



Skin Glow Primer, £39 Eldridge Seamless Skin Enhancing Tint, £37

Base camp

After accepting a flurry of compliments on the condition of my skin, it is time to come clean and thank the brands responsible: Shiseido, whose SPF Primer creates the most brilliant canvas for make-up; Lisa Eldridge's new Enhancing Tint, a super-light foundation providing sheer coverage; and, on sunnier days, Ultra Violette's Queen Screen tinted sunscreen.

Our beauty director Katy Young reveals the secrets of her routine

IN THE OUD FOR LOVE

As beguiling as a rich oud fragrance can be, I'd not managed to find one I enjoyed wearing, until I came across Christine Nagel's new scent for Hermès, which blends the sensual resin oil with notes of crisp rose and leather.





Dream creams

I already find the application of a good moisturiser very comforting, but the latest creams go a step further with extra mood-lifting olfactory notes. Clarins works with the Japanese fragrance house Takasago to add a relaxing scent into its blends, while Shiseido Vital Perfection Supreme Cream uses the perfume of noble orchid and orange blossom to calm the imbalances in female hormones caused by stress. A new brand, Neuraé, is entirely focused on boosting feel-good hormones in pursuit of happy skin.

THE SOOTHING SOLUTION If your skin has been irritated by an onslaught of retinols, peels and lasers, I recommend Pro XN's xanthohumol antioxidant treatment - it's so anti-inflammatory, it even reduces rosacea. Xanthohumol Recovery Treatment, from £69 (proxn.eu).







Bright outlook

All hail the power of vitamin C to add glow at any age. As well as being a protective antioxidant, the molecule also regulates melanin to prevent pigmentation and fade dark spots. A smart move would be to reintegrate the acid into your routine by way of Ulé Le C-Bright serum, £59, or Fresh's Vitamin Nectar Mist.