http://alliesofskin.com))



Triple Lipid Restore 2:4:2, £195, Skintualists ([skintualists.com](http://skintualists.com))



Symbiotic Defense Mist, £34, Vero ([vero-parfem.com](http://vero-parfem.com))



Moisturising Cream, £16, CeraVe ([cerave.com](http://cerave.com))



Seal, £56, Byonik ([giveskinboos.com](http://giveskinboos.com))

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## The one simple skincare step you should never overlook

This often ignored skincare step could be prematurely ageing you, says The Telegraph's beauty editor

By **Annabel Jones**, BEAUTY EDITOR AT LARGE

20 March 2021 - 7:00am

Related Topics

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A QUESTION OF HEALTH

## How to get rid of wrinkles — vitamin creams, needling and SPF

Elizabeth Fortman

Thursday April 08 2021, 12:01am.  
The Times

Health



When we smile, laugh, frown or cry our muscles cause the skin to crease — over time, these crease lines become deeper and more defined.  
GETTY IMAGES

### Dr Tijion Esho

Founder of Esho Clinics and resident cosmetic doctor on BBC Morning Live

It comes as a surprise to most that the ageing process starts in our mid-twenties. This process can be accelerated due to lifestyle choices such as excessive alcohol use. The result is the formation of static fine lines and wrinkles (these are ones that are still present even when facial muscles are at rest).

There are different ways to approach these. It's important to have a good skin regimen that stimulates cell turnover and promotes new collagen formation. PH Formula's skin resurfacing packs are my go-to in this area because they are suitable for all skin types, but also targeted.

SPF 30 as a minimum is essential as part of the regimen to protect from UV damage that causes ageing, but also blue light from our screens, which we are using more as we work from home. A recent study showed that five days in front of a computer was equivalent to 30 minutes in the midday sun without sun protection.

The new Byonik laser, based on Nasa technology, is for patients that are needle adverse. The Byonik monitors your pulse and emits pain-free laser pulses into the skin just before each heart beat (as we know, this is when our cells are most permeable to energy/actives). Each pulse stimulates new collagen formation. The skin is left feeling hydrated and fine lines and wrinkles with sessions are notably reduced.

BYONIK  
The Times

THE  TIMES

# STAR PRODUCTS

It's no secret why Denise Van Outen looks absolutely fabulous whenever she is on screens, because she uses these great skincare and make-up products



**Dr PawPaw Tinted Peach Pink Balm, £6.95**

"I'm a big fan of the Dr Pawpaw products. It's all vegan and full of goodness, and it hasn't got any rubbish in it, so you can use it on your kids as well."



**MAC Retro Matte Lipstick in Ruby Woo, £14 (was £17.50)**

"I've got to go with the classic MAC Ruby Woo lipstick, because I've worn it ever since I did Chicago [the musical]. It's the perfect red."



**Lord & Berry Gran Finale Setting Loose Powder in Translucent, £21, [FragranceDirect](#)**

"Lord & Berry do a really fine loose powder. I always use it to set my make-up for my cabaret show in London. It makes your skin and make-up look flawless."



**Byonik Concur Anti Pollution Cream Rich, £85, [Harley Street Emporium](#)**

"I've transformed my skin since I started having Byonik facials. This moisturising anti-pollution cream is fabulous."



**MAC Fix+ in Original, £17.60 (was £22)**

"The MAC Fix spray is fantastic. It was only recently introduced to me and it works an absolute treat."

**'It's all vegan and full of goodness, and it hasn't got any rubbish in it'**

**T**he year 2021 has started in something of a strange fashion for Denise Van Outen. While her *Cabaret All Stars* show in the West End was on a hiatus thanks to the pandemic, the 46-year-old Basildon-born star was one of the 12 celebrities taking part in this year's *Dancing On Ice*. But a nasty fall in training saw her dislocate and fracture her shoulder in three places, forcing her to pull out of the show. Though Denise did then release a new song (for the first time in two decades) in the hope of raising money for theatre charity, Make A Difference Trust.

But having been a regular on our TV screens since the Nineties, when she presented *The Big Breakfast*, you can be sure Van Outen knows her stuff when it comes to getting gammed up and keeping her skin in tip-top condition. Here, the celeb, who today lives in Chelmsford, shares the skincare and make-up products she can't live without...

BYONIK  
Essex Living

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MAGAZINE



## Do you really need a neck cream? Erm – yes.

Wednesday 21st Apr 2021 | [Health & Beauty](#)

**Many of us concentrate our skincare routines around our faces, yet the neck is one of the first places to show signs of ageing. With less fatty tissue and oil glands, this area is prone to sagging and we are not about that life.**

**So unless you fancy rocking turtle necks all summer long, it's time to invest in a neck cream and as we are a helpful bunch here at Crave, we have rounded up our favourites to save you a job...**

[Byonik CONCUR Anti-Pollution Cream £79.00](#)



A multifaceted moisturiser for a beautiful complexion day and night. High-quality detox agents are combined in a unique moisturising formula to protect your skin and stimulate the production of collagen, while hyaluronic acid helps to replenish the moisture reserves. Special proteins help to restore an even complexion and nourishing avocado oil lends your skin a smooth suppleness. Smoothens wrinkles, protects from damage and provides intensive moisture - day and night. A must-have for your beauty routine!

