

3 The at-home skin gadget

Light Renewal™, £225, Perricone MD (020 7903 5067)

Dermatologists are working with low-energy lights and lasers to create skin-enhancing technology that can be used at home. The first item to filter through is this easy-to-use, hand-held gadget, *right*, from Perricone MD, the doctor-led “cosmeceutical” range. Light Renewal™ is a dermatological-grade treatment that’s been a huge success stateside and is now hitting UK shores. It might look like something you’d see in *Star Trek*, but its clever combination of red and infrared lights (proven to stimulate collagen and even out skintone) has impressive anti-ageing benefits. Simply use it for 20 minutes every other day and you should start to see visible results within three to seven weeks.

ALSO TRY Stop™ Clinical Skin Renewal Device, £396 (stop-age.com) This gadget uses radio frequency technology to gently heat the skin from inside and boost collagen production. Use twice a week for 15 minutes and your complexion will look clearer within a month.

“Red and infrared lights stimulate collagen and even out skintone”

4 The instant-results mask

Glamtox Peel, £70, Rodial (020 7351 1720)

Cult beauty brand Rodial adds another string to its bow with this latest launch, an anti-ageing clay mask, *above centre*. Glamtox Peel’s winning combination of fruit acids, instant skin-firmers and facial muscle-relaxers gives you clearer, plumped-up skin and its creamy texture is (unlike most other clay-based masks) incredibly moisturising. It’s no surprise, then, to hear that it’s been dubbed the “ten-minute face lift”.

ALSO TRY Intensive Treatment Mask, £10 each, by Dr Bragi (01753 759 733) Stock up on sachets for after-office face fixes. They contain marine enzymes to diminish fine lines and instantly plump up the skin. Make-up artist Ruby Hammer says she uses them on models before applying their make-up.

5 The new super-food

Durian – found in Intensive Wrinkle Reducer, £150, Murad (0800 035 2682)

Hot on the heels of pomegranate and goji berries, the next big thing cropping up in your creams is rare, exotic fruit. Top dermatologist Dr Murad’s new find is the durian, an edible fruit that’s been popular for centuries in the Asian diet. Dr Murad has combined the durian – dubbed “the king of fruits” for its nutritional and health-boosting effects – with other anti-ageing ingredients in his pre-moisturising treatment, *above*. Look out, too, for other super-fruits such as jabara and acai berries in skincare products.

ALSO TRY GloPure Hydration, £42, by Glotherapeutics (0800 121 8116) – its main ingredient, pink guava, has high concentrations of vitamin C, which is essential for brightening sallow skintones. ▶

