

# marieclaire

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# The Ultimate Youthover

There's more to anti-ageing than a nightly fix of face cream. Look years younger with our skin-saving tips and body boosters

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## 1 CUT OUT SKIN-HATING SUGAR

'Every time you eat or drink anything sugary, you put your body into fat-storing mode,' says Alice Hart-Davis, creator of Good Things skincare. When blood sugar rises rapidly, glucose can attach itself to your collagen. 'It affects the quality of the skin, which leads to a loss of firmness and wrinkles forming,' says Kiehl's skin specialist Gillian Barclay.

### SUGAR-SAVVY SECRETS:

- 'You don't need sugar. Once you get it out of your system, you'll stop wanting it,' says Hart-Davis.
- 'Eat low GI (Glycemic Index) foods that won't rapidly turn into glucose,' says Barclay.
- Ban processed meals – even low-fat ones may have a high sugar content.

## 2 INVEST IN A DO-IT-ALL ELIXIR

The hottest anti-ageing product is Dr Frances Preena Jones Formula 2006, £103. It exfoliates, smooths fine lines, fades sunspots and cleans pores in one sweep.

## 8 GET SOME LASH HIGHLIGHTS

The most innovative way to look younger must be with JinnyLash lash highlights (£1 per lash). Feathery eyelash extensions with sun-kissed tips give the face a youthful freshness.

## 9 MAKE FRIENDS WITH FAT

The biggest diet myth is that you shouldn't eat fatty foods, but eating more good fats will help your body burn it up faster, plus you'll look younger. 'Essential fatty acids are vital for plump, radiant skin,' says Dr Perricone. Choose foods rich in omega-3, such as salmon, anchovies, nuts, seeds and avocados.

## 10 LOOK AFTER YOUR LIVER

'The liver acts as our waste-disposal unit, metabolising toxins such as alcohol, drugs, carcinogens, food additives and metal compounds and assisting their passage through the body,' says Dr Stossier from Austrian detox clinic Viva Mayr. 'Failure to detoxify encourages premature ageing.'

Improve the elimination process by eating asparagus, broccoli, avocado, eggs,



spinach, garlic and turmeric, as well as cold-pressed vegetable oils like flax and hemp. For a daily antioxidant boost, try Functionalab Detox Health Drops, £30.

Keah Lan, a well-being advisor, suggests decongesting the liver with DIY reflexology: 'Press firmly on the left side of the arch on your right foot with your thumb, then make big circles. Repeat five times.'

## 11 GIVE LEGS SOME LOVE

When and how many thread veins you get may be down to genetics, but women who don't exercise at all tend to be the ones who suffer most. 'The better the tone of your legs through exercise, the slower the veins develop,' says Paul Baskerville, consultant vascular surgeon at Princess Grace Hospital. 'Leg creams can reduce the look in the short-term, as they cause the vein tube to go into spasm, temporarily stopping the flow of blood.' Try Skin Doctors Vein Away Plus, £17.40.

## 12 A HEAD STAND A DAY KEEPS YOUR POSTURE OK

Looking youthful isn't just about your age. It's about being fit, healthy and strong and feeling good about yourself. 'What ages most people is a hunched posture and an inflexible spine,' says well-being advisor Keah Lan. She suggests starting the day with a one-minute yoga head stand. 'It improves your posture by strengthening the spine, neck and shoulders and keeps the abdomen muscles tight,' she says.

## 13 TRY THE NEW CHILL-OUT MINERALS

'Stress is perhaps the most ageing element for the body, internally and externally,' says Margo Marrone, co-founder of The Organic Pharmacy. Restore nutrients with 'anti-stress' minerals – try The Organic Pharmacy Calcium and Magnesium Complex, £12.50.

## 14 PAMPER YOUR POUT

'Stick to a neutral, balmy lipstick with an SPF for plump-looking lips,' says beauty therapist Nichola Joss. YSL Rouge Pur Couture in Blonde Ingenu, £22.50, both hydrates and has SPF15. Lips also become thinner as we age. Lessen the look using a cosmetic plumping filler, like Pupa's new Lip Volume Enhancer, £24.50.



## 15 BALANCE YOUR BODY'S PH

'High acidity in your diet can, over time, lead to cell damage, leaving skin looking lacklustre,' says Cheryl Cole's sports advisor, Professor Greg Whyte. Avoid acid-forming foods like dairy, meat and alcohol and eat more alkaline foods, like fruit and veg. Try taking Proto-Col Green Magic, £29.95, in your water.