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# CRAVE

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# 14 best aftersun lotions, creams and balms to soothe and repair sun-damaged skin

Cool, calm and hydrate painful areas while locking in that sun-kissed glow

Clare Austin | 21 hours ago



## Byonik calming pH spray



**Best:** For microbiome protection

Not your average aftersun, this face and body spray is a microbiome-boosting cocktail of amino acids, lactic acid, aloe and lemon myrtle to balance inflamed and irritated skin. Designed to stabilise the skin's protective barrier and improve its resistance, the primary use of this spray is as aftercare following a clinic treatment, but we found it ideal as an aftersun (it can also be used after shaving, so it's a good multi-tasker). Easy to apply, you can take it out and about, and we especially appreciated its anti-redness properties: it's immediately calming and eases any discomfort brought on by sitting in the sun too long.

**Buy now** £65, [Pureskinboutique.net](https://pureskinboutique.net)

BYONIK  
Independent

## 12 Revolutionary Eye Treatments For Bright Eyes All Year Round



### *Byonik Supreme View Eye Cream*

A real eye-catcher, Byonik View is an intensive anti-ageing formula for the delicate area around the eyes. Proven to visibly reduce the appearance of fine lines, dark circles and puffiness whilst supporting and improving elasticity and tone of the skin. With regular usage, longterm benefits show significant improvement to the depth and volume of wrinkles.

Byonik is available at [Pure Skin Boutique](#).

BYONIK  
PBL Magazine



FASHION & LIFESTYLE BEAUTY NEWS & FEATURES

## The London beauty treatments worth investing in post-lockdown



30 JUNE 2021



ALEXANDRA DAVIS



After over a year of lockdowns and various restrictions, you'd be forgiven for heading to the nearest salon and allowing the professionals to work their magic. But with so much choice it can be tricky to find the perfect destination that's right for you and your needs, which is why we've picked out the best London salons for your beauty treatments, that are worthy of both the hype and the price tag.

### North Kensington

After your facial, then you need to try a treatment. The facials here combine hi-tech laser devices to give a multi-layered approach for



All their skin specialists work to immediately understand any concerns, helping you to tailor your skincare routine to get the maximum out of your skin. There's no need for unnecessary gimmicks or fancy products without substance here.

# BYONIK

## The Up Coming

THE  
UP  
COMING



# Starring role of cosmetics

*Dancing On Ice* contestant Denise Van Outen on the products she can't live without

Until lockdown, Denise Van Outen had been singing and dancing up a storm on stage, as part of her *Cabaret All Stars* show in the West End. The show has now gone on hiatus, but the 46-year-old isn't sitting around twiddling her thumbs, she's busy training for *Dancing On Ice*, one of 12 celebrities taking part in next year's competition.

Having been a regular on our TV screens since the Nineties, when she presented *The Big Breakfast*, you can be sure Van Outen knows her stuff when it comes to getting glammed up and keeping her skin in tip-top condition.

Here, the multi-talented celeb shares the skincare and make-up products she can't live without...

## 1. Byonik Concur Anti Pollution Cream Rich, £85, Harley Street Emporium

"Number one, I've literally completely transformed my skin since I started having Byonik facials, which are brilliant. They do a moisturising cream called Concur that comes in a silver pot and it's fabulous."

## 2. MAC Fix+ in Original, £17.60 (was £22)

"The MAC Fix spray is fantastic. It was only recently introduced to me and works an absolute treat."

## 3. Dr PawPaw Tinted Peach Pink

## Balm, £6.95

"I'm a big fan of the Dr Pawpaw products - I've been using them for a long time.

"It's all vegan and full of goodness, and it hasn't got any rubbish in it, so you can use it on your kids as well."

## 4. MAC Retro Matte Lipstick in Ruby Woo, £14 (was £17.50)

"I've got to go with the classic MAC Ruby Woo lipstick, because I've worn it ever since I did *Chicago* [the musical]. It's the perfect red."

## 5. Lord & Berry Gran Finale Setting Loose Powder in Translucent, £21, FragranceDirect

"Lord & Berry do a really fine loose powder, I always use it to set my make-up for my cabaret show in London.

"It literally does make your skin and make-up look flawless, because a lot of compact powders can look quite cakey."

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## Round-the-clock store trucks fear



Neighbours on alert as 24-hour deliveries bid is revived by Asda

By Imogen Clyde-Smith

SEPHORA'S ghost Asda has resurrected controversial plans to make 24-hour deliveries by car through town.

