



ANYONE FOR A SKINCARE SARNIE?

If you've never heard of retinol, it's the superstar anti-ager the derms swear by. A clever form of vitamin A, it tackles wrinkles, large pores and even breakouts. But beware: side effects include flaking and irritation. Exercise caution by trying the 'sandwich' technique, a sneaky way to build up your skin's tolerance. Apply your moisturiser, then a layer of your chosen retinol, and slather more moisturiser on top. Sneaky.



CICA AND YE SHALL FIND

Cica, pronounced 'seeker', is the new healing salve setting Google search bars alight. And here's what you need to know: whether you're a naturally sensitive sort or you've overdone it with laser or peels, these soothing balms are great at placating irritated skin. Their star ingredient is *Centella asiatica*, a leafy medicinal herb that's known in Asia as tiger grass because tigers roll in it to heal their battle wounds.

A'PIEU Madecassoside Cica Gel calms tantrums in pimple-prone skin. £17.47, at yesstyle.com



URAGE Barièderm Cica Cream works like a bandage on burns and grazes. £14.29 at lookfantastic.com

YOUR GOOD SKIN Cica Repair Sleep Paste coddles your complexion while you snooze. £8, at boots.com



ON POINT

The cosmetic acupuncturists so good, your face won't need further needle work



JOHN TSAGARIS
Tsagaris' East-meets-West approach dials up the effects of acupuncture with micro-injections of hyaluronic acid to plump and hydrate. £1,700, at Harrods, SW1



SARAH BRADDEN
Her magical combination of cosmetic acupuncture, LED and reflexology reboots your energy levels. £250, at Harvey Nichols, SW1



ROSS BARR
Hormones playing havoc with your skin? Barr tackles the underlying cause of those devastating spots that seem to land on your chin every month. £120, at Cloud Twelve, W11

GO PRO

Probiotic skincare has been all the rage (because healthy bacteria = healthy skin) but South African brand Esse is launching the first facial that incorporates live probiotics to balance your biome. Book in at Notting Hill's hot new wellness clinic Apogii. From £150 (apogiiclinic.co.uk).