Mr Howard Styles is asking residents to make their voices heard over the proposal for his store at Shaw.

He has warned that "while accepting the site needs to be redeveloped" for this crucial only option "we will not oppose".

FULL STORY ■ 5

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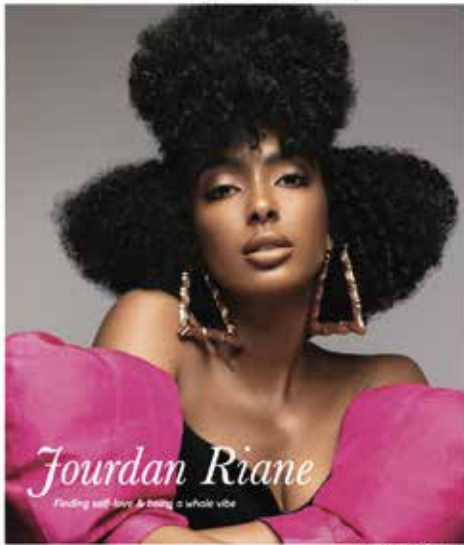
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# the **C** word

Get clued up on this lesser-known skincare ingredient – ceramides

When it comes to our skin, we all want the same thing: a smooth, plump and glowing complexion. But drinking plenty of water and religiously applying moisturiser sometimes isn't enough – you also need know which beauty ingredients will help your skin reach its optimum condition.

One key ingredient that often falls under the radar is ceramides. Despite forming the very building blocks of our

skin, even the skincare buffs among us probably know more about retinol, vitamin C and hyaluronic acid. But ceramide-rich products are especially noteworthy for anyone suffering with dryness and dehydration, fine lines, irritation, skin damage, chronic dullness, sensitivity and pigmentation. Essentially, they can work wonders for anyone who feels their skin is distressed or lacking in nourishment. So, what exactly are ceramides and

how can they be integrated into your routine? According to Dr Yalda Jamali, founder of the Dr Yalda Clinic ([instagram.com/dr.yalda](https://www.instagram.com/dr.yalda)), they are natural essential fats normally found in the epidermis, which is the top layer of the skin. "The easiest way to explain what they do is to imagine that your skin cells are bricks and ceramides are the cement that holds everything together," she says.

The main function of ceramides is to keep the skin healthy. But as we inevitably age and subject our skin to constant UV and pollution exposure, our natural ceramide levels begin to decline. This natural process then awakens our skin's barrier leading to dry, itchy and irritated skin, which in turn worsens the appearance of fine lines and wrinkles.

Reaching for products containing ceramides will help seal in essential moisture and protect against trans-epidermal water loss, thus improving your skin's overall health. Results include a softer and more hydrated complexion with fewer irritations, lines and breakouts. "Adding products that contain ceramides into your daily regime can help hugely if you suffer from redness, irritation, dehydrated or visibly aged skin," says Dr Jamali.

There's a variety of ceramide-rich products on the market, including moisturisers, serums, toners, face

washes and SPF's. They're even present in some hand and bodycare products, which can be great for cracked over-washed hands (thanks pandemic) and eczema sufferers. "If you haven't used a ceramide product before, you could start with a facial cleanser and see how your skin reacts," recommends Dr Jamali. "Another great way of introducing it into your skincare regime is by getting a moisturiser that contains ceramides. It's a gentle and non-irritating ingredient so you can't really go wrong."

There are several types of ceramides used in skincare products and most of the formulas you can buy contain a selection. "Always look at the back of the bottle to check that they're included," says Dr Jamali. "Ceramides should be on the ingredients list and may be labelled with two or three additional letters (such as ceramide AP, ceramide EOP or ceramide NP)." You may also find phyto-sphingosine and sphingosine on the ingredients list,

which are also beneficial for the skin. "These aren't necessarily ceramides, but they can start a positive feedback loop of encouraging your own skin to create ceramides," Dr Jamali adds.

Experts say ceramides can be used at any age and will benefit young and mature skin alike. "But of course, they will make more of a visible and palpable difference in individuals who have a reduction in ceramide levels, which can happen as soon as our early 30s," says Dr Jamali.

Ceramides work especially well as a final step in your routine (just before sunscreen if you're using them during the day) or applied after a shower to really lock in moisture. Plus, unlike some ingredients such as retinol and other potent acids, they are suitable for all skin types. So, if one of your summer goals is to achieve a strong and healthy complexion, ceramides could help elevate your skin to its best condition yet.

## CERAMIDE-RICH SAVIOURS BEST FOR...

Target specific concerns with these talon-made buys



**Cleansing**  
BYONIX  
Supreme Toner  
E12

**Mature skin**  
KATE SOMERVILLE  
DerPore Recovery  
Cream, E69

**Moisturiser**  
CERAVE  
Hydrating Hyaluronic  
Acid Serum, E17

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